



Embracing and Sharing God's Grace

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Embracing and Sharing God's Grace videos can be downloaded **free** at **breakfreetoday.org/amazing-grace**.

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Breaking the power of the past 75
Download the video free at breakfreetoday.org/set-free

How to watch over your spiritual heart 85
Download the video free at breakfreetoday.org/heart-conditions.

INTRODUCTION

**UNDERSTANDING
GOD'S GRACE**

Overview of the Course

This life-changing course is based on the Word of God to help you better understand **God's supernatural grace**. It does not matter where you are at in your journey; you will learn what hinders and how to grow in God's enabling grace. Our passion is for you to be fully equipped to pass God's saving-grace onto others.

In the following sessions you will learn:

- ✓ how to activate God's grace and live in victory.
- ✓ how to break free and enjoy the blessings of God's grace.
- ✓ how to share God's grace with others.
- ✓ how the flow of God's grace can be obstructed.

Let's begin with prayer:

Heavenly Father, thank you for the privilege of studying Your Word and drawing closer to You. Open the eyes of my understanding to enable me to receive all that You have for me. In Jesus' name I ask it. Amen

Since the name of the course is **Embracing and Sharing God's grace**, it is important to understand what God's grace is and how to activate it.

There are two components to God's grace!

There is God's saving grace as Ephesians 2:8 tells us:

*For it is **by grace** you have been saved, through faith. And Romans 3:24 confirms this. It says, "All are justified freely **by his grace**."*

Then according to 2 Corinthians 8:9 **there is God's enabling grace** –

*God is able, to make every **grace overflow to you**, so that in every way, **always having everything you need**, you may excel in every good work. 2 Corinthians 9:8 CSB*

Let's look at how God's enabling grace is outworked.

Below are **some** of the spiritual blessings that come through Jesus Christ by the Holy Spirit:

- ✓ **The grace of God empowers us.**

God supplies the power to share the gospel.

***Grace alone empowers me** so that I can boldly preach this wonderful message. Ephesians 3:8-9 The Passion Bible*

God gives the power to overcome sin.

*For sin will have **no dominion over you** since you are ... under grace. Romans 6:14 ESV*

God grants the power to perform miracles.

Stephen was a man full of **God's grace and power**, who performed great wonders and signs among the people.
Acts 6:8 NIV

Do you have a need? For wisdom, favor with God and man? (James 1:5, Luke 2:52)

✓ **God's grace generously provides all you need.**

God is able to make **all grace** (every favor and earthly blessing) come to you in abundance, so that you may always and under all circumstances and whatever the need be self-sufficient.
2 Corinthians 9:8 Amp.

✓ **The grace of God supplies inner strength.**

Here is an encouragement in 2 Timothy 2:1, 'My son, **be strong (strengthened inwardly) in the grace (spiritual blessing)** that is [to be found only] in Christ Jesus". Amp.

✓ **The grace of God brings restoration.**

The enemy may have knocked you down. But according to God's Word, when you appropriate His grace, you will be restored and strengthened.

1 Peter 5:10 (ESV) confirms this: After you have suffered a little while, the **God of all grace**, who has called you to his eternal glory in Christ, will himself **restore, confirm, strengthen, and establish you**.

✓ **God's grace supplies different spiritual gifts – to prophesy, serve others, teach, encourage, lead or showing kindness.**

In his grace, God has given us different gifts for doing certain things well. Romans 12:6 NLT

Have you ever felt frustrated knowing these promises but fail to fully experience them?
Let us endeavour to find the answer!

How do we access God's grace?

Firstly, **God's grace increases as you grow in godly knowledge.**

May God **give you more and more grace** and peace as you **grow in your knowledge** of God and Jesus our Lord.
2 Peter 1:2 NLT

Secondly, **God's generous grace comes to the humble.**

He (God) gives grace generously. As the Scriptures say, "God opposes the proud but **gives grace to the humble**."
James 4:6 NLT

To be humble is to be **teachable**. To be humble is to **acknowledge your need**. It is emptying yourself of self-righteousness and self-sufficiency and seeking to be filled with all God has for you!

Thirdly, **God's grace is accessed by faith.**

For it is by grace you have been saved, **through faith** - and this is not from yourselves, it is the gift of God. Ephesians 2:8 NLT

For God to meet our needs, (whether it be spiritual, material, emotional or physical), we need to receive or take hold of God's enabling grace. Therefore, it is necessary to understand what aids faith.

So, what activates faith?

Firstly, **faith is having total confidence in God's integrity** -

Number 23:19 (NLT) assures us that: God is not a man, so he does not lie. He is not human, so he does not change his mind.

To have faith in God's provision we must acknowledge that God **can not** lie. **He will keep His promises.**

Secondly, **faith is having total confidence in God's ability** -

*The Apostle Paul declared: "Now to him **who is able** to do immeasurably more than all we ask or imagine, according to **his power** that is at work within us". Ephesians 3:20 NIV*

To have faith in God's provision we must acknowledge that God's supernatural power is limitless.

Thirdly, **faith requires action** -

*The Bible says, "Faith by itself, if it is **not accompanied by action, is dead**". James 2:17 NIV*

What causes us to stray from God's gift?

- ✓ **Unbelief will keep God's children from flowing in His grace.**

*We read in Hebrews 3:19, "We see that they were not able to enter [into His rest - the promised land] because of **unbelief** and an **unwillingness to trust** in God". Amp.*

- ✓ **Unforgiveness will also keep us from receiving God's grace.**

*Further in the book of Hebrew we are encouraged to: "Look after each other so that **none of you fails to receive the grace of God**. Watch out that no poisonous root of bitterness grows up to trouble you". Hebrews 2:15 NLT*

- ✓ **Good works cause God's children to fall away from the revelation of God's grace.**

*Some of you are trying to be made right with God by ... **(good works)** ... **You have fallen away from God's grace**. Galatians 5:4 NIRV*

- ✓ **Pride will keep you from receiving God's grace.**

*He (God) gives us more and more grace. That is why He says, **God sets Himself against the proud and haughty, but** gives grace [continually] to the lowly (those who are humble enough to receive it). James 4:6 AMPC*

Here is a testimony of God's Grace

The love of God led Bill and Wilma to be missionaries for many years in Ethiopia. In the area that they worked the people had several names for the demonic that they worshipped.

Shortly after Bill and Wilma arrived in this unreached area of south-west Ethiopia, God showed Bill a vision of thousands coming to Christ.

Around the same time, a witchdoctor prophesied that someone greater than satan was coming to the area. True to the vision and prophecy, God's miraculous healing power turned thousands (including many witchdoctors) from the powers of darkness to God's marvellous Light.

The Ethiopians flourished! They fervently prayed for their friends and family and excitedly shared Jesus' with them. It was by God's grace that during their 15 years in Ethiopia over 250 churches were established. Since being in Australia they have led hundreds, one-on-one, to Jesus by God's grace.

What is keeping you from God's best?

Back in the late nineties Wilma studied shame. She discovered that shame was toxic. Part of the sin nature, shame can knowingly or unknowingly have a constant presence in our lives. It will keep a child of God from fully embracing God's grace.

Could inner shame be keeping you from receiving God's grace?

Inner shame is having negative feelings about yourself and your worth, either consciously or subconsciously. Inner shame is your inner critic. Your inner critic refers to a voice within. It judges, criticizes, or demeans you whether, or not, the self-criticism is objectively justified.

Inner shame is the most subtle enemy a child of God will encounter. Shame hides!

An example of this is when the presence of God left Adam and Eve in the Garden. They expressed their loss by declaring that they were naked. This made them feel **shame** for the first time.

When Jesus died on the Cross, an exchange took place. He made it possible for us to enjoy His presence by exchanging our cloak of **shame** for a robe of righteousness. Unfortunately, many Christians have not taken hold of what is theirs.

They wear a cloak of **shame** over their robe of righteousness! This drives them to a performance-based Christianity. They seek to gain God's approval through what they do.

Note, a shame-bound person steers towards doing good works to earn God's love and acceptance.

Could it be that you received God's love and acceptance by faith when you were born again. Now to feel good about yourself you strive to gain God's favor and acceptance **through what you do** (through your self-righteousness and self-effort).

The Bible assures you that you are unconditionally loved and accepted by God because of His grace, **not** because of your successes or good works. Your good works then flows out of gratitude for His total acceptance and love!

Here is another fact: Shame lies behind the root of unforgiveness.

When you find it hard to forgive yourself (and/or forgive others) it is often because you struggle to totally receive, for yourself, God's grace.

God's amazing grace completely removes every remembrance of the things you have done wrong. Could it be that deep-down you feel unworthy of God's love and forgiveness?

Shame causes you to doubt God: - giving birth to unbelief.

Inner shame causes spiritual blindness! It produces a veil over your eyes and prevents you from **believing and receiving** the promises of God. Because of your low self-worth, **shame** makes you feel that God can do wonders for others but questions whether He will do it for you, or through you! For a child of God this can create double-mindedness. Part of you believes God can answer **your** prayer or use **you**, the **shame** part questions if God would!

Here are further insights into this deceptive enemy – shame!

- When going through a tough time **shame** paints a picture of you that is a lie: "I'm unlovable", "Nobody likes me", "I'm a nobody", "I'll never get it right", "I'm a failure", "Life would be better without me", "I'm not good enough".

You may not relate to having a low self-worth, but instead you **have other symptoms** of inner shame.

- **Shame** drives you to feel that you must get life right to be accepted and secure. This can create a lifestyle of stress, anxiety, and all kinds of fear. A fear could be that God would not answer your prayers! Could harbouring a fear of failure or fear of rejection prevent you from embracing and sharing God's grace?
- **Shame** propels you to cover up your real self. You hide behind control, by either controlling yourself or others!
- **Shame** makes you concerned about what people think about you. This drives you to perform and gain other's acceptance to feel good about yourself.
- **Shame** makes you want to blame others. Often building yourself up, by tearing others down.
- **Shame** prohibits intimacy in marriage and other relationships. A shame-bound person does not want to be exposed!

Unresolved inner shame is the most debilitating spiritual condition which we contend with today." - Rev. Chester Wright

This manual will help you further understand inner shame.

The teaching will take you on a journey to enable you to be **free** from this curse and activate you to partake of God's grace to fulfil your divine mission.

First it is important to understand how a person who is shame-bound can find freedom by forgiving and releasing people in forgiveness.



PART ONE

Embracing God's Grace

Session One

Inner Shame and Unforgiveness

Many people know about God's grace and forgiveness but fail to forgive, **as He has forgiven them.**

*Make allowance for each other's faults and forgive anyone who offends you. Remember, **the Lord forgave you, so you must forgive others.** Colossians 3:13 NLT*

Prayer:

Lord Jesus may the life-giving power of Your Holy Spirit flow into the depths of my soul, cleansing and restoring me to wholeness. As Your representative I want to take hold of Your bountiful grace and serve You well. In Your name I ask it. Amen.

There are consequences for unforgiveness.

Holding onto unforgiveness will affect your relationship with the Holy Spirit! As we have seen, it will hinder the outworking of the grace of God in our life.

***Do not grieve the Holy Spirit of God,** with whom you were sealed for the day of redemption. **Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice (cruel talk).** Be kind and compassionate to one another, forgiving each other, **just as in Christ God forgave you.** Ephesians 4:30-32 NIV*

Holding onto bitterness will affect others!

*See to it that no one fails to obtain the grace of God; that **no "root of bitterness"** springs up and causes trouble, and **by it many become defiled.** Hebrew 12:15 ESV*

A bad root will produce bad fruit! If **the root** of the tree is bitterness and blame, **the fruit** will turn out to be wrong judgements. For when you have a root of bitterness, you will judge and blame others to make yourself feel better.

According to this Bible verse, when we judge others, we (and others) will reap the consequences.

***Do not judge, or you too will be judged.** For in the same way, you judge others, you will be judged, and with the measure you use, it will be measured to you. Matthew 7:1-2 NIV*

When you judge, it's talking about condemning/accusing/blaming, like in a courtroom.

What's the difference between judgement and discernment?

- Discernment is telling the difference between right and wrong.
- Judgement is an opinion made, condemning, accusing, and blaming another.

Many who have judged and blamed another will suffer later by defiling themselves and others if the judgement remains. These judgements come from parents while growing up, or someone who has betrayed them.

Wrong judgements will destroy relationships!

For example, you are deeply wounded when you discover your husband is lusting after other women. You divorce him and continue to judge and blame him, so when you marry again, you consciously or unconsciously expect men to do the same.

The judgement poisons your new husband to cause him to also be tempted to look at other women. It is called **THE LAW OF JUDGEMENT!**

Another illustration of the law of judgement operating. When you were a child, you were hurt, and angry that your dad left home and abandoned you. You get married and the judgement you made, (that men abandon you when things get tough), creates an atmosphere for your husband to do the same.

What you sow in judging others, you will reap! You will reap the consequences if you do not deal with the root and hand the offender over to the Righteous Judge! For what you plant will always be the very thing you harvest.

Reflect and journal: Do you judge yourself (hard on yourself) and others? A shame-bound person will judge, criticize, and blame themselves and others to feel better about themselves.

Holding onto unforgiveness will affect you!

Dr Michelle Strydom confirms this, "If you decide by your free will to listen to the voice of your heart and reject that angry thought and choose to forgive that person, your heart will secrete a chemical called ANF (Atrial Natriuretic Factor).

It is very good for you – it produces health in your body, it motivates you and helps your brain to function more efficiently.

ANF is the "peace" chemical that literally calms your whole body down and makes you feel at peace.

When your heart is at peace, you are at peace! If you make a decision by your free will, to not listen to the voice of your heart and you choose to meditate on that angry thought, you begin to build a toxic thorn tree of bitterness in your brain. Also, because you did not listen to the voice of your heart, the heart doesn't secrete ANF."

Sue was struggling to forgive.

Sue was sobbing as she shared her story. She was extremely angry and bitter! Her alcoholic former husband was given weekend custody of their eight-year-old daughter. Driving drunk he smashed the car with the daughter inside, killing her instantly. The bitterness and emotional pain that Sue felt was badly affecting her health!

When it was suggested that Sue hand over her husband to the Righteous Judge, she reluctantly agreed. Bill and Wilma were lovingly able to help her release her husband in forgiveness. She immediately felt lighter, as if a load had been lifted!

Sue left healed emotionally and physically with a smile on her face. Jesus you are wonderful!

Reflect and journal: How would you have handled Sue's situation?

Four ways to handle an offence!

1. Remain offended or make excuses for the offender.
2. Compartmentalise.
3. Feel obliged to forgive.
4. Forgive from the heart.

Reflect and journal: Do you find that you have forgiven yourself or another many times for the same offence? Do you find it difficult to let the offence go? **Have you forgiven the offender from the heart?**

An illustration of how to forgive from the heart!

Jesus tells of a servant who owed the King **a large amount** of money (Matthew 18:21f).

*The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' The master of that servant was moved with compassion, **released him, and forgave him the debt.** Matthew 18:26-27 NKJV*

The king released and forgave his debt!

*Forgive, and you **will be** forgiven. Luke 6:37 NLT*
In the margin it says: **Release and you shall be released!**

There are two Greek meanings to "forgive":

aphiēmi means to forsake, let go - Luke 11:4.

apoluo means to free fully, that is release - Luke 6:37.

To be set at liberty means to be released and loosed away from. When the cage is opened the bird is set free. It is released and loosed away from the cage. This is an illustration of what happens when you forgive and release those who have offended you. You are set free, away from the entrapment of the offence!

Release comes when we forgive from the heart!

So how do we forgive from the heart? **You release** by shifting or cancelling the blame and handing the offender over to God's love and mercy! Even though the offender is blameworthy, **you must choose not to judge and blame** him/her.

Judge not, and you will not be judged; **condemn not**, and you will not be condemned; **forgive**, and you will be forgiven. Luke 6:37 NIV

*Even if he sins against you seven times a day, and returns to you seven times and says, 'I repent,' you must forgive him [that is, give up resentment and **consider the offense recalled and annulled**]."* Luke 17:4 AMP

Annul means: to declare cancelled, obliterated and as **no longer existing**. According to Webster's New International Dictionary to forgive means: **To stop feeling anger toward** (someone who has done something wrong): **to stop blaming** (someone)

Ryan hated his abusive dad!

Bill asked Ryan, who had **really suffered** through injustice, to forgive his dad. Having been put out on the street at 9 years of age he replied, "I will never forgive him". Bill suggested that Ryan hand him over to the Righteous Judge and let God deal with dad. "He can have him," he responded emphatically. So, we prayed, and he handed the perpetrator over to God, the Righteous Judge, and Ryan became a changed man.

How do I forgive myself?

Someone asked Wilma recently, "How do I forgive myself?" Forgiving yourself is sometimes very hard for a shame-bound person! Especially when you have been sexually abused or had an abortion. Or you have a deep regret and disappointment for a past failure.

Many have life-long feelings of regret and guilt for past mistakes. However, we find that the Bible overflows with evidence that our past choices are no match for the love and forgiveness found in Jesus Christ. Bible verse such as 1 John 1:9 confirms this:

*If we confess our sins to God, He will keep His promise and do what is right: He will forgive us our sins and purify us from **all** our wrongdoing.* GNT

<p>Individual reflection: Do you find it hard to forgive yourself for something you did or didn't do in the past?</p>
--

If you find it hard to forgive yourself, don't give the devil a foothold. Repent and make a **choice** to stop blaming and judging yourself! For Jesus has already taken upon Himself the punishment for **all** your wrongdoing. Therefore, choose to no longer be hard on yourself or punish yourself.

The Bible verse below assures you and me that the Blood of Jesus covers and removes **all** your confessed sin, making us "one"/ "right" with God.

*God presented Christ as a sacrifice of **atonement**, through the **shedding of His blood** - to be received by faith.*
Romans 3:25 NIV

The word "atone" has the idea of "**to erase,**" "**to cover,**" "**to remove the wrath of God against sin and its penalty**". This is such good news! God is not angry with you, so stop being annoyed and angry with yourself!

Father phoned after 20 years.

Charlette had not spoken to her father for 20 years. After this teaching she wrote down that she needed to forgive her dad. The next day she explained excitedly that within hours after she forgave and released him, he rang. He offered to pay for her to come to visit him in another country. Charlette believes that if she hadn't forgiven him, it would never have happened!

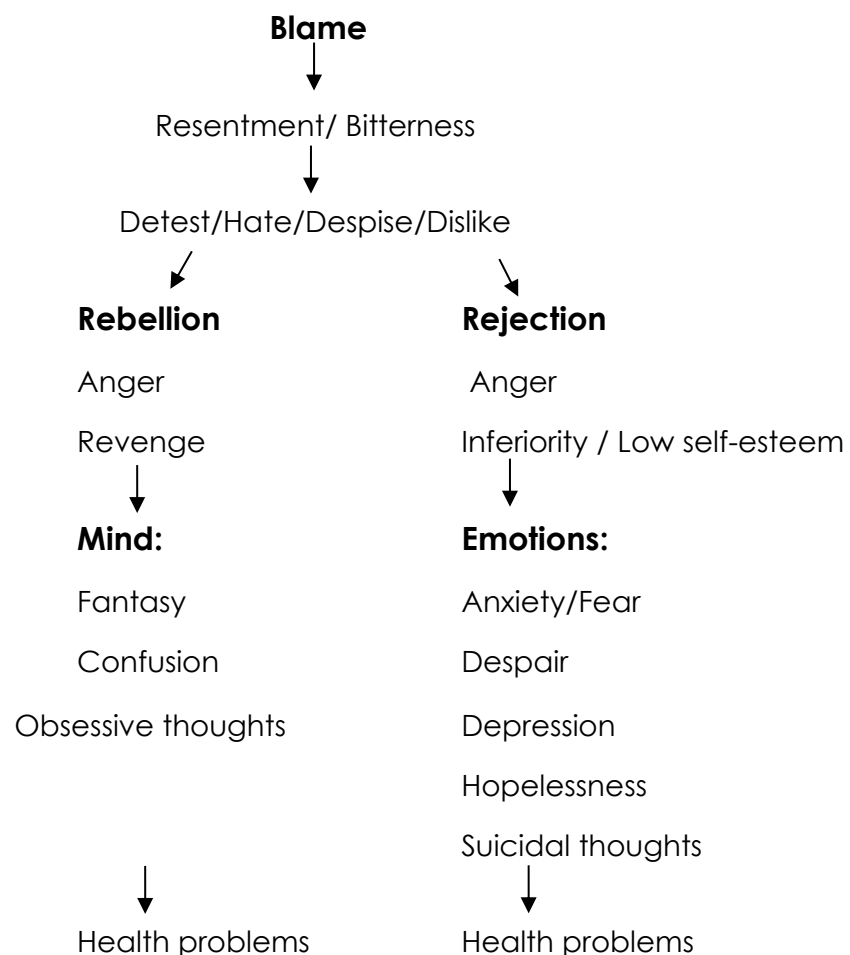
How do you cancel the blame?

