

The 'Set Free' Academy

STEP BY STEP "HOW TO'S"

SHIFT FROM

OFF the CLIF (*Believing the Enemy's Lies*)
to CLIF (*Agreement with God's Truth*)



How to Use this Guide

In this Guide you will find a step by step outline to move from OFF the CLIF to your CLIF!

The illustration below so perfectly reflects where you get to go in your journey with Him! You are not alone sweet friend and He is waiting for you to open the door to ALL He has for you!

Jesus tells us **"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it abundantly."** (John 10:10) This guide will help you step into that fullness and abundance with Him!



As you go through these steps, ALWAYS begin by inviting the Lord into this process with you. Ask Him to bring you revelation, peace and comfort. Then go through each step. This is between you and God (*and of course we are here to support you on this journey as well* :)

Remember that you already have EVERYTHING inside you to be able to shift by the POWER of the Holy Spirit in you! You are already ONE with Him!!

Each step in this guide will help you seek deeper answers within yourself with the Lord, and you will experience more freedom in your mind and heart.

Each step builds on the one before so continue through this guide anytime you are falling OFF the CLIF and as you go through, allow yourself to shift. RECEIVE His peace!

I look forward to hearing how this supports you in moving into your CLIF each day! Each time you shift, my encouragement is to CELEBRATE with Him! Allow yourself to experience JOY and take time to celebrate coming into agreement and alignment with His TRUTH!!

Responsibility & Free Will

LEVELS OF RESPONSIBILITY

I Am Not 'Responsible' for Anything

- Life is happening to me and I have little or no control over it. I am a victim of life and all my circumstances. I do not have a choice.
- This is where you get stuck - it is a victim mindset and will keep you OFF the CLIF
- Beliefs:
 - *"Woe is me"*
 - *"I don't have a choice"*

I 'Take Responsibility'

- I'll accept my responsibility for what has happened if I HAVE to.
- The focus is on the past and what has already occurred, and therefore it is not about "being responsible" in the present.
- Beliefs:
 - *"I am/feel guilty"*
 - *"I am/feel wrong"*
 - *"I am/feel ashamed"*
 - *"I feel bad about it, so I'll take responsibility for what happened."*

I Am 'BEing Responsible' for My Thoughts, Feelings & Responses

- Allow yourself to notice your thoughts and feel your feelings without pushing them down or condemning them. With Christ there is no shame or condemnation (Romans 8:1, John 3:17)
- Honor and accept your feelings, remembering they are feelings and don't necessarily need to be acted upon
- Internally process your feelings by praying, confessing your sins, crying out to God, singing worship music, practicing self care and/or going for a drive alone.
- Choose what will help you release the feelings in a healthy way and bring you back into agreement and alignment with Him (Ex: Crying, praying, asking for support, pressing into God, exercising, etc)
- Beliefs:
 - *"I am feeling this way and it's okay"*
 - *"I can feel my feelings safely and process through them - it is okay to feel"*
 - *"I am responsible for my choices and do not need to take action on my feelings"*

Responsibility & Free Will ~ Cont'd

I Am 'Victorious'

- Choosing to BE responsible for your feelings & choices (see "I Am BEing Responsible" through Christ)
- Let go of ownership that it should look a certain way & give the outcome to Him, knowing He is responsible for the result
- Focus on choosing Him FIRST - His goodness, protection, provision and promises
- When you are in agreement with Him, you bring His love, joy, peace, etc. into the earth in your unique way
- Choose to BE your CLIF - HIS TRUTH about you! (see below)
- Beliefs:
 - *"I can accept what is and lay down my ways at the foot of the cross"*
 - *"I can contribute and influence the situation through His Holy Spirit in me".*
 - *"I can play detective and discover what part I play in this"*
 - *"There is a bigger purpose in this situation and I believe God's goodness/Word"*
 - *"What am I learning from this?"*

Say your CLIF

- Remember WHO YOU ARE!
- ASK "Where am I not stepping into TRUTH?"
- Even if you don't believe it right now, how can you SHIFT into AGREEMENT with God
- Claim God's word over yourself...
 - *"God YOU say I am..."*
 - *"God your WORD says..."*
 - *"God help my unbelief!"*

Focus on a God's Eye View

Ask yourself these Questions:

- How is this situation refining me?
- What is God teaching me?
- How is this circumstance FOR my greatest good?
- How is it making me more Christ-like in character?
- What fruit is being cultivated in me through this?
- How is this bringing me closer to God?
- What story do I want to tell?

