

The Victory Tips Program

**A Bible-based Recovery Group Program
Countering Anxiety and Depression**



*Experience Greater Personal Peace,
Happiness and Purpose*

*"Thanks be to God! He gives us the victory through Jesus Christ."
1 Corinthians 15:57*

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www.victorytipsprogram.com

Rev. January 17, 2017

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Introduction

Welcome to the Victory Tips Recovery Group Program. It is our hope that this workbook and its accompanying support group will help you experience improved happiness.

It is important to note that in the fast-pace life of the 21st century, God's Word is just as powerful in helping people live above anxiety and depression today as it was when it was first written. When Jesus said, "My yoke is easy, my burden is light" *, he was telling us that even we can experience a sense of ease in our daily walk with God. Indeed, when we take time to use God's Word, it reshapes our thinking and transforms us into happy, peaceful people.

Support Group Meetings

Our support group meetings are split into three parts. The first part of the meeting is designed to give people a general overview of how happiness is achieved from a Biblical perspective. This part of the meeting embraces a multi-person participation approach. This gives many people an opportunity to assist in the preparation and delivery of the truths taught in the program. This serves also to improve the self-esteem of the participants, which is helpful for people who struggle with inner peace.

In the second part of the meeting, the members split up into small groups. Here, the leaders use one of the tips in the program to teach more in-depth truth, and ask correlating questions to the group members.

In the third part of the meeting, the whole group rejoins for a final few minutes of overview, feedback, prayer and challenge. Members are also encouraged to stay after the meeting for social interaction.

Confidentiality

This program promotes the importance of confidentiality. We teach the importance of confidentiality whenever we can, so those unfamiliar with confidentiality can learn it and begin abiding by it.

While it is insightful when people share from their own past experiences, we caution people from doing so until they are ready. When they *are* ready, and they *do* share, it is good to know that whatever is said in the group, stays in the group.

Post-Meeting Support

We believe it is important that each member of our support groups has access to daily telephone support during the week. This is a large task. Thus, we are always looking for new people to join us who can help us provide this personal support. It enriches the lives of those who receive support, as well as those who give support.

We hope that after you have read this workbook and have visited a group, you will want to have a part in what we are doing. Whether you are someone who is pursuing recovery or someone who would like to help others find recovery, we extend a warm welcome to you.

Enjoy the read. And let us know what you think. We welcome your comments. And we look forward to hearing from you in the very near future.

Please Note: The Victory Tips Program is a recovery tool and is not intended to take the place of professional counselling or medical treatment.

* Matthew 11:30

Support Group Meeting Overview & Role Descriptions

The support group meeting is split up into four parts:

Open Session at 7:00 pm, Small Group Meetings at 7:45 pm, Closing Session at 8:15 pm (Gospel Speaker and prayer)

Open Session

The Open Session will give members a Bible-based overview of the happiness that is ours through Christ Jesus. The Open Session utilizes the willingness and knowledge-base of the group members. Members are encouraged to choose one of the 13 speaking roles listed below.

Chairperson Role

Organizes complete meeting, giving people an opportunity to choose roles before hand. If needed, go around the table for role takers, or appoint them just before the meeting. Below is an overview of what the Chairperson does.

- 1) Welcome all members and kindly acknowledge first time visitors or special guests,
- 2) Ask members to turn the ringers off on their cell phones.
- 3) Ask someone to pray for God's blessing on the meeting
- 4) Ask if anyone has any praise reports
- 5) Lead in reading the Confidentiality Commitment and the Recovery Prayer.
- 6) Remind role speakers to keep within their time allotment of 30 seconds.
- 7) Introduce role members as their turn comes up.
- 8) Mid-way, after the 'Word' Speaker role, they introduce the three attributes, Faith, Love and Truth that believers should cultivate in their lives. They begin by introducing the Faith Speaker on Page 15.
- 9) Upon completion of all the roles in the Open Session, they announce a 5 minute break for people who would like to get a drink before attending the small group session.
- 10) They invite everyone back from their small groups.
- 11) Introduce the Gospel Speaker.
- 12) Invite attendees to comment on what they have learned that evening.
- 13) Pass the offering basket.
- 14) The Chairperson then asks if there are any prayer requests. Chairperson arranges to have requests prayed for.
- 15) Finally, the Chairperson ends the meeting with a word of prayer.

'Happiness' Speaker Role – 'Happiness' Speaker gives two 30 second monologues based on the verses they chose and reads the bold text in the 3 boxes.

'Strong' Speaker Role – 'Strong' Speaker gives two 30 second monologues based on the verses they chose, and reads the bold text in the 3 boxes. (Other verses found on Pg. 25.)

'Knowledge' Speaker Role – 'Knowledge' Speaker gives a 30 second monologue based on the verse they chose and reads the bold text in the 2 boxes.

'Word' Speaker Role – 'Word' Speaker gives three 30 second monologues based on the verses they chose and reads the bold text in the 4 boxes.

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'Faith' Speaker Role - 'Faith' Speaker gives a 30 second monologue based one of Principles and its accompanying Bible verses. Or, they can read all of the principles.)

'Love' Speaker Role - 'Love' Speaker gives a 30 second monologue based one the numbered points they chose and reads the bold text in the 2 boxes.

'Truth' Speaker Role - 'Truth' Speaker gives a 30 second monologue based one of the lies listed. As well as, tell us how truth can set us free from that lie. They also read the bold text in the 2 boxes.

'Affirmations' Speaker Role - 'Affirmations' Speaker gives a 30 second monologue based one of the generic affirmations. They also lead the group in saying 5 affirmations from one of the Bible-based affirmations. They also read the bold text in the 3 boxes.

'Slogan's' Speaker Role - 'Slogans' Speaker gives a 30 second monologue one of the slogans, as well as read the bold text in the 2 boxes.

'Belief's' Speaker Role - 'Beliefs' Speaker chooses 1 of the Core Belief's in which to lead the group in reading 5 verses. They also read the bold text in the 2 text boxes, and answer the question in the second box.

'Hindrances' Speaker Role - 'Beliefs' Speaker gives a 30 second monologue based one of the Hindrances. They also read the bold text in the 2 text boxes below.

'Gospel' Speaker Role - Read the Bold text. Asks the participants to take turns reading out loud each of the numbered statements, or they can tell in their own words the Gospel story.

Role Delivery Option

We suggest that members come prepared to take any of the 12 roles. However, members or guests can choose the Impromptu Option, where they reach into a bag of numbers tokens to see which verse numbers they read out and then give an impromptu talk. Speakers are encouraged to stay within their 30 second time allotment.

Meeting Options

Occasionally, there may be a member who wishes to share their life's story with the group. The Chairperson can slot the speaker in at any time during the meeting, perhaps after the 5 minute break or after people come back from small group.

Other options are, you can have someone lead in singing. Singing is a great way to dispel darkness. Finally, you may want to incorporate the taking of communion on occasion. Remembering the pain that Christ went through for us fortifies us to keep going until we win our battle over anxiety and depression.

Open Session Guidelines

Chairperson

- 1) Welcome all members and kindly acknowledge visitors.
- 2) Request people to turn the ringers off on their cell phones.
- 3) Give opening prayer for God's blessing on the meeting.
- 4) Ask each person individually if they have a praise report.
- 5) Lead the group into reading the Confidentiality Commitment below, or ask a group member to read it:

Confidentiality Commitment

“I value your confidentiality. Whatever I hear you say, at a group or in private conversation, I promise not to repeat to anyone. This includes your contact information like phone numbers, residence address & email addresses. I will always ask you for your permission before relating any information about you.”

- 6) Lead group into reading the formal Recovery Prayer together, or ask a group member to read it:

Recovery Prayer

“Dear God, I thank you that you sent your Word to heal me. I joyfully dedicate this time to renew my mind to the truths contained in your Word. With your help, I will use your Word to bring down strongholds of fear and deception. I agree that your Word is a light to my path, and it leads me to a place of peace, confidence and happiness. I thank you in advance for everything you will do in my life. You have made my future bright, and I praise you for this.

In Jesus' name. Amen.”

(Based on Psalm 107:20, 2 Timothy 2:15, Romans 12:2, John 17:17, 2 Corinthians 10:4, Psalm 119:105, Mark 11:24)

Chairperson

This program has 2 main sections, the 12 roles in the Happiness Basics, and the 15 Happiness Tips. We're going to run through the Happiness Basics quickly, so we can spend a good amount of time on one of the Happiness Tips.

I will be the Chairperson, so I will read from the shaded boxes, and rest of us will read the unshaded boxes. Try to keep your speaking roles to within 30 seconds, so others have a chance to speak as well.

Chairperson

So let's get started! It is God's will that people live in happiness. Here to tell us more about that is our 'Happiness' Speaker, _____.

'Happiness' Speaker

(‘Happiness’ Speaker gives two 30 second monologues based on the verses they choose (one verse from 1-25, and one verse from 1-8), and reads the bold text in the 3 boxes.)

Thank you, _____ (Chairperson) _____. Indeed, God wants people to enjoy their journey in life. I will talk about that using verse number _____.

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- 1) John 10:10, (Jesus speaking) *“The thief comes only to steal and kill and destroy; I have come that they may have life, and life more abundantly”*
- 2) John 15:11 (Jesus speaking) *“I have told you this so that my joy may be in you and that your joy may be complete.”*
- 3) 1 Corinthians 15:57 *“But thanks be to God! He gives us the victory through our Lord Jesus Christ.”*
- 4) 2 Corinthians 2:14 (NKJV) *“Now thanks be to God who always leads us in triumph in Christ...”*
- 5) Acts 2:25, 26 *“Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices.”*
- 6) Galatians 5:22 *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”*
- 7) Philippians 1:25 *“Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith,”*
- 8) Phil. 2:1 *“make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.”*
- 9) Philippians 4:4 *“Rejoice in the Lord always. I will say it again: Rejoice!”*
- 10) 1 John 1:4 (NKJV) *“These things we write to you that your joy may be full.”*
- 11) Romans 15:13 *“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”*
- 12) 2 John 1:12 *“I have much to write to you, but I do not want to use paper and ink. Instead, I hope to visit you and talk with you face to face, so that our joy may be complete.”*
- 13) Psalm 19:8 *“The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.”*
- 14) Psalm 30:11,12 *“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent.”*
- 15) Psalm 68:3 *“But may the righteous be glad and rejoice before God; may they be happy and joyful.”*
- 16) Psalm 89:16 *“They rejoice in your name all day long; they celebrate your righteousness.”*
- 17) Psalm 32:11 *“Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!”*
- 18) Psalm 64:10 *“The righteous will rejoice in the LORD and take refuge in him; all the upright in heart will glory in him!”*
- 19) Prov. 17:22 *“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”*
- 20) Eccl. 11:8 *“However many years anyone may live, let them enjoy them all.”*
- 21) Eccl. 2:26 *“To the person who pleases him, God gives wisdom, knowledge and happiness,”*
- 22) Eccl. 5:19 *“Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work—this is a gift of God.”*
- 23) Isaiah 55:12 *“You will go out in joy and be lead forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.”*
- 24) Psalm 97:11 *“Light is shed upon the righteous and joy on the upright in heart.”*
- 25) Eccl. 2:26 *“To the man who pleases him, God gives wisdom, knowledge and happiness.”*

So, God wants us to be happy. We can even be happy when we have problems in our life. Here is a verse that helps support this.

- 1) John 16:33 (NKJV)... (Jesus speaking) *In the world you will have tribulation; but be of good cheer, I have overcome the world.”*
- 2) James 1:2 *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,”*
- 3) In 2 Corinthians Chapter 12, Paul was troubled by a ‘thorn in his flesh.’ 2 Cor. 12:9, 10 *“But he (Jesus) said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” (Paul speaking) Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*
- 4) Psalm 119:143 *Trouble and anguish have taken hold on me. Yet thy commandments are my delights.*
- 5) 2 Cor. 4:17 *“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”*
- 6) Romans 8:18 *“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”*

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- 7) Romans 8:28 *“And we know that all things work together for good to those who love God and to them who are the called according to his purposes.”*
- 8) 1 Peter 1:6 *“In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials.”*

So even in troubles, we can have victory! Back to you, _____ (Chairperson)_____.