Seeking to deal with toxic emotions and health problems, caused through unforgiveness, is like putting your finger in a hose and trying to stop the flow of water. Instead, turn off the tap! You do that by **cancelling the blame**.

You cancel the blame when you choose to no longer judge or blame your offender. Instead, you hand them over to the Righteous Judge and the symptoms will go!

There is an emotional downward spiral when you fail to forgive from the heart.

When we judge and blame ourselves or others the possible progression is as follows:



The power of forgiveness

Steve came to us seeking prayer as he could not bend his fingers for five years. After forgiving and releasing those who had offended him, his hand was instantly restored to full movement.

Individual reflection: It may be that your physical condition is rooted in unforgiveness!

Write down all those you need to forgive and release, that is those who have offended, abused, betrayed, abandoned, rejected, and/or crushed you. Hand them over to the "Righteous Judge" and choose to no longer judge or blame them. Then bless them!

The Bible encourages us to accept it as our mission to pray for those who mistreat and harass us. (Luke 6:28)

Suggested prayer to forgive from the heart.

Lord Jesus, I want to be free from pain that has kept my heart bound and made me feel distant from You.

Help me, Lord Jesus, to learn to forgive in the way You have forgiven me.

As an act of my will and in obedience to Your Word, I **choose** to forgive and release the people I have written on this piece of paper and will no longer judge or blame them for their actions, or words spoken against me.

I **choose** to forgive and release myself from all judgements and blame. I choose also to not be angry with myself, hate myself, or punish myself any longer.

Thank you, Jesus, that Your blood has wiped my sin record totally out and I am free from all guilt and condemnation.

Father, fill me with Your love. I want to think the best of everyone and not keep records of wrong. I choose now to bless the people I have written on this piece of paper, and I ask that You richly bless them also. Amen.

Now tear up the paper with the names written on. For what God has forgiven, has been forgotten!

Forgiving an offence is the first step towards wholeness. **Being healed of the pain it can cause is the next step.**

Next session we will look at healing the wounded heart, so make sure you don't miss it! On our website is a video of this session: www.breakfreetoday.org/amazing-grace.



Embracing God's Grace

Session Two

Healing a Wounded Heart

Opening prayer:

Today, Lord Jesus, I am claiming 2 Kings 20:5 as mine: "I have heard your prayer and seen your tears; I will heal you." Thank you for forgiving me, healing my wounded heart, and making me whole. Amen

In this session you will learn:

- ✓ how to heal your wounded heart
- ✓ how Jesus wants to set captives free
- ✓ how to dismantle your self-defense wall that keeps God at a distance
- ✓ that behind every lie of satan is an assignment

When you have been hurt, forgiving is just the first step - the healing of the wound is the next step. Jesus wants to make you whole and for you to set others free who have been wounded!

How to be emotionally healed and set free!

Firstly, realize that God is close to those who feel crushed by life's circumstances. He is ready to deliver them.

What a comforting promise! The LORD is **close** to the broken hearted and **saves** those who are crushed in spirit. Psalm 43:18 NIV

Kylie was devastated!

Kylie had come to the Gold Coast (where Bill and Wilma lived) for a holiday. She was feeling devastated after having just learnt of her husband's betrayal. Kylie did not know Jesus. After sharing with her the **chart on forgiveness**, Wilma mentioned to her that it can be difficult to forgive when you have been hurt so badly.

Wilma then asked Kylie if she could tell her about a friend who could help her forgive. Kylie responded eagerly, "I need all the help I can get".

Wilma then went on to tell Kylie how God's Spirit is our helper and how she could have a personal relationship with Him - He would not only help her forgive but heal her wounded heart. She readily accepted God's grace and left as a changed woman. Thank you, Jesus!

Secondly, hand your pain over to Jesus. In Isaiah chapter 53 it was prophesied that Jesus would pay the debt for your grief and emotional pain.

It says: Surely **our griefs** He (Jesus) Himself bore, and **our sorrows** He carried. Isaiah 53:4 NASB

Jesus took upon Himself your grief and pain, so you don't have to carry it. If you have been wounded, give your pain to Jesus today, He will mend your shattered, broken heart and set you free from the pain and injustice of life.

Handing over to Jesus the pain of loss

Bill and Wilma and their two-year-old needed to travel for two days to a rudimentary hospital. Wilma was to be treated for severe bleeding after a miscarriage.

They stayed with a Canadian couple on their way. Bill and Wilma were persuaded to leave their outgoing daughter. The couple were hoping that this would free Bill up while supporting Wilma while in hospital.

When Bill and Wilma returned for their daughter, they quickly realize that she was deeply traumatised. They discovered that the couple had taken their two-year-old daughter's dummy and bottle from her. A rushed untimely, toilet training routine, had also been forced on their daughter while they were away.

Bill and Wilma had to give their **grief and disappointment** to Jesus. Not only the pain of the miscarriage but now the fact that they had lost their outgoing little girl. She was left **deeply traumatised** and continually fearful of separation.

Thirdly, the best way to heal a broken heart is to give Jesus all the pieces and allow His mighty presence to heal you. What a promise from Jesus.

He (Jesus) **heals the broken-hearted** and binds up their wounds
[curing their pains and their sorrows]. Psalm 147:3 AMPC

Don't underestimate the power and presence of the Holy Spirit.

Caitlyn was escorted interstate by the police.

Caitlyn shared how she had been badly traumatised in an abusive situation! Wilma told her that Jesus loved her and wanted to heal her broken heart and set her free.

Ezekiel 36:26 (ISV) was shared with her, assuring her that God wanted to give her a new healed heart. *"I'm going to give you a new heart, and I'm going to give you a new spirit within all of your deepest parts. I'll remove that rock-hard heart of yours and replace it with one that's sensitive to me"*. She immediately asked, "Can I have that now?"

Caitlyn was assured that she could become a child of God and receive a new heart today! With simple faith Caitlyn became a child of God and received a new heart! The next day Caitlyn's friend rang to thank Wilma and say that the lady was a totally changed woman. Jesus. You are so good!

Fourthly, you can be set free from the offender's destructive spoken words and threats.

Cruel words can leave you wounded! And woundedness can give the enemy an open door. So, forgive and cancel the effect of the painful words quickly. God's promises in His Word are powerful. Decree over yourself Isaiah 54:17, "**No weapon turned against me will succeed. I silence every voice raised up to accuse me**".

Fifthly, by the power of the Holy Spirit, you can be set free from the prison of pain and be made whole.

According to this bible verse, Jesus' presence frees those who feel trapped.

*The Spirit of the Lord God is upon me, because the Lord
has anointed me to bring good news to the poor; He
has sent Me to bind up the broken hearted, To proclaim
liberty to the captives, and the **opening of the prison** to
those who are bound. Isaiah 61:1 ESV*

When something traumatic or hurtful happens, the memory of the overload can be stored in a certain part of the brain like a computer file. When someone triggers you or pushes your button (out of rejection or fear) you overreact, or you can be troubled with flashbacks of the event.

Neuroscientist, Dr Aiko Hormann, believes that the neurological pathways can become fused through trauma and can be defused and replaced supernaturally through prayer.

Flashbacks were worrying Trevor!

Trevor was admitted to hospital with a fractured arm, having tripped and fallen to the ground while painting a two-storey roof. Flashbacks of the fall were worrying him.

He remembered how to defuse neurological connections following a trauma. He decided to pray and defused the neurological link between the time and memories of the event and the fear he experienced while falling. Then he asked God to replace the damaged neural pathway with a new pathway. The flashbacks ceased immediately. He never had another flashback! All glory to God!

Reflection: Do you feel stuck in the past? If you feel stuck there is NOTHING SO BROKEN THAT God can not heal!

Sixthly, control your emotions by changing the way you think.

Jesus stood and read from Isaiah 61:1. It was a prophecy pointing to His anointing and ministry.

*Be continually renewed in the spirit of your mind [**having a fresh,
untarnished mental and spiritual attitude**].*
Ephesians 4:23 AMP

For a traumatised person, the battle is in the mind! In another translation (CEV) it says, *"Let the Spirit change your way of thinking"*.

It is the power of the Holy Spirit that renews your mind. Your part is to yield to the Holy Spirit and choose to meditate on positive thoughts (Philippians 4:8) and not dwell on past failures.

Emotions can drive us!

When Wilma was a child, she loved watching the steam trains carry goods. Wilma often waved to the engine driver and the guardsman. The Engine driver (train operator) provides mechanical power. Many who have been traumatised **allow their emotions to drive them. Instead, they need to place God in control!**

If you can relate to that, choose today to remove yourself from running your life. Place God in the engine room! Where you have found life a struggle, God will give you the power to do the impossible!

The guard's job on the train is to keep everyone safe on board. Allow the Holy Spirit to be your guard; to guide and protect you! The Holy Spirit is also your helper! **When you place your emotions, mind and will in the carriages behind the driver, the Holy Spirit will enable you to enjoy the ride!**

When the enemy sends negative thoughts your way, refuse to entertain them.

Zoey tells her story: "I became traumatised when I was verbally and emotionally abused. Life was beginning to return to normal, until I saw the perpetrator's face recently. The trauma flooded back, as if it were yesterday.

I asked Wilma, "Have you been able to help people who have been deeply traumatised?" "Sure have", was the answer.

I couldn't believe what I was hearing. "You have?" I inquired again. Hope began to rise as I heard how God had healed others.

I learnt how to receive God's forgiveness, forgive myself and others. After further prayer, I felt an amazing peace and lighter, as if a load I had been carrying had lifted off me! I was free of the emotional pain!

Wilma taught me how to deal with negative thoughts. She said, "When the enemy sends negative thoughts your way, refuse to entertain them. Instead respond by saying, **"Wrong address"**! Give that accusing voice the flick! Then replace the negative thoughts by thinking and meditating on the goodness of God!"

Suggested prayer to heal a wounded, traumatized heart.

Father God, You are great and there is nothing that Your power can't accomplish. Thank you, for Your promise to heal the wounds of my shattered heart. (Psalm 147:3)

Please cleanse my heart. I ask You to forgive me for reacting negatively out of my pain. I forgive and release _____ for _____.

I will no longer judge or blame him/her for his/her actions and words spoken against me. I give them to You, the Righteous Judge.

God of all comfort, whose steadfast love never ceases, thank You for sending Jesus. He bore my griefs and carried my sorrows and pains in order that I can be restored to wholeness.

I thank you, Father, for restoring my traumatised central nervous system. In Jesus' name, I cut off and defuse the neurological link between the memories of the event and the emotional reactions to the event. Please replace the damaged neural pathway with a new pathway.

I smash down the images of the traumatic event. And I break the power of hurtful words and threats.

Lord Jesus, come and heal every broken piece of my wounded heart with Your mighty presence.

Send your ministering angels to lift me out of this bondage into freedom and make me whole.

Thank you, Holy Spirit, for filling every area where the trauma has left. Amen

Everyone reacts differently to physical and emotional wounds. Healing for some takes more time, love, support and patience than others. **You can show a hurting person that you care by offering to pray the following simple prayer.**

Shortened prayer for the hurting.

Lord Jesus, / I choose to forgive and release (have them name the persons). / I will no longer judge or blame them for their actions, / or words spoken against me. / Thank you, Jesus, for dying to make me whole. / Please take my pain, / heal my wounded heart / and make me whole. Amen.

Healing a Fearful Heart

Could it be that **through woundedness and fear** you have built **a self-defense wall** to protect yourself from being hurt again? Has your heart become closed, having built a self-defense wall which not only keeps others at a distance but also God?

Do you find it hard to trust God to protect and care for you?

Trust means letting go! Letting go of your insecurities and fears and putting your hands into the hands of God!

Trust is made easier when we know we are loved!

If you had a loving dad as a small child and he told you to jump off the bed into his arms, you wouldn't think twice, for you knew you were secure in his love.

Many haven't had a dad that enabled them to feel secure. Therefore, basic trust is an issue! They will struggle to believe that God could or would protect and keep them in time of need.

If that is your experience, then you need to forgive your dad for not making you feel secure and loved. Understand that God's love for you is unconditional. He is a faithful, reliable, perfect Father, not like your dad.

We all need the help of the Holy Spirit to enable us to trust God.

The Bible tells us that faith is a gift from God (Ephesians 2:8) and we can't make Jesus Lord (number one in our lives) without the Holy Spirits' help (1 Corinthians 12:3b).

We can only fully trust in our Heavenly Father when we know how much He loves us! The Bible assures us that the Holy Spirit fills us with His love!

*For we know how dearly God loves us, because He has
given us the Holy Spirit **to fill our hearts with His love.**
Romans 5:5 NLT*

Trust was put to the test!

Bill recalls a few stressful days for the family in Ethiopia, "Wilma and I were four days walk from an unreached area, over the mountains, through tall sword grass harbouring lions and boa constrictors.

I built a dirt airstrip and with evangelists brought the gospel to this area. We saw many transformed from the kingdom of darkness into the kingdom of Jesus Christ.

Wilma and I along with our two small children, landed in a small plane. I was to speak at a believers' conference, while Wilma cared for the sick.

The plane had just left and wouldn't be back to pick us up for another 4 days. Then the local people told me that **raiders were coming at any time to kill them and plunder their cattle.** The nationals were understandably extremely distraught! I would have preferred they had told me before the plane left – that way we could have escaped with the children!

Now we were stranded, with no contact with the outside world, several days trek from a road and facing the possibility of being slaughtered. It was scary but we had to stay strong! It was a test for us to put 1 Peter chapter 5:7 into practice:

*Cast (or give) **all** your cares [**all** your anxieties, **all** your worries, and **all** our concerns, once and for **all**] on Him, for He cares about you [with deepest affection, and **watches over you very carefully**]. AMP*

The raiders didn't come while we were there! Thank you, Jesus!"

<p>Group sharing or individual reflection and journal: Have you been in a situation where you have had to trust God.</p>

How to dismantle a self-defense wall

Step one - Choose to render your sin nature inoperative. Because of original sin we all have a sinful nature. Your sin nature wants you to allow it to be in control.

If you allow it, your sin nature will steer you to have selfish and proud thoughts. You will want to put yourself first and protect yourself without God's help.

Romans 6:11 tells us how to deal with our sinful nature. You should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus. Another translation says, count on being dead to the power of sin.

To enable you to live in victory over sin, simply count on the fact that the power of sin has been overcome when Jesus died – you consider or regard it as done!

If I put up my umbrella, I can count on being dry. In the same way you can count on the fact that you can live in victory over the power of sin by daily surrendering to God's love and faithfulness.

<https://breakfreetoday.org/set-free/> will show you how the power of sin cannot be overcome in your own strength and how to make what Jesus has done for you, a reality.

Step two, you need to understand that when you come into agreement with Satan's lie you give him permission to fulfill his assignment against you. The lie could be, "I won't be safe if I don't put up a wall around myself". Satan's assignment would be to disconnect and isolate you from God and others.

Step three, renounce a vow that you may have made. A vow could be, "I will never let myself get hurt like that again".

Step four, believe the truth that you are never alone! God is always with you!

Susie shared, "Having been really hurt, I vowed that I wouldn't be hurt like that again. So, I put boundaries around myself, a self-defense wall, as you call it. If I allow God to pull down the walls that I have put around myself, what will happen when I get hurt again"?

That's a great question! You need to feel that it's safe to let the walls around you come down. Understand that you are never alone. God is always with you to protect you!

Speaking of Father God:

*You are my mighty rock, **my** fortress, **my** protector, the rock where I am safe, **my** shield, **my** powerful weapon, and **my** place of shelter. Psalm 18:2 CEV*

If you catch yourself in the future being fearful and feeling unsafe and are tempted to build a new wall, run back into your loving Heavenly Father's arms for His protection.

Reflect and journal: Having been hurt in the past, could it be through fear that you have built a self-defense wall around yourself? Can you trust God to protect you when the wall that you are hiding behind is removed?

Step five, use the Word of God to destroy a self-defense wall.

Dr Aiko Hormann received a revelation about Hebrews 4:12.

"The Word of God is alive and powerful sharper than any two-edged sword." She asked, "Lord, what is sharper than a two-edged sword?"

Instantly she saw a 'vision' of a laser beam coming out of her mouth, showing it had a 'cutting edge' all around, 360 degrees! This was confirmed by God's Word in 1John 1:5, "**God is light**" and in James 1:17, "Every perfect gift is from above, coming down from the **Father of Lights**, with whom there is no variation or shadow of turning".

See in the Spirit

Visualize the fire of God as a laser beam cutting through your self-defense wall! Ask the Holy Spirit to show you this image in your imagination.

*Our God is indeed **a consuming fire**.* Hebrews 12:29 NIV

If the wall refuses to fall completely then usually fear needs to be dealt with further.

A prayer to remove a self-defense wall.

Lord Jesus, please forgive me for agreeing with the enemy's lie that I won't be safe if I don't put a wall around myself.

I'm willing to let the wall go and put my trust completely in you. I renounce and break the power of the enemy's assignment against me and all secret vows or judgements that I have made.

I give you all my concerns and worries and close the door to fear in my life. I command in Jesus' name for all fear to leave.

It is written that God is a consuming fire. Therefore, I declare that this wall, no matter what it is made of, be destroyed and consumed by fire.

Thank you, Father God, for setting me free. For always being with me to protect me. In Jesus name I ask it. Amen.

The Bible says God cannot lie (Numbers 23:19). That means we can trust in His unchanging character. When times feel difficult, we can trust in His reliability, His Word, His ability, and His strength. Some find this challenging when going through a difficult time! With God's love empowering us we can support the hurting by allowing them to share their pain and pray for them (Galatians 6:2).

Healing a Hardened Heart

A wounded person can allow their heart to become hardened.

In Mark 8:17-19, Christ spells out for us the characteristics of a hardened heart as an inability to see, understand, hear, and remember.

Ephesians 4:18 explains:

They are darkened in their understanding and separated from the life of God, because of the ignorance that is in them due to the **hardening** of their hearts.

It is interesting that in the Greek, **hardening** in this verse is also translated **blindness**.

With that understanding we now know that **a hardened heart causes you and me to see life through a filter** – that filter or veil has covered our eyes and ears so that we cannot hear, see, understand, or remember very well.

A hardened heart produces a veil over your eyes and ears.

The good news is that **there is liberty and freedom** found in Christ.

2 Corinthians chapter three tells us:

[in fact] their minds were **hardened** ... a veil [of **blindness**] lies over their heart; but whenever a person turns [in repentance and faith] to the Lord, the veil is taken away.

Adam and Eve hid because they felt exposed. **Mankind has been hiding behind something ever since**, so their real self is not exposed.

Many of God's children hide behind self-righteousness. Feeling a cut above others makes them feel better about themselves. As a result, pride and self-righteousness will create spiritual blindness.

A veil or filter over our eyes causes us to readily criticize and see faults in others.

Repent and ask God to remove the veil!

*They have no knowledge or wisdom; for He has put **a veil over their eyes**, so that they may not see; **and on their hearts**, so that they may not give attention. Isaiah 44:18 BBE*

*Whenever a person turns [in repentance and faith] to the Lord, **the veil is taken away**. 2 Corinthians 3:16 AMP*

Do you relate to any one of the following questions? They are symptoms of a hardened heart!

- Do you have trouble sensing the love of God?
- When you read the Bible, does it seem dry to you?
- Do you find it hard to believe God to meet your needs?
- Do you struggle to hear from God?
- Do others see a flaw in you, but you can't see it?
- Do you find it difficult remembering God's Word?

Reflect and journal: Has my heart become hardened? Pride plays a major role in a hardened heart! It is rooted in deep insecurity, fear, and unworthiness (inner shame). Do you find yourself being arrogant, critical, defensive, justifying yourself, self-seeking, unteachable and doing your own thing?

Spiritual blindness revealed!