"And we know that all things work together for good to those who love God, to those who are the called according to His purpose." (Romans 8:28)

Responsibility & Free Will ~ Cont'd

Use the STORY System

SITUATION (Event, Circumstance)

Write out or think about what happened.

STANCE (ANT, BS, ID)

What was your Automatic Negative Thought, Belief System or Initial Determination of the situation (Ex: I'm not loved, I'm not good enough, I'm bad, people hurt me, etc)

STORY (Strategic Thought On Renewing Yourself, God's eye view)

Sometimes believing the STORY is hard BUT you get to Stand on God's TRUTH!!! Choose to BELIEVE it! Choose to come into agreement with it through His Spirit in you!

IMPORTANT ACTION STEP

From 'BEing FULLY Responsible' for your feelings/choices and coming into agreement with your 'Victory' in Him, confess your sins, ask for forgiveness for any judgment or condemnation toward yourself or others and choose to receive & extend forgiveness:

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9)

- Write out and pray to the Lord as you confess any sins that are keeping you disconnected from being in agreement with God
- Being in deeper agreement and alignment with God will help you abide in Him and live from a place of Victory
- Repent, ask for His forgiveness for yourself & choose His will to forgive others:

Jesus said to the Father: ***"Forgive them, they know not what they are doing."*** (Luke 23:34) ***"Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy-seven times."*** (Matt. 18:21-22) Forgiveness isn't always easy, but you can stand on this truth: ***"I can do all things through Christ who strengthens me."*** (Philippians 4:12-13) Some things seem impossible to forgive, yet Jesus said, ***"All things are possible to him who believes."*** (Mark 9:23)

- Continue serving Him, knowing that He does not love you any more or less based on your actions, however, putting Him first and aligning with Him in agreement with His Truth will help you live in the Spirit, connected into your true IDENTITY, with Victory, Abundance and inheritance of all He has for you

Prayer for Serenity, Acceptance & Judgment

Pray these prayers over yourself when you want to experience the Lord's peace & serenity, when you desire to let go and let God and when you want Him to remove self-condemnation and judgment from your mind and heart.

The Serenity Prayer

By: Reinhold Niebuhr

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.

Acceptance Prayer

Today I will judge nothing that occurs. I know that acceptance of what is in each moment allows me to have peace and serenity. I choose, with the free will you have given me, to see this circumstance, situation or person as a chance to learn and be refined so that I can grow closer to You and be molded into the character of Christ. I accept Your will God and believe that you are working every situation and circumstance out for my greatest good. I choose to tell myself a STORY that is in agreement with Your promises. Amen.

The Welcoming Prayer

By: Father Thomas Keating

Welcome, welcome, welcome.
I welcome everything that comes to me today because I know it's for my healing.
I welcome all thoughts, feelings, emotions, persons, situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem, approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation, condition, person or myself.
I open to the love and presence of God and God's action within. Amen.

Prayer to Release Self-Condensation

Dear God, I need help with the judgment and condemnation I carry toward myself. I'm ready to surrender my judgmental thoughts toward myself. I invite and welcome Your love and presence within me so that I can come into agreement with Truth. I choose to see myself through Your eyes of love as You guide me back to truth, compassion & grace for myself. I forgive this thought about myself and I choose to make it obedient to You. I choose now to believe who You say I am so I can experience Your rest. Amen.

Prayer to Release Judgemental Thoughts About Others

Dear God, I know that when I am in judgment I resist love. I welcome in love fully and I know that I am love because you live in me. I pray for the person I am judging to have the love and joy I want for myself. I will continue to pray in every moment that I have a judgmental thought toward them, that they would be filled with happiness and peace. Amen.

Somatic Breathing & Calming Exercises

(you can do this before or after next exercise).

