

# **STEPS 4 & 5**

# **FORMAT**

**To become a Child of God, pray the following prayer (from the heart):**

"Lord Jesus, I agree with Your Word and know I am a sinner and have displeased You in many ways. I believe You died for my sin, and only through faith in Your shed blood shed on the cross can I be forgiven.

I also know that only through faith in Your resurrection can I have eternal life in You. I repent and turn from my sin and ask You to come into my heart and life as my Savior and Lord. From this day on, I will follow You by living a life that pleases You through the Power of Your Holy Spirit. Jesus fill me with Your Holy Spirit in my spirit, mind, will, emotions, and body. Thank you, Lord Jesus, for saving me and filling me with Your Holy Spirit. You are so good!! In Jesus' Name I pray.

**Jesus Loves you!!**

**Jesus now lives in your heart.**

**Talk to Jesus in your heart by faith!!**

**Jesus will never leave you or forsake you.**

**You can talk with Jesus thru Bible reading & prayer!!**

**God is with you!!**

## STEP FOUR & STEP FIVE Introduction

**STEP FOUR: Made a searching and fearless inventory of ourselves.**

**a) Pray the following prayer before writing your Step 4:**

Father God, I come to you in the name of Jesus Christ your Son. I thank you that I am your child and that you love me deeply and dearly. I come to you through the shed blood of Jesus Christ on the cross. Thank you Jesus for dying for me. Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life. (Psalm 139:23-24)

**b) You can use the next few slides as a way to write down your 4<sup>th</sup> Step.**

**c) You can choose to write your past biography. Write the incidents that were negatively done to you as well as the negative things you did to God, others, and yourself. You can do this chronologically if you wish. God will lead you.**

**STEP FIVE: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

**a) Take your Step 4 to a trained &/or spiritually mature, and committed Christian who understands Step 5. They should not be a gossip. A male/male or female/female relationship is usually best. Ask them to pray over you after each issue as this completes the healing for each incident you share.**

**b) A few sessions may be needed.**

## **EMOTION WORDS (words to help get in touch with your feelings)**

joyful, cheerful, content, proud, satisfied, excited, amused, enthusiastic, optimistic, elated, delighted, calm, relaxed, relieved, hopeful, pleased, confident, brave, comfortable, safe, happy, love, lust, aroused, sexy, tender, compassionate, caring, infatuated, concern, trust, liking, attraction, tenderness, sympathy, adoration, fondness, receptive, interested, exhilarated.

shocked, dismayed, amazed, confused, stunned, interested, intrigued, absorbed, curious, anticipating, eager, hesitant, fearful, anxious, worried, scared, insecure, rejected, horrified, alarmed, shocked, panicked, afraid, nervous, disorientated, helpless, powerless, dreading, distrusting, suspicious, cautious, disturbed, overwhelmed, uncomfortable, guilty, hurt, lonely, melancholy, depressed, hopeless, sad, guilty, hurt, lonely, regretful, sorrow, uncertain, anguished, disappointed, self-conscious, shamed, embarrassed, humiliated, disgraced, uncomfortable, neglected, defeated, bored, disillusioned, inferior, confused, grief-stricken, helpless, isolated, numb, regretful, ambivalent, exhausted, insecure, disgusted, pity, revulsion, contempt, weary, bored, preoccupied, angry, jealous, envious, annoyed, humiliated, irritated, aggravated, restless, grumpy, awkward, exasperated, frustrated, rageful, outraged, hostile, bitter, hateful, scornful, spiteful, vengeful, disliked, resentful, trusting, alienated, bitter, insulted, indifferent.

# STEP FIVE FORMAT: (For Freedom in Christ)

## 1) A PRE-HEALING PRAYER TO BEGIN YOUR STEP 5 SESSION (pray out loud):

Dear Heavenly Father, I know that you want the truth from me, and I must be honest with You. I have been fooled by the father of lies, and I have fooled myself. I thought I could hide from You, but You see everything. I pray in the name of the Lord Jesus Christ, that you Heavenly Father will rebuke all of Satan's demons by Your power. Because I have asked Jesus into my life I am Your child. Therefore, I command all evil spirits to leave me. I ask the Holy Spirit to lead me into all truth. I ask You to look right through me and know my heart. Show me if there is anything in me that I am trying to hide, because I want to be free. I thank You for Your kindness, and patience and love for me. I know that I have not been very loving and patient toward others, especially those who I don't like. I have been thinking bad thoughts about other people, and storing bad feelings. I ask You to bring to my mind those people that I need to forgive. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. I ask this in the wonderful name of Jesus who will heal me from my hurts. In Jesus' wonderful name I pray. Amen.