Learning about shame **uncovered Wilma's need to deal with her spiritual blindness.** She initially could not see her self-righteousness but could see 'self-righteous' written all over her grandmother. "I'll never be as proud as her", Wilma thought to herself. That revealed her own self-righteousness!

The Holy Spirit opened Wilma's eyes to the fact that she judged herself better than her grandmother! When Wilma repented, it was like a veil lifted off her eyes. God began to show her other things that she realised were blind spots.

Loretta shares a testimony of God's grace:

Wilma spoke about a **veil over our eyes** that God needed to remove. It was such a major Holy Spirit moment for me. What a revelation! Jesus showed me through Wilma, exactly what it was and what I needed to do. I asked God to forgive me for my hard, self-righteous heart and remove the veil! It was as if something physical lifted and was removed from my eyes. More importantly from my heart!!

Reflect and journal. Do you judge and criticize your partner, children, work colleagues or church? Do you see yourself better than them? Are you blind to your own self-righteousness? Have you lost the edge you once had and struggle to hear God's voice, remember and obey His Word?

A prayer to have God give you a soft, sensitive heart.

Father God, please forgive me for judging and criticizing others. And for feeling that I am better than them.

Remove the veil from my eyes and ears that I will hear You and see in the Spirit more clearly. I want to remember Your promises and love You with all my heart.

Lord Jesus, I surrender to You, my hard heart and self-righteousness. Thank you, for giving me a tender, responsive, sensitive heart that loves and obeys you.

Empower me to fulfill my God-given destiny. I pray as the Apostle Paul prayed; that the eyes of my heart would be flooded with light, so that I will have a revelation of my God-given destiny and experience the wealth of Your glorious inheritance. In Your name I ask it. Amen.

On our website is a video of this session: **breakfreetoday.org/amazing-grace**. If you are struggling with unhealthy or ungodly soul-ties go to: **breakfreetoday.org/heart-conditions**.

In the next session, you will learn how you can be **free from shame**.



Embracing God's Grace

Session Three

Becoming What God Intended

Opening prayer:

Lord Jesus, please open my eyes to the truth of Your Word. Give me a fresh revelation of what it cost You to set me free from shame. Help me to totally embrace Your mercy and grace. Amen

In this session you will learn:

- ✓ the difference between guilt and shame, condemnation and conviction
- ✓ that Jesus carried our shame when He died on the cross
- ✓ how to dismantle inner shame
- ✓ your position, identity, and authority in Christ

We have been unpacking the subtle enemy of inner shame. We saw how it can hinder us from fully **embracing and sharing** God's grace. In this session you will discover how to dismantle inner shame.

Let us first understand the difference between guilt and shame and feeling condemned and convicted.

The difference between guilt and inner shame.

Inner shame is a painful feeling about oneself as a person. You think within, *"I don't feel worthy to be forgiven or used by God"*.

Guilt is a painful feeling of regret for one's actions. You think inwardly, *"I feel guilty, I have not done enough, or I cannot forgive myself for what I have done"*.

The difference between feeling condemned and convicted.

Condemnation is satan lying to you!

To feel **condemned** is when you judge and blame yourself for wrongs said and done. This makes **you feel inadequate** to be Christ's representative.

The voice of the accuser is subtle. He whispers, "You've failed too many times, God will never use you," OR "You've failed too many times, so don't even try, because you'll fail again."

We all can have negative voices come to us!

Wilma responds to her inner critic by quoting a bible verse or reminding the accuser of a testimony. When he suggested that she was a nobody to be doing this course, she did both. She reminded him that the bible says, *"I can do all things through Christ who strengthens me"*.

Wilma encouraged herself by recalling a miracle healing. It happened in Ethiopia when Wilma was called to a dying man. About twenty people (including two witchdoctors) were wailing expecting him to die at any moment.

Bill shared the gospel, while Wilma gave medical assistance. The dying man accepted Christ and sat up completely healed. The witchdoctors snuck away, and the others present all came to Jesus.

The Holy Spirit was moving which caused the witchdoctors to leave. In the same way, by Wilma declaring the Word of God and sharing her testimony the accuser was forced to leave her.

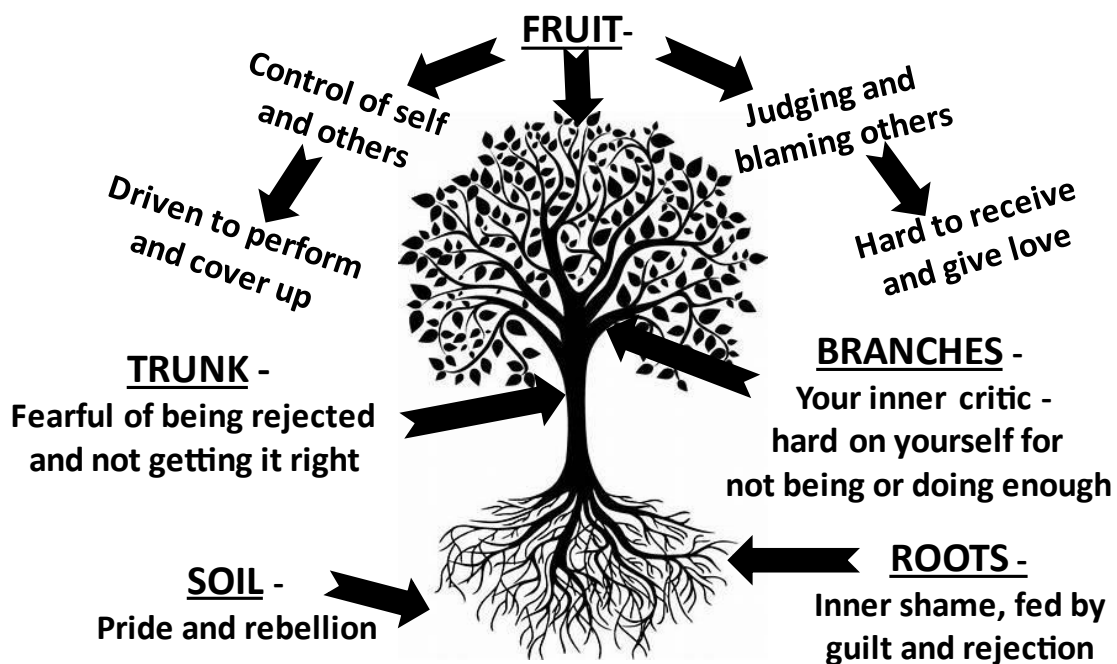
Group participation or reflect and journal: Share how the Holy Spirit has helped you chase the enemy away. Do you have a favourite scripture, hymn, or testimony that you like to recall when the accuser troubles you!

Conviction is God correcting you!

To feel **convicted** is when the Holy Spirit exposes and corrects something.

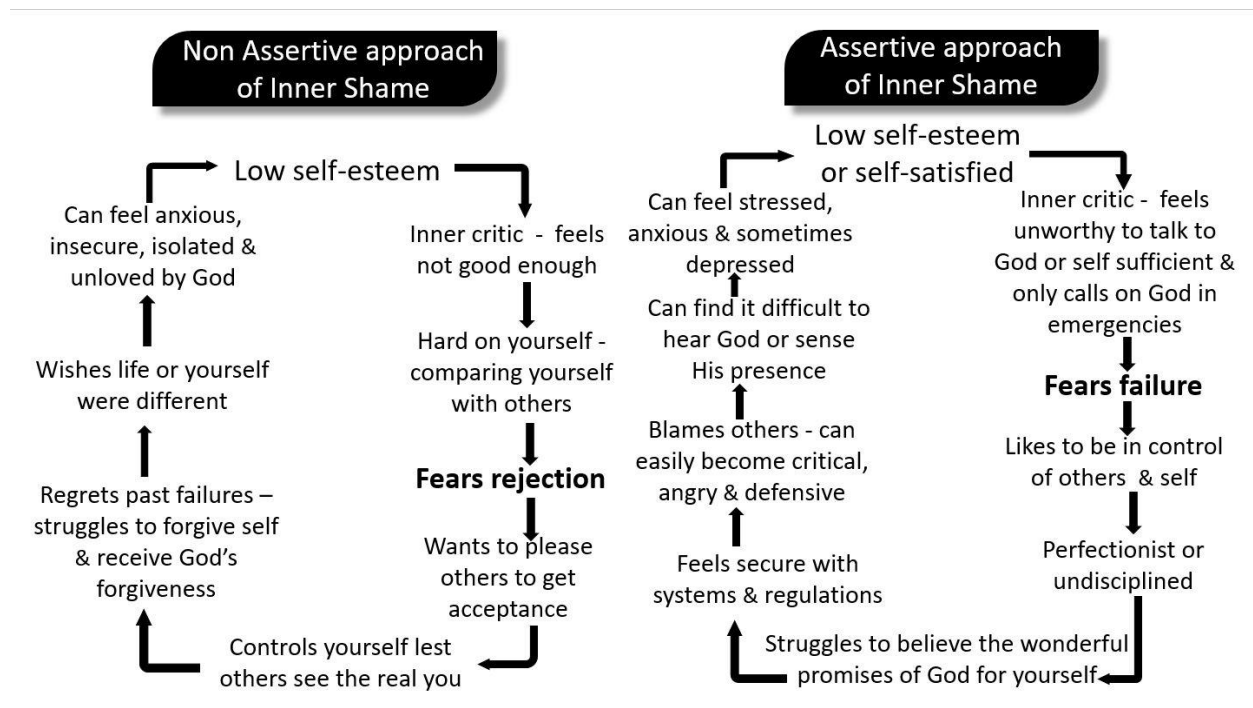
God only corrects because He loves you very much! His voice is kind, loving, gracious and gentle. The Holy Spirit gives you an **uneasy** feeling when things are not right. He lovingly encourages you that He is a good God and wants the best for you.

The outworking of inner shame.



A cycle of inner shame.

Through fear of failure or rejection, inner shame either drives us to control ourselves or others. As this chart shows, inner shame is a cycle.



Overcoming Inner Shame

Inner shame causes us to hide behind something!

The Bible says, ... *they (Adam and Eve) suddenly felt **shame** at their nakedness. So, they sewed fig leaves together **to cover themselves**.* Genesis 3:7 NLT

According to the book of Genesis in the Bible, inner **shame began with Adam and Eve**. After disobeying God, they felt naked and shame for the first time. They hid among the trees from God and sewed fig leaves to cover their shame.

Mankind has been hiding behind something ever since to cover their shame. For example -business, sport, exercise, education, possessions, food, religion, self-righteousness, good works, achievements, social media, entitlement and addictions. People want to show only their good side, so they feel better about themselves!

Jesus paid the price for our inner shame!

*Because of the joy awaiting Him, He endured the cross, **disregarding its shame**.* Hebrews 12:2 NLT

Isaiah prophesied of the brutality of Jesus' death.

Jesus offered His cheeks to those who pulled out His beard. He did not hide His face from mockery and spitting. (Isaiah 50:6)

*Many were amazed when they saw Him. His face was so disfigured He seemed hardly human, and from His appearance, **one would scarcely know He was a man**.*
Isaiah 52:14 NLT

We are set free through the blood of Jesus:

1. Blood flowed from Jesus' **face** - Thank you Jesus for paying the price for my shame.
2. Blood flowed from Jesus' **sweat** - Thank you Jesus for paying the price for my grief and sorrows.
3. Blood flowed from Jesus' **back** - Thank you Jesus for paying the price for my healing.
4. Blood flowed from Jesus' **head** - Thank you Jesus for paying the price for my peace of mind.
5. Blood flowed from Jesus' **hands** - Thank you Jesus for paying the price for my mistakes.
6. Blood flowed from Jesus' **feet** - Thank you Jesus for paying the price to set me free from the powers of darkness.
7. Blood flowed from Jesus' **side** - Thank you Jesus for paying the price to heal my wounded heart.

Press pause! Decree aloud, this truth according to Hebrews 9:14:

The moment I forgave those who hurt me in the past, my conscious and subconscious mind was cleansed by the blood of Jesus. This removed the legal right for satan to use guilt and shame to keep me in bondage!

Jesus was stripped naked!

*Then the soldiers of the governor took Jesus into the Praetorium and gathered the whole garrison around Him. **They stripped Him** and put a scarlet robe on Him...*

*They spat on Him and took the reed and struck Him on the head. And when they had mocked Him, **they took the robe off Him**, put His own clothes on Him, and led Him away to be crucified. Matthew 27:27-31 NKJV*

Derek Prince explains: "We are often deceived by pretty religious art as to what took place when Jesus was crucified. But it's stated very clearly here, they took all His clothes from Him - because they wanted His clothes. Generally speaking, a man in those days had four basic garments. There were four soldiers, each soldier took one garment.

Then there was the seamless robe and because it was such a particularly beautiful garment they said, "Don't let's tear it up, let's cast lots for it." So, if you study what that says it implies that He was left totally naked. Obviously, there will be no religious art that will ever portray Jesus that way. So, He was stripped naked and exposed to the gaze of the soldiers and all the passers-by.

And you find the New Testament in a way is very discreet. It says the women who came with Him stood at a distance. The only one who came close was His mother. Behind that you see this picture of Jesus exposed in total shame. Why?

This is the wonderful answer: **He bore our shame**. He took the shame that has come upon of us, to eliminate it, to set us free from it".

Jesus was beaten so you could be made whole!

*He (Jesus) was pierced for our rebellion, crushed for our sin.
He was beaten so we could be whole. He was whipped so
we could be healed. Isaiah 53:5 NLT*

Jesus cried: "It is finished"! **The debt is paid in full!** Christ paid completely and perfectly for our total freedom **from guilt and shame!** No one can add to Jesus' finished work! Our complete salvation has already been won!! We already have all we ever need!

From the beginning it was God's plan for His children to have:

1. **Position** - God made His children only a little lower than Himself.
2. **Identity** - God crowned His children with glory and honor.
3. **Authority** - God gave His children charge of everything.

Psalms 8:4-6 (NLT) confirms this:

*What are ... human beings that You should care for them? Yet
You **made them only a little lower than God** (and **crowned
them with glory and honor.** You gave them charge of
everything You made, putting all things under their authority.*

Three things were given to the shame-bound prodigal son!

1. **Sandals** - symbolizes our position as sons/daughters with Christ.
2. **The robe** - symbolizes our identity in Christ.
3. **The ring** - symbolizes our authority in Christ.

Using shame, these are the three things satan wants to rob from God's children:

1. Their **position** in Christ – satan wants to make God's children feel like they are orphans.
2. Their **identity** in Christ – satan wants to make God's children feel that they are not good enough.
3. Their **authority** in Christ – satan wants to make God's children feel that they are no match for the enemy.

Inner shame makes you vulnerable.

According to Ephesians 6:13, a child of God is encouraged to put on every piece of God's armor so they will be able to resist the enemy.

Below are the pieces of armor and how being shame-bound places us at risk to the enemy's attack. Can you relate to one or more of these pieces of armor?

The belt of truth (a shame-bound person **believes the enemies lies** about themselves).

Breastplate of righteousness (a shame-bound person believes they **need to gain others acceptance** to feel good about themselves).

Shoes shod with the preparation of the gospel of peace (*Shalom means to be made whole and complete - a shame-bound person believes deep down that **they are lacking** – they feel they are not good enough to be used by God*).

Shield of faith (a shame-bound person **fears** that they would not have enough faith for God to answer their prayer).

Helmet of salvation (a shame-bound person finds it **hard to receive** God's complete forgiveness, to forgive themselves and others).

Sword of the Spirit, which is the word of God (a shame-bound person struggles to trust God's Word completely. They deep down feel that God won't do it for them, so they struggle to take hold of and make God's promises their own).

Reflect and journal: Have you allowed satan to rob you of God's best?

Your position in Christ

"Jesus came to die, sacrificially. He traded places with us. The sinless Son of God bore our sin and died our death so that we could become sons and daughters of the Most High. The perfect Son of God was abandoned and rejected, so that you and I would never have to be. We will never be forsaken because Jesus was forsaken in our place. By His death on a tree, Jesus grafted us into a new family – the family of God.

By His resurrection, He robbed death of its power over those who belong to this family. In His family, we all live under the waterfall of our Father's blessing. As His sons and daughters, we live in these realities!" Louie Giglio

We have become heirs of God - His sons and daughters. You can tell for sure that you are now **fully adopted as His own children** because God sent the Spirit of His Son into our lives crying out, "Papa! Father!"
Doesn't that privilege of intimate conversation with God make it plain that you are not a slave, but a child?
And if you are a child, you're also an heir, with complete access to the inheritance.
Galatians 4:7 The Message Bible

"Shame is the raincoat of the soul, repelling the living water that would otherwise establish us **as the beloved of God**". Andrew Comiskey

Reflect and journal: You have become an heir of God - His son/daughter! What is holding you back from believing and receiving all the privileges of being an heir of God?

Satan not only wants to separate you from Father God but separate you from you! He wants to keep you from knowing who you are in Christ.

Your identity is in Christ!

You are accounted righteous in God's sight!

*For our sake He made Him (Jesus) to be sin who knew no sin,
so that in Him we might become the righteousness of God.*

2 Corinthians 5:21 ESV

You are to count on the fact that when Jesus died, an exchange took place! When Jesus died on the cross, He wore your nakedness, your shame. You now receive and wear His robe of righteousness, the royal robe of the King of Kings.

You now do not need; to perform to get God's acceptance or worry about anyone else's acceptance. Your identity is in the fact that **you are** God's precious child; unconditionally accepted and loved by your Heavenly Father.

Andy shares how he always felt he was not enough!

"I always felt condemned and never good enough. I could never please my father! The voices I heard throughout my childhood continually keep reinforcing the fact that I'm never going to be good enough! That was until I heard the tender whisper of this song, "You tell me that You are pleased with me, and I am never alone. You're a good, good Father. That's who You are! That's who You are! And I am loved by You. That's who I am!".

Reflect and journal: What you think and feel about yourself - will be what you believe about yourself! What you believe about yourself - will be what forms your identity!

Do you believe you are **undeserving** of God's unconditional acceptance, **OR** do you believe you are God's precious child, wearing a robe of righteousness, a royal robe of the King of Kings?

How do you pray for someone who was continually struggling with their identity – feeling rejected by others and feeling bad about themselves?

1. Pray that they would have a revelation of how much Jesus loves them (1John 3:1). That He died rejected and abandoned, that they would be free from rejection (Isaiah 53:5).
2. Have them renounce the lies of the enemy and declare their identity in Christ.
3. Have them pray after you a prayer to forgive and release themselves and the person/s who have rejected them.
4. Have them give their rejection and low self-worth over to Jesus.
5. Pray that Jesus would heal their emotions and make them whole.
6. Invite the Holy Spirit to fill and flood them with His peace and presence.

	Who you are NOT:	Who you are:
Position - ➡	An orphan –isolated ↓	Adopted into God's family ↓
Identity ➡	Shame-bound ↓ Insecure/rejected Afraid of rejection/failure ↓ Insecure/ Controlling ↓	Righteous in Christ ↓ Unconditionally accepted Unconditionally loved ↓ Secure in God's love ↓
Authority ➡	Doubts destiny – unfulfilled	Assured of God given authority

You have authority in Christ!

You have delegated authority and power as God's precious child.

*Then He (Jesus) called His twelve disciples together and gave them **power and authority** over all demons, and to cure diseases. Luke 9:1 NIV*

*I will give **you** the keys of the kingdom of heaven; and whatever **you** bind on earth shall be bound in heaven, and whatever **you** loose on earth will be loosed in heaven. Matthew 16:19 NIV*

What does, "I will give you the keys of the kingdom of heaven" mean?

In Matthew 16:19 the word "**keys**" is used figuratively to denote **authority**. When you have been given the keys to the car you have been given authority to drive the car. When you have been given keys to the house you have been given **authority** to enter the house.

What does it mean to bind and loose?

- To "bind" was to declare an action unlawful - to forbid it.
- To "loose" was to declare an action lawful - to permit it.

When we bind, we are using the key (authority) of Christ, for us to forbid, restrain or close down the enemy's plans and schemes.

Jesus triumphed over principalities and powers on the cross. They have been judged! We, through prayer, execute the judgement.

*He (Jesus) **disarmed** the rulers and authorities and put them to open shame, by **triumphing over them** in him. Colossians 2:15 ESV*

We are putting **a restraining order** on the enemy. Thus, **forbidding** him and canceling out his schemes, plans and agreements to rob, kill and destroy (John 10:10). **It will take place as we declare it!**

When we loose, we are using the governmental authority given to us from Christ to permit. The authority to "permit" means, (that through declaration as led by the Holy Spirit), God wants us to release healing and wholeness to those who are spiritually, physically and emotionally bound.