Do these exercises BEFORE the "Deeper Self-Coaching & Reflection"...

if you want to calm yourself or minimize the trigger a bit first, then this can literally be seen as 'putting on your own oxygen mask first,' so you can better support others!

Save this for AFTER the "Deeper Self-Coaching & Reflection"...

if you want to feel out everything inside first then save these techniques for after .

SOMATIC TOUCH OPTIONS

(choose one)

OPTION #1:

One hand on back of neck and other on upper chest

OPTION #2:

Wrap right arm around chest and rest hand under armpit (near heart) and put left hand on right shoulder.

OPTION #3:

When calming self you can tap slowly on your legs or tap your feet slowly to calm the system (EMDR BLS)

CALM PLACE EXERCISE

(Do it once and remember it for when you need it)

- Close your eyes (after you read through these instructions)
- Think of a Real place you've been that has helped you feel calm, secure and at peace.
- If you have a few places in mind, choose the ONE that you would like to be your "Calm place"
- Ask Yourself these Questions:
 - What do I see?
 - What do I hear?
 - What do I smell?
 - What am I feeling?
 - What am I doing?
 - What else is there?
- The assign a WORD that describes your calm place - one that will activate thoughts of this place when you think or say it. Write your word down so you remember it :)

CONTINUING TO CALM YOUR BODY AND EMOTIONS

Deep Breathing to Activate the Vagus Nerve

- Breathe in for 4 counts, hold for 4 counts and breathe out slowly for 8 counts
- Focus your breath into your pelvic/lower abdomen/hip area - breathe into that area as if there was an expandable bowl in your hip/pelvic area
- Breathe into this area and allow it to expand, activating the vagus nerve
- Continue breathing in deeply for 4 counts, hold for 4 counts and breathe out slowly for 8 counts, allowing the bowl in the pelvic/hip area to expand

NOTES:

- You may feel strange at first if you have historically kept your breath in your chest or upper abdomen
- You may feel a heaviness inside - if so, just express gratitude for this part of your body and move on to the next step...

Assuring Safety of Your Physical Body/Emotions

- Continue breathing into your pelvic/lower abdomen/hip area - breathe into that area as if there was an expandable bowl for 4 counts, then hold for 4 counts and then breathe out slowly for 8 counts
- When you breathe IN, invite God into you more deeply. Breathe in His love, joy, peace, goodness and promises
- When you breathe OUT, allow any tension, lies, negative feelings and thoughts within you to slowly leave your body
- Next time you breathe in say the following out loud or in a whisper: ***“Body, this is a safe place to be, and I choose this”*** (You definitely want to be moving your lips and speaking it out quietly as you say this - just thinking it in your head will not have the same effect)
- Notice what happens in your body when it hears you say this (you may notice extra softening, less tension, more connection to inside of you)

CONTINUED....

NOTES:

- Safety is your body's #1 priority
- When you are choosing to be in a situation and a trigger presents itself, it is often a younger part of you thinking it has to protect itself
- The mature adult you knows that you are safe, you can help your body and your younger emotional parts know that you've got this
- You can also reassure your body and emotions that they are safe by saying, "The danger is over" or "Aren't you glad we don't live at home anymore"
- You can also choose to focus on your 'Calm Place' when triggered

Continue 'Playing Detective' with Feelings and Sensations

- Breathe in and exhale tension in head/shoulders/waist/legs
- Saying to your body ***"Body, this is a safe place to be, and I choose this"***
- Allow softening to grow and spread and release
- Breathe into your pelvic bowl for 4/4/8 and ask yourself, ***"What am I feeling and where am I feeling it?"***
- Describe the sensations you feel without judgment (*Examples might be: heaviness, tight, cloudy, dark, light, angry, upset, nervous, spinning, etc*)
- Find the most active sensation in your body and focus your attention on that place. You can put a hand over that area of your body and then just practice being with that area, without needing to change it, but to continually be aware of it as you continue to breathe 4/4/8
- As you ask yourself, ***"What am I feeling and where am I feeling it?"*** you might notice the sensation stays in the same place or it could change.
- Continue to notice what you feel, *"I feel an awareness in my low back, feels like tension, feels like it's moving a little bit."*

Continued...