**2) CONFESS SINS:**

**Read the sins below, write out your sins, pray the bottom prayer aloud:**

Dear Heavenly Father, I agree with You that I have sinned against You. I ask You to help me to know all the things that I have done which are wrong.

**Stealing**

**Jealousy/envy**

**Sarcasm**

**Gossip/slander**

**Apathy / laziness / procrastination**

**Hatred / Anger**

**Cheating / Gambling**

**Others:** \_\_\_\_\_  
\_\_\_\_\_

**Quarreling/fighting**

**Complaining/criticism**

**Lustful actions / Lustful thoughts**

**Swearing**

**Lying**

**Drunkenness**

**Greed/materialism**

I now confess that I have: (do one sin at a time) \_\_\_\_\_. I thank You for forgiving me of this sin and cleansing me. Now Jesus, come and fill me with Your Holy Spirit to give me power over this sin. I now command Satan to leave me, and I choose to live the right kind of life so that I can be free. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' name. Amen.

**3) FORGIVE OTHERS:** Make a list of people you need to forgive. Be sure you know that forgiving people who have hurt you is God’s way of setting you free from them. Unless we forgive, they continue to hurt us and have power over us. Let’s get set free!! Write the names of those you need to forgive:

- |           |           |           |
|-----------|-----------|-----------|
| 1. _____  | 2. _____  | 3. _____  |
| 4. _____  | 5. _____  | 6. _____  |
| 7. _____  | 8. _____  | 9. _____  |
| 10. _____ | 11. _____ | 12. _____ |

**Now go through the list of names saying,**  
“Lord, I thank You that, with Your power & help, I can forgive as You have forgiven me. I forgive (name) for (say every painful thing you remember done to you).”

**Here are some words to describe the painful emotions: “ashamed, unloved, terrible, embarrassed, silly, alone, dirty, ugly, helpless, used, hurt, scared, etc.”)**

“Lord, I now give (name) to You so You can deal with him/her the way You want to. I don’t want (name) to have power over me anymore. I forgive (name) and give him/her to You. Thank You for setting me free. I am free. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus’ Name I pray. Amen.”

- **Stay with the first person until all the remembered pain has surfaced and been forgiven, then go on to the next person.**

#### **4) FORGIVE GOD:**

**You may also need to forgive God. When we expect God to act in a certain way and He doesn't we can get angry. Those feelings can become a wall between us and God, so we must let them go.**

“Father God, I always thought You (tell what you thought about God). I'm sorry I was wrong. Please forgive me. I now know that You love me, accept me, and want good for me. You are a loving and caring Father. Thank You for forgiving me. I am so thankful for Your forgiveness and love. I love You. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' Name I pray. Amen.”

#### **5) FORGIVE YOURSELF:**

**Forgiving yourself means accepting God's cleansing and forgiveness. He loves YOU!!**

“Lord, I forgive myself for (specify every painful thing that you remember that you did to yourself or thought about yourself)”.

Lord, I accept Your cleansing and forgiveness. I thank You that You have made me clean and You have forgiven me. I am Your child and You love me deeply. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' Name I pray. Amen.



**6) REBELLION: pray the following prayer aloud:**

Dear Heavenly Father, You have said in the Bible that rebellion is the same thing as witchcraft, and disobedience is like honouring other gods. I know that I have disobeyed and rebelled in my heart against You and others that You have put in authority over me. I ask for Your forgiveness for my rebellion, and by the shed blood of the Lord Jesus Christ I resist all evil spirits who took advantage of my rebellion. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' Matchless Name I pray. Amen.

**7) SELFISHNESS: pray the following prayer aloud:**

Dear Heavenly Father, I confess that I have thought only of myself. Many times I don't think of others. I have believed that I am the only one who cares about me, so I have to take care of myself. I have turned away from You, and not let You love me. I am tired of living for myself and by myself. I renounce the self life, and ask that You fill me with Your Spirit so that I can do Your will. By giving my heart to You, I stand against all the ways that Satan would attack me. I ask You to show me how to live for others. I now choose to make others more important than myself, and You the most important of all. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. I ask this in the name of Jesus Christ. Amen.