Young girl set free from the powers of darkness.

While in Ethiopia Bill and Wilma had many opportunities to execute judgement on the powers of darkness.

Bill shares an example, "A young girl was brought to the clinic bound in chains. The parents explained that the demons were causing her to harm herself and others. They went on to clarify, "It took four men to hold her down". I asked the parents' permission if I could pray for her. They approved, so I removed the chains and reassured them, **"Don't worry Jesus has done this before"**!

I then explained to the girl that Jesus wanted to set her free from the demons who were tormenting her. She came to know Jesus! Then in Jesus' name, I took authority over the demons. Everyone present was overjoyed to see the girl walk out free! Thank you, Jesus"!

Don't give the Devil a chance. Ephesians 4:27 GNB

In our Western society we do not see young people literally bound in chains. But the devil is wanting to tie them up!

He seeks to confuse and destroy their God given identity. We need, as never before, to forbid the enemy from robbing, killing, and destroying our families and release the peace of God over our homes (John 10:10).

How to apply the keys of the Kingdom to our families

Submit to [the authority of] God. **Resist** the devil [stand firm against him] and he will flee from you. James 4:7 AMP

Humbly surrender in obedience to God and then you will be able to stand firm against the devil's plans and schemes.

*He (Jesus) said, "Peace be with you. As the Father has sent me, so I am sending you." Then He breathed on them and said, "Receive the Holy Spirit. **If you forgive anyone's sins, they are forgiven**". John 20:22-23 NLT*

According to this Bible verse you can remove any legal right the enemy has to attack your family by repenting of all sin and iniquity within your family.

*I will give you the keys of the Kingdom of Heaven. Whatever you **forbid** on earth will be forbidden in heaven, and whatever you **permit** on earth will be permitted in heaven. Matthew 16:19 NLT*

Now take the keys that the Master has given you and in Jesus' name, close the door and lock out the enemy, **forbidding** him from entering your home.

Lock out and forbid every familiar spirit and perverse spirit: - **Lock out** the spirit of the world and the spirit of heaviness, and the enemy's lies and deception. Also, **forbid** His plans to rob your children of their God given identity and destiny.

Close the door of your home to rebellion, unbelief, confusion, discord, fear, disease, and sickness.

Unlock and open the door, to **permit, allow and welcome** the presence and power of the Holy Spirit into your home.

Open the door for every family member to love and serve Jesus wholeheartedly. For the fruits of the Spirit (love, joy, peace patience, kindness, generosity, faithfulness, gentleness, self-control) to be evident in every area of your life and your husband/wife's life and the lives of your children and grandchildren.

Open the door to the Holy Spirit's presence and power to bring restoration of estranged relationships, and for every family member to be made whole, emotionally and physically.

Pray with me for your family:

Jesus, I am eternally grateful to You for defeating the powers of darkness when you died and rose again.

I humbly surrender in obedience to You and declare, that according to Your Word, when I resist the devil, he will flee.

I repent of all sins and iniquities, known and unknown, within my family members. Thank you, Jesus, for washing us clean with Your precious blood and removing satan's legal right to keep my family in bondage.

I take the keys delegated to me and in Jesus' name, close the door and lock out the enemy, forbidding him from entering our home.

I lock out and forbid every familiar spirit and worldly compromise, the enemy's lies, deception and plans to rob our children of their God given identity and destiny.

I close the door of our home to pride, rebellion, and unbelief. I put a stop to confusion, fear, anxiety, contention, strife, disease, and sickness.

I take the keys delegated to me and in Jesus' name, I unlock and open the door, to permit and welcome the presence and power of the Holy Spirit into our home.

I open the door for every family member to love and serve Jesus wholeheartedly. For the fruits of the Spirit to be evident in every area of our lives. I open the door to the Holy Spirit's presence and power to bring restoration of estranged relationships, and for every family member to be made whole, emotionally and physically.

Thank you, Jesus, for the victory. In Your name I ask it, Amen.

Our God given authority can be applied to all of life's situations!

*I have given you authority... over **all** the power of the enemy.*
Luke 10:19 NLT

Jesus pronounced judgement on evil principalities, powers. **We, through prayer, execute the judgement.**

*He (Jesus) **disarmed** the rulers and authorities and put them to open shame, by triumphing **over them** in Him.*
Colossians 2:15 ESV

Overcoming, despite the circumstances!

Bill recalls, "While in Ethiopia, I ventured into an unreached area with an evangelist, unaware of a powerful demonic ceremony taking place. The new grinding mill was being dedicated to the demonic spirits.

When I attempted to cross the river the gears in the land cruiser refused to turn. I was stranded! As the demons had been activated by the witchdoctors that day, the nationals were strongly advised not to enter the river, hence I was left without assistance.

Next morning, having sheltered overnight from the rain in a mosque, I discovered that the river had risen and covered the land cruiser! I was now over a hundred and thirty kilometres from Wilma and there was no way I could contact her and obtain help.

The following day the waters subsided, and 40 nationals pulled the vehicle onto dry ground. Over the next two days God helped me to meticulously separate water from the petrol, distributor, carburetor, cylinders and sump.

It was a miracle that some spark was left in the battery, which enabled me to make it back home. I was exhausted yet praising Jesus that I had overcome.

Reflect and journal: How would you react if you found yourself in a situation like Bill found himself in? Would you have fallen into a sea of despair?

Would you question whether God loves you for allowing you to be caught in a situation like that? Or would you take your God given authority and forbid the powers of darkness from preventing you from overcoming?

God's promise to the overcomer!

*He who **overcomes** (is victorious) and who ever obeys My commands to the [very] end [doing the works that please Me], **I will give him authority and power over the nations.***
Revelation 2:26 AMPC

"To enable His church to learn the technique of overcoming, God devised the method of prayer". Billheimer goes on to say: "Christians are going to share with Jesus in ruling and reigning on the earth. **Prayer is in-service training in preparation for our ruling with Jesus on the earth**". (1 Corinthians 6:2 TLB Revelation 5:9-10) Paul Billheimer, 'Destined for the Throne'.

A prayer to remove the cloak of shame.

Thank you, Jesus, for taking my shame upon Yourself when You died on the Cross. I want to give myself completely to You and be filled with Your presence and power.

Father God, please forgive me for my pride, for when I have looked to others for approval and affirmation instead of You. Forgive me for my unbelief - for allowing fear to lead me instead of the Holy Spirit.

Thank you, Jesus, that Your Blood removes all my guilt and shame. Please remove the veil of deception from my eyes that I might have a revelation of Your love for me. I renounce the lies I have believed about myself. I declare the truth that You have exchanged my cloak of shame for a robe of righteousness.

I choose to come out of agreement with pride, unbelief, and fear. I renounce and take authority over the powers of darkness that have held me shame-bound. I declare today that I am free from the cycle of shame and the enemy's lies.

Holy Spirit, help me to reject any thought that is different to what You think of me. Thank you, Father that I do not have to earn Your love and acceptance.

Holy Spirit, fill my cup to overflowing, enabling me to display Your fragrance everywhere I go. In Jesus' name I pray.

What to do after removing a cloak of shame

Write on a piece of paper your feelings:

Have you felt; inadequate and not good enough, unworthy of love, different/better/less than others, afraid of being rejected/failing, insecure, the need to be affirmed/accepted?

Have you felt; the need to control others/yourself, perform to get things right to be accepted?

Have you felt; rejected, anxious, used, unloved, alone, angry or depressed at times?

Having written down your past feelings, tear the paper into pieces. then stand up and throw the pieces of paper in the air. This prophetic act is confirming God's grace in **freeing** you from the bondage of inner shame!!

Amelia's testimony:

"I was so engulfed and crippled with shame, fear, insecurity, anger and regret. I see it so clearly now, how the enemy has had me in his grip. He has made me feel so unworthy because of my behavior. I have also felt so unworthy to believe and receive my Heavenly Father's love and acceptance". I am so grateful to Jesus for setting me free from shame"!

If you have been in a habit of listening to your inner critic, you will need to **daily choose** to put off negative thoughts and replace them with the truth of Word of God.

Here are some possible examples of how to put off negative thoughts and replace them with the truth if God's Word:

False belief: I must meet certain standards to feel good about myself. (The fear of failure)

Truth: Being justified, I am completely forgiven and fully pleasing to God. I no longer need to fear failure. (Romans 5:1)

False belief: I must have the approval of others to feel good about myself. (The fear of rejection).

Truth: Because of reconciliation I am totally accepted by God. I no longer need to fear rejection. (Romans 5:10)

False belief: Those who fail (including myself) are unworthy of love and deserve punishment. (guilt)

Truth: Because of Christ's sacrifice, I am deeply loved by God. I no longer need to fear punishment or punish others. (Romans 5:8)

False belief: I am never good enough.

Truth: Jesus has exchanged my sin for His righteousness. I have been made acceptable and right with God. (2 Corinthians 5:21)

False belief: I am no one special to be used by God.

Truth: I am a chosen, precious child of God. [in His love] He chose **me in Christ [selected me for Himself as His own]**. (Ephesians 1:4)

On our website is a video of this session: **breakfreetoday.org/amazing-grace**



PART TWO

Sharing God's Grace

Session One

The Power of Prayer

Opening prayer: Father God, I pray Ephesians 3:20, that You would release Your power, that I may see You do exceedingly, abundantly above all I could ask or think.

In this session you will learn:

- ✓ how to pray scripturally for unsaved loved ones and friends
- ✓ how to apply God's mighty weapons in prayer
- ✓ the power of decreeing the Word of God and praying in Jesus' name
- ✓ the power of agreement

The Ethiopians learnt the power of prayer.

While Bill and Wilma were missionaries in Ethiopia, they saw many come to Christ, including many witchdoctors through the power of prayer. The Christians would meet at five in the morning and face down, cried out to God in prayer, for the salvation of their friends and family. Then they would share with their family and friends how the power of God had changed their lives. Daily they saw the Kingdom expanding as many were coming to Christ through their love for Jesus.

God does not want anyone to miss out. He longs for all to repent (2 Peter 3:9).

Jesus is speaking, "I assure you; no one can enter the Kingdom of God without being born ... of the Spirit." John 3:5 NLT

Humans are born to live on land, a fish is born to live under water, a child of God is born of the Spirit to live in Heaven. Without the Spirit of God, an unbelieving person would not have the capacity to enjoy Heaven. Just like a fish out of water has not got the capacity to survive.

How do you know if someone is not a child of God?

Bill and Wilma like to ask a question. Depending how the Holy Spirit leads, the question could be one of the following:

If you died tonight, would you go to Heaven? If they say, "I hope so" or "I'm not sure" you can assume they are not a child of God.

How do you know that you are not going to hell? If they respond by saying, "hope not", or "I don't believe in hell" then you can also assume they are not a child of God.

Have you been forgiven for all the wrong you have done?

Have you ever made peace with God?

Have you had any time for the things of God?

Have you had any experience in the past with spiritual things?

Many people consider themselves a Christian when they haven't yet been born again. It can be more helpful to use the above questions to find people's true spiritual condition.

People can be mistakenly looked on as being a Christian.

After a prayer seminar a Pastor approached Bill and asked, "Why am I so tormented after preaching"? Bill questioned, "Do you know Jesus personally"? "Do you know that all your sins are forgiven"? The lay preacher went on to explain that as a teenager people thought he was a 'good' Christian. He was encouraged to study the Bible and become a lay preacher. He was too embarrassed to tell people that he had never made Jesus his Lord and Saviour. Bill asked him if he would like to become a child of God now. He knelt at the front of the church and accepted Jesus as his Saviour and Lord that day.

A worship leader came to Bill and Wilma for prayer. People thought she was a Christian as she sought to please people and do all what was expected of her. However, she had not made the journey from knowing about God, to personally knowing Him. She left a changed woman, a child of God. She had received the revelation of the difference between having knowledge in her head and making Jesus real in her heart.

Prayer is preparing the ground for people to receive the Good News.

Jesus explained the different types of soil in a parable in Matthew chapter 13. Soil is referring to our hearts and seed represents the Word of God.

Seed sown along a path – these are those who hear the Word of God but as they don't understand, it is snatched away.

Seed sown on rocky ground – these people gladly hear the message but as their experience remains shallow, the enemy comes and steals the Word.

Seed sown amongst thorns – when hearing the Word of God these people allow the concerns of life to consume them. The truth cannot sink deeply into their hearts, so they fall away.

Seed sown in good soil – this is the one who receives and fully embraces the Word of God and goes on to live a fruitful life. Our prayers prepare people's hearts to be softened through life's circumstances (good soil) and open to receive Jesus.

Satan wants to keep people from seeing and receiving the truth!

The Bible tells us that:

Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God.

2 Corinthians 4:4 NLT

According to this Bible verse, Satan has blinded the eyes of your loved ones and friends so that they cannot believe. **As Gods' representatives we have been given the privilege of removing that veil so they can see.**

In prayer we knock down the devil's stronghold.

*We are human, but we don't wage war as humans do. **We use God's mighty weapons**, not worldly weapons, **to knock down the strongholds** of human reasoning and to destroy false arguments. 2 Corinthians 10:3-5 NLT*

What is a stronghold?

A stronghold is anything that has a **strong hold** on your life. A stronghold of the mind is a lie that the devil has established in your thinking that you count as truth but is a false belief. These lies have been embraced by our unsaved loved one. They will affect their attitudes, emotions and behaviours and keep them from seeing the truth.

What are God's mighty weapons?

Spiritual **powerful weapons** are:

- The Blood of Jesus
- The Name of Jesus
- The Word of God
- Praise and worship

Group discussion or individual reflection and journal: Why is "praise" a mighty weapon? (Psalm 22:3) Why is "Jesus' blood" a mighty weapon (Revelation 5:9)?

The power of the Blood of Jesus and praise are God's **mighty weapons** in praying for the unsaved. We are now going to examine:

- The Word of God
- The Name of Jesus

The Power of Decreeing the Word of God

*You will also **decide and decree a thing**, and **it will be established for you**; And the light [of God's favour] will shine upon your ways. Job 22:28 AMP*

What does it mean to "decree" the Word of God?

As a child of God decreeing means to declare what God has already said in His Word over a situation. We are to be imitators of God (Ephesians 5:1); we are to call what does not exist into existence (Romans 4:17).

The power of calling what does not exist, as existing.

When Bill and Wilma arrived at a designated area in Ethiopia, they found a few Christians on the border of a vast unreached area. God gave Bill a vision of thousands coming to Christ.

They then began to decree that they would have 60 men in Bible school by the end of the year. This had never been done and many believed it would never happen because the men were subsistent farmers. By the end of the year there were 60 enthusiastic men in Bible school. These men won many to Christ and became the future pastors for the area.

Decreeing is powerful, for when you pray and declare the Word of God you are praying in the will of God. Decree that you are going to lead people to Christ, for that is God's will for you!

➤ **By declaring the Word of God, you release God's purposes for your life and the lives of others.**

The Holy Spirit and the Word of God work in harmony. Yield to the Holy Spirit and decree the Lord's promise, "My children will be saved"!

*I will contend with those who contend with you, and **your children I will save.*** Isaiah 49:25 NIV

Decree the Lord's promise, "... great shall be the peace of my children"!

All your children shall be taught by the Lord, and great shall be the peace of your children. Isaiah 54:13 NKJV

What a great promise to decree:

***I will pour out My Spirit on your offspring** and My blessing on your descendants.* Isaiah 44:3 AMP

Bible verse decreeing the word of God will break the most stubborn resistant:

*Is not My word like fire [that consumes all that cannot endure the test] says the Lord, and like a hammer that breaks in pieces the rock [**of most stubborn resistance**]?*
Jeremiah 23:29 AMP

If you have a child who is resisting the things of God, it is important that you don't carry the guilt of it. It is their choice. God can do what seems impossible! So, hand them over to God, then demonstrate His love in word and action and pray for them.

Bill and Wilma share that several of the ex-prisoners, who they helped became born again, had a mother or grandmother praying for them. Don't underestimate the power of your prayers!

<p>Group participation or individual claiming: Do you have children who are not walking with God? Individually decree these promises and/or turn to someone who has a wayward or an unsaved child and decree over them.</p>
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➤ **When you decree the Word of God you are destroying the works of the devil.**

1 John 3:8 tells us that Jesus came to destroy the works of the devil.

*The Word that God speaks is **alive and full of power** [making it active, operative, energizing, and effective]. AMP*

God's children have been given powerful spiritual weapons to destroy the works of the devil. To keep us from witnessing Satan counteracts by using his weapon – fear! He hinders us by making us afraid of making a mistake, afraid of being rejected, or afraid of failing.

Every Bible verse we apply for salvation, can be applied to our everyday challenges.

When you are afraid, take hold of this promise: *"I am the Lord your God, who takes hold of your right hand and says to you, 'Don't be afraid! I will help you' "*.
Isaiah 41:13 NIV

An angel stopped the mule!

Shortly after Bill and Wilma arrived in Ethiopia, Wilma was on a mule travelling back to their compound **alone**. It became **very** dark, and the hyenas were circling around her.

Wilma felt afraid and completely lost! She cried out to God and claimed the Bible verse above. The mule stopped and refused to go! So, she loosened the reins!

The mule turned around and took her back to the right path. Wilma believes it was an angel that stopped the mule and led her home.

Group sharing or individual reflection and journal: Do you remember a situation where you have overcome your fears?

Power of Praying in Jesus' Name

A child's simple faith

On Bill and Wilma's return to Australia, their eldest, Leanne, was five years old. She would hear them praying to God that He would enable them to purchase a house with the little they had. They always finished the prayer by saying "in Jesus' name".

Each time they prayed Leanne would add, "and thank you God, for a caravan (trailer home) too". Not wanting their small daughter to be disappointed, they explained that getting a house was a big thing, so perhaps she should just ask God for a house.

Leanne did not give up! Each time Bill prayed she continued to add her request.

The same day Bill and Wilma found the house they wanted, a relative phoned and said they were going away with work for two years and asked Bill and Wilma to look after their large caravan. Their relatives knew nothing about Leanne's prayer request.

God had not only answered Bill and Wilma's prayer with a miracle house but also answered Leanne's prayer. The power of praying in Jesus' name!

*You have not chosen Me, but I have chosen you and I have appointed and placed and purposefully planted you, so that you would go and bear fruit and keep on bearing, and that your fruit will remain and be lasting, so that whatever you ask of the Father **in My name [as My representative]** He may give to you. John 15:16 AMP*

1. **To pray in the name of Jesus means:** - you have the right to use His name in transacting **all** His spiritual business.
2. **To pray in Jesus' name is the Christian's Power of Attorney.** Power of attorney means: - the legal, or written, authority to transact business for another.

It's as if Jesus has given each of His children His credit card to transact all His spiritual business. How amazing is that?

As Jesus' representative, you have been chosen and appointed by God to go into the world and share the Good News. When Jesus is your source, and you go in His name, you will be abundantly fruitful (John 15:5). What a great promise!

How to pray for unsaved work colleagues, loved ones and friends.

*I use God's mighty weapons, not those made by men, to knock down the devil's strongholds. These weapons can break down every proud argument against God and every wall that can be built to keep men from finding him. With these weapons I can capture rebels and bring them back to God and change them into men whose hearts' desire is obedience to Christ. I will use these weapons against every rebel who remains **after I have first used them on myself and surrendered to Christ.** 2 Corinthians 10:4-6 TLB Personalized*

When praying for others, the last part of this Bible passage is very important! We need to surrender our hearts completely to Jesus before praying for others.

Reflection: The battle needs to be won in our minds, then we can apply 2 Corinthians 10:4-5 to others. Is there anything in our thought life that is not in line with the truth regarding the knowledge of God?

Do we totally depend on God and truly believe that He is all powerful and His mighty presence and power **will** save our loved ones and friends?

- Take accountability for the sins of your unsaved friends and family.

*When He (Jesus) had said this, He breathed on them and said, "Receive the Holy Spirit. **If you forgive anyone their sins, they are forgiven.**"* John 20:23 BSB

In the Bible, Daniel is an example of taking accountability for the sins of the people.

*He (Daniel) prayed and confessed: I (Daniel) prayed to the LORD my God and confessed: "**We have sinned and done wrong. We have been wicked and have rebelled...**"*
Daniel 9:3-4 NIV.