- As you get closer to it you might even feel a story that comes forth, *"Oh it feels like this might have something to do with that conversation I had with my mom yesterday...or this seems a little connected with my kids and what's going on with them."*
- Whatever information you get is okay - just notice it, allow it to be there and keep being with that sensation.
- Breathing with deeply for 4/4/8, feeling that sensation one more time, expressing gratitude for yourself for focusing on this
- Gently come back to the present moment

NOTES:

- Your body is the spokesperson for your soul - your body and the sensations that arise are pointing you to deeper aspects of yourself that want more healing and wholeness
- This might feel a little overwhelming - sometimes we have developed a pattern over our life where whenever any stimulation comes up it feels too overwhelming and so we cut it off or shut it down. If that's happening for you I want you to go back to ***"Body this is a safe place to be and I choose this."***
- If you would like to unwind things like anxiety and stress this is an essential skill to build - we must develop the ability to be with difficult sensations.
- STOP if you need to - The key is to always come back to safety - if it feels a little too overwhelming or you want to stop, simply say the safety phrase one more time (*Body this is a safe place to be and I choose this*) and then stop the exercise.
- You're building a muscle by practicing being with this area of the body. Sometimes you'll notice that even just being with a certain sensation will start to help it to dissipate.

Deeper Self-Coaching & Reflection

You can either record or make notes on your answers

GO THROUGH THESE STEPS:

- What is the lie I'm believing (Ex: *I am not good enough, I'm a failure, I'm all alone, Nobody cares about me, etc*)
- Feel inside and ask, **"What part of me holds this belief?"**
- Notice your physical/somatic sensations and ask **"Where do I sense/notice/experience it in my body?"**
- Once you have located the sensation in your body you can ask, **"What are the emotions this part feels?"**
- You can then ask, **"If I went inside with a microscope, what does this part look like? What might its color, size or shape be?"**
- Ask yourself, **"Where have I felt this way before in my life?"** Write down or record these times & approx. what age you were at the time you experienced this
- Reflect on the question: **"How are these current feelings linked to past experiences?"**
- Help that younger emotional part that is being triggered know that you are now an adult and can take care of it - tell that part about your life and how things have changed. (Ex: ***I have grown up...this is what my life is like now...these are the resources I have and the things I've learned...we don't live with our parents anymore...etc***)
- Help that part see that you are not a child anymore and you will help protect it **"I am not a child anymore and either are you...I am here to protect you and give you the love and acceptance you didn't have then"**
- Help that part understand that it also has God's protection. If the part does not know Jesus, introduce this emotional part of you to Him. **"Let me tell you about God..."**

IF YOU FEEL ANGER/FRUSTRATION, NOTICE WHAT'S UNDERNEATH:

- What is the deeper FEAR beneath the anger?
- What SADNESS is underneath that?
- What is the unmet DESIRE you have? (Ex: love, acceptance, comfort, etc)
- Play detective and discover what else is going on underneath the surface and journal about it as well. This is all about awareness and discovery!





The 'Worry Box'

INSTRUCTIONS

- Get a box that is larger than your hand and decorate it with either “WORRY BOX” or “WORRIES” on it
- Take out some smaller pieces of paper and write down any worries that come up for you (use 1 piece of paper for each worry/fear/stressor)
- One 'worry' at a time, put the piece of paper into the box and as you do you can say, *"God, I trust you with this fear/worry/stressor. I give it to you and I choose not to worry about it anymore."* or *"I trust YOU with this worry and I am no longer holding on to it. I lay it down at the foot of the cross"*
- Leave the worry in the box and do the same with the other worries (or anymore that come to your mind as you go through life :)
- IF by some chance you start to worry about it again (which can happen at times ;) you get to go back to the Worry Box and pick that worry out again. When you take it out you can say, *"God, I changed my mind. I am choosing to carry this myself I am no longer trusting you with it."* (example - choose your own words)
- Remember there is NO condemnation for this - it is simply to show yourself that you are choosing not to have trust and peace in your soul through giving it to Him
- The idea behind this is to trust God based on WHO HE IS (His character, nature, goodness, promises, etc)
- Physically writing each worry down, putting it in the box to represent giving it to God with a clear statement and leaving it there is powerful in itself. If you begin to worry again, taking it back out with your statement about not trusting Him really engages you in what you are coming into agreement with and can often cause an immediate shift in your mind and heart. Give this a go and see the effects.