### **EXTENDING (GIVING) FORGIVENESS:**

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what happened and how you felt). Lord, you ask me to forgive (the person's name). So Lord as an act of obedience I forgive (the person's name). Lord, what they did was wrong – it was sin. But I choose to forgive the sinner. I want them to be set free so I give them to You. I release them and lay them at the foot of the Cross of Jesus Christ. Now, come and remove the pain from my life. Remove the feelings of (bitterness, anger, resentment, etc.). Forgive me for what I have held in my heart for all these years. Thank You for Your forgiveness.

Now Lord, I ask you to bless (the person's name). To work in their life and guide them. Thank You for this time of healing today. Lord, I love You and ask You for Your power to continue to forgive. I know forgiveness is a choice and not a feeling. I also know that forgiveness sets ME free. I love you Jesus. In Jesus' name I pray. Amen

### **ASKING FORGIVENESS:**

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what you did and how you felt then and now). Lord, I ask You to forgive me for my (selfishness, deceit, dishonesty, etc.). I ask You to now come and work in that person's life in a mighty way. Open up the doors for Your love, healing, and forgiveness in their life. I am truly sorry. Lord, when the time is right and appropriate, give me the wisdom and power to make this right with this person. I thank You Lord for Your forgiveness and Your shed blood at the Cross of Calvary. You are an amazing God. Now, come and fill me with Your Holy Spirit so I can serve You in Your Power and Grace. In Jesus' name I pray. Amen.

## AFTERCARE

- a) For aftercare, when you are finished Step 5, read Romans Chapters 6 to 8 (or John Chapters 13-17, or sections of the Psalms) for thirty days straight. You should also meditate on verses that speak of God's love to you. Continue to "FORGIVE". Forgiveness is a choice. The "feelings" will come later.
- b) Eat properly, rest, and exercise. Also, reach out to someone in love.
- c) Continue your Steps. Continue to reinforce Steps 1-3 & move on to Steps 6-9.

### How To Live Right (with God's Spirit guiding you)

1. Be more concerned about what God thinks than what others think.
2. Love God with all your heart, mind, & soul. Love your neighbor as yourself.
3. Think of others more highly than yourself.
4. Read your Bible and pray each day. Trust God in all that you do.
5. Take care of your health, eat right, exercise regularly, get enough sleep.
6. Speak kindly about everyone, if possible.
7. Be a servant to all people.
8. Enjoy your friendships. Be friendly to everyone you meet.
9. Share the Gospel to anyone who wants to know.
10. Live your life for God, not yourself.
11. Be kind to others as often as possible. Be kinder to those who irritate you.
12. Forgive those who have done you wrong.

## THE TWELVE STEPS SIMPLIFIED

### THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away

# **53 Blessings After Believing On Jesus Christ**

**By Danny Doege email: [ddoege@earthlink.net](mailto:ddoege@earthlink.net)**

**When a Man, woman, child, believes on the Lord Jesus Christ as their personal Savior the following Fifty-three blessings are theirs instantly, regardless of their knowledge about them. The new Believer will not be aware of many of these things until gaining some spiritual maturity and growth in the word of God. But as they grow they will “enter in”.**

### **1) Access to God's Grace.**

(Eph.2:8) For by grace are ye saved through faith;  
and that not of yourselves: it is the gift of God:

(Eph.2:18) For through him we both have access by one Spirit unto the Father.

### **2) We are adopted by God.**

(Ephesians 1:5) Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, (Galatians 4:5) To redeem them that were under the law, that we might receive the adoption of sons.

### **3) We get an Inheritance.**

(Eph.1:11) In whom also we have obtained an inheritance,  
being predestinated according to the purpose of him  
who worketh all things after the counsel of his own will:

### **4) We are elected (saved).**

(1 Peter 1:2) Elect according to the foreknowledge of God the Father,  
through sanctification of the Spirit, unto obedience and sprinkling  
of the blood of Jesus Christ: Grace unto you, and peace, be multiplied.