- Proclaim freedom for those who are captive.

We all encounter emotional pain in this fallen world. There are three different ways people medicate to relieve their unresolved pain:

- through work, sport, entertainment, and sex etc.
- through drugs, alcohol, reading, watching television, buying, computer games and social media etc.
- through being defensive - they live life as a victim; angry, touchy, fearful and controlling etc.

All mankind, without God, is trapped in a prison of deception. Seeking to feel better inside, they use different means to fill the void and soothe the pain they feel inside.

Jesus' anointing is within God's children (1 John 2:27). He tells us in the following Bible verse to proclaim freedom for the oppressed and those who are trapped.

*The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me **to proclaim freedom** for the prisoners and recovery of sight for the blind, **to set the oppressed free.*** Luke 4:18 NIV

Say to the captives, '**Come out,**' and to those in darkness, '**Be free!**' Isaiah 49:9 NIV

- Pray that they would feel a need and turn to the Lord for help.

*Opponents must be gently instructed, in the hope that God will grant them **repentance leading them to a knowledge of the truth**, and that they will come to their senses and **escape from the trap of the devil**, who has taken them captive to do His will.*
2 Timothy 2:25-26 NIV

- Ask that the veil be lifted off their eyes so they can see the truth of God's Word.

*Whenever someone turns to the Lord, **the veil is taken away.***
2 Corinthians 3:16 NLT

- Pull down, demolish, destroy and dismantle wrong mindsets.

*We are **destroying arguments** and **all arrogance** raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ.*
2 Corinthians 10:4-5 NASB

What are these arguments and reasonings that we need to destroy?

We pull down and destroy human reasoning, rebellious thoughts, belief systems, humanism, theories, philosophies, offences, stumbling blocks, pride, self-sufficiency, arrogant opinions, ungodly vows, and deceptive and hateful thoughts that oppose God.

They are the excuses that stop unbelievers from receiving God's grace and truth. Through the power of the Holy Spirit, use your God-given authority to take every thought captive (take hold of) and make it obey Christ.

*We are destroying arguments and all arrogance raised against the knowledge of God, and we are **taking every thought captive** to the obedience of Christ.*

2 Corinthians 10:4-5 NASB

How do I take a thought captive?

When talking about "taking every thought captive to the obedience of Christ" we capture, like the prisoner of war, every ungodly thought and insist that it bow in obedience to Christ. This allows a person to think clearly and make a wise choice.

Notice that in the use of these weapons Paul does not violate the freedom of choice of the rebels. By means of these weapons God changes the rebels to become willing "captives" for Christ.

- Pray that God would create a desire within them for something more and that He would draw them to Himself.

*No one can come to Me **unless the Father** who sent Me **draws him** [giving him the desire to come to Me].*

John 6:44 AMP

- Decree the power of the Word of God over the unsaved person.

Use the Word of God in prayer!

*Is not My word like fire [that consumes all that cannot endure the test] says the Lord, and like a hammer that breaks in pieces the rock [**of most stubborn resistance**]?*

Jeremiah 23:29 AMP

Claim Revelation 5:9 and thank God that your friends and family have been purchased with Jesus' blood.

- Pray as if you are going to receive.

We need to be totally dependent on the Holy Spirit to guide us and empower us when praying, not just reading a prayer – (Romans 8:26).

For it is the Holy Spirit's power within us that makes our prayer effective. (Ephesians 3:20). Pray **from** the abiding presence of God! Pray as if you are going to receive – with thankfulness. (Mark 11:22-24).

A prayer for the unsaved, using scripture.

Thank you, Jesus, that Your blood cleanses me from all sin. Thank you for making it possible for me to come to Father God and have the assurance that He will hear and answer my prayer.

Thank you, Father God, that Your Word tells me, that ___ (name/s of unsaved) ___ have already been purchased for You with Jesus' blood.

Please Father God, grant to them the gift of repentance. I ask that the veil be lifted off their eyes so that they can see the truth of Your Word.

In Jesus' mighty name, I pull down and dismantle every proud argument against You. This includes a belief system, reasoning, offence, stumbling block or pride that keeps ___ (name/s) ___ from finding and receiving Your grace. I cast down every ungodly thought so that they can think clearly and choose to obey You.

Thank you, Father God, for replacing ___ (name/s) ___ hard, rebellious heart/s with a tender, responsive heart towards You. In Your mercy and grace create a desire within them for something more and draw them to Yourself. In Jesus' name, I ask it. Amen

The above prayer was based on the following Bible verses: 1 John 1:9, Luke 4:18, John 20:23, 2 Peter 3:9, Revelation 5:9, 2 Corinthians 10:4-6, 2 Corinthians 4:4, John 6:44

In the bible there is no set way to pray for people to be saved. We do know that God does not want anyone to perish (2 Peter 3:9). We also know that we can have complete assurance that God hears and answers our prayer when prayed, in faith, in line with His will.

We are confident that He hears us whenever we ask for anything that pleases Him. And since we know He hears us when we make our requests, we also know that He will give us what we ask for. 1 John 5:14-15 NLT

God answers prayer!

Every morning Wilma would pray the first verse of a song: Lead me to some soul today, O teach me, Lord, just what to say; friends of mine are lost in sin and cannot find their way, melt my heart and fill my life, give me one soul today... As a result, two of Wilma's friends became God's children that year. Both went into fulltime ministry.

Group sharing or reflect and journal: Share God's goodness in answering your prayer!

Persevere until the answer comes!

*So do not throw away your confidence; it will be **richly rewarded**. You need to persevere so that when you have done the will of God, you **will receive** what He has promised.*
Hebrews 10:35-36 NIV

Perseverance will be made easier when we see life from an eternal perspective!

Paul E. Billheimer in his book, 'Destined for the Throne' (forwarded by Billy Graham), writes:

" God designed the program of prayer as an apprenticeship **for an eternity of reigning with Christ**. He did not ordain prayer primarily as a way of getting things done, It is His way of giving the Church **on-the-job training** in overcoming the forces hostile to God ... Perseverance in prayer is not needed to persuade a willing God but to overcome the opposition of hindering evil spirits".

The power of agreement

I also tell you this: **If two of you agree** here on earth concerning anything you ask, my Father in heaven will do it for you.
Matthew 18:19 NLT

Find someone who can agree with you in prayer. Don't give up continue to prayer for your unsaved friends and family until they become a child of God.

On our website is a video of this session: breakfreetoday.org/amazing-grace. If you have found the teaching helpful, why not like and share.

In the next session you will learn **how to lead someone to Christ**.



Sharing God's Grace

Session Two

Leading Someone To Christ

Opening prayer: Pray 2 Corinthians 5:14-15 that we would be compelled by love to share the Good News.

In this session you will learn how to:

- ✓ find your purpose/mission in life
- ✓ show the love and compassion of God
- ✓ communicate the Good News of Jesus Christ
- ✓ show them how to become a child of God

Having a purpose/mission in life gives you worth.

What is your God given mission/purpose in life?

- ✓ Is your mission in life to love God passionately and others as much as you love yourself?

*You must love the Lord your God with **all** your heart, **all** your soul, **all** your mind, and **all** your strength. The second is equally important: '**Love your neighbour as yourself.**' No other commandment is greater than these.*
Mark 12:30-31 NLT

Wilma was hungry for more of the presence of God.

One night, having totally surrendered everything to God, His presence came mightily upon her. As according to Romans 5:5, God's love poured into her heart by the Holy Spirit. The next day listening to worship music and filled with God's love and compassion, tears flowed down her cheeks. She was experiencing a different kind of love. A heart felt love that transcended human thinking! She was in love with Father God! His love placed within her an overwhelming love and compassion for others. From then on leading people to receive Jesus' forgiveness and life flowed effortlessly. God can do that for you too when you surrender everything to Him and seek more of His loving presence!

-
- ✓ Is your mission to share the Good News of Jesus Christ with others?

*He (Jesus) told them, "**Go** into all the world and **proclaim the gospel.**" Mark 16:15 ESV*

Know your 'WHY'!

You will not have the passion to follow through and help people become a child of God unless you focus on your 'why'.

Knowing your 'why' will keep you motivated when you experience resistance and rejection. Or when you feel disappointed in yourself. Don't allow mistakes to define you – you will learn by your mistakes!

Wilma's 'why'!

Have you ever been with a person when they die? As a missionary nurse in Ethiopia Wilma witnessed many deaths, where the clinic evangelist had often led a dying person to the Lord. While nursing in Australia Wilma was not allowed to speak to the dying about God. The pain of seeing people take their last breath and not know if they were going to heaven or hell proved too much for her. As a result, Wilma left nursing. Her **passion** now is to see every person become a child of God before it is too late!

Reflect and journal: What is your 'why'? What keeps your passion alive? Is it because you **do not** want to see your loved ones, friends, neighbours, and work colleagues go to hell?

Is it because you want to represent Jesus well. Is it because you love God and want to please Him? Is it because you want others to experience the joy and peace you have? Or another reason?

God longs for our hearts, that He may fill them with Himself to enable us to fulfill His mission.

*That you may really come to know [practically, through experience for yourselves] **the love of Christ**, which far surpasses mere knowledge; ... that you may be **filled [through all your being]** unto all the fullness of God [may have the richest measure of the divine Presence, and become a body **wholly filled and flooded with God Himself]**! Ephesians 3:19 AMPC*

It is not about getting more of the Holy Spirit. It is about the Holy Spirit getting more of you! - David Diga Hernandez

The Holy Spirit wants to flow through you!

*Anyone who believes in Me may come and drink! For the Scriptures declare, '**Rivers of living water will flow from His heart**'.
John 7:38 NLT*

Bill's favourite saying

A favourite saying of Wilma's husband Bill is, "Any old drainpipe will do, as long as it is open at the top and bottom for water to flow through." We all can be that drainpipe and freely release to others the presence and power of God!

Gabriel, an ex-drug dealer became a child of God. Bill and Wilma met him just after he had been released from prison. A short time later, Wilma taught him how to pray for the sick. There and then, he prayed for a man who had been suffering in pain for 15 years. God instantly healed him!

What is Need-Evangelism?

George Barna explains, "Evangelism that starts at the non-believer's point of felt need and ties the gospel into that area of need has the greatest capacity for capturing the mind and heart of the non-Christian".

When Bill and Wilma present the Gospel, through need evangelism, their success rate in seeing people decide to become children of God, is high.

People share, and you discover their emotional needs (this could take up to one hour). Then you seek to use the Word of God to show the goodness of God in meeting their need. The time spent is vital, for it allows you to reach the person's heart. Once they feel you have connected with them, they will trust you with the next step.

While the Holy Spirit is moving, do not get distracted with further questions or discussion. Immediately, ask if they would like to receive God's goodness.

Let's look at a fruit tree, as an illustration, since Jesus said in John 15:16 that we are to bear fruit.

The roots of the tree represent God's love - Ephesians 3:17 instructs us to be rooted and grounded in love. A love that sees the person as God sees them.

The trunk represents how we build trust in the person. We do that when we: actively listen, give full attention, show acceptance, compassion and kindness, don't judge, react, give advice, or argue.

The branches represent how we build up their faith – pray for peace, share a testimony, give encouraging and affirming words, share a word of knowledge, share a vision

The fruit is produced when we meet unmet needs through appropriate bible verses, revealing the goodness of God. God's goodness leads people to repentance.

A lack of nurture, affirmation, security and/or validation, can leave people feeling: unloved, rejected, worried, anxious, fearful, stressed, alone, inadequate, angry, depressed, abandoned and insecure. **Only God can meet our deepest needs!**

There are many today who are hurting and longing for answers. This is where you and I come in as Christ's representatives! We can show them our Heavenly Father's love and acceptance and seek to meet their unmet needs.

Group discussion or individual reflection and journal: Is need-evangelism the responsibility of every Christian? (To identify with a person's **felt, emotional needs** and **real needs** with compassion and hope, and in the process communicate the heart of the gospel). Or is it just for those who are caring?

The parable Jesus told of the Good Samaritan illustrates the answer.

*A man was going down from Jerusalem to Jericho, and he fell among robbers, who **stripped him** and **beat him** and departed, leaving him half dead. Now by chance a priest was going down that road, and when he saw him, he **passed by** on the other side. So likewise, a Levite, when he came to the place and saw him, **passed by** on the other side. But a Samaritan, as he journeyed, came to where he was, and when he saw him, he **had compassion**. He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him.*

Luke 10:30-35 ESV

In this parable we see the priest and Levite had **no** compassion for the hurting man. They were thinking of themselves and obviously had other things on their mind. Many Christians can also be self-centred! Too preoccupied to be concerned for the hurting. But **the parable illustrates how God's children should love their neighbour and show compassion toward the hurting**. Not only to comfort and heal their wounds but offer to rescue them from impending eternal death.

There are many today who are hurting and longing for answers. This is where we come in as Christ's representatives! We can show them our Heavenly Father's love and acceptance.

Bill and Wilma have helped hundreds become children of God through need-evangelism.

Bill and Wilma met Tom who was feeling very stressed with life's pressures. Wilma asked if she could show him something on her phone. She then went to her Bible app and shared with him 1 Peter 5:7, "*Pour out all your worries and stress upon Him (Christ) and leave them there, for He always tenderly cares for you*". (TPT) Wilma assured him that Christ loved and cared about what he was going through, and that Jesus wanted to bless him with supernatural peace. Tom was then asked, "Would you like us to help you give all your worries and concerns to Jesus and receive inner peace?" He affirmed he would. Bill showed him how to become a child of God and hand over the load he was carrying to Jesus. Later he commented, "I can't thank you enough. The peace I have is very real!"

*I am an ambassador for Christ, as though God were making His appeal through me; we **[as Christ's representative]** plead with you on behalf of Christ to be reconciled to God.*

2Corinthians 5:20 AMP Personalised

According to this Bible verse, you are Christ's Ambassador – **His representative!**

As an ambassador how well do you represent Jesus? **Do you release His fragrance everywhere you go?**

To represent King Jesus well and release His fragrance everywhere we go, we need to allow His presence and power to fill our entire being.

Group discussion or reflect and Journal: Share one of your experiences of sharing the Good News.

Helping someone become a child of God.

Does Christ's love compel you to share with others the Good News?

*For **Christ's love compels** us, because we are convinced that one died for all, and therefore all died. And He died for all, that those who live should **no longer live for themselves** but for Him who died for them and was raised again.*
2 Corinthians 5:14 NIV

We are all broken! God is the missing piece!

Why use a decision card? Bill and Wilma have led hundreds to the Lord using the decision card. It is an amazing tool that focuses on the authority of God's Word and allows people to hear and visualize for themselves how to become a child of God.

The decision card - Bible verse used is John 1:12:

The decision card is an **amazing tool** that focuses on the authority of the Word of God.

It allows people **to hear and visualize** for themselves how to become a child of God.

The **teaching aid** that Bill and Wilma use is called VARK:

V stands for visual

A stands for audio

R stands for reading

K stands for kinetic. According to the dictionary kinetic simply means, "movement".

So, let's look at the decision card in **seven easy** steps.

- **Step one:** read John 1:12 and explain that in this bible verse there is someone to believe, someone to receive and someone to become as shown:



- **Step two:** Show them **how you** would pray for them.

Following **the arrows around**, this is how Bill and Wilma would pray:

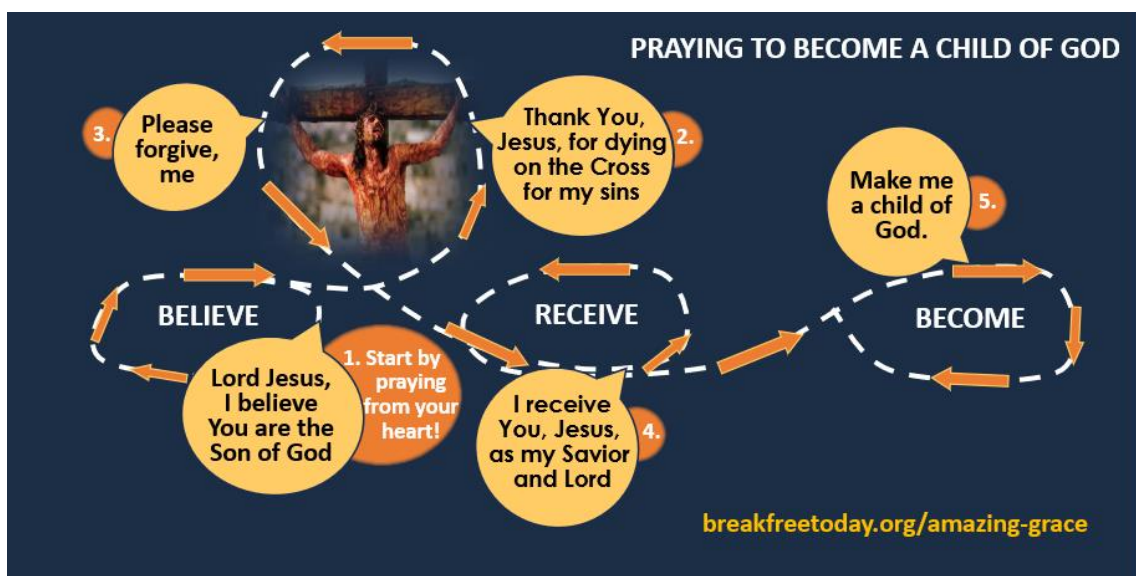


(The prayer is designed to include **believe** in Jesus as the Son of God, **receive** Jesus, and **become** a child of God, giving assurance based on God's Word)

- **Step three:** Ask, "Have you ever prayed a prayer like that based on the Bible?"
- **Step four:** Share what it **means to believe**.

Explain that believing **is more than** just believing about Jesus. It is **believing in** Jesus and what He did for you. It involves trusting in the fact that He died to **totally** forgive you and make you God's child.

- **Step five:** Ask "would you **like to** become a child of God by praying **after me**?" When they affirm that they would, instruct them to follow you after each section.



Step six: Ask, "What are you **now**?"

They will tell you that they are a child of God!

- **Step seven:** Ask, "How do you know?"

They usually reply (or they may need to be prompted), "Because I have **believed, I received, and I became!**"

Reviewing the seven steps again:

1. Show them God's Word, (John 1:12) something to **believe**, something to **receive**, something to **become**
2. **Show how** you would pray by following the arrows
3. Share that the word '**believe**' is **not just to believe about** God, but to believe **in** God – it involves trust
4. Ask, "Have you ever prayed a prayer like this before?"
5. Would you like to pray after me become a child of God?
6. Ask "What are you now?"
7. Ask, "How do you know?"

Always be prepared!

The printable colourful artwork for the decision card is available for download on our website: breakfreetoday.org/how-to-become-a-child-of-god. Also while there, **place on your mobile the PDF of 'How to become a child of God'**. It will guide you step by step on how to help people become a child of God for whenever the opportunity arises!

Tony was looking for something to help him lead others to Christ!

Tony found the decision card on Wilma's website - www.breakfreetoday.org/gace. He took a screenshot of the card on his phone - which you can do also.

Then, while driving his 8-year-old son to school, the child noticed the card on Tony's phone and asked, "What is this dad?" Tony explained it. Then the boy asked his dad to help him pray the prayer. The son, screen shot the card and led five of his friends to the Lord that day. **You can do the same!**

Steppingstones to Life

This is another tool Bill and Wilma sometimes use when someone feels that they have no need of forgiveness. The Word of God will help them understand their need and the way of salvation.

The Stepping Stones to Life is freely available for you to download on our website.

<https://breakfreetoday.org/steppingstones-to-life/>

Wilma has produced a video, **based on** the Stepping Stones for Life **concept**. If you have time, it can be **more beneficial** to go through this video with a seeking person, personally. The **video** can be found on breakfreetoday.org/video-heaven/

Having identify people's needs and shown them the tools available, you too can see people receive Jesus' forgiveness and life, effortlessly.

Sick and tired of being sick and tired!

Claire tells what God did for her: "I'm tired of feeling tired. I'm tired of the stress of juggling money, marriage, parenting, homemaking, and a career all at the same time. The more I stress, the worse I feel. In fact, I'm sick and tired of being sick and tired!

Bill and Wilma were very understanding. They listened, so I went on. It hasn't always been like that. Life was good! I had what most Australians dream of – a wonderful husband, two healthy, intelligent children, a dream home and a good job.