SCRIPTURES

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

"Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Matthew 26:39)

"Cast all your anxiety on him because he cares for you." (1 Peter 5:7)

Noticing Idolatry

NOTICE & JOURNAL ON THE FOLLOWING:

- Where am I idolizing something other than God right now?
- Where am I looking for something outside myself to fill the God-shaped hole inside?
- How can I bring my focus back to God as my provision and protection?
- How can I BELIEVE His promises are true for me?

SCRIPTURES

"Therefore, my beloved, flee from idolatry." (1 Corinthians 10:14)

"You shall have no other gods before me. "You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments." (Exodus 20:3-6)

"Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry." (Colossians 3:5)

"The idols of the nations are silver and gold, the work of human hands. They have mouths, but do not speak; they have eyes, but do not see; they have ears, but do not hear, nor is there any breath in their mouths. Those who make them become like them, so do all who trust in them!" (Psalm 135:15-18)

Self-Coaching & Reflection Techniques

Check the Private Portal for exercises and activities that will help you get 'under' whatever feelings and thoughts are coming up for you

There are many techniques that can help you invite God in more deeply, get into the subconscious and discover what is happening deep within and extend love and compassion to the protective parts of yourself.

These techniques can help you shift your soul (thoughts, emotions and will) and allow you to come into agreement with Christ!

Enter Into & Experience God's Rest

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30)

Rest is about BELIEVING God - His promises, protection, provision and goodness. This can be hard when we want things to look a certain way and they don't or we are struggling deeply in our mind and heart.

Rest is about Letting Go of control, Moving out of Confusion and Trusting Him FULLY. It is a step of faith we take to align with Him and abide in His love.

These HOW TO'S are the quickest way I know to shift into His Rest. It requires risk to trust and believe Him, and when we do it brings so much freedom!

RELEASE YOURSELF FROM FEELING SHAMED/CONDEMNED

- Remember that there is No Shame. No Condemnation. No Obligation.
- God loves you and unconditionally accepts you and still gives you precious relationship with Him even when you choose to lean on something other than Him as your source.
- ***“Nothing can separate us from the love of God” (Romans 8:38-39)***
- NOTE: It's also good practice to release others from our shame and condemnation - it is not our place to shame and condemn others so we get to release them to God (easier said than done...and we get to choose it). We get to get curious!

STOP TRYING

- Whenever you feel yourself “trying to believe,” “trying to understand,” “trying to figure it out,” “trying to do it right.” know that it is your soul that is involved
- As a daughter of the King who is certain of her identity, position, and authority, with a posture of love and servant leadership, you can lovingly tell your soul and body that whatever they are doing or believing that is making them feel anxiety, stress, confusion, or chaos to “stop.”
- You need to stop trying, release your intent to try, and let your spirit do it for you – because it is your very nature to believe and be in agreement with God, to do it “in excellence”, to do it “right,” etc.
- And in your spirit, you will do it effortlessly without trying.

LET GO OF JUDGMENT

- We must release the belief that life should look a certain way - and that a good God would do _____ or it 'should' or 'shouldn't' be THIS WAY!
- This is about "Death of a Vision" - LETTING GO of the Result.
 - We must let go of the requirement that if we're doing it right, it should be working (results).
 - That if we've invested so much time and money, we should see a return (results).
 - That if we've poured our heart into others, they should value it and their lives should change (results).
 - We have to release our ownership of the results, or holding God accountable for getting the results that WE have defined for Him.
- We need to release ownership of the situation, that if God TRULY loved me He would manifest in a specific way (MY way)
- We are in unrest ultimately because we are not believing something about God – but we don't usually know what it is. We don't have to. Our spirit already believes Him.
- We need to let go of the belief we have held onto that says "God isn't as good as He said He is," and "I am abandoned to try to get whatever I feel I need to be happy," and "I need to do something good for God that seems selfless to attain a type of freedom I want," etc.