Chairperson

Thank you, _____. So, it is God’s will that we be happy. But it goes deeper than that. God wants us to be strong in our spirit. Here to tell us more on that is our ‘Strong’ Speaker _____.

‘Strong’ Speaker

(‘Strong’ Speaker gives two 30 second monologues based on the verses they choose, and reads the bold text in the 3 boxes.)

Thank you, _____ (Chairperson) _____. Indeed, God wants people to be strong in spirit, and the verse I have chosen to support this belief is number ____.

- 1) Ephesians 6:10-11 *“Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil’s schemes.”*
- 2) Ephesians 1:19 *“That you may know... His incomparably great power to us who believe.”*
- 3) 2 Timothy 2:1 *“You then, my son, be strong in the grace that is in Christ Jesus.”*
- 4) 1 Cor. 1:8 *“He will keep you strong to the end, so that you will be blameless on the day of our Lord Jesus Christ.”*
- 5) 1 Corinthians 16:13 *“Be on your guard; stand firm in the faith; be courageous; be strong.”*
- 6) Eph. 3:16-18 *“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ,*
- 7) Philippians 4:13 (KJV) *“I can do all things through Christ which strengthens me.”*
- 8) 2 Timothy 1:7 (KJV) *“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”*
- 9) Proverbs 24:5 *“A wise man is strong, Yes, a man of knowledge increases strength;”*
- 10) Romans 8:37 *“No, in all these things we are more than conquerors through him who loved us.”*
- 11) 1 Thes. 3:13 *“May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.”*
- 12) 2 Thes. 2:16, 17 *“May our Lord Jesus Christ himself and God our Father, ...encourage your hearts and strengthen you in every good deed and word.”*
- 13) 1 Pet. 5:10 *“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.”*
- 14) Psalm 31:24 *“Be strong and take heart, all you who hope in the LORD.”*
- 15) Joshua 1:6, 7 *“Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. Be strong and very courageous.”*
- 16) Joshua 1:9 *“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”*
- 17) 2 Samuel 22:33 *“It is God who arms me with strength and makes my way perfect.”*
- 18) 2 Samuel 22:40 *“You armed me with strength for battle, you made my adversaries bow at my feet.”*

So, God wants people to be strong emotionally. But it goes deeper than that. God wants his people to be firm, fearless, bold and confident! The verse I have chosen to support this is number ____.

- 1) 1 Corinthians 15:58 *“Therefore, my dear brothers and sisters, stand firm. Let nothing move you.”*
- 2) 1 Corinthians 16:13 *“Be on your guard; stand firm in the faith; be courageous; be strong.”*
- 3) Eph. 6:14 *“Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,”*
- 4) Eph. 6:19 *“Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel”*
- 5) 2 Corinthians 3:12 *“Therefore, since we have such a hope, we are very bold.”*
- 6) Philippians 1:6 *“being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”*
- 7) Philippians 1:27 *“Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit,^[e] striving together as one for the faith of the gospel.”*
- 8) Philippians 4:1 *“Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!”*
- 9) 1 Thessalonians 3:8 *“For now we really live, since you are standing firm in the Lord.”*
- 10) 2 Pet. 1:12 *“So I will always remind you of these things, even though you know them and are firmly established in the truth you now have.”*
- 11) Psalm 20:8 *“They are brought to their knees and fall, but we rise up and stand firm.”*
- 12) Colossians 1:23 *“if you continue in your faith, established and firm, and do not move from the hope held out in the gospel.”*
- 13) Colossians 4:12 *“Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured.”*
- 14) Prov. 10:25 *“When the storm has swept by, the wicked are gone, but the righteous stand firm forever.”*
- 15) Romans 8:37 *“No, in all things we are more than conquerors through him who loved us.”*
- 16) Psalm 138:3 *“When I called, you answered me; you made me bold and stout-hearted.”*
- 17) Eph. 6:13 *“Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground.”*

So, God wants us strong, firm, fearless, bold and confident! Back to you, ____ (Chairperson) ____.

Chairperson

Thank you, _____. If God’s will is for us to be happy and strong, what do you think gets in the way of us experiencing these attributes in our lives? *Hosea 4:6 gives us a clue to this. It says : *“My people are destroyed for a lack of knowledge.”* Knowledge is powerful. Here to help us understand the importance of gathering knowledge is our ‘Knowledge’ Speaker, _____.

‘Knowledge’ Speaker

(‘Knowledge’ Speaker gives a 30 second monologue based on the verse they chose, and reads the bold text in the 2 boxes.)

Thank you, _____. God urges us to gain knowledge. The verse I have chosen that bears this out is # ____.

- 1) Proverbs 23:23 “Buy the truth and do not sell it—wisdom, instruction and insight as well.”
- 2) Prov. 4:5-7 “Get wisdom, get understanding; do not forget my words or swerve from them. ⁶ Do not forsake wisdom, and she will protect you; love her, and she will watch over you. ⁷ Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding.”
- 3) Proverbs 4:1 “Listen, my sons, to a father’s instruction; pay attention and gain understanding.”
- 4) Prov. 24:14 “Know also that wisdom is like honey for you: If you find it, there is a future hope for you, and your hope will not be cut off.”
- 5) Proverbs 12:13-14 “Blessed are those who find wisdom, those who gain understanding, ¹⁴ for she is more profitable than silver and yields better returns than gold.”
- 6) Prov. 2:3,4 “and if you call out for insight and cry aloud for understanding, ⁴ and if you look for it as for silver and search for it as for hidden treasure”
- 7) Prov. 3:8 “Blessed is the man who finds wisdom, the man who gains understanding,”
- 8) Prov. 16:16 “How much better to get wisdom than gold, to get insight rather than silver!”
- 9) Prov. 8:5 “You who are simple, gain prudence; you who are foolish, set your hearts on it.”
- 10) Prov. 8:10 “Choose my instruction instead of silver, knowledge rather than choice gold.”
- 11) Prov. 18:15 “The heart of the discerning acquires knowledge, for the ears of the wise seek it out.”
- 12) Prov. 23:23 “Buy the truth and do not sell it— wisdom, instruction and insight as well.”
- 13) Proverbs 3:21-22 “My son, do not let wisdom and understanding out of your sight, preserve sound judgment and discretion; they will be life for you, an ornament to grace your neck.”
- 14) Proverbs 24:3-5 “By wisdom a house is built, and through understanding it is established; ⁴ through knowledge its rooms are filled with rare and beautiful treasures. ⁵ The wise prevail through great power, and those who have knowledge muster their strength.”
- 15) Prov. 3:21 “My son, preserve sound judgment and discernment, do not let them out of your sight;”
- 16) Prov. 4:8, 9 “Cherish her (wisdom), and she will exalt you; embrace her, and she will honor you. ⁹ She will give you a garland to grace your head and present you with a glorious crown.”
- 17) Prov. 4:13 “Hold on to instruction, do not let it go; guard it well, for it is your life.”
- 18) King Solomon prayed to God for wisdom and knowledge when he was crowned king.
2 Chronicles 1:9-12 “Now, LORD God, let your promise to my father David be confirmed, for you have made me king over a people who are as numerous as the dust of the earth. ¹⁰ Give me wisdom and knowledge, that I may lead this people, for who is able to govern this great people of yours?”
“God said to Solomon, “Since this is your heart’s desire and you have not asked for wealth, possessions or honor, nor for the death of your enemies, and since you have not asked for a long life but for wisdom and knowledge to govern my people over whom I have made you king. ¹² therefore wisdom and knowledge will be given you. And, I will also give you wealth, possessions and honor, such as no king who was before you ever had and none after you will have.”

So, knowledge is vital. And, extremely vital when it comes to healing from anxiety and depression.

Back to you, _____ (Chairperson) _____.

Chairperson

Thank you, _____. This program places a great emphasis on God’s Word as our way toward peace and happiness. Here to help us understand more about the importance of God’s Word is our ‘Word’ Speaker, _____.

‘Word’ Speaker

(‘Word’ Speaker gives three 30 second monologues based on the verses they chose, and reads the bold text in the 4 boxes.)

Thank you, _____ (Chairperson) _____. Here is a verse that talks about the importance of God's Word, # ____.

- 1) Psalm 107:20 says: "He sent His Word and healed them."
- 2) John 1:1 says: "In the beginning was the Word, and the Word was with God, and the Word was God."
- 3) Prov. 4:4 *Then he taught me, and he said to me, "Take hold of my words with all your heart; keep my commands, and you will live."*
- 4) Psalm 119: The longest psalm in the Bible is Psalm 119. It has 176 verses! It is 2 ½ times longer than the next longest Psalm. The whole psalm talks about God's Word, how the writer loves God's Word. Do you think God is trying to teach us something about the importance of His Word?
- 5) Psalm 138:2 "For you have magnified your word above all your name."
- 6) Isaiah 55:11 "So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."
- 7) Jesus told us how important God's Word is in John 15:7 "If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you."
- 8) Jesus told us how important God's Word is in John 8:37 "I know you are Abraham's descendants. Yet you are ready to kill me, because you have no room for my word."

So, God's Word is very important. But building God's Word into our hearts is equally important. The verse I have chosen that bears this out is number ____.

- 1) Joshua 1:8 says: "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."
- 2) Psalm 1:2-3 says: "(Blessed are those whose) ...delight is in the law of the LORD, and who meditate on this law day and night. ³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers."
- 3) Romans 10:8 "But what does it say? "The word is near you; it is in your mouth and in your heart," that is, the message concerning faith that we proclaim:
- 4) Ex. 13:9 says: "This observance will be for you like a sign on your hand and a reminder on your forehead that this law of the LORD is to be on your lips."
- 5) Ex. 6:6-9 says: "These commandments that I give you today are to be on your hearts. ⁷ Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸ Tie them as symbols on your hands and bind them on your foreheads. ⁹ Write them on the doorframes of your houses and on your gates."
- 6) Jeremiah 20:9 "his word is in my heart like a fire, a fire shut up in my bones."
- 7) Prov. 22:17, 18 "Pay attention and turn your ear to the sayings of the wise; apply your heart to what I teach, for it is pleasing when you keep them in your heart and have all of them ready on your lips."
- 8) Eph. 6:17 "Take the helmet of salvation and the sword of the Spirit, which is the word of God." (You have to know the Word before you can use it!)
- 9) Psalm 119:11 "I have hidden your word in my heart that I might not sin against you." (Memorize scripture!)
- 10) Luke 6:43-45 ⁴³ "No good tree bears bad fruit, nor does a bad tree bear good fruit. ⁴⁴ Each tree is recognized by its own fruit. People do not pick figs from thorn bushes, or grapes from briars. ⁴⁵ A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.
- 11) Luke 6:46-48 "Why do you call me, 'Lord, Lord,' and do not do what I say? ⁴⁷ As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. ⁴⁸ They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built."

- 12) James 1:21 *“Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.”*
- 13) Prov 4:20,21 *“My son, pay attention to what I say; listen closely to my words.”²¹ Do not let them out of your sight, keep them within your heart;*
- 14) Prov. 2:1 *“My son, if you accept my words and store up my commands within you, ...”*
- 15) Jesus tells us what happens when people don’t build his Word in their hearts: Luke 6:49 *“But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.”*
- 16) Jesus used God’s Word to defend himself when he was tempted by the devil. In Luke 4:1-13, it says *“¹ Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. ³ The devil said to him, ‘If you are the Son of God, tell this stone to become bread.’ ⁴ Jesus answered, ‘It is written: ‘Man shall not live on bread alone.’”⁵ The devil led him up to a high place and showed him in an instant all the kingdoms of the world. ⁶ And he said to him, ‘I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. ⁷ If you worship me, it will all be yours.’”⁸ Jesus answered, ‘It is written: ‘Worship the Lord your God and serve him only.’”⁹ The devil led him to Jerusalem and had him stand on the highest point of the temple. ‘If you are the Son of God,’ he said, ‘throw yourself down from here. ¹⁰ For it is written: ‘He will command his angels concerning you to guard you carefully; ¹¹ they will lift you up in their hands, so that you will not strike your foot against a stone.’”¹² Jesus answered, ‘It is said: ‘Do not put the Lord your God to the test.’”¹³ When the devil had finished all this tempting, he left him until an opportune time.*
- 17) In John 1:14 we see that Jesus himself is the Word incarnate. It says: *“The Word became flesh and made his dwelling among us. “*
- 18) God’s Word is truth. And we know that the truth sets us free! John 17:17 says *“Sanctify them by your truth: your word is truth.”* And John 8:31, 32 says *“To the Jews who had believed him, Jesus said, ‘If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free.”*

One source of emotional pain can be sin. God’s Word has an answer for that. The verse I have chosen to support this, is number ____.