Last year my world came tumbling down when my husband and I made a bad financial decision. We lost our home and the stress of it all has affected my health.

Wilma assured me that God loved me and wanted me to give Him the regrets and emotional pain I was carrying. She read to me from the Bible, "*Give all your worries and cares to God, for He cares about you*"! She assured me that God wanted to fill me with Heaven's peace. Bill showed me how I could become God's child and immediately I felt a peace I hadn't felt before. They then helped me give all my stress and concerns over to God. I left a different person!"

Group discussion or individual reflection and journal feelings: What do you feel is the biggest thing that holds you back from sharing the Good News with those who are going to a lost eternity?

Closing prayer for a fresh compassion for the unsaved

Thank you, Jesus, for the privilege of being Your ambassador. Come, Holy Spirit, ignite in me a fresh compassion for those going to a lost eternity. I surrender my life fully to You. Remove from me, anything that would prevent Your presence and power resting upon me and flowing through me, I pray.

Fill me! Immerse me with Your love! I want to represent You well and love others unconditionally as You love me. As I go through the teaching, Lord Jesus, remove all blockages. Help me to not only hear and receive fresh revelation of Your living Word but be a doer of Your Word. In Jesus' name I ask it.

On our website is a video of this session: breakfreetoday.org/amazing-grace.

In the next session you will learn **how to help someone make the best decision of their lives**.



Sharing God's Grace

Session Three

How to Help Someone Make the Best Decision of their Lives

Opening prayer:

Thank you, Jesus, for the privilege of being Your representative. Come, Holy Spirit, ignite in me a fresh compassion for those going to a lost eternity. Immerse me with Your love! I want to represent You well and love others unconditionally as You love me. Reveal your heart to me through the teaching. And show me how to be an effective doer of Your Word. In Jesus' name I ask it. Amen

In this session you will learn how to:

- ✓ turn a negative into a positive
- ✓ ask meaningful questions
- ✓ use God's Word to point people to Jesus

*It is because of this solemn fear of the Lord, which is ever present in our minds, that we **work so hard to win others.***
2 Corinthians 5:11 TLB

*Another Bible version says, "since we are those who stand in holy awe of the Lord, we make it **our passion to persuade others to turn to Him**".*

1. Learn how to start a conversation, establish rapport, and build a connection.

As an ice breaker, start by paying a compliment or asking a question. Keep in mind that some people like to have a listening ear, others need an encouraging word, while others prefer their space.

Take a genuine interest in people. Be natural, friendly, and flexible!

Bill comes alive with people. Wilma is the opposite. She is more task oriented! For instance, when shopping her mind would be on the task, not on connecting with a stranger. That changed when Wilma was baptised afresh in God's love. **With a burning passion to share His love, she began inviting Jesus to shop with her.** What took place was exciting! People began approaching her. They obviously felt God's love and compassion, for they were wanting to talk with her. Other times when Wilma sensed someone was going through a difficult time, she would enquire how their day had been. Invariably they would share their concerns.

<p>Reflect and journal: When you are with people, do you see them through Jesus's eyes as people He died for? Or are you like Wilma was - caught up with your own agenda? Many are anesthetized by the business of life to people's spiritual needs!</p>

2. God's love is the key to opening doors!

Today there are many who are distressed, anxious and afraid of the future. When people share, **listen** to the prompting of the Holy Spirit about how to answer.

Remember, **people like to talk about themselves**, just as much as they like to protect themselves. They will choose between the two, depending on how comfortable they feel with you at the time.

Be compelled by the love of God when sharing the Good News of Jesus!

- **Love** builds bridges
- **Love** listens without judgement
- **Love** cares without condemnation
- **Love** is being prepared to look past the lifestyle and barriers to find a heart in need

Reflect and journal: Will you ask God every morning to lead you to someone to whom you could show kindness?

As the saying goes, "*Actions speak louder than words*". **Show your love in action.** If you have a passion to see them saved, God will create the right opportunity to lead them to become His child.

Love costs – run to win the prize!

*To those who are weak, I became weak so that I could help save them. I have become all things to all people. I did this so that I could save people in any way possible. I do all this to make the Good News known. **I do it so that I can share in the blessings of the Good News.** Do you not know that in a race all the runners run, but only one gets the prize? **Run in such a way as to get the prize.***

1 Corinthians 9:22-24 NIV

Paul was running to win the lost, despite how much effort it required and how much it cost him. He was talking about aggressive mission, not merely secret devotion. (Desiring God – Souls Are Our Reward)

Reflect and journal: Is Paul's devotion and passion to win the lost, also my devotion and passion?

3. Wisdom is what keeps the door open!

Every believer will find the gift of wisdom helpful when sharing the Good News – available to all who ask (James 1:5).

The Holy Spirit gives His children supernatural wisdom for them to use the right words in a certain situation.

Wisdom is like deep waters that spring forth from within, bubbling up from inside you.

Recently Leanne asked her mother, "How do you so effortlessly lead so many to Jesus". After thinking about it, Wilma realised that one of the major reasons was that God had given her supernatural wisdom when dealing with people's unmet needs.

God longs to use you! His goodness is revealed through supernatural words of wisdom.

Conduct yourself with wisdom in your interactions with outsiders (non-believers), make the most of each opportunity [treating it as something precious]. Let your speech be always gracious and pleasant, seasoned with salt, so that you will know how to answer each one [who questions you].
Colossians 4:5-6 AMP

4. Rely on the Holy Spirit

You and I cannot cause someone to feel the need of a Savior. That is the job of the Holy Spirit. He is the One who brings conviction! The Holy Spirit wants you and me to be willing vessels for Him to work through, so he can do His job!

John 16:8 says, *When He (the Holy Spirit) comes, **He will convict** the world about [the guilt of] sin [and the need for a Savior], and about righteousness, and about judgment.*

Maybe you are asking, "How do I know it is the Holy Spirit speaking to me"?

The Holy Spirit communicates with everyone in different ways. However, one sure way you can be sure it is the Holy Spirit is **when it matches the Word of God**, and **you have** an inner peace.

It often comes as **an impression** without you thinking it up. Or you may be reminded of a Bible verse.

5. Learn how to turn a negative into a positive

The following are suggestions on how to respond to defensiveness:

When someone says, "**The Jesus I know wouldn't send people to Hell**", you can respond by saying, "The Jesus I know, **loves you and me so much** that He died a brutal death on the cross, taking **the punishment** for all the wrong we have done, so we would not go to hell".

Ask if you could share something from your phone. Read John 3:16 explaining that this is Jesus' words, "For God so loved the world". Inform them that you are going to personalise it. "For God so loved (add their name) that He gave His one and only Son, that (if __name__) believes in Jesus he/she would not perish (in hell) but have eternal life".

Allow the goodness of God to speak, then follow on with a question. Like, "Would you like me to show you **how you can be sure** that you will go to Heaven when you die?"

When someone says, **"Don't give me that religious stuff,"** you could acknowledge their annoyance by saying, "I don't like religion either! And neither does Jesus! It was religious people who had him die a brutal death on the cross.

Religion is our attempt to reach God, whereas Christianity is God reaching down to us and lovingly accepting us as we are. God isn't offering you religion, but a relationship.

Ask if you could share something from your mobile. Read Zephaniah 3:17, explaining that God enjoys being with His children. It says, "For the LORD your God is a mighty savior. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs".

Would you like me to show you how you can know God personally and have Him calm all your fears?

When someone says, **"You have your God, I have mine,"** you could reply by saying, "How is that working out for you in difficult times? Is your god giving you continual inner peace? Or do you have to work hard to find serenity and peace? Jesus is called the Prince of Peace. He comes to live inside us and freely give us continual peace of heart and mind. Would you like me to show you how you can have that kind of peace?

When someone says, **"Christians are mean and judgemental"**. Lovingly respond by saying, "I'm so sorry you feel judged and condemned. The Bible affirms in John 3:16-17 that God loves you. He does not condemn you but died on the cross to set you free from condemnation and rejection. (Have them read the Bible verses and if needed the story of the woman caught in adultery in John 8:10). Allow God's goodness to draw them to repentance.

What do you say when someone believes there is no universal truth and says, **"You have your truth, I have mine"**. Ask, "What are your reasons for believing that?"

No matter what the reason or lifestyle is, it's important that you make them feel loved - not judged! If they ask you a question, assure them that Jesus does not judge them, either do you! Ask if you could share something from your mobile. Go to your bible app and read Jesus' words in John 12:47. Jesus said, *"I came not to judge the world, but to save the world."*

Explain that Jesus came to earth to save us – He took the punishment for all the wrong we have done when He died on the cross. Jesus was rejected on the cross so we would experience God's unconditional love and acceptance.

Ask, "Is that what you long for? Do you want to feel unconditionally loved and accepted? If they indicate they would, ask, "Would you like me to show you how you can have God's unconditional love and acceptance now?"

What about when someone says, **"I don't want religion and its set of rules"**.

Bill and Wilma met with a man who had just been released from prison. They listened as he shared his pain. He had made it clear previously that he didn't want religion as he felt he couldn't keep the rules.

Bill and Wilma assured him that all religions were man's attempt to reach God, but Christianity is God reaching down to us and accepting us as we are. Jesus offers us a package deal: total forgiveness for all the wrong we have done and healing of our emotional pain. He also sets us free and gives us the power to overcome our weaknesses. When we accept His offer, our spirit is made alive, and we receive heaven's peace! It is not about obeying a set of rules. We now want to please Jesus for what He has done for us.

After their talk he wrote on a card: "It was great to meet you Bill and Wilma. I feel blessed by your love. Can't wait to form a relationship." He became a child of God the next week.

When someone says, "**I don't believe there is a God**", mention that many have also felt that, yet in their time of great need, they have cried out, "God show me if you are real" and God has revealed Himself powerfully to them. Assure them that they too can ask God to reveal Himself to them and He will!

It is always good to share a testimony of God's miracle working power.

Man died and came back to life!

Bill shares a story of when he and Wilma were in Ethiopia as missionaries. "Evangelists arrived at our place wet and cold. I built a fire on the dirt floor of the Bible school to help dry them. I asked my worker to bring some kerosene as the wood was wet. Unbeknown to me the worker had added petrol to the can instead of kerosene, so when I threw it on the fire, it exploded. One of the evangelists suffered burns to a large percentage of his body. Wilma was the only medical help! The burnt man had stopped breathing and there was no pulse. Wilma told me he was dead! I prayed for him and after around 15 minutes of crying out to God, in several languages, he began to breathe again! God not only brought him back to life, but also healed his skin.

Wilma shared this life saving story with Gary, an agnostic. She told him that Creator God is a miracle working God! He received faith from hearing this miracle and went home to share with his wife. A week later, Gary returned hungry for more and became a child of God".

6. When communicating, ask meaningful questions.

Find people's inner needs by asking direct questions that lovingly expose and reveals their emotional needs. A question could be:

- ✓ **Are you nervous/ afraid/ worried about what is happening in the world today?**

After chatting and sharing their fears, ask if you could show them something from your phone. (God's Word is alive and active. It tells of God's goodness).

Read or have them read Isaiah 41:13. "**For I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you**". (NIV)

Wilma shares that when she is afraid, she takes Creator God's right hand and says to herself, "If I have the Creator of the universe holding my hand, I don't have to be afraid."

(If they question God as Creator, allow the truth of His Word to speak by reading Jeremiah 10:12, "*God made the earth by His power; He established the world by His wisdom*". (AMP)

Ask, "Would you like me to show you how you can have the Creator of the Universe take your right hand and help you every day?"

A young boy who was afraid, took Jesus by the hand!

A father's eight-year-old son was being tormented with dreams which were making him very afraid. Wilma asked the same question (just mentioned) of this young boy, "Would you like me to show you how you can have the Creator of the Universe take your right hand and help you every day?" He said, "Yes please". Bill took him through the decision card.

He became a child of God. They wish you had been there to see the difference in this young boy's countenance. He was so excited, he ran to his father and begged him to become a child of God too, which he did there and then!

Reflect and journal: If your neighbor was inside and unaware that the house was burning, you would not hesitate to let them know of the danger. People are worried about their future. They are unaware of the eternal danger that awaits them if they have not made peace with God. **God wants to use you to rescue them** - to lovingly point them to secure heaven's peace, by your actions **and** by sharing the Good News!

A question that is relevant to current challenging situations.

✓ **Are the challenging times we are living in, affecting you?**

After they share their concerns and needs, ask if you could show him/her something from your phone.

Read from your Bible App Philippians 4:19, "*My God will supply every need of yours according to his riches in glory in Christ Jesus.*" (ESV) and Proverbs 30:5, "*Every word of God proves true. He is a shield to all who come to Him for protection*". (NLT)

Ask them if you could show them how to have a personal relationship with God and experience His care and protection.

An illustration of God's loving care and provision.

On a Tuesday, God spoke to a relative to give Wilma a specific amount of money for an airfare. Her daughter, Leanne received the money and put it aside to give to her mother later when she saw her.

On Friday Wilma realised she needed to fly interstate for a meeting. As she didn't have the money, she mentioned to Leanne that she needed money urgently for the ticket. Leanne realised that she was holding God's provision for four days. It was a miracle, as it was the exact amount needed. Before Wilma called, God answered! Amazing!!

Another amazing provision.

Shortly after Wilma arrived in Ethiopia, she developed an ulcer in the bladder. According to the Doctor there was no cure. In his opinion the bladder needed to be removed and she would be given a bag for the rest of her life.

Wilma needed medical help. The nearest doctor was two days walk over the mountains from where they were staying.

On the second day Bill and Wilma reached a large river. It was very hot, so Bill swam while Wilma kept an eye on the hippopotamuses nearby. Then it was Wilma's turn!

They couldn't drink from the river as the water was contaminated due to not having toilets in the area.

At midday on the second day of travelling, Wilma sat down sick and exhausted! She cried out to God, "I can't go on! I need water." Immediately an Ethiopian passed by, and Bill explained their need for pure water. He informed Bill that at the grass hut next to them there was the only well in the area. God provided and we drank cold, clean water! (You don't know how much you appreciate water until you don't have it!). God is faithful and His provision strengthened them to keep going.

Wilma returned to the doctor two months later. The doctor discovered, to his amazement, that she had received a miracle for the bladder was totally healed. God is so good!

7. Create a desire for more.

Enquire, "How do you spend your Sundays?" When they ask you what you do, create a curiosity by saying, "You wouldn't believe me if I told you!"

When they ask, "So what do you do?" Tell them, "I go to Church. Do you want to know why I go to church on my only day not working?"

Rick Warren gives another approach to create a desire for more.

Apologize for not sharing the Good News sooner. How do you start a conversation and talk about Jesus with people you've known for a long time? You apologize and say, "You've been a good friend for a long time, but for some reason, I haven't told you about the most important thing in my life. I'm sorry. I wish I had told you sooner." You've known them long enough to know you don't want to spend eternity without them.

8. Faith requires action. Be equipped and ready to share your testimony.

You will need to **learn** some Bible verses and have some testimonies on hand to draw upon when the need arises.

Tell what you were like before you became a child of God. Explain why you are so in love with Jesus that you want to spend your only day off worshipping Him. God wants His children to represent Him to the world, **both** in action and telling others of His goodness (Acts 22:15).

The following are just guidelines on how to respond and point people to Jesus.

➤ **When you meet someone who is going through a hard time**

As Jesus' representative be extremely sensitive to people who are in emotional pain. Show them that you care by giving them uninterrupted time to listen to their needs. They are not looking for advice but for you to show Father God's love and compassion in word and action. They will continue sharing if they sense your kind heart ("kindness" is a fruit of the Spirit – Galatians 5:22). Be prepared to wait for the leading of the Holy Spirit.

When you sense the time is right assure them that God loves and tenderly cares about them.

Ask if you can share from your phone a wonderful promise. Read to them from your Bible App. 1 Peter 5:7 TPT. *"Give all your worries and cares to God, for He cares about you."* Then ask if you could pray for them and give God, the Creator of the universe, their concerns.

Pray something like this: "Thank you, Jesus, for comforting and being with ____ (name) ____ during this difficult time. Free ____ (name) ____ from all his/her concerns, worries, fears and stresses and fill him/her with heaven's peace".

Ask them if they feel better. If they affirm that they do, ask, "Would you like me to show you how you can have that peace living inside you permanently"?

➤ **When someone believes they have always been a Christian.**

If someone says, "I've always been a Christian", follow up with, "Have you prayed and asked Jesus to forgive you for all the things you have done wrong?"
OR "If you died suddenly, would you go to Heaven?"

Ex-drug trafficker's testimony.

Bill and Wilma prayed with a man **the day after** he was released from prison for drug trafficking. He was asked, "If you died tonight would you go to Heaven?"

His answer was an emphatic, "Yes". "On what basis?" Bill enquired. He assured him that he had not murdered anyone, and he was basically a good person.

Wilma got out her phone and asked him to read Ephesians 2:8-9. Then the power of God's Word opened his eyes. He responded, "Oh, so what do I do now?" The ex-prisoner received God's gift of salvation there and then. What an amazing change occurred in this man; he could not thank them enough every time he saw them.

➤ **You can point people to Jesus when amongst nature.**

Mention that the beauty they see is a miracle from Creator God. You could then ask if you can share with them a miracle that you have seen or heard.

Follow on by asking if you can share another miracle. Then tell them how Jesus died on the Cross so that we would all know the miracle of having our sins forgiven. Then ask, "Would you like me to show you how you can have Jesus forgive you of all the wrong you have ever done?"

Miracle example of a tongue healed.

Always have a testimony to share. The miracle Wilma likes to share is when their **four-year-old son fell and split his tongue right down the middle**. It continued to bleed; hence the doctor became very worried, since stitching the tongue was not an option according to him. "What he needs is a miracle", doctor declared. Wilma told him that she believed in miracles. Their boy fell asleep and after he awoke, she went to check on him. His tongue was miraculously back in one piece, like new! Thank you, Jesus!

➤ **When someone indicates that they have a Catholic or Anglican background.**

Ask, "Do you know the 'Our Father' prayer?" (Also known as the 'Lord's prayer' in Matthew 6:9f). If they say, "Yes", mention that, "You must be in the family to call Him Father. Would you like me to show you how you can become part of His family?" Bill and Wilma have helped many Catholics come into a personal relationship with God through this approach.

➤ **When someone indicates that they find it hard to trust again.**

Assure them that Jesus sees and feels their pain, for He was rejected and betrayed by those He loved when He died on the cross.

The Bible says that God loves __ (the person's name) __ so much that He sent His one and only Son to die that he/she would experience His love and freedom. The Bible also describes God's love as unconditional, faithful, compassionate, nurturing, tender and gentle. (Psalm 86:15)

Then ask, "Would you like to experience that kind of love?" When there is a positive response say, "Let me show you how".

➤ **When someone is successful and self-sufficient, feeling they have no need for God.**

Show forth God's love **in word and action and wait** for when they share a need. If you are praying for them, expect an opportunity to speak into their need, for God will open the way, in His timing.

Wilma was caring for an elderly couple who were both suffering with dementia.

Alan, the husband, had been **a highly successful businessman**. He had attended the Anglican church only for weddings and funerals.

As Alan was sensing that he was losing his memory, he asked Wilma to help him. Wilma assured him that God could help and offered to pray for him. He accepted eagerly!

So, Wilma asked him to pray after her, "Dear God, please forgive me of all the wrong I have ever done. Come and fill me with Your peace. Amen." Alan's wife then said, "That was beautiful, can you pray that with me too?".

Praise God, both of their spirits came alive that day! The next day Alan felt restless and wanted to go interstate. Later, after sitting quietly, he confided in the nurse that God told him, "Don't go, be at peace".

Wilma related this story to another successful businessman and asked, "Would you like to see how to receive peace with God too?" Wilma then suggested he watch a short video that she produced called, "If you died suddenly, would you go to Heaven?"

www.breakfreetoday.org/video-heaven.

➤ **When someone mentions that they have pain in their body.**

People know when they are genuinely loved. They will sense your compassion for them. Take time to carefully listen as they share their physical pain. In the conversation they may mention their emotional pain. If not, you could ask when the pain started and was there a previous trauma. Sometimes it is the latter that is the root behind their physical pain. They will either affirm it or tell you that there was nothing. Ask if you can share from your phone a wonderful promise. Read Isaiah 53:4 AMP, "*He (Jesus) has borne our griefs, and He has carried our sorrow and pains*".