CHOOSE TO COME INTO AGREEMENT WITH HIS SPIRIT

- Willfully and intentionally choose that what God says is true (without specific proof)
- Faith is choosing what God says simply because He SAID it. It comes down to your faith in what God says being true - that you truly believe it *"Blessed are those who have not seen and yet have believed."* (John 20:29)
- Choose that He is who He says to the degree He says He is it. Choose it without demanding proof, without feeling it, without believing it.
- Choose that He is those things with the intention that you are the beneficiary of that character of His of Love, Goodness, and Righteousness.
- This is what it looks like to be a "living sacrifice" – sacrificing our 'trying' to emotionally or physically protect ourselves, in favor of choosing Him, in favor of choosing to risk the actions we take on who He says He is, not whether He has proven Himself to our satisfaction.
- Remember, requiring the proof before we'll believe God is idolizing something over God.

USE A SOUL-SHIFTING TOOL

- Know that your soul beliefs are not your true spirit. Our spirit already believes Him, yet our soul (ego, will, intentions, emotions, thoughts) might question Him - so we get to keep casting off the lies.
- Remember that there is No Shame. No Condemnation. No Obligation. God loves you and unconditionally accepts you regardless of your choice, because if He loved and died for you while we hated and were killing Him, then any choice you make won't affect His love either.
- Declare that He is as good and loving as He says He is and that you are gratefully receiving the manifestation of those character traits of His through your use of the tools available to you through His guidance.
- Tools (see below) can help us have something to tangibly hold on to in order to shift our physical body, mind and heart.

EXAMPLES OF TOOLS

- CTFAR/STORY System (see Index)
- Who are you? Read scriptures (Module 1)
- Death of a Vision - do through the process of laying it down (Module 6)
- Worry box (see above)
- Medications if needed
- Visualizations (through SFA and on calls)
- Calming/Breathing techniques (see above)
- Choose a way of BEing from your CLIF that you get to step into (Modules 1 & 2)
- Talking it out
- Journalling
- And so many more that can help you shift emotionally, physically & mentally)

REMEMBER YOU ARE VICTORIOUS

- Remember what feel like trials and tribulations of being tested by God to “learn a lesson” are actually loving invitations from Him to trust and submit yourself to Him.
- When you choose to vulnerably say 'yes' to this invitation of intimacy, you will move into greater measures of Intimacy, Love, Goodness, Freedom, and Rest than you have ever experienced!

REMEMBER YOU ARE VICTORIOUS ~ CONT'D

And when living in Victory as an overcomer feels intense or impossible, remember that Jesus was our forerunner. Though He never sinned, He chose to be an example to us in overcoming His own flesh (soul and body), asking His disciples to pray for Him because He was at His breaking point. As much as He wanted the Father's will, His "spirit was willing but the flesh was weak."

We all have to wrestle with our flesh as we choose to come into agreement with His Spirit. The human Jesus had overcome by the power of the Spirit - that was what He had to do in order to allow us to have that same ability to overcome through the Spirit.

In the midst of your struggle to choose, remember that Jesus knows what it's like to make that hard choice: *"Father, if you are willing, take this cup from me; yet not my will, but yours be done."* (Luke 22:42)

He knows what it's like to experience both soul and body pain - while even His physical body manifested the anguish of His soul: *"And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground."* (Luke 22:44) Sweating blood is called Hematidrosis, occurring due to extreme stress.

God knows what is required to follow Him. Because He did it first. Showing it's possible. Proving your victory so that it's no longer a theoretical concept but has been proven into the earth. There is already a record put into the earth that it can be and has been done.

Jesus had to overcome His soul and body to bring it into alignment and agreement with His spirit that was one with God. And He had to have it first before He could give it to us.

He had to overcome His flesh first in the Garden before He could take the stripes in the courtyard whereby He said He gave us complete healing (Isaiah 53:5).

He had to overcome His flesh first before He could take our sins upon Him and die to them for us on the cross to restore our oneness with God (John 19:34 symbolizing the birth of the Bride out of and in union with the Bridegroom & Matt. 27:51 symbolizing the lack of ANY separation between us and the Father).