- 1) Psalm 119:11 *“I have hidden your word in my heart that I might not sin against you.”* (When you memorize God’s Word, you are able to recite God’s Word throughout your day. By doing so, you are less apt to fall into temptation to sin.)
- 2) Psalm 119:2,3 *“Blessed are they that keep his statutes and seek him with all their heart – they do no wrong.”*
- 3) Psalm 119:9 *“How can a young person stay on the path of purity? By living according to your word.*
- 4) Psalm 119:127 *“Because I love your commands more than pure gold, and because I consider all your precepts right, I hate every wrong path.”*

My final statement is this:

If God’s Word is so vital as we have just read, ask yourself this:

- 1) How much time do I spend each day reading and meditating on God’s Word?**
- 2) Could it be that my struggles are tied to:**
 - a) a lack of interest in God’s Word, or**
 - b) a lack of understanding of what it teaches about victorious living**

Back to you, ____ (Chairperson)_____.

Chairperson

Thank you ____ (Chairperson) _____. There are 3 personal attributes that we recommend you develop in your life: Faith, Truth & Love. Here to help us understand the importance of Faith is our 'Faith' Speaker, _____.

'Faith' Speaker

(*'Faith' Speaker gives a 30 second monologue based on one of Principles and its accompanying Bible verses.*)

Thank you, ____ (Chairperson) _____. The attribute of faith is an amazing tool. It enables us to roll our problems over to God and thus frees us up to enjoy life while we wait for God to move on our behalf. The following are biblical principles that can help us develop our faith and keep us in a state of constant peace. The Principle I have chosen to speak on is Principle Number _____.

The Principles Of Faith

1) Based on Hebrews Chapter 11 we see that God places a strong emphasis on a person's faith.

- 1) Hebrews 11:1 *"Now faith is the substance of things hoped for, the evidence of things not seen."*
- 2) Hebrews 11:6 *"But without faith it is impossible to please him: for he that comes to God must believe that he is, and that he is a rewarder of them that diligently seek him."*

2) Based on Galatians 5:6, faith works along side of love.

Galatians 5:6 *"The only thing that counts is faith expressing itself through love."*

3) Based on James 2:26, faith must be demonstrated. (Belief plus Action = Faith)

James 2:26 *"Faith without works is dead."*

4) Based on Hebrews 10:35,36, faith must be patient.

Heb. 10:35,36 *"For you have need of patience, that, after you have done the will of God, you might receive the promise."*

5) Based on 2 Cor. 5:7, we do not judge a problems solvability by how impossible it looks or how bad we feel.

2 Cor. 5:7 *"For we walk by faith, not by sight."*

6) Based on Mark 11:24, we believe we have received the thing we have asked for, even before we actually have it.

Mark 11:24 *"Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them."*

More Matt. 21:22 *"If you believe, you will receive whatever you ask for in prayer."*

7) Based on James 5:15, we see that faith can heal a sick body.

James 5:15 *"And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven."*

8) Based on 1 Timothy 6:12 & Ephesians Chapter 6, we understand that the life of faith is a fight. But based on Romans 8:37, we believe we are more than able to win this fight.

1 Tim. 6:12 *"Fight the good fight of faith, lay hold on eternal life,*

Rom. 8:37 *"Yet in all these things we are more than conquerors through Him who loved us."*

9) Based on James 1:6-8, we see that people who waiver in their faith shouldn't expect to receive anything from God.

James 1:6-8 *"But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does."*

More a) Hebrews 10:22 *"Let us draw near to God with a sincere heart in full assurance of faith..."*

b) Hebrews 10:23 *"Let us hold unswervingly to the hope we profess, for he who promised is faithful."*

10) Based on Romans 10:17, faith must be developed. It does not come naturally. It comes from reading and speaking God's Word.

Rom. 10:17 *"So then faith comes by hearing, and hearing by the word of God."*

This Principle helps you with _____ . Back to you, _____ (Chairperson)_____ .

Chairperson

Thank you, _____ . Here to help us understand the importance of Love is our 'Love' Speaker, _____ .

'Love' Speaker

('Love' Speaker gives a 30 second monologue based on the verse they chose, as well as read the bold text in the 2 text boxes.)

Thank you, _____ (Chairperson) ____ . Love helps us respond properly to life's challenges. We may know what we should do, but it is love that allows us to do it wilfully and cheerfully. Love is not based on feelings, but by our commitments. Love is a decision we make each day and is proven by our actions. The attribute I have chosen to speak on is number _____ .

Characteristics Of Love *(Taken from 1 Corinthians 13:4-8)*

- 1) Love is patient.
 - 2) Love is kind.
 - 3) Love does not envy.
 - 4) Love does not boast.
 - 5) Love is not proud.
 - 6) Love is not rude.
 - 7) Love is not self-seeking.
 - 8) Love is not easily angered.
 - 9) Love keeps no record of wrongs.
 - 10) Love does not delight in evil, but rejoices with the truth.
 - 11) Love always protects, always trusts, always hopes, and always perseveres.
 - 12) Love never fails.
- 13) 1 John 4:18 *"There is no fear in love, but perfect love casts out fear, because fear has torment. He that fears is not made perfect in love."*
- 14) Galatians 5:13, 14 *"serve one another humbly in love. Love your neighbour as yourself."*
- 15) Galatians 5:22 *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*
- 16) Romans 13:8 *"Owe no one anything, except to love each other, for the one who loves another has fulfilled the law."*
- 17) Ephesians 4:2 *"with all humility and gentleness, with patience, bearing with one another in love,"*
- 18) 1 Peter 1:22 *"Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart,"*
- 19) 1 John 4:7 *"Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.*
- 20) Matt. 5:43 *"But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven."*
- 21) 1 Cor. 13:3 *"If I give all I have to the poor, and surrender my life to the flames, but have not love, I gain nothing."*
- 22) 1 Cor. 13:13 *"And now these three remain – faith, hope and love. But the greatest of these is love."*

So, love is vital to living a happy, fruitful life! Back to you, _____ (Chairperson)_____ .

Chairperson

Thank you, _____. Here to help us understand the importance of Truth, is our 'Truth' Speaker, _____.

Truth' Speaker

(‘Truth’ Speaker gives a 30 second monologue based on one of the lie listed below. As well as, tell us how truth can set us free from that the lie. They also read the bold text in the 2 boxes below.)

Thank you, _____ (Chairperson) _____. **The key verse for the Truth Speaker is John 8:31-32. It says: *So Jesus said to the Jews who had believed in him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”* Indeed, the truth can set us free!**

Circumstances take place in our lives that cause us to believe lies. These lies tell us that circumstances will never change, habits cannot be broken, loved ones will never change, and so on. The antidote to these lies is truth. Behind every problem in our lives is a truth that can set us free emotionally from the problem. The problem may still be there, but the anxiety related to it is gone. Below are some of the more common lies we sometimes believe.

The lie that I have chosen to speak on, is number ____.

- 1) I need to change my bodily features to be happy and accepted. *(eg. weight changes or cosmetic surgery.)*
- 2) I need to act a certain way to be happy and accepted. *(eg. “I need to be the life of the party.”)*
- 3) Nobody would want to be my friend.
- 4) I need to have a spouse to be happy.
- 5) I could never get married.
- 6) I could never be happy with my spouse.
- 7) I could never be happy without this person. *(eg. A loved one who passes away)*
- 8) I'll never have what it takes to be gainfully employed.
- 9) I could never be happy in my job.
- 10) I'll never progress past this level of success.
- 11) My past is so bad, I'll never recover from my emotional wounds.
- 12) God doesn't love me.
- 13) I need money or things to be happy.
- 14) I'll never be healed physically.
- 15) I need to be loved and accepted to be happy.
- 16) I could never break free from my addiction.

So, by seeing these lies for what they are, and using the truth of God’s Word to renew our minds, we can be set free from these lies! Back to you, _____ (Chairperson) _____.

Chairperson

Thank you, _____. Affirmations are designed to be spoken out loud, enabling us to use our own self-help resource - our tongue. Here to help us understand the importance of affirmations is our 'Affirmations' Speaker, _____.

‘Affirmation’ Speaker

(‘Affirmations’ Speaker gives a 30 second monologue on 1 of the generic affirmations below. They also lead the group in saying 5 affirmations from one of the Bible-based affirmations. They also read the bold text in the 3 text boxes below.)

Thank you _____ (Chairperson) _____. As we hear truth spoken by our own mouth, our belief system begins to change. And positive beliefs spawn positive thoughts. And positive thoughts create and maintain happiness. This program offers, both, generic and Bible-based affirmations. You can even create your own affirmations, tailor-made for the situations you come up against.

The generic affirmation I have chosen to speak on, is number _____ .

Generic Affirmations

- | | |
|--|---|
| 1) "I see myself as a peaceful, loving person." | 10) "Self-discipline is my strong point." |
| 2) "I am bigger than fear." | 11) "I see myself as a winner before I see my victory." |
| 3) "I bounce back easily." | 12) "I see my prayers getting answered before I see the actual answer to my prayers." |
| 4) "I live my life effortlessly." | 13) "I see myself as healed in my body before I see and feel the changes I desire." |
| 5) "My job is easy." | 14) "I always see a silver lining." |
| 6) "I handle change easily." | 15) "God can bring good out of any of my mistakes" |
| 7) "I forgive everybody immediately after they hurt me." | |
| 8) "You can't upset me. (I won't let you.)" | |
| 9) "I love a challenge." | |

The Bible-based Affirmation I chose for us to read 5 statements from is Affirmation Number _____.

Bible-Based Affirmations

- | | |
|--|--|
| 1) "I Do Not Fear" Affirmation Page 23 | 4) "I Only Speak Right Words" AffirmationPage 28 |
| 2) "I Am Strong" Affirmation Page 25 | 5) "I Only Think Right Thoughts" AffirmationPage 29 |
| 3) "I Flow in Harmony and Love" Affirmation .. Page 27 | 6) "I Am Happy Because..." AffirmationPage 30 |

Positive affirmations spoken boldly, define what we believe is true. This positions us to receive more from God and from life! So speak boldly! Back to you, _____ (Chairperson) _____.

Chairperson

Thank you _____. Slogans are thought-provoking statements that challenge us to think and respond to life's problems positively. To tell us more on Slogans is our Slogan Speaker _____.

‘Slogans’ Speaker

(‘Slogans’ Speaker gives a 30 second monologue on 1 of the slogans, as well as read the bold text in the 2 boxes below.)

Thank you _____ (Chairperson) _____. The slogan I have chosen to speak on, is number _____.