At this point you may feel to share a testimony, like the one Wilma has given below. Or if you feel they are ready, then enquire, "Would you like me to ask Jesus to help you to be free from pain? According to the Bible verse read, He has already taken your pain and griefs on Himself when He died on the Cross." (If they are holding unforgiveness, ask if you could help them hand the offender over to God, the Righteous Judge. This is a short, suggested prayer. Have them repeat after you - phrase by phrase. "Lord Jesus, I choose to forgive and release ____ (name the person/s) _____. I hand them over to You the Righteous Judge".

After praying for physical healing, ask them to check themselves, "How is your pain now, from 1-10?" Pray again if necessary!

When they see God's goodness, ask them, "Would you like me to show you how you can have a personal relationship with a good God?"

A crippled hand healed!

Bill and Wilma have seen many healed through God's miracle-working power. One stands out to them.

A man could not bend all his fingers on his right hand for five years, despite having had an operation to adjust the nerves. He carried a lot of grief! He was able to receive God's forgiveness and release others, and himself, in forgiveness. Instantly he got movement back in his fingers. When people see the power of God at work, they will readily accept Jesus as their Lord and Saviour.

➤ When someone mentions they are involved in Hindu/New Age thought and practices.

From one of the following questions, you are going to be able to build a bridge to share the gospel and have Jesus meet their inner need.

Questions to ask -

- How do your beliefs help you in difficult times?
- Why have you chosen the New Age or New Thought teaching?
(Looking for hurts, disappointment, disillusionment in life, abuse)

Keep in mind when talking to a person who is into New Age thoughts and practices that they believe that God is an impersonal energy. So, turn a negative into a positive by using the title "Christ" initially.

A person who practises New Age and New Thought teaching uses alternative means to obtain a temporary peace. Ask them if they would like to experience a deep inner lasting peace. This is a gift of peace that remains with them always.

Christina receives God's healing grace.

Christina needed healing. She told Bill and Wilma that she was attending the Hare Krishna group.

After Christina shared her story, Wilma told her, "I love your heart's desire to reach God." Then Wilma went on to explain the difference between religion and Christianity, "Religion is our attempt to reach God, whereas Christianity is God reaching down to us and lovingly accepting us as we are. God isn't offering you religion, but a relationship". After sharing with her Ephesians 2:8, God graciously began to open her eyes to understand that her acceptance with God was to be received, not something she had to earn. She quickly responded, "It's like getting a bunch of flowers". "That's right", Wilma said, "When the flowers are handed to you, you have to receive them to make them yours". Her reply was, "But I have to get into a higher state of consciousness". Wilma responded, "but God wants you to just receive the flowers, **as a gift.**" Hearing this was a tremendous relief for Christina.

She left saved and healed and is now attending an evangelical church.

Recapping - helpful suggestions when seeking to share the Good News

- ✓ write out and practice your testimony.
- ✓ download the Bible App.
- ✓ learn and use bible verses that would encourage those in need – the Word of God is powerful, and it is God's goodness that draws people to repentance.
- ✓ follow on with a question to ascertain an unmet need and an appropriate Bible verse. For example, when someone is feeling:
 - troubled – needing comfort while going through a hard time – **Psalms 34:18**, "*The LORD is there to rescue **all who are discouraged and have given up hope***" (CEV)
 - insecure and afraid – needing security - **Isaiah 41:13**, "*For I hold you by your right hand - I, the LORD your God. And I say to you, '**Don't be afraid. I am here to help you.***'". (NLT)
 - feeling rejected – needing acceptance – **Deuteronomy 31:8**, "*Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; **He will neither fail you nor abandon you.***" (NLT)
 - feeling unloved – needing to feel loved – **Zephaniah 3:17**, "*For the LORD your God is ... a mighty Savior. He will take delight in you with gladness. **With His love, He will calm all your fears.** He will rejoice over you with joyful songs.*". (NLT)
 - feeling stressed and worried – needing heaven's peace -- **1 Peter 5:7**, *Give **all** your worries and cares to God, for he cares about you*". **John 14:27**, *I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So **don't be troubled or afraid***". (NLT)
 - life's meaningless – needing hope and direction – **Jeremiah 29:11**, "*For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to **give you a future and a hope***". (NLT)

- worried about the future – needing provision and protection - **Philippians 4:19**, *"This same God who takes care of me will supply **all your needs** from His glorious riches, which have been given to us in Christ Jesus"*. (NLT)
- in pain – needing healing – **Matthew 8:17**, *"Jesus made clear the full meaning of what Isaiah the prophet said: **He took away our diseases and carried away our sicknesses.**"* (ESV)
- sad - needing to experience heavenly joy – **Isaiah 53:4**, *"Surely he has borne **our griefs** and **carried our sorrows**"*. (NLT)
- depending on good works – needing God's grace – **Ephesians 2:8-9**, *"God saved you by His grace when you believed. And you can't take credit for this; it is **a gift** from God. Salvation is **not a reward** for the good things we have done, so none of us can boast about it."* (NLT)
- unsure of eternity – needing assurance of salvation – John 1:12, *"As many as **received** Him, to them He gave the right to **become** children of God, to those who **believe** in His name"*. (NKJV)

What now?

- ✓ train yourself to follow the Holy Spirit's timing. When the Holy Spirit is moving follow on with a question. The question will depend on the bible verse used. Such as, if they are afraid, you could read Isaiah 41:13, ask, "Would you like me to show you how you can have the Creator of the Universe take your right hand and help you every day?"
- ✓ download the PDF of '**How to become a child of God**' for your mobile phone. **Breakfreetoday.org/how-to-become-a-child-of-god**. Download the printable PDF decision card so you always have one available when the need arises!
- ✓ have a card available with your mobile number and name to enable them to follow through
- ✓ ask the Holy Spirit to fill and empower you and lead you every day to someone in need
- ✓ ask the Holy Spirit for wisdom as to how to respond

Group discussion or individual reflection and journal: Share your experiences of how you were able to help someone in need and pray for them. Share if the Holy Spirit is stirring you to be more sensitive to people's needs, to reach out to them in love and represent Jesus well.

The powers of darkness do not want you to share the Gospel.

Satan is called the accuser of the brethren. He will try to discourage you! He will make you feel like you are not good enough!

He will make you afraid of failing and not getting it right. And fearful of being rejected! Those people will laugh at you, and you'll feel embarrassed.

Don't let the enemy take advance of you and stop you from the joy of leading someone to Jesus!! Don't fall into the trap of believing these accusations!

Bill and Wilma trust that you have been inspired to pray daily for your family, friends and work colleagues. Their passion is that Christ's love would compel you to share with those in your circle the Good News. And that you would have the joy of leading them to Christ.

There is no set way to deliver the Gospel that the Apostle Paul outlines in 1 Corinthians 15:1-4.

There are many Bible verses that you can use. Follow the Holy Spirit's leading!

The suggestions given in this course are guidelines based on the Bible. Bill and Wilma wanted to show you how easy it is when you seek to meet people's emotional needs. Then share with them God's goodness through Bible verses.

Is the Holy Spirit stirring you to be more sensitive to people's needs, to reach out to them in love and represent Jesus well?

We began this session by saying **God's love is the key** that opens the door and **supernatural wisdom is what keeps the door open**.

God wants to empower you and equip you **with both**. Is that what you desire?

Impartation happens when the Holy Spirit descends upon you with His grace, enabling you to receive more of His love and power.

Closing prayer

Thank you, Jesus, for dying, rising from the dead and ascending to Father God, so that I would daily encounter heaven's peace and joy.

Lord Jesus, I yield completely to Your perfect plan and purpose for my life. Immerse me afresh with Your love. Fill and flood me with the fullness of God, that I might love others as much as You love me (Ephesians 3:19).

Thank you for covering and clothing me with Your life (Galatians 3:27). I want to display Your fragrance everywhere I go. I take hold of Your grace and power.

May the fire of God ignite in me a passion for those who do not know You. The wisdom to know when to speak and what to say (James 1:5). May Your beauty and favor rest upon me, giving me success in all I do (Psalm 90:17).

Thank You, Jesus, for sending Your Spirit to fill, empower and enable me to represent You well. Holy Spirit, lead me every day to someone in need. In Your name I ask it. Amen.

On our website is a video of this session: **breakfreetoday.org/amazing-grace**.



Additional notes:

Breaking the Power of the Past

Breaking the Power of the Past

In 'Breaking the Power of the Past' you will learn:

- ✓ how to be free from the things that trap you – emotional baggage, generational weaknesses, secret habits, and addictions
- ✓ how the power of sin cannot be overcome in your own strength
- ✓ how to make what Jesus has done for you a reality

Let's begin with prayer: Thank you, Jesus, for dying to set me free from the things that trip me up. Holy Spirit, please bring to my remembrance the things that I need to put aside so I can walk in total victory. In Jesus' name I ask it. Amen

How to break the power of the past.

When you became a child of God, you were made right with God. You are now on an exciting journey, learning how to walk-in obedience, in partnership and a loving relationship with Him.

You will find your journey will be made easier when you learn to put off the baggage, the things that could trip you up.

Do you feel trapped in a repeated pattern of behavior? Is there a burden in your life that you would like to be free from?

We are going to show you how you can live in victory as a child of God.

How would you describe sin?

Sin is anything that is not like God's Holy nature. For example. God is love, so anything that is not done or said in love, is sin.

***All** have sinned and fall short of the glory of God.
Romans 3:23*

Why do we sin?

Romans 5:12 makes it clear, *when Adam sinned, **sin entered** the world.*

We sin because **we are born in sin**. Sinners by nature.

Psalms 51:5 confirms this, *behold, I was brought forth **in iniquity**; and **in sin** did my mother conceive me.*

Iniquity is not a word we use today.

So, what does iniquity mean?

According to the New Unger's Bible Dictionary, iniquity is perversity, depravity, sin.

Perversity is a state of deviating from what is good. **Depravity** is a state of moral corruption. **Sin**, when not used as an action word in the New Testament, is referring to its source, the inherent sinful nature within us.

Isaiah 53:5 is a prophecy of what Jesus did for you and me when He died on the cross.

*He was **pierced for our transgressions**, he was **crushed for our iniquities**; the punishment that brought us peace was on him,
and by his wounds we are healed.*

In place of the word 'sin' the Bible sometimes uses transgression – which means to do wrong.

Transgressions are acts of sin. Iniquity is a state of being.

Is iniquity just an Old Testament concept?

The Old Testament, in the bible, was written in Hebrew. Iniquity in the Old Testament Hebrew is AVON – meaning distorted behavior and its consequences.

King David prayed: Wash away **all my iniquity** (AVON)
and cleanse me from my sin. Psalm 51:2

The New Testament was written in Greek. Iniquity in the New Testament Greek is ANOMIA - often translated as injustice, weaknesses, wickedness (that is wrongdoing), lawlessness (referring to a state of rebellion), or sin (which is the sin nature).

Titus 2:14 says, Jesus who gave Himself on our behalf that He might redeem us (purchase our freedom) from all iniquity (ANOMIA).

Can a Christian be bound by iniquity?

In the message bible (Acts 8:12f) we read of Simon the Sorcerer.

“When Philip came to town announcing the news of God's kingdom...Even Simon himself believed and was baptized...The apostles laid their hands on them, and they did receive the Holy Spirit.

When Simon saw that the apostles by merely laying on hands conferred the Spirit, he pulled out his money, excited, and said,
“Sell me your secret!

Show me how you did that! How much do you want? Name your price!” Peter said, “Why, that's unthinkable - trying to buy God's gift!

You'll never be part of what God is doing by striking bargains and offering bribes. Change your ways - and now! Ask the Master to forgive you for trying to use God to make money. I can see this is an old habit with you; you reek with money-lust”.

Acts 8:23 in the King James Version says it like this, For I see that you are poisoned by bitterness and **bound by iniquity**. (Literally in the fetter of iniquity)

What should we do about it?

Be assured that Jesus died to set us free from sin's power!

*When He (Jesus) died, **He died once to break the power of sin.***

Romans 6:10

To break the power of sin and make what Jesus did a reality, follow the three R's.

Renounce. Reckon. Reply.

First R, is RENOUNCE

Renounce means to disown and turn away from iniquity.

Let's look at bible verses that encourage God's children to turn away from iniquity.

Let everyone who names the name of the Lord

depart from iniquity.

2 Timothy 2:19

Also, in Job 11:14 we are encouraged to:

*Get rid of your sins and **leave all iniquity behind you.***

To leave or depart from iniquity means to put it off, like you would a garment.

The second R is RECKON

To reckon means to count on or consider something as fact.

Romans 6:11 says, ***reckon** yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.*

God's children can consider their relationship with sin as broken and live in victory over sin. Simply **count on the fact** that the power of sin, the law of sin and death has been overcome when Jesus died on the cross and rose again – **we consider or regard it as done!** Let me explain!

If I put up my umbrella, I can count on being dry. In the same way I can **count on the fact** that I can live in victory over the power of sin.

The third R is RELY

Rely means to depend on someone or something with full trust and confidence.

You cannot overcome the power of sin in your own strength! Overcoming sin and its power is not through self-effort, but through the power of the Holy Spirit. You must surrender to and rely on God's power to enable you to overcome.

***Let** the Holy Spirit guide your lives. Then **you won't be doing** what your sinful nature craves.*

Galatians 5:16

It is helpful to understand that the power of sin is a law.

A law which has been overridden!

*Through Christ Jesus the law of the Spirit who gives life
has set you free from the law of sin and death. Romans 8:2*

To understand this Bible verse, we need to understand what a law is. **A law is a power that cannot be overcome by natural means.** For example, the law of aerodynamics can overcome the law of gravity. Even though it doesn't cancel the law of gravity, it overrides, so that we can fly in an aeroplane. The law of gravity holds us down. It takes the law of aerodynamics to lift us up!

As was mentioned you cannot overcome a law in your own strength! Nor can you overcome the power of sin in your own strength. **A law can only be overturned by another more powerful law** as we have seen.

We are talking about a law and how it affects us. We now understand that a law is a power that cannot be overcome by natural means. The Bible says that the law of the Spirit of life has freed us from the law of sin and death. So, is this something that happens when we die?

The penalty and power of sin and death has been overcome when Jesus died on the cross and rose again. **Freedom from the law of sin and death becomes ours when we become God's children.**

Repeated annoying patterns of behavior are an indication that there is a law operating in your life!

Reflect and journal: Is there something in your life that you are struggling to overcome? Do you have a repeated pattern of thoughts or actions that have you trapped? Are you continually dealing with the same thing in your life?

How can we be set free from repeated patterns or an addiction in my life?

Understand that Jesus wants to set those who are bound free.

Isaiah 61:1 refers to Jesus' ministry on earth: *"He has sent me to bind up and heal the broken hearted, to proclaim **liberty to the [physical and spiritual] captives** and the of the prison opening and of the eyes to those who are bound"*.

Bill and Wilma have led over 70 ex-prisoners and addicts to the Lord. The men have come to the rehabilitation center broken, rejected and traumatized. A lot of the men are former drug dealers. Bill and Wilma have seen them set free from addictions and made whole by the power of the Holy Spirit.

This teaching excites them the most! They feel trapped by their lifestyle and long to be free!

As the Word of God says, Jesus brings liberty to the captives and freedom to the prisoners!

God's children can experience complete freedom from addictions.

As the Word of God says, Jesus brings liberty to the captives and freedom to the prisoners!

Each found freedom by following the three R's.

Reflect and journal: Are you tired of the pressures of life and trying to get life right in your own strength? Do you long to have God's grace flowing in your life?

Michelle's emotions were screaming at her.

Michelle had learnt to live with negative mindsets all her life. Every time she was triggered, she looked for an escape. It was an addiction!

She was set free after learning that she didn't have to strive to gain victory but obtain the victory that was already won by Jesus. Now when negative thoughts invade her space, she simply cuts them off and replace them with the truth of God's Word.

That's how Michelle overcomes and stays connected to the life of the Spirit, by telling herself that sin no longer has any power over her! Today she is ministering to others, helping them find true freedom.

Sowing good or bad deeds can cause a ripple effect! Like a stone causes a ripple effect when thrown in water.

The Bible tells us that what we sow, we will reap. It's a principle of life, isn't it?

*Whatever you plant is what you'll harvest. If you plant in the soil of your corrupt nature, **you will** harvest destruction. But if you plant in the soil of your spiritual nature, **you will** harvest everlasting life. Galatians 6:7 & 8*

Verse eight paraphrased, if you plant corrupt seeds, you can expect a harvest a crop of weeds.

Science indicates there are certain genetic predispositions that carry from family member to family member. **It is the ripple effect caused by what has been planted.**

Wilma noted while attending to thousands of patients in Ethiopia, that because of the lay back lifestyle of the people where they worked, she never saw people suffering with cancer or heart problems. That says something of what a stressful lifestyle can do to the body.

Romans 8:37 is so encouraging. It says, "*Despite all these things, **overwhelming victory is ours through Christ**, who loved us*".

Christian psychologist seeks help!

Ryan was having perverse thoughts, and he did not know where they were coming from. Bill suggested that they could be a generational iniquity.

Ryan repented on behalf of his forebears for what was passed onto him. He was not troubled with the perverse thoughts again.

Reflect and journal: Do you have an annoying, secret habit that you find hard to overcome?

There is victory in Jesus as we have seen from the Word of God!

As we have learnt, sin keeps us from the abiding presence of God. And the abiding presence of Jesus keeps us from sinning!

Romans 12:14 tells us that when we **clothe ourselves with the presence of the Lord** Jesus Christ and **change the way we think**, the desire to sin is withdrawn.

Romans 13:12 and Hebrews 12:1 encourage us to strip away the works of darkness, removing our sinful deeds like filthy clothes:

*Let us then **drop (fling away)** the works and deeds of darkness.
And Hebrews 12:1 tells us to, **Throw off** any extra baggage, get
rid of the sin that trips us up.*

The Ethiopians, including many witchdoctors, would put off the works of darkness.

When Bill and Wilma were missionaries, the Ethiopians would raise their left hand, repent and put off the past works of darkness.

Then raise their right hand and accept Christ. This fast tracked their walk with God.

A witchdoctor confessed that he murdered the father of the boy next to him. Before accepting Christ, he had planned to kill the boy too. This is the power of repentance!

We began this session by saying that you, a child of God, will find your journey easier when you learn to **put off** the baggage that has, and could in the future, trip you up.

Check this out! This revelation will change your life. **The law of sin and death has been legally overridden** when Jesus died on the cross and rose again. The power and the penalty of sin has been dealt with; therefore, you **don't have to struggle** to attain victory over sin rather, **obtain (take a hold of)** what Jesus has already done for you.

We are going to expose and renounce secret patterns, habits, scaring and defilement and be set free from their entrapment.

We will be examining the baggage you may be carrying! It is a list of things that could have opened a door and lead you to being trapped.

These iniquities can be weaknesses passed down from forebears. Or you can initiate an iniquity through a lifestyle.

Have you at any time, been associated with, involved in, watched, or read any of the following? (Listen to the Holy Spirit, for he will show you what to renounce that is not on the list)

- ❖ **occultic games and activities** (Ouija board, tarot cards, crystal ball, wicca, magic, Witch Tok, occultic literature, movies, TikTok videos, music, objects etc.)
- ❖ **fortune telling** (tea leaves, palm reading, crystal ball, tarot cards, etc.)
- ❖ **psychic experiences:** (participated in mind control, psychic healing, readings, games, clairvoyance, astral travel etc.)
- ❖ **cult, false religions:** (visited a temple and prayed to their gods, had a spirit guide, idol worship, Freemasonry, New Age thought and practices etc.)

A lot of the things in this list may not be relevant to you. Anything that is not relevant just put it aside.

You are going to renounce the things that God shows you that you have been involved in. That which has taken hold in your life and the lives within your family. **This way you not only set yourself free but also your family.** The list is just a guide.