He had to overcome death first by rising from the dead before He could give us victory over death.

Like Jesus, we can only give to others what we have. So in choosing to overcome the first aspect of Creation given to us – our soul and body – we are choosing to die to self like Jesus in order to give life to Creation such as family, friends, and other aspects of Creation by making it easier for them to be released from frustration and enter Freedom. It is how you be a spray bottle for Jesus and abide in Him to pour out the fruit of the Spirit to the world!

YOUR VICTORY IN HIM

Here are some scriptures to remind you that you are already deeply loved and victorious - it's about coming into agreement with His Truth!

- John 10:10 - *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*
- John 16:33 - *"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."*
- 1 John 5:4 - *"For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith."*
- Deuteronomy 20:4 - *"For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory."*
- 1 Corinthians 15:55, 57 - *"Where, O death, is your victory? Where, O death, is your sting... Thanks be to God! He gives us victory through our Lord Jesus Christ."*

BELIEFS/SAYINGS/CHOICES TO ALIGN WITH VICTORY

- "I am Victorious"
- "I choose the Highest level of Responsibility - VICTORY!"
- "Anything is possible with God!"
- "Through partnering with Christ, I can heal and transform in all areas of my life."
- "I am a spray bottle for Jesus and I shift the atmosphere with His love!"
- "I am proactive and am conscious of my contribution in all situations."
- "I have choice and free will in how I relate to and impact others."
- "I can get curious about what word is missing right now in my posture/way of BEing and choose it even if I don't feel it - I can stretch myself through the power of His Spirit within me because I am a (say your CLIF statement)"
- "At any moment I can choose to stand in my CLIF - to BE the hands and feet of Jesus in my way of BEing"
- "I can ask God 'What are you teaching me?' 'How are you refining me?' and 'What is my takeaway from this?'"

Still Struggling to Shift...

UNCOVERING SUBCONSCIOUS BELIEFS HOLDING YOU BACK

This activity will help you access your subconscious beliefs and help the subconscious (or emotional part) feel safe enough to shift.

What does the Subconscious believe?

(Ex: I will never be healed)

What emotions come up inside you when you believe this?

(Ex: Down, depressed, helpless, fear)

What do you really want? (This is your 'Conscious Desire')

(Ex: be healed and to have energy to do what God put me here for)

What is the feeling you want to feel that you believe the 'conscious desire' will give you?

(Ex: Freedom, peace, joy)

What scares you about having this Desire fulfilled? (This is your 'Subconscious Belief')

(Ex: If I am healed I may have to do more and I want to have a relaxing lifestyle)

How can you honor the fear (your 'Subconscious Belief') and also have what you really want (your 'Conscious Desire')?

(Ex: I can be healed and still take time to relax)

Write a Conviction Statement that meets both the desire and need

(Ex: "I can be healed and also take time out to relax because that is my choice and people who care about me will honor that and not expect more of me than I can give. I can choose to stand up for myself and ask for what I want - downtime.")

Extension

Create a mental movie of how you picture that Desire/Need Combination ideally turning out in the future. Notice the sounds, conversations, visuals and details of that experience. Take it all in and really experience yourself living out that statement. (5 senses)

Still Struggling to Shift..

COSTS AND BENEFITS

Ask yourself the benefits and costs of being this way or believing this thing (Ex: *I am not good enough, I can't do this, I need to hide*)

Write out the COSTS to YOU of believing that or staying that way (Ex: *"I'm not good enough" or hiding, etc*)

Write out the COSTS to OTHERS of believing that or staying that way (Ex: *"I'm not good enough" or hiding, staying stuck, etc*)

Write out the BENEFITS to ME of believing that or staying that way (Ex: *"I'm not good enough" or hiding, staying stuck, etc*)

Write out the BENEFITS to OTHERS of believing that or staying that way (Ex: *"I'm not good enough" or hiding, staying stuck, etc*)

ACTION STEPS

Remember who you are!

Write out your CLIF

(Ex: *I am a _____, _____, _____, _____ woman of God.*)

What do you want to create?