- | | |
|---|---|
| 1) "Every day's a good day." | 17) "God is bigger than the facts!" |
| 2) "Say it until you believe it." | 18) "Problems are opportunities to see God move." |
| 3) "Stop running and start confronting." | 19) "Life is 10% what happens to you, 90% how you respond to it." |
| 4) "Don't enable." | 20) "Everything was going great until..." |
| 5) "You run to God by running to His Word." | 21) "Knowledge is power." |
| 6) "Live in the present." (Don't think too much.) | 22) "The best Defence is a strong Offence." |
| 7) "Positive believing produces positive thinking." | 23) "Faith is a lifestyle I can learn." |
| 8) "We live by faith, not by sight." | 24) "My job is to believe." |
| 9) "When we're in a battle, we fight!" | 25) "You win some and you lose some." |
| 10) "Respond rather than react." | 26) "Don't focus on what you lost, focus on what you gained!" |
| 11) "You can start again." | 27) "Do you want to be right? Or do you want to be happy? Sometimes you can't have both." |
| 12) "There is a stress-cancelling response to every problem." | 28) Problems are inevitable, but stress (from them) is optional. |
| 13) "Judge the action, not the person." | |
| 14) "Anger can be a sign that you are judging." | |
| 15) "God responds to faith, not always to need." | |
| 16) "Slow and steady wins the race." | |

Slogans are quick reminders of the truth. Say them often! Back to you, _____ (Chairperson)_____.

Chairperson

Thank you, _____. There's an easy way to keep our thinking in check. Here to tell us more on that is our Belief's Speaker, _____.

'Belief's' Speaker

('Beliefs' Speaker chooses 1 of the Core Beliefs below and leads us in reading 5 verses. They also read the bold text in the 2 text boxes below.)

Thank you, _____ (Chairperson)_____. Our thinking is influenced by our beliefs. Positive beliefs help us keep our thinking and our responses to life's problems positive. We recommend you adopt 6 Core Beliefs. The idea is to make these core beliefs the final word in our lives. In other words, no matter what our feelings say or what the circumstances try to tell us, these foundational beliefs are what we are going to use when thinking about ourselves, and when making decisions in our lives.

For the belief's that feel untrue, simply say the scriptures associated with that belief over and over, until the belief feels true.

Today I'm going to lead you in speaking 5 verses from Core Belief No. _____.

Core Belief's

- | | |
|--|----|
| 1) "I Believe God loves me, and that I am valuable." | 32 |
| 2) "I Believe Christ's crucifixion paid for my sin." | 34 |
| 3) "I Believe God wants me to live in perfect peace at all times." | 37 |
| 4) "I Believe I have an enemy – Satan." | 40 |
| 5) "I Believe I have another enemy – my fleshly appetites." | 46 |
| 6) "I Believe God wants me to enjoy good physical health." | 48 |

Adopting and developing this belief will help you with _____. Back to you, _____ (Chairperson)_____.

Chairperson

Thank you, _____. **Our unhappiness can sometimes be easily diagnosed when we can pinpoint what the hindrance is. Here to talk to us about hindrances to happiness is our ‘Hindrances’ Speaker, _____.**

‘Hindrances’ Speaker

(Beliefs’ Speaker gives a 30 second monologue on 1 of the Hindrances below. They also read bold text in the 2 text boxes below.)

Thank you, _____ (Chairperson) _____. There are many hindrances to happiness. The hindrance I have chosen to speak on, is number _____.

Hindrances

- | | | |
|-------------------------------------|---|-----------------------------------|
| 1) Self-pity “If only’s...” | 10) Lack of purpose | 19) Shame |
| 2) Pouting “I want it my way!” | 11) Believing lies | 20) Physical tiredness |
| 3) Being judgemental toward people. | 12) Fear | 21) Doubt and Unbelief |
| 4) Unforgiveness | 13) Enabling abusive or poor behaviour (internally or externally) | 22) Isolation |
| 5) Having an unthankful heart | 14) Guilt (real or imagined) | 23) Debt |
| 6) Perfectionism | 15) Entitlement mentality | 24) A Rebellious Heart |
| 7) Lack of patience | 16) Sin, or sinful thinking | 25) Leaning on your own intellect |
| 8) Double-mindedness | 17) Mourning a loss | 26) Anger |
| 9) Over-spirituality | 18) Ostracized by community | |

Let’s live free of hindrances, so we can brightly shine God’s love in everything we do! Back to you, _____ (Chairperson) _____.

Chairperson

Thank you _____. **We will now work through one of the tips. The page we left off on last time, was number _____.**

Chairperson

We believe it is important to find a relationship with God, and that this relationship can help us find healing in our emotions. Here to help us find a relationship with God is our ‘Gospel Speaker’ _____.

‘Gospel’ Speaker

(Read the Bold text. Asks the participants to take turns reading out loud each of the numbered statements below. Use the same order of participants the chairperson used.)

Thank you _____ (chairperson) _____. Let’s take turns reading the following statements.

- 1) The main purpose of the Bible is to show mankind their need of Jesus Christ.
- 2) God wants to fellowship with mankind, but He can’t until the issue of their sin has been dealt with.
- 3) Throughout the Bible there are prophecies about Jesus, and there are stories about Jesus.
- 4) All of these are there to show us the importance of Jesus.
- 5) Because of our tendency to sin, we need someone who would pay the penalty of our sin. And that was Jesus.
- 6) John 3:16 says *“For God so loved the world that He gave His only Beloved Son, that whoever believes in Him will not perish, but have everlasting life.”*
- 7) Romans 1:16 says *“For I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes...”*
- 8) Romans 6:23 says *“For the wages of sin is death but the gift of God is eternal life through Christ Jesus our Lord.”*
- 9) Romans 5:8 says *“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”*
- 10) Jesus, God’s Son, came to earth to show us how to live, and to pay the penalty for our sin by dying on the cross.
- 11) Once we personally receive forgiveness for our sin, and ask Jesus to guide our lives, we find New Life! And we become part of God’s family.
- 12) In John 3:3 we read *“Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.”*
- 13) So we must be Born Again. Is there anyone here who would like to become born again? And find New Life!? Find forgiveness for their sins and become part of God’s family?

Let’s all recite the invitational prayer:

“Dear God, I see the sins that I have committed. I believe Jesus paid the penalty for my sin by his crucifixion. I receive your forgiveness for my sin. And I ask you to come into my life, and help me to live the rest of my life in a way that pleases you. Amen.”

Congratulations! If you have prayed this prayer sincerely, you are now born again! You are now in God’s family! And we, as a group, will help you learn how to live a happy, fruitful life in Christ. Welcome to God’s family!

For those of us who are already Born Again, God asks us to tell the world that they can be born again. Here are some verses that bear this out. Let’s take turns reading these verses out loud.

- 14) Mark 16:15 (Jesus tells us) “Go into all the world and preach the gospel to all creation.
- 15) 2 Cor 5:20 *“We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God.”*
- 16) 2 Cor. 5:18 *“God gave us the ministry of reconciliation.”*
- 17) 2 Cor. 5:14 *“For Christ’s love compels us, because we are convinced that one died for all,”*
- 18) 2 Cor. 3:6 *“He has made us competent as ministers of a new covenant”*

So, let’s challenge ourselves to tell the Good News of Jesus wherever we go this week. May God help us! Back to you _____ (chairperson) _____.

Chairperson

We would like to take time now to pray for your needs. Does anyone have any prayer requests?

(Chairperson asks each one individually if they have prayer requests.)

Chairperson

“Does anyone have any final words for our group meeting?”

Chairperson prays closing prayer.

Dear God....”

Chairperson

Thank you for joining our meeting! Our meetings are on Monday, Tuesday, Thursday & Saturdays. We hope you can join us again. Have a great evening!

“I Do Not Fear” Affirmation

(Throughout your day, try and recite out loud, the 'I Do Not Fear' Affirmation. We have this affirmation on scripture cards as well.)

Prayer of Dedication: “Father, I dedicate myself to live a life free of all fear. I now speak these Bible-based statements out loud to build in me a rock solid faith that keeps me at peace all day long.”

- 1) It is the Lord who goes before me. He is with me; he will not leave me or forsake me. I do not fear nor am I dismayed. Based on Deut. 31:8.
- 2) No one is able to stand up against me all the days of my life. As God was with Moses, he is with me; he will never leave me nor forsake me. Based on Josh. 1:5.
- 3) I am strong and courageous. I am careful to obey all the laws of God. I do not turn from it, to the right or the left, so that I may be successful wherever I go. Based on Josh. 1:7.
- 4) I cast all my anxieties on God, because he cares for me. Based on 1 Pet. 5:7.
- 5) I am strong and courageous. I am not terrified or discouraged, for the Lord my God is with me wherever I go. Based on Josh. 1:9.
- 6) The Lord my God has given me rest. Based on Josh. 1:13.
- 7) I listen to God and I dwell secure and am at ease, without dread of disaster. Prov. 1:33.
- 8) I preserve sound judgment, and I go on my way in safety and my foot does not stumble. Based on Prov. 3:23.
- 9) When I lie down, I will not be afraid. When I lie down my sleep is sweet. Based on Prov. 3:24.
- 10) I am not afraid of sudden terror, for the Lord is my confidence and he keeps my foot from being caught. Based on Prov. 3:25-26.
- 11) The fear of man is a snare, but because I trust in the Lord, I am kept safe. Based on Prov. 29:25.
- 12) God is a shield around me, he bestows glory on me and lifts up my head. Based on Ps. 3:3.
- 13) To God I cry aloud, and he answers me from his holy hill. Based on Ps. 3:4.
- 14) I lie down and sleep. I wake again, because God sustains me. Based on Ps. 3:5.
- 15) I do not fear tens of thousands who draw up against me on every side. Based on Ps. 3:6.
- 16) My deliverance comes from the Lord. Based on Ps. 3:8.
- 17) Even though I walk through the valley of the shadow of death, I fear no evil, for you are with me; your rod and your staff, they comfort me. Based on Ps. 23:4.
- 18) The LORD is my light and my salvation, whom shall I fear? The LORD is the stronghold of my life of whom shall I be afraid? Based on Ps. 27:1.
- 19) When evil men advance against me they will stumble and fall. Based on Ps. 27:2.
- 20) Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. Based on Ps. 27:3.
- 21) One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. Based on Ps. 27:4.
- 22) For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. Based on Ps. 27:5.
- 23) Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the LORD. Based on Ps. 27:6.
- 24) Though my father and mother forsake me, the LORD will receive me. Based on Ps. 27:10.
- 25) I am still confident of this: I will see the goodness of the LORD in the land of the living. Based on Ps. 27:13.
- 26) I wait for the LORD; I am strong and I take heart and I wait for the LORD. Based on Ps. 27:14.
- 27) I sought the Lord and he answered me, and delivered me from all my fears. Based on Ps. 34:4.
- 28) I do not fret because it leads to evil. Based on Ps. 37:8.
- 29) I dwell in the shelter of the Most High, and I rest in the shadow of the Almighty. Based on Ps. 91:1.
- 30) I say of the Lord, “He is my refuge and my fortress, my God, in whom I trust. Based on Ps. 91:2.
- 31) Surely God saves me from the fowler’s snare and from the deadly pestilence. Based on Ps. 91:3.