### **5) We become a child of God.**

(John 1:12) But as many as received him, to them gave he power  
to become the sons of God, even to them that believe on his name:

### **6) We get a heavenly citizenship.**

(2 Timothy 4:18) And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.

## **7) We become a servant.**

(Romans 6:22) But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

## **8) We are heirs of God, joint heirs with Jesus.**

(Romans 8:17) And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

(Galatians 3:29) And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.

## **9) We become a new creature.**

(2 Cor.5:17) Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

(Galatians 6:15) For in Christ Jesus neither circumcision availeth any thing, nor uncircumcision, but a new creature.

## **10) We become priests.**

(1 Peter 2:9) But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvellous light:

(Revelation 1:6) And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.

## **11) We are reconciled to God.**

(Romans 5:10) For if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life.

## **12) We are Sanctified.**

(1 Cor.6:11) And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

## **13) We are accepted in the Beloved.**

(Ephesians 1:6) To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.

## **14) We are Baptized into the body of Christ.**

(1 Cor.12:13) For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

## **15) We are buried with him.**

(Romans 6:4) Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

## **16) We have put on Christ.**

(Gal.3:27) For as many of you as have been baptized into Christ have put on Christ.

## **17) We have eternal life.**

(John 10:28) And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.

## **18) We have peace with God.**

(John 14:27) Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.



### **19) We became a friend of God.**

(John 15:15) Henceforth I call you not servants;  
for the servant knoweth not what his lord doeth: but I have called you friends;  
for all things that I have heard of my Father I have made known unto you.

### **20) We get in the Lamb's book of life.**

(Revelation 21:27) And there shall in no wise enter into it any thing that defileth,  
neither whatsoever worketh abomination, or maketh a lie:  
but they which are written in the Lamb's book of life.

### **21) We receive imputed righteousness.**

(Rom.4:6) Even as David also describeth the blessedness of the man,  
unto whom God imputeth righteousness without works,

### **22) Our names are written in heaven.**

(Luke 10:20) Notwithstanding in this rejoice not, that the spirits are subject unto you;  
but rather rejoice, because your names are written in heaven.

### **23) We are given a blessed hope of Christ's returning.**

(Titus 2:13) Looking for that blessed hope,  
and the glorious appearing of the great God and our Saviour Jesus Christ;

### **24) We are seated in heavenly places.**

(Ephesians 2:6) And hath raised us up together,  
and made us sit together in heavenly places in Christ Jesus:

## **25) We have fellowship with the trinity.**

(1 John 1:3) That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ.

(Philippians 2:1) If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,

## **26) We have a mansion in heaven.**

(John 14:2) In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

## **27) We are born again with a spiritual re-birth.**

(John 3:3-6) Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born? Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

## **28) We have received an anointing.**

(1 John 2:27) But the anointing which ye have received of him abideth in you, and ye need not that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide in him

**29) The Holy Spirit will live with us now and forever.**

(John 14:16) And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

**30) We've been sealed by the Holy Spirit unto the day of redemption.**

(Ephesians 4:30) And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

**31) Our bodies become the temple of the Holy Ghost.**

(1 Corinthians 6:19) What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

**32) We are forever forgiven.**

(Luke 7:48) And he said unto her, Thy sins are forgiven.

(1 John 2:12) I write unto you, little children, because your sins are forgiven you for his name's sake.

**33) We are justified in God's sight.**

(Romans 5:1) Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

**34) We are redeemed.**

(Rev. 5:9) And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation

### **35) Indwelt by the Holy Spirit.**

(Rom. 8:9) But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

### **36) We have an advocate with Christ.**

(1 John 2:1) My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

### **37) We now have the possibility to have victory over sin.**

(Romans 6:14) For sin shall not have dominion over you: for ye are not under the law, but under grace.

### **38) We become Christ's ambassadors.**

(2 Cor. 5:20) Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God.

### **39) We are blessed with spiritual blessings.**

(Ephesians 1:3) Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessing in heavenly places in Christ:

### **40) Our every need will be supplied by God.**

(Phil.4:19) But my God shall supply all your need according to his riches in glory by Christ Jesus.

### **41) Given an inner strength to accomplish necessary things.**

(Philippians 4:13) I can do all things through Christ which strengtheneth me.