Sexual iniquity;

- ❖ lust
- ❖ adultery
- ❖ the attraction to the same sex
- ❖ confusion regarding gender identity
- ❖ premarital sex
- ❖ incest
- ❖ pornography
- ❖ bestiality
- ❖ promiscuity
- ❖ illegitimacy
- ❖ abortions

Behavioural iniquity;

- ❖ emotional, physical and sexual abuse
- ❖ blasphemy
- ❖ addictive patterns of smoking
- ❖ alcohol
- ❖ gambling
- ❖ stealing
- ❖ video games
- ❖ social media
- ❖ drugs

Emotional iniquity;

- ❖ shame, self-hate, guilt,
- ❖ grief, abandonment
- ❖ trauma/fragmentation
- ❖ control, manipulation

- ❖ rebellion, rejection
- ❖ depression
- ❖ anger, unforgiveness, bitterness
- ❖ fear, anxiety, paranoia
- ❖ jealousy, pride
- ❖ unbelief, doubt

Curses of iniquity;

- ❖ word curses
- ❖ being accident prone
- ❖ repeatedly robbed financially
- ❖ barrenness
- ❖ divorce
- ❖ family alienation
- ❖ injustice
- ❖ the loss of advancement
- ❖ premature death

Then there is **physical iniquity**, including all genetic disorders resulting in related diseases and conditions.

Take your paper and pen and write down what you feel the Holy Spirit is saying. This is between you and God and afterwards you will destroy the paper.

Prayer to fling away the works or deeds of darkness – removing them like filthy clothes.

Thank you, Jesus, for dying, not only for my sins, but for my weaknesses also.
I forgive the sins of whoever first opened the door to the iniquity back in my family line.

Lord Jesus, I ask forgiveness for where I have partnered with iniquity. In Jesus' name and by the power of the Holy Spirit, I reject, turn away from and break the association with everything that I have put on this paper.

Jesus, please wash away all consequences of sin from my bloodline with Your precious Blood.

Thank you, Jesus, for forgiving me and setting me free. I surrender completely to Your life-giving Spirit. Help me to daily trust You, as I seek to depend on You and live in victory over sin.

I declare that Satan has no place in me, no power over me, for I have been forgiven and set free by the Blood of Jesus. Amen.

Do we have to keep repeating this prayer?

Let's see what the Bible says. 1 John 1:9 assured us that:

*If we confess our sins to Him, He is faithful and just to forgive us
our sins and to cleanse us from **all** wickedness
(also translated as iniquity).*

This bible verse assures us that when we acknowledge our iniquity and ask Jesus to forgive us for being part of it, Jesus' Blood cleanses and removes every generational consequence of sin.

That means, the pull you have felt in the past to sin, because of a generational weakness or curse, has been broken. This is such GOOD NEWS!

What you have owned up to, has been TOTALLY forgiven.

How should we live now as God's children?

Romans 6:19 says,

*Because of the weakness of your human nature, I am using the illustration of slavery to help you understand all this. Previously, you let yourselves be slaves to impurity and lawlessness (also translated iniquity), which led ever deeper into sin. **Now you must give yourselves to be slaves to righteous living.***

You live in joyous freedom from the power of sin by giving yourself daily to God for His empowering!

If you slip up again remember to follow the 3 R's: Renounce, Reckon and Rely

Going forward you will learn how to rely on God for His enabling, by reading His Word, the bible, starting in the New Testament.

Tell God how grateful you are for setting you free.

Trust God as a faithful friend and share with Him all your concerns and then watch how He enables you to overcome.

On our website is a video of this session: **breakfreetoday.org/set-free**.



Additional Notes

How to Watch Over Your Spiritual Heart

Let's discuss heart to heart, on how to watch over your spiritual heart.

God's Word says in Proverbs 4:23:

Above everything else, **guard your heart**; for **it is** the source of life's consequences.

In 'Embracing God's Grace' session three, we looked at a wounded and fearful heart (breakfreetoday.org/amazing-grace). In this session you will learn about **two more spiritual heart conditions** and how to be set free from them:

- ✓ a desensitized heart – understand sexual and emotional unhealthy soul ties.
- ✓ a doubting heart – discover how a fragmented, double-souled person can be made whole.

Let's begin with prayer: Lord Jesus, we pray as King David prayed: Wash me in Your love and create in me a clean heart, O God. Fill me with pure thoughts and a holy desire, ready to please You. Thank You for restoring to me the joy of Your salvation.

A Desensitized Heart

What does a desensitized heart look like for a child of God?

A desensitized heart is a conscience that is seared. If the conscience is "seared" – (literally "cauterized") - then your conscience has been rendered insensitive and no longer guides, you!

In 1 Timothy chapter four we read:

The Spirit clearly says that in later times, some will abandon the faith and follow deceiving spirits and things taught by demons. Such teachings come through hypocritical liars, **whose consciences have been seared as with a hot iron.**

Here is an example of how the devil's deception can desensitize the heart.

Let's look at what the bible says about sexual immorality.

1 Corinthians 6:18 tells us to:

Run, from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

The definition of immorality is behavior that is morally wrong, **or** outside society's standards of what is acceptable.

Satan has taken the latter part of the meaning of immorality and **uses it to deceive people**, including some Christians. Society's standards today cause us to believe that it is acceptable to have sex outside marriage.

Are you wondering **why are sexual sins** specified by Paul as being the only sins against the body? **Why not**, for example, drugs or alcohol?

The Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one."
This is **a great mystery**, but it is an illustration of the way Christ, and the church are one. Ephesians 5:31-33

An insight into this mystery!

A loving God created marriage. **Marriage is** a joyous, very intimate, exclusive relationship between a man and a woman. Likewise, **Jesus desires** a joyous, very intimate, and faithful relationship with you and me.

The Hebrew word YADA in the Bible explains this mystery further. YADA means to know, to be known and to be deeply respected.

It represents sex! Signifying an incredibly deep sense of intimacy, vulnerability, and connection between two people. **That intimate connection is what God wants** between a husband and wife and between Him and you, His precious child. **Both produce an outcome!**

Genesis 4:1 shows the outcome of intimacy in sex: Adam knew (YADA) Eve his wife, and **she conceived**.

Daniel 11:32 provides more insight into God's heart for intimacy: The people who do know (YADA) their God **shall be strong and do exploits**.

Jesus made this a close, intimate connection possible when He died on the cross and rose again.

Romans chapter seven explains **who God's children are married to**.

It reads: You "died," as it were, with Christ on the cross; and since you are "dead," you are no longer "married to the law," and it has no more control over you. Then you came back to life again when Christ did and are a new person. And **now you are "married,"** so to speak, to the one who rose from the dead.

Before you became a child of God you were married to sin. When Jesus died on the cross, not only did He die for you, but **you died with Jesus**.

As a result of that co-crucifixion, you became married to Jesus Christ. Since you died to the law, you are no longer under the law. In other words, sin cannot condemn you, for you have died to it.

An illustration of how we are no longer married to sin.

A man drives erratically to escape the police. He loses control of the car, smashes into a tree and kills himself. The policeman does not put a sticker on his head fining him for his offences. No, he is dead!

Your position in Christ is that **you are dead to sin and its consequences and are alive to God** in Jesus Christ.

Reflect and journal. Have you been appropriating God's grace? Or have you succumbed to the ways of the world and allowed your heart to become desensitized?

Today pornography and sexualized media are affecting people's minds, behavior and relationships. So, let's examine this subject briefly.

Pornography is a counterfeit that desensitizes the heart!

It is a performance that detaches people from experiencing what God has intended.

Don't let the devil deceive and entice you. If you feel stuck in pornography however, return to the instruction manual!

It says in Acts 26:18:

Open their eyes, so that they may **turn from** darkness to light
and **from** the power of Satan to God, so that they may
receive forgiveness of sins.

Do you struggle with addictions? Be sure to check out the video, "Breaking the power of the past". It is found under **breakfreetoday.org/set-free**. Bill and Wilma have seen many, through the power of the Holy Spirit, break free from bad habits and addictions.

Spiritual facts and a prayer to be free from pornography!

FACT 1. There is a root cause hidden beneath your bad habit or addiction to pornography. And that is inner shame! It is very difficult to be intimate if deep down you feel you're not good enough. Therefore, a shame-bound person can be tempted to push away from being intimate in marriage and choose an alternative.

John Bradshaw writes in his book,

'Healing the Shame That Binds You': All addicts have a false belief system that no one could want them or love them as they are. In fact, addicts cannot love themselves.

Addicts' distorted thinking can be reduced to the belief that they will feel better if they use social media, have sex, drugs, drink, eat, get more money or work harder."

FACT 2. Jesus can meet **all** your unmet emotional needs.

- **Realize** that you will never be enough! You need a Savior who is enough! His name is 'Jesus'! He will meet all your needs.
- **Remove** the cloak of shame (low self-esteem) draped over your robe of righteousness. Draw daily upon and enjoy God's continual unconditional love and acceptance.
- **Rely** on the power of the Holy Spirit. Trying to overcome the temptation in your own strength will be hard work. When empowered by the Holy Spirit **you will** find freedom.

- **Replace** the **void** in your soul with the infilling of the Holy Spirit. You will experience wholeness in yourself and marriage.

FACT 3. Watching pornography **creates a heart issue** – it produces the sin of adultery.

You have heard that it was said,

‘You shall not commit adultery.’ But I tell you that anyone who **looks at** a woman lustfully has already committed adultery with her in his heart. Matthew 5:27-28 NET

If you struggle with pornography, then this prayer is for you.

Prayer:

Thank you, Jesus, for setting me free from the entrapment of pornography.

Please forgive me for committing adultery by looking at women lustfully. Take my hard, desensitized heart and give me a pure heart and mind.

I choose to forgive and release myself for being deceived, unfaithful and silencing my conscience. Jesus, I give you all my guilt and shame. Thank you for loving and accepting me unconditionally.

Lord Jesus, I give myself completely to You. In Your name, Jesus, I renounce any place in my life, where I or my ancestors, have opened a door to pornography.

In Jesus' name, I take authority, smash down the images and command all unclean spirits to leave.

Holy Spirit, thank you for filling me afresh, quenching my thirsty soul and for making me whole. Amen

What is a soul tie?

Consider this, sex is never just sex!

Whenever two people engage in sexual intercourse they are, in effect, creating a “one flesh” reality. Sex is not merely a physical act for personal gratification. Sex is a holistic experience that engages our mind, body, soul and spirit. It's the ultimate expression of intimacy between a man and a woman, making the two one flesh. That's why sex between two people forms a lasting bond between them whether they know it or not, whether they want it or not. **It is called a soul-tie!**

A soul tie is a modern term. In the Bible it uses terms such as: bond, knit together, yoked together, to be joined, one flesh or unite.

A soul tie develops between two people **who have had an emotional or spiritual attachment**. It can be healthy or unhealthy.

A healthy soul-tie.

The Bible speaks of a healthy soul tie in Ephesians 5:31.

A man is to leave his father and mother and shall cleave to his wife; and the **two shall become one flesh**.

The Biblical word that describes the bonding of two people sexually is called, "cleave". The Greek word for "cleave" means to glue, adhere to, or cement your soul to, another person's soul.

Cleave" should match your commitment, to nurture and encourage each other with supportive words and actions.

When bricks are loose, they are easily knocked down, but when they are firmly cemented together, **they become a very strong** structure.

Unhealthy soul ties or inappropriate relationships.

Let's look at a negative energy operating in an unhealthy soul tie. In first Corinthians 6:16 we read:

Don't you know that if a man joins himself to a prostitute, she becomes a part of him, and he becomes a part of her? For God tells us in the Scripture that in his sight **the two become one person.**

Whenever two people engage in sexual intercourse they are, in effect, creating a "one flesh" reality. The Bible instructs us to **stop** forming inappropriate relationships (2 Corinthians 6:14).

Can an unhealthy soul tie be formed only through sex outside marriage?

Unhealthy soul ties can also be formed when either a man or a woman **is being controlled**. You are either the victim of control or the one doing the controlling.

Unhealthy soul ties **will return** if you do not step out from under the control of a controlling person.

Tracy breaks free from control:

Tracy became extremely unhappy working for her controlling manager. She decided to leave and start her own business. Tracey struggled in her new business until she cut off the negative influence and control her former boss had over her. Wilma met her a few months later and she shared excitedly how her business had flourished after breaking the soul tie.

<p>Reflect and journal: The list below are only possible causes of people creating unhealthy soul ties.</p>
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- Sexual relationships before marriage
- Thinking or fantasizing about past relationships
- Engaging in pornographic images
- Controlling parents
- Relationships that dominate, control and manipulate

- People who abuse you, either sexually, physically, emotionally or even spiritually
- When you are co-dependent with someone
- A deceased person
- Taking on someone else's fears, trauma and/or pain
- Excessive affection. It can be either a person or a thing, such as a pet.
- Past involvement in witchcraft, that has not been renounced.
- A person whom you owe money or services to
- Previous partner after a divorce or separation
- Movie stars by emotional and mental ties
- Some tattoo artists through an image and association

Write down all unhealthy soul ties. (You will destroy the list after prayer).

Prayer to step out from under the control of another person and break free from inappropriate relationships.

Lord Jesus, please forgive me for forming ungodly and unhealthy relationships. Forgive me for having sex outside marriage, I acknowledge this as sin.

I give you all my guilt and shame and in exchange receive your forgiveness and acceptance.

I cut myself free and renounce the covenant of this "one flesh" union. I break the mental images that have kept me connected to them.

Where I have been a victim of control, I choose to forgive and release them. I step out from under their control and influence and release those whom I have controlled.

I draw back to myself every part which has been wrongfully tied in bondage to them in my mind, emotions and will and ask you to cleanse me and restore my soul.

In Jesus' name, I break and sever all unhealthy soul ties. The assignment of all evil spirits attempting to keep me in bondage and command all unclean and controlling spirits to leave now. In Jesus' name, Amen.

Now rip up the paper and place it in the bin. For what God has forgiven, has been forgotten!

A Doubting Heart

James chapter one says:

When you ask, **you must believe and not doubt**, because the one **who doubts** is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such **a person is double-minded** and unstable in all they do. James 1:6 NIV

What does it mean to be double minded?

Mark from 'hopepreserved.org' explains: "Dipsuchos is the Greek prefix di, meaning "two" and psuchos, the root word meaning "soul." The literal meaning of dipsuchos is "double-souled."

Now this does not mean that people have two souls. James means that **double-minded behaviour comes from two contradictory parts of one soul.** In other words, a double soul (*or a trapped part within the soul*) is a division of the mind and emotions, that produce contradictory patterns of thinking."

The bible makes it clear that a doubter, is **a double-minded or double-souled person!**

Reflect and journal. Do you struggle with trusting in God's promises? You know that He can fulfil His promises, but you doubt that He will do it for you?

A double-minded or souled person is always in conflict with themselves.

A double-souled person's cup **is always running empty.**

They have unmet emotional needs. Which could be one, some or all of these: security, approval, affirmation, validation, nurture, acceptance, emotional connection, and or needing a sense of self-worth.

A trapped-broken soul forms a **negative belief about self.** Their low self-esteem causes them to search for a sense of value; this may include security, being loved, and being enough!

Over time the traumatized, core part of the person will **develop ways to cope.** Such as anger, withdrawal, drinking, taking drugs, buying, controlling, manipulating, performing, demeaning others etc. They are primarily coping with and reacting to life.

When something traumatic or hurtful happens, the memory of the overload is stored in a certain part of the brain like a computer file.

When you are triggered - like someone doing something to **push your buttons**, then that old computer file in the brain comes to the fore and you react - usually in anger! Or you'll deny and bury the trauma with negative emotions.

Psychologytoday.org puts it like this: "If you overload an electrical system with too much energy and too much stimulation, the circuit breaker activates and shuts everything down. **The human nervous system is also an electrical system.** When it is overloaded with too much stimulation and too much danger, as in trauma, it also shuts down."

Trauma can be likened to a volcano going off – it has a ripple effect!

It is well known from a neurobiological perspective, that trauma **can affect a person's mind, brain and body!**

Reflect and journal: Could it be that trauma in your past, is playing a role in your physical condition?

There can be a wide spectrum of reactions from a trapped/broken soul.

Reflect and journal. Write down from the list below **any** possible symptoms that relate to you as a double souled person.

- One part of you thinks you should, another part is unsure and nervous about a decision.
- One part of you is anxious and insecure, while another part is strong and confident.
- One part of you wants to trust God and others, another part finds it difficult to trust anyone.
- One part of you wants to be loving, another part wasn't to bite the head of anyone who conveys rejection or abandonment.
- One part of you is capable, the other part is passive, indecisive, and irresponsible.
- You strongly react when triggered. This can be caused through feeling deep rejection, abandonment, anger or from a flashback.

Why do some traumatized people become double-souled, and others do not?

When a person's pain is ignored and not validated, their silent screams continue internally. Also, there are some in life who can develop resilient responses to trauma. But there could be people with a family history of trauma. This can lead toward being double- souled (fragmented) generationally.

God hears our cry!

The Psalmist affirms that: The LORD **hears** those who cry out, and He **delivers** them from all their distress. Psalm 37:17 ISV

Isaiah 53 verse 4 assures us that:

He (Jesus) has borne our griefs (our sicknesses) and carried our sorrows (our griefs, pains).

Jesus took your **trauma and pain** upon Himself. He made your grief His own, and your sorrow as if they were His. The image is that He loaded them up and **carried them** on His back, so you wouldn't have to.

Jesus frees those who have been wounded and feel trapped in pain!

Isaiah 61:1 assures us of that truth. It says:

The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; He has sent Me to bind up the broken hearted, **To proclaim liberty to the captives, and the opening of the prison to those who are bound.**

How can I best show God's love and support to someone who is hurting?

You can support the hurt by asking meaningful questions. Such as: "Do you want to talk about it? I'm here for you!" or "Who or what has hurt you?".

Listen and validate the hurting person's feelings. You could say, "That sounds rough", or "I can't imagine what that feels like".

After they have told their story ask: "How can I best support you?" How to pray for the hurting and lead them to the Lord was discussed in the teaching, 'Sharing God's Grace': **breakfreetoday.org/amazing-grace**

This is an example of praying for a person who is double-souled.

Lucas experienced deep trauma as a child! His parents worked in Papua New Guinea. When they returned to Australia, he was six.

Lucas wondered off shortly after commencing school! Walking for kilometres, he was exploring and fascinated with his new surroundings. The police found Lucas and brought him back to the classroom. Aggressively his teacher made him stand in the corner facing the wall for one week. Every time he moved; she smashed her cane on the table.

Tragically his distracted parents were unaware of his emotional pain so were not any comfort to him.

He carried this trauma up to his middle age, struggling with feelings of rejection, worthlessness and not being good enough. Along the way he became a child of God. He diligently searched for answers, as he was confused that he continued to struggle.

Bill and Wilma met Lucas when he was struggling to sleep and make his business succeed.

He felt a failure and was wrestling continually with feelings of anger, guilt and shame. **Lucas didn't realise he was double-souled.**

Bill shared with him how **Jesus wanted to set him free**. He had to **forgive and release** his teacher to God the 'Righteous Judge', for the anger and sense of injustice was deep.

Wilma asked Jesus to heal his mind, brain and body from the effects of trauma and for his wounded heart to be healed.

Lucas expressed that he was **afraid** to come out of the entrapment for that was all he knew. Then Bill told him that Jesus was waiting and wanting to lift him out and make him whole. Thank you, Jesus, Lucas now feels at peace, is optimistic about his business and is sleeping better!

A prayer to enable you to become whole.

Thank you, Jesus, for dying to make me whole. I ask You to come as the Prince of Peace, fill me with Your peace and make me whole today.

I choose to forgive and release the offenders ____ (name them) _____. I will no longer judge or blame them for their actions or negative words spoken over me.

Forgive me for where I have been hard on myself. I renounce all lies that I have believed about myself and ungodly vows that I have made in the past.

Lord Jesus, I completely surrender to You. In Your name, Jesus, I renounce any place, where I or my ancestors, have opened a door to the evil one, allowing him to produce trauma in my life. I take authority over every power of darkness, known or unknown, that has locked me in trauma.

Thank you, Jesus, for Your promise to heal my broken heart. Holy Spirit come and bathe each hurting part with Your healing oil. Wash my conscious and subconscious mind with Your blood and set me free and make me whole.

Heal and bring into divine order my mind, brain and body from **all** the effects of trauma.

Heavenly Father, I give to You my shame, guilt, rejection, and abandonment. Thank You for Your unconditional love and acceptance.

Father God, send Your consuming fire and break down the walls and chains that have kept me bound in this prison. Please send Your ministering angels to lift me out of the entrapment and make me whole. Thank you, Jesus!

<p>Reflect and journal. What is Jesus showing you in the Spirit? Do you see yourself set free?</p>

Whether you saw in the Spirit or not, release your faith and praise Jesus for what He has done for you today.

This teaching in a video at: **breakfreetoday.org/heart-conditions**.

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