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- 32) God covers me with his feathers, and under his wings I find refuge. His faithfulness is my shield and rampart.
Based on Ps. 91:4.
- 33) I do not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. Based on Ps. 91:5-6.
- 34) A thousand falls at my side, ten thousand at my right hand, and it does not come near me. Based on Ps. 91:7.
- 35) I make the Most High my dwelling, for he is my refuge. Based on Ps. 91:9.
- 36) No harm befalls me. No disaster comes near my home. Based on Ps. 91:10.
- 37) God commands his angels concerning me, to guard me in all my ways. They lift me up in their hands, so I do not strike my foot against a stone. Based on Ps. 91:11-12.
- 38) I tread upon the lion and the cobra. I trample the great lion and the serpent. Based on Ps. 91:13.
- 39) Because God loves me, God rescues me and protects me. Based on Ps. 91:14.
- 40) When I call upon God, he answers me. He is with me in trouble, and he delivers me and honours me. Based on Ps. 91:15.
- 41) With long life does he satisfy me, and he shows me his salvation. Based on Ps. 91:16.
- 42) Surely God is my salvation; I will trust and not be afraid. Based on Is. 12:2.
- 43) I strengthen my hands, and steady my knees, I say to my heart, "Be strong, do not fear, my God will come."
Based on Is. 35:3-4.
- 44) I do not fear, neither am I dismayed for You Lord are with me wherever I go. You strengthen me. You help me. You uphold me with your right hand. Based on Is. 41:10.
- 45) I do not fear, for the Lord my God holds my right hand. It is He who says, "Fear not, I am the one who helps you."
Is. 41:13.
- 46) I do not fear, for he says, "Fear not, for I have redeemed you; I have called you by name, you are mine." Based on Is. 43:1.
- 47) I do not fear, for he says, "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you."
Based on Is. 43:2.
- 48) God has given me authority to trample on snakes and scorpions and to overcome all the power of the enemy. Nothing can harm me. Based on Luke 10:18.
- 49) I am not afraid, for my Father is pleased to give me the kingdom. Based on Luke 12:32.
- 50) I have not received the spirit of slavery to fall back into fear, but the spirit of adoption as sons, so I cry, "Abba Father!" Based on Rom. 8:14.
- 51) I did not receive a spirit that enslaves me to fear, but I have received the Spirit of sonship. Based on Rom. 8:15
- 52) Because God is for me, I don't fear those against me. Based on Rom. 8:31.
- 53) I stand firm in one spirit, contending as one man for the faith of the gospel, without being frightened in any way by those who oppose me. Based on Phil. 1:27-28.
- 54) I am not anxious about anything, but in everything, by prayer and petition, with thanksgiving, I present my requests to God. And the peace of God, which transcends all understanding, guards my heart and my mind in Christ Jesus.
Based on Phil. 4:6-7.
- 55) God has not given me a spirit of fear, but a spirit of power, of love, and of a sound mind. Based on 2 Tim. 1:7.
- 56) God has said to me, "Never will I leave you; never will I forsake you." Based on Heb. 13:5.
- 57) I say confidently, "The Lord is my helper; I do not fear. What can man do to me? Based on Heb. 13:6.
- 58) I do not fear, because there is no fear in love. Perfect love casts out all fear. I have been perfected in love.
Based on 1 John 4:18.

Let's go back to Page 18.

“I Am Strong” Affirmation

(Throughout your day, try and recite out loud, the “I Am Strong” Affirmation.)

Prayer of Dedication: “Father, I dedicate myself to live this day in a ‘strength conscious’ mindset. I now speak these Bible-based statements out loud to build in me a strong spirit that carries me victoriously through each challenge in my day!”

- 1) I dwell in the shelter of the Most High, and I rest in the shadow of the Almighty. Based on 91:1
- 2) I hope in the Lord, and I renew my strength. I soar on the wings like an eagle. I run and do not grow weary. I walk and I do not become faint. Based on Is. 40:31.
- 3) I am strong in the Lord and in his mighty power. Based on Eph. 6:10.
- 4) I wait for the Lord; I am strong and I take heart, and I wait for the Lord. Based on Ps. 27:14.
- 5) I am strong and take heart as I hope in the Lord. Based on Ps. 31:24.
- 6) I love you, O Lord, my strength. You are my rock and my fortress and my deliverer; my God, my strength, in whom I trust; my shield and the horn of my salvation, my stronghold. Based on Ps. 18:1-2.
- 7) God is my salvation and my glory, the rock of my strength. Based on Ps. 62:7.
- 8) I may be hard pressed on every side, but not crushed. Perplexed, but not in despair, persecuted, but not abandoned; struck down, but not destroyed! Based on 2 Cor. 4:7.
- 9) I am on my guard; I stand firm in my faith, I am a man of courage, I am strong! 1 Cor. 16:13.
- 10) I flourish like a palm tree, I grow like a cedar in Lebanon. I am planted in the house of the Lord, I flourish in the courts of my God. Based on Ps. 92:12 & 13.
- 11) I set about my work vigorously; my arms are strong for my tasks. Based on Prov. 31:17.
- 12) Christ’s grace is sufficient for me; His power is made perfect in my weaknesses. Christ’s power rests on me when I freely admit my areas of weakness. Based on 2 Cor. 12:9.
- 13) He will keep me strong to the end, so that I will be blameless on the day of our Lord Jesus Christ. Based on 1 Cor. 1:8.
- 14) I know that You are the Rock and the firm strength of my heart, therefore I can say, "I shall not be moved." Based on Psalm 73:26.
- 15) I know that I am steadfast, immovable, always abounding in the work of the Lord always being superior, excelling, doing more than enough in the service of the Lord, knowing and being continually aware that my labor in the Lord is not futile and it is never wasted or to no purpose. Based on 1 Cor. 15:58.
- 16) I know that a thousand may fall at my side, and ten thousand at my right hand, it shall not come near me. I am a spectator, I am inaccessible in the secret place of the Most High as I witness the reward of the wicked. Based on Psalm 91:7.
- 17) I know that my 'horn', an emblem of my excessive strength and stately grace, You have exalted like that of a wild ox; I am anointed with fresh oil. Because I am an uncompromisingly righteous person, I flourish like the palm tree. I am long-lived, stately, upright, useful, and fruitful; I grow like a cedar in Lebanon. I am majestic, stable, durable, and incorruptible. I am planted in the house of the Lord, and I flourish in the courts of my God. Based on Psalm 92:10.
- 18) I know that you give me power to keep myself calm in the days of adversity, until the inevitable pit of corruption is dug for the wicked. Based on Psalm 94:13.
- 19) I believe you have delivered my life from death, you have delivered my eyes from tears, and you prevent me from stumbling and falling. Based on Psalm 116:8.
- 20) I believe you are raising me up and strengthening me according to Your Word. Based on Psalm 119:28.
- 21) I am girding myself with spiritual strength, mental strength, and physical strength, so that I can accomplish my God-given task. And I strengthen myself according to Your Word. Based on Prov. 31:17.
- 22) I put on strength and dignity each morning, and I believe my position is strong and secure. I rejoice over the future because I know that, with You, I am ready for it! Based on Prov. 31:25.

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- 23) I know that because God is in the midst, I shall not be moved, and I believe God is helping me right early.
Based on Psalm 46:5.
- 24) I know that the Lord is my keen and firm strength, who is teaching my hands to war, and my fingers to fight. My problems are my foes, and I am constantly being victorious over them. Based on Psalm 144:1.
- 25) I know that You are giving me the victory and that you have made me more than a conqueror through Christ Jesus.
Based on Romans 8:37.
- 26) I know that I have your favour and that I am as a strong mountain. Based on Psalm 30:7.
- 27) I wait for and hope in the Lord, and therefore I am strong and my heart takes courage. Based on Psalm 42:11.
- 28) I believe the Lord is satisfying my mouth with good so that my youth is renewed like the eagles and I am strong, I am an overcomer and I soar through life like an eagle! Based on Psalm 103:5.
- 29) I believe the Lord is greatly increasing me and is making me stronger than my oppressors and my problems. Based on Psalm 105:24.
- 30) I believe the Lord is my confidence, making me firm and strong, and He keeps my feet from being caught in a trap, and He keeps me hidden from danger. Based on Prov. 3:26.
- 31) I know that as I stay in a place of reverent and worshipful fear toward God, I have strong confidence. Based on. 14:26.
- 32) In the day that I cry out to God, He answers me, and strengthens me with strength in my soul. Based on Ps. 138:3.
- 33) Because I trust in the Lord, I am like Mount Zion which cannot be shaken. I endure forever. Based on Ps. 125:1.

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“I Flow In Harmony and Love” Affirmation

(Throughout your day, try and recite out loud, the “I Flow in Harmony and Love” Affirmation.)

Prayer of Dedication: “Father, I dedicate myself to live this day in a love saturated mindset. I now speak these Bible-based statements out loud to build in me a heart of love that permeates everything I do, think and say.”

- 1) Father, your love has been shed abroad in my heart by the Holy Spirit; I therefore endure long, and am patient and kind. Based on 1 Cor. 13:4.
- 2) I never boil over with jealousy. I am not boastful or vain glorious. I do not display myself haughtily. I am not conceited, arrogant or inflated with pride. Based on 1 Cor. 13:4.
- 3) I am not rude, unmannerly, and do not act unbecomingly. I do not insist on my own rights, for I am not self-seeking. Based on 1 Cor. 13:5.
- 4) I am not touchy, fretful, or resentful. I take no account of the evil done to me and I pay no attention to a suffered wrong. Based on 1 Cor. 13:5.
- 5) I do not rejoice at injustice and unrighteousness, but I rejoice when right and truth prevail. Based on 1 Cor. 13:6.
- 6) I bear up under anything. I am ever ready to believe the best of every person. Based on 1 Cor. 13:7.
- 7) My hopes are fadeless and I endure everything without weakening. Based on 1 Cor. 13:7.
- 8) I never fail, for in all things I am motivated by the love of God. This love causes me to win in every situation. Based on 1 Cor. 13:8.
- 9) I eagerly pursue and seek to acquire this love. I make it my aim, my great quest. My love is always sincere. Based on 1 Cor. 14:1.
- 10) I love all believers with brotherly affection, for all of us are of one big family. Based on Romans 12:10.
- 11) I give precedence and show honour to others before me. Based on Romans 12:10.
- 12) I contribute to the needs of God’s people, sharing in the necessities of the saints, pursuing the practice of hospitality. Based on Romans 12:13.
- 13) I live in harmony with all men. I repay no one evil for evil, but I take thought for what is honest, proper and noble, aiming to be above reproach in the sight of everyone. Based on Romans 12:17.
- 14) I live at peace with everyone. I overcome evil with good. I love my neighbour as myself. I do no wrong to my neighbours, never hurting anyone. Based on Romans 12:21, 13:9, 10.
- 15) I live and conduct myself honourably and becomingly as in the open light of day. Based on Romans 13:13.
- 16) I definitely aim for and eagerly pursue what makes for harmony and for mutual up building of all men. Based on Romans 14:19.
- 17) I make it a practice to please my neighbour for his good and for his true welfare, to edify him, to strengthen him and to build him up spiritually. Based on Romans 15:2.
- 18) I live in such harmony and such full sympathy with others, in one accord with Jesus, that together, with united hearts and one voice, we praise and glorify the God and Father of our Lord Jesus Christ. Based on Romans 15:5.
- 19) I am eager and strive earnestly to guard and keep the harmony and oneness of the spirit in the binding power of peace, for we are one body and one Spirit. Based on Eph. 4:3.
- 20) My determined purpose in life is that I may know Jesus and His love, that I may progressively become more deeply and intimately acquainted with Jesus, perceiving, recognizing and understanding the wonders of His person, that I may lay hold, grasp and make my own the reality of His great love for me, and for all men. Based on Phil. 3:10.

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“I Only Speak Right Words” Affirmation

(Throughout your day, try and recite out loud, the “I Only Speak Right Words” Affirmation.)

Prayer of Dedication: “Father, I dedicate myself to live this day speaking only right words, words that are free of all negatives. I now speak these Bible-based statements to remind me to keep all my words positive and faith-filled!”.