**42) A good work has been done in us.**

(Philippians 1:6) Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

**43) The Lord becomes our helper instead of our judge.**

(Hebrews 13:6) So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

**44) We get abounding grace.**

(2 Corinthians 9:8) And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

**45) We get eternal love.**

(Romans 8:38-39) For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

**46) Every thing that happens to us will be for our own good.**

(Rom.8:28) And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

**47) A promised faithfulness regardless of our faithlessness.**

(2 Timothy 2:13) If we believe not, yet he abideth faithful: he cannot deny himself

#### **48) A promise given to be able to resist temptation.**

(1 Cor.10:13) There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

#### **49) We are made kings.**

(Revelation 1:6) And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.

#### **50) We became saints.**

(1 Corinthians 1:2) Unto the church of God which is at Corinth, to them that are sanctified in Christ Jesus, called to be saints, with all that in every place call upon the name of Jesus Christ our Lord, both theirs and ours:

#### **51) We have been delivered from the power of darkness.**

(Col. 1:12-13) Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

#### **52) Our hearts are unblamable.**

(1 Thess 3:13) To the end he may stablish your hearts unblameable in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints.

#### **53) We get the power of a sound mind.**

(2 Timothy 1:7) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

# **MORE BLESSINGS**

## **A Prayer For A Person's Salvation**

Dear Heavenly Father, I bring my (sons and/or daughters) before You. I stand against the blinding of Satan that would keep them from believing and seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). I take the authority that is mine because of my position in Christ, and I exercise that authority over Satan in regards to my family and all that You have entrusted to me, Heavenly Father. In the name of Jesus, I take authority over speculation and every lofty thing raised up against the knowledge of God in the minds of my children (2 Corinthians 10:5). I tear down those strongholds and bring their minds into captivity in order to obey Christ. By the authority that I have in Christ and in obedience to the great commission to make disciples, I command Satan to release the minds of my children so that they may obey God. I declare myself and all that You have entrusted to me to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, I am asking You to give spiritual life to my (sons and/or daughters). I pray that You would enable me to be the kind of parent that You want me to be. May I never be the kind of parent that would be a stumbling block to my children. Enable me to be a positive witness and a living epistle for all those who don't know You. I ask this in the name and authority of the Lord Jesus Christ. Amen.



## WHERE TO FIND HELP WHEN..... (part 1)

<b>AFRAID</b>	<b>Psalm 34:4; Matt.10:28; 2 Tim.1:7; Heb.13:5-6</b>
<b>ANXIOUS</b>	<b>Psalm 46; Matt. 6:19-34; Phil.4:6; 1 Peter 5:6-7</b>
<b>BACKSLIDING</b>	<b>Psalm 51; 1 John 1:4-9</b>
<b>BEREAVED</b>	<b>Matthew 5:4; 2 Corinthians 1:3-4</b>
<b>BITTER/CRITICAL</b>	<b>1 Corinthians 13</b>
<b>CONSCIOUS OF SIN</b>	<b>Proverbs 28:13</b>
<b>DEFEATED</b>	<b>Romans 8:31-39</b>
<b>DEPRESSED</b>	<b>Psalm 34</b>
<b>DISASTER</b>	<b>Psalm 91; 118:5-6; Luke 8:22-25</b>
<b>DISCOURAGED</b>	<b>Psa.42:6-11; 55:22; Matt.5:11-12; 2 Cor. 4:17; Phil.4:6-7</b>
<b>DOUBTING</b>	<b>Matthew 8:26; Hebrews 11</b>
<b>FACING A CRISIS</b>	<b>Psalm 121; Matthew 6;25-34; Hebrews 4:16</b>
<b>FAITH FALLS</b>	<b>Psalm 42:5; Hebrews 11</b>
<b>FRIENDS FAIL</b>	<b>Psa.41:9-13; Luke 17:3-4; Rom.12:14-21; 2 Tim.4:16-18</b>
<b>GOD'S PROTECTION</b>	<b>Psalm 27:1-6; Psalm 91; Philippians 4:19</b>
<b>GUIDANCE</b>	<b>Psalm 32:8; Proverbs 3:5-6</b>