Finish the sentence "I am committed to creating..." and finish with ways of BEing (*peace, kindness, love, trust, connection, etc*)

What are you willing to risk?

Write out what you would be willing to risk to create that - benefits to me of believing "I am not good enough" or hiding, staying stuck, etc.

(Ex: *I am willing to risk being rejected, embarrassed, etc*)

What is your Stretch?

What will you step into to stretch yourself in this area. You get to choose to stay where you are or take the risks to step out and possibly be rejected, seen and not understood, abandoned, etc. Need a STRETCH ASSIGNMENT - ask for one! :)

You get to see what's possible and what prices you will pay - and then be willing to pay them to create what you truly want from a place of abiding in Him!

Get clear on why you are choosing to remain this way right now and remember no condemnation - just awareness! Then make a choice.

Closing a Door/Saying Goodbye

STEP 1

Write down all the things you forgive that person for (ex: I forgive you for not getting back to me"). Know that you can feel free to write down as much as you wish.

STEP 2

Write down anything you want to make amends for (ex: I apologize for making a choice that affected both of us and not giving you more of a say).

STEP 3

Write down anything that you wished you could've said or currently want to say (ex: I hope you still respect me and think of our good times fondly).

You might choose to include words of prayer, good thoughts, the fact that you are letting go, etc.

STEP 4

End the letter with "Goodbye" - and mean it. This means goodbye to that relationship as it was, not necessarily to reconciliation in the future, when both parties are healthy and in a different head/heart-space.

STEP 5

Read it out loud, either to yourself, as if you were reading it to the person, or to a trusted friend/confidant.

STEP 6

Delete the letter or rip it up as soon as you are done reading it. This will prevent you from going back and reading it over and over, which can be tempting.

Once it's written and destroyed, you are better prepared to move forward. It still might be difficult at first, however this will give you a sense of freedom.

When you forgive, wish them the best and let go. This honors God and creates freedom within you.

Ask Someone to 'Hold the Bucket'

**Sometimes we just need to vent and get things off our chest in a safe space.
Here are the steps to do that in a healthy way and ask for support**

- Ask someone you know, like and trust to "Hold the Bucket" for you. Explain that you'd like to share what's on your heart and you'd like 15min of their time.
- Not sure who to ask - create intimacy and connection with people through messenger, reaching out in the group, commenting on their posts, being involved, showing up, asking to connect with someone on the phone, etc. Then you will have some ladies that are willing to hold your bucket, and you theirs when they need it.
- You could also choose to make a written post or go LIVE in the SFA group - it is a safe place to be messy and not have all your stuff together.
- Start by explaining that you are going to set a timer (see below) and dump it all in the bucket. The purpose is to get it out. You are asking them to listen and not take it on in any way. If there is a trigger warning, you may want to let them know that as well so they can be emotionally prepared.
- When you dump it all in the bucket, time yourself with a timer (3-5 min). In this time get it ALL out - be as "woe as me" as you'd like.
- After your timer goes off, focus on what's next. You can ask for prayer, wisdom, supportive emojis, encouraging scripture, etc. Make sure you ask for the support you specifically want so we can give it to you.
- From a place of "I am Responsible" and "I am Victorious." Ask yourself "What's next?" What is the best next step you can take now? What will move you a step forward? What do you get to shift into? Your CLIF qualities. a posture of prayer, trust in what's next, rest in Him (choosing Him above all else), etc.



ASK A QUESTION ON A GROUP CALL

- Be specific - now that you've completed the previous steps, what is missing for you?
- Provide information of how you've already processed through so the coaches can support you well
- Pay attention when others are being coached on group calls and ask yourself "How does this relate to me?"
- How is she experiencing something similar to me?
- How can I apply this coaching to my own life?
- What nugget am I taking from this
- Notice how you're showing up on the call - resistant, engaged, distracted, envious, frustrated, prayerful - and ask yourself where that is coming from deeper down
- Be open, honest, courageous and trusting. We are here for you and can support only to the degree that you receive it.

YOU ARE LOVED & WE'RE IN THIS TOGETHER!

Always remember that....