- 1) I put away perversity from my mouth; I keep corrupt talk far from my lips. Based on Prov. 4:24.
- 2) Because I am righteous, my mouth has become a well of life. Based on Prov. 10:11.
- 3) My tongue is as choice silver, and my lips feed many. Based on Prov. 10:20, 21.
- 4) My mouth continually brings forth wisdom, because I am righteous. Based on Prov. 10:31.
- 5) My lips know what is acceptable. Based on Prov. 10:32.
- 6) I am satisfied with good by the fruit of my mouth. Based on Prov. 12:14.
- 7) In my tongue is health for I speak the Word of God which is health to my bones and medicine to all my flesh. Based on Prov. 12:18, Prov. 16:24, Prov. 4:22)
- 8) Because I keep my mouth, I keep my life. My tongue is a tree of life and it uses knowledge rightly. Based on Prov. 13:3 & Prov. 15:4, 2.
- 9) I have joy in the answer of my mouth and a word spoken in due season, how good it is. Based on Prov. 15:23.
- 10) Because I am pure, my words are pleasant to the ears of my listeners. Based on Prov. 16:24.
- 11) The soft answers that come out of my mouth turn away wrath Based on. Based on Prov. 15:1.
- 12) A soft speech breaks down the most bonelike resistance. Based on Prov. 25:15.
- 13) The preparations of my heart and the answers of my tongue are from the Lord. Based on Prov. 16:1.
- 14) My tongue is the pen of a ready writer and grace is poured unto my lips. Based on Ps. 45:1.
- 15) The Lord has given me the tongue of disciples and of those who are taught, that I should know how to speak a word in season to him who is weary. Based on Is. 50:4.
- 16) I speak excellent and princely things and the opening of my lips is for right things only. My mouth utters truth and wrong doing is detestable and loathsome to my lips. Based on Prov. 8:6,7.
- 17) All the words of my mouth are in right standing with God; there is nothing contrary to truth or crooked in them. Based on Prov. 8:8.
- 18) My mouth brings forth skillful and Godly wisdom. Based on Prov. 10:31.
- 19) Because I speak the wisdom of God, my lips bring healing to the nations. Based on Ps. 37:30 & Prov. 12:18.
- 20) Jesus has made me a king in this earth and divinely directed decisions are found on my lips. Based on Prov. 16:10.
- 21) The words of my mouth are sweet as a honeycomb, pleasant to my mind and healing to my body. Based on Prov. 16:24.
- 22) The words that I speak are as deep waters; they are a fountain of skillful and godly wisdom, like a gushing stream, sparkling, fresh, pure and life-giving. Based on Prov. 18:4.
- 23) Because I keep my mouth and my tongue, I keep myself from trouble. Based on Prov. 21:23.
- 24) The words of my mouth are gracious, full of knowledge, like a vase of preciousness, and they continually win me favor. Based on Prov. 20:15, Eccl. 10:12.

Let’s go back to Page 18.

“I Only Think Right Thoughts” Affirmation

Throughout your day, try and recite out loud, the “I Only Think Right Thoughts” Affirmation.

Prayer of Dedication: “Father, I dedicate myself to live this day thinking only right thoughts, thoughts that are free of all negatives. I now speak these Bible-based statements to remind me to keep all my thoughts positive and faith-filled!”.

- 1) I believe that as a man (or woman) thinks, so are they. And because I am a Christian, saved by the sacrifice of Jesus for my sins, I have been Born-Again. I am a new creature in Christ Jesus. I have traded my sin nature for God’s nature. And now God’s nature permeates my thoughts as I give my mind to God and His Word. Based on Eph. 4:22-24 Prov. 23:7 2 & 2 Cor 5:17.
- 2) Because I keep my mind stayed on God, I enjoy perfect peace. Based on Isaiah 26:3.
- 3) My mind is an amazing gift given to me by God, and I use it only as intended. I use it to think on things that are true, honest, pure, lovely, things that are of a good report, things that are worthy of praise. Based on Phil. 4:8.
- 4) Because I share in the heavenly calling, I fix my thoughts on Jesus. Based on Hebrews 3:1.
- 5) To maintain a high level of godliness in my thinking, I make sure I study God’s Word consistently. This way I will never be ashamed! Based on 2 Tim. 2:15.
- 6) Because I keep my mind on godly things, I am able to “Let the peace of Christ rule in my heart. And this peace allows me to enjoy every aspect of my day. Based on Col. 3:15.
- 7) One thing I am very good at is: “I forget those things that are behind me so I can successfully reach for the things that are ahead of me. Based on Phil. 3:13.
- 8) Since I have been raised with Christ, I set my heart on things that are above, where Christ is, seated at the right hand of God. I set my mind on things above, not on things of the earth. Based on Col. 1:2.
- 9) Who lives in God’s dwelling? Who dwells on God’s holy hill? Only those who walk blamelessly, and do what is right and speak what is true in their hearts. And that is what I do continuously. Based on Psalms 15:1-2.
- 10) I do not let myself be conformed to this world, but I allow myself to be transformed by the renewing of my mind. Based on Rom 12:2.
- 11) My weapons that God has given me are not weak, but mighty through God, to the pulling down of strongholds in my mind. I cast down every imagination that exalts itself against the knowledge of God, and I bring into captivity every thought to the obedience of Christ. Based on 2 Cor. 10:4,5.
- 12) Because of my commitment to live close to God and his Word, I make sure I am not anxious about anything, but in everything by prayer and supplication, with thanksgiving, I let my requests be made known to God. And the peace of God, which passes all understanding guards my heart and my mind in Christ Jesus. Based on Phil. 4:6,7.
- 13) I keep my heart (and thinking) with all diligence, for out of it flows the springs of life. Based on Prov. 4:23.
- 14) I stay close to God so that I am never a double-minded man (or woman). Based on James 1:8.
- 15) I know that a happy heart is good medicine, so I keep myself happy, hopeful and trusting in God. Based on Prov. 17:22.
- 16) I keep myself hopeful because God tells me in Jeremiah 29:11 that He has plans for my welfare, plans that give me a future and a hope. Based on Jeremiah 29:11.
- 17) I am diligent to love God with all my heart and with all my soul and with all my mind. Based on Matt 22:37.
- 18) I am diligent to hide God’s Word in my heart so I do not sin. Based on Ps. 119:11.
- 19) I meditate on God’s Word day and night and I am like a tree planted by the rivers of water, that yields its fruit in its season. (Thus, I am fruitful!) And my leaves don’t wither. And in everything I do, I prosper! Based on Ps. 1:3,4.
- 20) I ask God to “Search me” everyday, to know my heart, and my thinking, to see if there is anything not pleasing to Him. And to guide me in the way everlasting. Based on Ps. 139:23,24.
- 21) I let the words of my mouth and the meditation of my heart be acceptable to God my redeemer. Based on Ps. 19:14.
- 22) I trust in the Lord with all my heart and I don’t lean on my own understanding. In all my ways I acknowledge Him, and he directs my steps. Based on Prov. 3:5-6.
- 23) Greater is He who is in me than he who is in the world. Because God lives big in me. His Word lives big in my thinking, and triumphs over all other negative thoughts. 1 John 4:4.

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“I am Happy Because...” Affirmation

Throughout your day, try and recite out loud, the “I Am Happy Because” Affirmation.

Prayer of Dedication: **“Father, I dedicate myself to live this day rejoicing in the things you have given me. I now speak these Bible-based statements to remind me of all the good things I have because I am your child!”**

- 1) I am happy because I am enriched in every way, in all my thinking and in all my knowledge. (1 Cor. 1:5 For in Him you have been enriched in every way, in all your speaking and in all your knowledge.)
- 2) I am happy that God uses my “foolishness” and my “weaknesses”. (1 Cor. 1:27 God chose the foolish things of the world to shame the wise. God chose the weak things of the world to shame the strong.)
- 3) I am happy because God has planned amazing things for me in my after-life! (1 Cor. 2:9 No eye has seen, no ear has heard, no mind has conceived what God has prepared for me who loves Him!)
- 4) I am happy because I am indispensable! (1 Cor. 12:22,23 Those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honourable, we treat with special honour.)
- 5) I am happy because God gives me victory! (1 Cor. 15:57 But thanks be to God who gives me the victory through Jesus Christ.)
- 6) I am happy because God comforts me in all my troubles! (2 Cor. 1:4 Who comforts us in ALL of our troubles.)
- 7) I am happy because God always leads me in triumphal procession in Christ. (2 Cor. 2:14 Now thanks be to God who always leads us in triumphal procession in Christ, and through us spreads everywhere the fragrance of the knowledge of him.)
- 8) I am happy because I am the aroma of Christ! (2 Cor. 2:15 For we are to God, the aroma of Christ among those who are being saved and those who are perishing.)
- 9) I am happy because God has made me a competent minister of the new covenant! (2 Cor. 3:6 He has made us competent as ministers of the new covenant.)
- 10) I am happy because God has given us such a strong hope. (2 Cor. 3:12 Therefore, since we have such a hope, we are very bold.)
- 11) I am happy because I have great freedom! (2 Cor. 3:17 Where the Spirit of the Lord is, there is freedom.)
- 12) I am happy because I am being transformed into God’s likeness with ever-increasing glory! (2 Cor. 3:18 And we are being transformed into His likeness with ever-increasing glory.)
- 13) I am happy that I am being renewed inwardly day by day. (2 Cor. 4:16 Inwardly, we are being renewed day by day.)
- 14) I am happy because my light and momentary troubles are achieving for me an eternal glory! (2 Cor. 4:17 Our light and momentary troubles are achieving for us an eternal glory.)
- 15) I am happy because I am a new creation! (2 Cor. 5:17 Therefore, if anyone be in Christ, he is a new creation, the old has gone, the new has come.)
- 16) I am happy because I am the righteousness of God! (2 Cor. 5:21 God made Him to be sin for us, so we might become the righteousness of God.)
- 17) I am happy because God is able to make all grace abound to me, so that I might abound in every way! (2 Cor. 9:8 God is able to make all grace abound to you, so that you may abound in every good work having all that you need.)
- 18) I am happy because when my life gets too hard, Jesus tells me His grace gets me through! (2 Cor. 12:9 (Jesus speaking) “My grace is sufficient for you, for my power is made perfect in weakness.”)
- 19) I am happy because I can even boast about my weaknesses! (2 Cor. 12:9b Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.)
- 20) I am happy because God’s attributes of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control are working in my life! (Gal. 5:22 But the fruit of the Spirit is love, joy...)
- 21) I am happy because God has raised me up with Christ and seated me with him in heavenly realms in Christ. (Eph 2:6 And God raised us up with Christ and seated us with Him in heavenly realms in Christ.)
- 22) I am happy because God, who has begun a good work in me, will complete it! (Phil. 1:6 Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.)
- 23) I am happy because Jesus invites me to come to Him for rest. (Matt. 11:28,29 Come to me, all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.)
- 24) I am happy because I am being strengthened with all power! (Col. 1:11 Being strengthened with all power according to his glorious might so that you may have endurance and patience.)

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- 25) I am happy because God qualifies me to share in the inheritance of his holy people in the kingdom of light! (*Col. 1:12 and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light.*)
- 26) I am happy because when I was dead in my sins, God made me alive with Christ! (*Col. 2:13 When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ.*)
- 27) I am happy because God forgave me all of my sins! (*Col. 2:13 He forgave us all our sin, having cancelled the charge of our indebtedness, which stood against us and condemned us; He has taken it away, nailing it to the cross.*)
- 28) I am happy because God has completely disarmed the powers of evil! (*Col. 2:15 And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.*)
- 29) I am happy because the day is coming when we will be united with Jesus forever! (*1 Thes. 4:16,17 For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.*)
- 30) I am happy because my faith is growing more and more! (*2 Thes. 1:3 We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.*)
- 31) I am happy because God wants all people to be saved! (*1 Tim 2:4 Who wants all people to be saved and to come to a knowledge of the truth.*)
- 32) I am happy because there is a peace that guards my heart and mind! (*Phil. 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*)
- 33) I am happy because I can be content whatever my circumstances are! (*Phil. 4:11 I am not saying this because I am in need, for I have learned to be content whatever my circumstances.*)
- 34) I am happy because I can do all things through Christ who strengthens me. (*Phil 4:13 I can do all things through Christ who strengthens me.*)
- 35) I am happy because God promises to meet all of my needs! (*Phil. 4:19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.*)
- 36) I am happy because God tells me to let the peace of Christ rule in my heart. (*Col. 3:15 Let the peace of Christ rule in your hearts... and be thankful.*)

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Core Beliefs

Choose Your Core Beliefs

Our thoughts are influenced by our beliefs. Positive beliefs help make our thinking and our responses to life's problems positive.

The idea is to make these core beliefs the final word in your life. In other words, no matter what your feelings say or what the circumstances try to tell you, these foundational beliefs are what you are going to use when thinking about yourself, when making decisions in your life, and when you are praying about your needs and wants.

If you come across a belief that you would like to adopt, but seems untrue to you, simply use the scripture verses associated with it and begin to say them out loud. The truth about these verses will slowly sink into your subconscious, and over time become real in your heart.

Belief No. 1

Belief No.1 - Based on the following scriptures, I believe God loves me, and that I am valuable.