## WHERE TO FIND HELP WHEN..... (part 2)

<b>LEAVING HOME</b>	<b>Psalm 121; Matthew 10:16-20</b>
<b>LONELY</b>	<b>Psalm 23; Hebrews 13:5-6</b>
<b>OVERCOME</b>	<b>Psalm 6; Romans 8:31-39; Romans 5:1-5; 1 John 1:4-9</b>
<b>PEACE</b>	<b>John 14:1-4; John 16:33; Rom.5:1-5; Phil. 4:6-7</b>
<b>PRAYERFUL</b>	<b>Psa.4; Psalm 42; Luke 11:1-13; John 17; 1 John 5:14-15</b>
<b>PROTECTED</b>	<b>Psalm 18:1-3; Psalm 34:7</b>
<b>RULES FOR LIVING</b>	<b>Romans 12</b>
<b>SICK or in PAIN</b>	<b>Psalm 38; Matt. 26:39; Romans 5:3-5; 2 Cor.12:9-10</b>
<b>SORROWFUL</b>	<b>Psa.51; Matt. 5:4; John 14; 2Cor. 1:3-4; 1 Thess.4:13-18</b>
<b>TEMPTED</b>	<b>Psalm 1; 139:23-24; Matt. 26:41; James 4:7; 2 Pet.2:9</b>
<b>THANKFUL</b>	<b>Psalm 100; 1 Thess. 5:18; Hebrews 13:15</b>
<b>TRAVELING</b>	<b>Psalm 121</b>
<b>TROUBLED</b>	<b>Psalm 16; Psalm 31; John 14:1-4; Hebrews 7:25</b>
<b>WEARY</b>	<b>Psalm 90; Matt. 11:28-30; 1 Cor.15:58; Gal.6:9-10</b>
<b>WORRIED</b>	<b>Matthew 6:19-34; 1 Peter 5:6-7</b>

**PRAYER JOURNALIZING**: One of the best ways to heal is a **DAILY PRAYER JOURNAL**. They are writing your prayers instead of saying them. Writing gives less time for our minds to wander. It allows the Holy Spirit to minister more deeply. Writing puts our thoughts on paper and helps **RELEASE** them to God. We encourage you to spend 5 – 10 minutes doing a **DAILY PRAYER JOURNAL**.

- i) Sit down with a pen, paper, and Bible. Start by saying this prayer EACH TIME:**  
Father, I come to You through the blood of Your Son, Jesus Christ. Jesus, thank You for dying for me and that I am God's child. Forgive me for (confess your sins). Now, come and fill me with Your Holy Spirit. Father, I pray that nothing would disturb this time I have with You. Father, would You quiet all demonic activity here in the name of Jesus Christ. Thank You Father. Now give me the power to write what YOU put on my heart. Fill me with YOU. You are so gentle, loving, and want nothing but the best for me. I love You, Father God. In Jesus' Name I pray.
- ii) Wait on God (absorb Him) and allow Him to fill your heart with what to write.**
- iii) Allow God to bring up whatever HE wants. Remember, He is gentle.**
- iv) When you sense God's leading, begin to write from your heart.**
- v) Don't overwrite. Do what you feel you can do. Get to know yourself.**
- vi) When you finish, put your paper in a safe place OR throw it away.**
- vii) Finally, do something "POSITIVE". Rejoice, sing a joyful song, go for a walk, phone a caring friend, minister to someone, etc.**

**FOR INFO/TRAINING/RESOURCES/DISCIPLESHIP CONTACT:**

**Freedom In Christ Ministries (Canada)**

**Email: [freedominchrist@sasktel.net](mailto:freedominchrist@sasktel.net) Website: [www.ficm.ca](http://www.ficm.ca)**

Some of this material is adapted from FREEDOM IN CHRIST MINISTRIES . It may be distributed "*unaltered*" for the purpose of study and teaching, so long as they are made available to others free of charge. These materials may not, in any manner, be sold or used to solicit "donations" from others, nor may they be included in anything you intend to copyright, sell, or offer for a fee. This copyright is exercised to keep these materials available to all.

**“It is for freedom that Christ has set us free;  
Therefore, keep standing firm  
and do not be subject again to a yoke of slavery.” (Galatians 5:1)**

**FOR RESOURCES SEE:**

**[www.altogetherlovely.org/healing](http://www.altogetherlovely.org/healing)**

**[www.altogetherlovely.org](http://www.altogetherlovely.org)**