(Below are just a few of the verses in the Bible that talk about God's love for mankind. The most notable way that we know God loves us is His offering of His only Son Jesus to die on the cross for our sins. Indeed, his love is great for us. Here are some other scriptures that talk about his love. Remember that this is a core belief. Unless you believe this to be true, your life will seem meaningless and hopeless. So, renew your mind to the truth that God loves you, and that He has an amazing plan for your life!)

- 1) **John 3:16** - For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
- 2) **Romans 5:8** - But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
- 3) **Romans 8:39** - neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
- 4) **2 Cor. 5:14** - For Christ's love compels us, because we are convinced that one died for all, and therefore all died.
- 5) **2 Cor. 13:11** - Finally, brothers, good bye. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you.
- 6) **Eph. 2:4** - But because of his great love for us, God, who is rich in mercy, made us alive with Christ, even when we were dead in transgressions.
- 7) **Eph. 3:17-19** - And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.
- 8) **Eph. 5:1,2** - Be imitators of God, therefore, as dearly loved children, and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.
- 9) **2 Thes. 3:5** - May the Lord direct your hearts into God's love and Christ's perseverance.
- 10) **1 John 4:7,8** - Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸Whoever does not love does not know God, because God is love.
- 11) **1 John 4:9** - This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.
- 12) **1 John 4:10** - This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.
- 13) **1 John 4:11** - Dear friends, since God so loved us, we also ought to love one another.
- 14) **1 John 4:16** - And so we know and rely on the love God has for us.
- 15) **1 John 4:19** - We love because he first loved us.
- 16) **Ex. 34:6** - And he passed in front of Moses, proclaiming, "The LORD , the LORD , the compassionate and gracious God, slow to anger, abounding in love and faithfulness,

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- 17) **Num. 14:18** - 'The LORD is slow to anger, abounding in love and forgiving sin and rebellion.'
- 18) **Deut. 7:9** - Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands.
- 19) **Deut. 10:18** - He defends the cause of the fatherless and the widow, and loves the alien, giving him food and clothing.
- 20) **1 Chron. 16:34** - Give thanks to the LORD , for he is good; his love endures forever.
- 21) **2 Chron. 5:13** - The trumpeters and singers joined in unison, as with one voice, to give praise and thanks to the LORD . Accompanied by trumpets, cymbals and other instruments, they raised their voices in praise to the LORD and sang: "He is good; his love endures forever." Then the temple of the LORD was filled with a cloud,
- 22) **2 Chron. 7:3** - When all the Israelites saw the fire coming down and the glory of the LORD above the temple, they knelt on the pavement with their faces to the ground, and they worshiped and gave thanks to the LORD , saying, "He is good; his love endures forever."
- 23) **Neh. 9:17** - But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love. Therefore you did not desert them,
- 24) **Ps. 6:4** - Turn, O LORD, and deliver me; save me because of your unfailing love.
- 25) **Ps. 13:5** - But I trust in your unfailing love; my heart rejoices in your salvation.
- 26) **Ps. 17:7** - Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes.
- 27) **Ps. 21:7** - For the king trusts in the LORD; through the unfailing love of the Most High he will not be shaken.
- 28) **Ps. 25:7** - Remember not the sins of my youth and my rebellious ways; according to your love remember me, for you are good, O LORD .
- 29) **Ps. 31:7** - I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.
- 30) **Ps. 31:16** - Let your face shine on your servant; save me in your unfailing love.
- 31) **Ps. 32:10** - Many are the woes of the wicked, but the LORD's unfailing love surrounds the man who trusts in him.
- 32) **Ps. 36:5** - Your love, O LORD, reaches to the heavens, your faithfulness to the skies.
- 33) **Ps. 44:26** - Rise up and help us; redeem us because of your unfailing love.
- 34) **Ps. 52:8** - But I am like an olive tree flourishing in the house of God; I trust in God's unfailing love for ever and ever.
- 35) **Ps. 57:10** - For great is your love, reaching to the heavens; your faithfulness reaches to the skies.
- 36) **Is. 38:10** - In your love you kept me from the pit of destruction;

The goal of speaking these verses is to 'drive home' the truth that God is a loving God who wants to help us. We need to become so convinced of this that nothing could convince us otherwise. If we still have the slightest doubt that God loves us and that our life has immense value, we need to keep reading these verses out loud until the belief becomes real to us.

Let's turn back to Page 19.

Belief No. 2

Belief No.2 - Based on the following scriptures, I believe Christ's crucifixion on the cross has paid the penalty for my sin, and that I am destined to live eternally with Christ.

(Unless we are convinced that our sins are forgiven, we'll never reach full happiness. So, if need be, use these scriptures to renew your mind to this important core belief!)

- 1) **John 3:16** - For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
- 2) **John 3:17** - For God did not send his Son into the world to condemn the world, but to save the world through him.
- 3) **Acts 13:38** - "Therefore, my brothers, I want you to know that through Jesus the forgiveness of sins is proclaimed to you.
- 4) **Acts 13:39** - Through him everyone who believes is justified from everything you could not be justified from by the law of Moses.
- 5) **Acts 15:11** - We believe it is through the grace of our Lord Jesus that we are saved, just as they are."
- 6) **Acts 16:30,31** - He then brought them out and asked, "Sirs, what must I do to be saved?" They replied, "Believe in the Lord Jesus, and you will be saved--you and your household."
- 7) **Rom. 1:16** I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes: first for the Jew, then for the Gentile.
- 8) **Rom. 3:22-24** - This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference, for all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus.
- 9) **Rom. 3:25**- God presented him as a sacrifice of atonement, through faith in his blood.
- 10) **Rom. 5:1** Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,
- 11) **Rom. 10:4** - Christ is the end of the law so that there may be righteousness for everyone who believes.
- 12) **Rom. 10:9** - That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.
- 13) **Rom. 10:12,13** - For there is no difference between Jew and Gentile--the same Lord is Lord of all and richly blesses all who call on him, for, "Everyone who calls on the name of the Lord will be saved."
- 14) **1 Cor. 6:11** - And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.
- 15) **2 Cor. 5:17** - Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!
- 16) **2 Cor. 5:20** - We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.
- 17) **Gal. 1:4** - Who gave himself for our sins to rescue us from the present evil age, according to the will of our God and Father,
- 18) **Gal. 2:16** - Know that a man is not justified by observing the law, but by faith in Jesus Christ.
- 19) **Gal. 3:14** - He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus,
- 20) **Gal. 3:26** - You are all sons of God through faith in Christ Jesus,

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- 21) **Eph. 1:13** - And you also were included in Christ when you heard the word of truth, the gospel of your salvation.
- 22) **Eph. 2:4, 5** - But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
- 23) **Eph. 2:8** - For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God-- not by works, so that no one can boast.
- 24) **Eph. 2:13** - But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.
- 25) **Eph. 3:9** - and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ--the righteousness that comes from God and is by faith.
- 26) **Col. 1:20-22** - and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. Once you were alienated from God and were enemies in your minds because of your evil behaviour. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation.
- 27) **Col. 1:27** - To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.
- 28) **1 Thes. 5:9,10** - For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. He died for us so that, whether we are awake or asleep, we may live together with him.
- 29) **2Thes. 2:13** ...from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth.
- 30) **1 Tim. 1:15** - Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners--of whom I am the worst.
- 31) **1 Tim. 1:16** - But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his unlimited patience as an example for those who would believe on him and receive eternal life.
- 32) **1 Tim. 2:5,6** - For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men--the testimony given in its proper time.
- 33) **2 Tim. 1:9** - who has saved us and called us to a holy life--not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time,
- 34) **2 Tim.1:10** - but it has now been revealed through the appearing of our Saviour, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel.
- 35) **2Tim.2:10** - Therefore I endure everything for the sake of the elect, that they too may obtain the salvation that is in Christ Jesus, with eternal glory.
- 36) **2Tim.3:15** - and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.
- 37) **Titus 3:3-7** - At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Saviour appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Saviour, so that, having been justified by his grace, we might become heirs having the hope of eternal life.
- 38) **Heb. 7:25** - Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them.
- 39) **1 John 2:2** - He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

- 40) **1 John 2:25** - And this is what he promised us--even eternal life.
- 41) **1 John 4:9** - This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.
- 42) **1 John 4:10** - This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.
- 43) **1 John 5:11** - And this is the testimony: God has given us eternal life, and this life is in his Son.
- 44) **1 John 2:1** - My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense--Jesus Christ, the Righteous One.
- 45) **Eph. 4:32** - Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
- 46) **Rev. 5:9** - And they sang a new song, saying: “You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation.”

The goal of speaking these verses is to 'drive home' the truth that Christ's death on the cross paid in full the penalty of our sin*, (*when we personally ask Him to forgive us our sin and ask Him to guide us for the rest of our lives*). We need to become so convinced of this that nothing could convince us otherwise. If we still have the slightest doubt that God has forgiven us, we need to keep reading the verses out loud until the belief becomes real to us.

*It is true that Jesus Christ was crucified to pay the penalty for all sin, for all mankind, but it is only applicable to us, personally, when we make a decision to turn our will and our lives over to God.

Have you ever asked God to forgive you and invite him to lead your life? If not, and you'd like to pray a prayer of commitment to God, here is a prayer you can pray to invite Him into your life:

Invitation Prayer

“Dear God, I see the sins that I have committed. I believe Jesus paid the penalty for my sin by his crucifixion. I receive your forgiveness for my sin. And I ask you to come into my life, and help me to live the rest of my life in a way that pleases you. Amen.”

If you've prayed this prayer for the first time, call us! We'd love to hear from you, and to help you get a great start in your new found faith.

Alberta Canada: 587-487-2900 California USA: 213-426-8223 Email: victorytipsvince@gmail.com

Let's turn back to Page 19.

Belief No.3

Belief No.3 - Based on the following scriptures, I believe God wants me to enjoy perfect peace at all times.

(If you don't believe this core belief, you'll always wonder when it is ok to be nervous. That takes unnecessary time and wasted thinking. It is best to believe that peace is always available, then 'attack' anything that tries to rob you of peace!)

- 1) **Psalm 4:8** - I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.
- 2) **Psalm 15:5** – who lends money to the poor without interest; who does not accept a bribe against the innocent. Whoever does these things will never be shaken.
- 3) **Psalm 16:8** - I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.
- 4) **Psalms 23:1-3** The LORD is my shepherd, I shall not be in want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul.
- 5) **Psalm 27:1** - The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?
- 6) **Psalm 29:11** - The LORD gives strength to his people; the LORD blesses his people with peace.
- 7) **Psalm 37:11** - But the meek will inherit the land and enjoy great peace.
- 8) **Psalm 37:37** - Consider the blameless, observe the upright; there is a future for the man of peace.
- 9) **Psalm 85:8** - I will listen to what God the LORD will say; he promises peace to his people, his saints--but let them not return to folly.
- 10) **Psalm 91:1** - Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.
- 11) **Psalm 125:1** - Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.
- 12) **Prov. 1:33** - but whoever listens to me will live in safety and be at ease, without fear of harm.
- 13) **Prov. 3:17** - Her (Godly wisdom) ways are pleasant ways, and all her paths are peace.
- 14) **Prov. 3:23-24** - Then you will walk in your way securely and in confident trust, and you shall not dash your foot or stumble. When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.
- 15) **Prov. 10:23** - It is sport to a fool to do wickedness, but to have skillful and godly Wisdom is pleasure and relaxation to a man of understanding.
- 16) **Prov. 16:7** - When a man's ways are pleasing to the LORD, he makes even his enemies live at peace with him.
- 17) **Eccl. 11:10** - So then, banish anxiety from your heart and cast off the troubles of your body
- 18) **Isaiah 26:3** - You will keep him in perfect peace him whose mind is stayed on you.
- 19) **Isaiah 32:17** - The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever.
- 20) **Isaiah 32:18** - My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.
- 21) **Isaiah 48:18** - If only you had paid attention to my commands, your peace would have been like a river, your righteousness like the waves of the sea.
- 22) **Isaiah 54:10** - Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.
- 23) **Isaiah 54:13** - All your sons will be taught by the LORD, and great will be your children's peace.
- 24) **Isaiah 55:12** - You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.
- 25) **Isaiah 57:2** - Those who walk uprightly enter into peace; they find rest as they lie in death.
- 26) **Isaiah 57:19** - creating praise on the lips of the mourners in Israel. Peace, peace, to those far and near," says the LORD. "And I will heal them."

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- 27) **Jeremiah 33:6** - "Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.
- 28) **Hag. 2:9** - 'The glory of this present house will be greater than the glory of the former house,' says the LORD Almighty. 'And in this place I will grant peace,' declares the LORD Almighty."
- 29) **Mal. 2:5** - "My covenant was with him, a covenant of life and peace, and I gave them to him; this called for reverence and he revered me and stood in awe of my name.
- 30) **Mark 9:50** - "Salt is good, but if it loses its saltiness, how can you make it salty again? Have salt in yourselves, and be at peace with each other."
- 31) **Luke 1:79** - to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace."
- 32) **Luke 2:14** - "Glory to God in the highest, and on earth peace to men on whom his favor rests."
- 33) **Luke 21:19** (KJV) – In your patience, possess ye your souls.
- 34) **John 14:27** - Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
- 35) **John 16:33** - "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
- 36) **John 20:19** - On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!"
- 37) **Acts 10:36** - You know the message God sent to the people of Israel, telling the good news of peace through Jesus Christ, who is Lord of all.
- 38) **Rom. 2:10** - but glory, honor and peace for everyone who does good: first for the Jew, then for the Gentile.
- 39) **Rom. 5:1** - Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,
- 40) **Rom. 8:6** - The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;
- 41) **Rom. 14:17** - For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,
- 42) **Rom. 15:13** - May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
- 43) **1 Cor. 1:3** - Grace and peace to you from God our Father and the Lord Jesus Christ.
- 44) **1 Cor. 14:33** - For God is not a God of disorder but of peace. As in all the congregations of the saints,
- 45) **2 Cor. 1:2** - Grace and peace to you from God our Father and the Lord Jesus Christ.
- 46) **2 Cor. 13:11** - Finally, brothers, good-bye. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you.
- 47) **Gal. 1:3** - Grace and peace to you from God our Father and the Lord Jesus Christ,
- 48) **Gal. 5:22** - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.
- 49) **Eph. 2:14,15** - For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility, by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace,
- 50) **Eph. 2:16,17** - and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility. He came and preached peace to you who were far away and peace to those who were near.
- 51) **Eph. 4:3** - Make every effort to keep the unity of the Spirit through the bond of peace.
- 52) **Eph. 4:9** - Whatever you have learned or received or heard from me, or seen in me-- put it into practice. And the God of peace will be with you.
- 53) **Phil. 1:3** - Grace to you and peace from God our Father and the Lord Jesus Christ.

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- 54) Phil. 4:11,12** I am not saying this because I am in need, for I have learned to be content whatever the circumstances.
¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.
- 55) Philippians 4:6-9** "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you."
- 56) Col 1:20** - and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.
- 57) Col. 3:15** - Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.
- 58) 1 Thes. 1:1** - Paul, Silas and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace and peace to you.
- 59) 1 Thes. 5:13** - Hold them in the highest regard in love because of their work. Live in peace with each other.
- 60) 2 Thes. 3:16** - Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.
- 61) 2 Tim. 1:2** - To Timothy my true son in the faith: Grace, mercy and peace from God the Father and Christ Jesus our Lord.
- 62) 2 Thes. 2:2** – Pray for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.
- 63) James 1:25** - But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.
- 64) 2 Peter 1:2** - Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord.
- 65) Titus 1:4** - To Titus, my true son in our common faith: Grace and peace from God the Father and Christ Jesus our Savior.
- 66) Numbers 6:26** – The Lord turn his face toward you and give you peace.

The goal of speaking these verses is to 'drive home' the truth that God wants you to enjoy perfect peace at all times. We need to become so convinced of this that nothing could convince us otherwise. If we still have the slightest doubt that God wants us to live in constant peace, we need to keep reading these verses out loud until the belief becomes real to us.

Let's turn back to Page 19.

Belief No. 4

Belief No.4 - Based on the following scriptures, I believe I have an enemy, Satan, and his wicked host.

(In 1 Timothy 6:12, we read, "Fight the good fight of faith...". Here we see that the Christian life is a battle. It is a continuous fight for our faith. If we keep our faith intact, then our minds are kept at rest. If we succumb to the plots of our enemy, Satan, to undermine our faith, then we lose the peace and happiness God has for us, and life becomes difficult. You may not have a faith in God at this time. In that case, the enemy will try to steal your faith in yourself. He knows if he can steal your self-confidence, he can pull you down in every other aspect of your life. So beware of your enemy! Here are some other scriptures that support this belief that we have an enemy - Satan.)

- 1) **Gen. 3:1** - Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'"
- 2) **Gen. 3:4** - "You will not surely die," the serpent said to the woman. 5 "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."
- 3) **Gen. 3:14** - So the LORD God said to the serpent, "Because you have done this, "Cursed are you above all the livestock and all the wild animals! You will crawl on your belly and you will eat dust all the days of your life. 15 And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."
- 4) **Deut. 32:17** - They sacrificed to demons, which are not God-- gods they had not known, gods that recently appeared, gods your fathers did not fear.
- 5) **1 Chron. 21:1** - Satan rose up against Israel and incited David to take a census of Israel.
- 6) **Job 1:6** One day the angels came to present themselves before the LORD, and Satan also came with them.
- 7) **Job 2:3-7** - Then the LORD said to Satan, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil. And he still maintains his integrity, though you incited me against him to ruin him without any reason." 4 "Skin for skin!" Satan replied. "A man will give all he has for his own life. 5 But stretch out your hand and strike his flesh and bones, and he will surely curse you to your face." 6 The LORD said to Satan, "Very well, then, he is in your hands; but you must spare his life." 7 So Satan went out from the presence of the LORD and afflicted Job with painful sores from the soles of his feet to the top of his head.
- 8) **Ps. 106:37** - They sacrificed their sons and their daughters to demons.
- 9) **Zec. 3:1** - Then he showed me Joshua the high priest standing before the angel of the LORD, and Satan standing at his right side to accuse him. The LORD said to Satan, "The LORD rebuke you, Satan! The LORD, who has chosen Jerusalem, rebuke you! Is not this man a burning stick snatched from the fire?"
- 10) **Matt. 4:1-11** - Then Jesus was led by the Spirit into the desert to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry. 3 The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." 4 Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" 5 Then the devil took him to the holy city and had him stand on the highest point of the temple. 6 "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" 7 Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" 8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 "All this I will give you," he said, "if you will bow down and worship me." 10 Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" 11 Then the devil left him, and angels came and attended him.
- 11) **Matt. 4:24** - News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon- possessed, those having seizures, and the paralyzed, and he healed them.
- 12) **Matt. 8:28-33** (See Mark 5:2-20 for same story) - When he arrived at the other side in the region of the Gadarenes, two demon-possessed men coming from the tombs met him. They were so violent that no one could pass that way. 29 "What do you want with us, Son of God?" they shouted. "Have you come here to torture us before the appointed time?" 30 Some distance from them a large herd of pigs was feeding. 31 The demons begged Jesus, "If you drive us out, send us into the herd of pigs." 32 He said to them, "Go!" So they came out and went into the pigs, and the whole herd rushed down the steep bank into the lake and died in the water. 33 Those tending the pigs ran off, went into the town and reported all this, including what had happened to the demon-possessed men. 34 Then the whole town went

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out to meet Jesus. And when they saw him, they pleaded with him to leave their region. 9:32 While they were going out, a man who was demon-possessed and could not talk was brought to Jesus. 35 And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, "Nothing like this has ever been seen in Israel."

- 13) **Matt. 10:1** - He called his twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease and sickness.
- 14) **Matt.12:22** - Then they brought him a demon-possessed man who was blind and mute, and Jesus healed him, so that he could both talk and see.
- 15) **Matt. 12:24** - But when the Pharisees heard this, they said, "It is only by Beelzebub, the prince of demons, that this fellow drives out demons."
- 16) **Matt. 12:43-45** - "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. 44 Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. 45 Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation."
- 17) **Matt. 13:19** - When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in his heart. This is the seed sown along the path.
- 18) **Matt. 13:38** - The field is the world, and the good seed stands for the sons of the kingdom. The weeds are the sons of the evil one, 39 and the enemy who sows them is the devil. The harvest is the end of the age, and the harvesters are angels.
- 19) **Matt.17:14-18** - When they came to the crowd, a man approached Jesus and knelt before him. 15 "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. 16 I brought him to your disciples, but they could not heal him." 17 "O unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." 18 Jesus rebuked the demon, and it came out of the boy, and he was healed from that moment.
- 20) **Matt. 25:41** - "Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels.
- 21) **Mark 1:23-26** - Just then a man in their synagogue who was possessed by an evil spirit cried out, 24 "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are--the Holy One of God!" 25 "Be quiet!" said Jesus sternly. "Come out of him!" 26 The evil spirit shook the man violently and came out of him with a shriek.
- 22) **Mark 3:11** - Whenever the evil spirits saw him, they fell down before him and cried out, "You are the Son of God."
- 23) **Mark 3:22-26** - And the teachers of the law who came down from Jerusalem said, "He is possessed by Beelzebub! By the prince of demons he is driving out demons." 23 So Jesus called them and spoke to them in parables: "How can Satan drive out Satan? 24 If a kingdom is divided against itself, that kingdom cannot stand. 25 If a house is divided against itself, that house cannot stand. 26 And if Satan opposes himself and is divided, he cannot stand; his end has come.
- 24) **Mark 6:7** - Calling the Twelve to him, he sent them out two by two and gave them authority over evil spirits.
- 25) **Mark 7:25-30** - In fact, as soon as she heard about him, a woman whose little daughter was possessed by an evil spirit came and fell at his feet. 26 The woman was a Greek, born in Syrian Phoenicia. She begged Jesus to drive the demon out of her daughter. 27 "First let the children eat all they want," he told her, "for it is not right to take the children's bread and toss it to their dogs." 28 "Yes, Lord," she replied, "but even the dogs under the table eat the children's crumbs." 29 Then he told her, "For such a reply, you may go; the demon has left your daughter." 30 She went home and found her child lying on the bed, and the demon gone.
- 26) **Mark 9:17-29** - A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. 18 Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not." 19 "O unbelieving generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy to me." 20 So they brought him. When the spirit saw Jesus, it immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth. 21 Jesus asked the boy's father, "How long has he been like this?"

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"From childhood," he answered. 22 "It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us." 23 "If you can?" said Jesus. "Everything is possible for him who believes." 24 Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!" 25 When Jesus saw that a crowd was running to the scene, he rebuked the evil spirit. "You deaf and mute spirit," he said, "I command you, come out of him and never enter him again." 26 The spirit shrieked, convulsed him violently and came out. The boy looked so much like a corpse that many said, "He's dead." 27 But Jesus took him by the hand and lifted him to his feet, and he stood up. 28 After Jesus had gone indoors, his disciples asked him privately, "Why couldn't we drive it out?" 29 He replied, "This kind can come out only by prayer."

- 27) **Mark 9:38** - "Teacher," said John, "we saw a man driving out demons in your name and we told him to stop, because he was not one of us."
- 28) **Mark 16:9** - When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, out of whom he had driven seven demons.
- 29) **Mark 16:17** - And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues;
- 30) **Luke 4:2, 6** - where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. 6 And he said to him, "I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to."
- 31) **Luke 10:18** - He replied, "I saw Satan fall like lightning from heaven."
- 32) **Luke 4:33-35** - In the synagogue there was a man possessed by a demon, an evil spirit. He cried out at the top of his voice, 34 "Ha! What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are--the Holy One of God!" 35 "Be quiet!" Jesus said sternly. "Come out of him!" Then the demon threw the man down before them all and came out without injuring him.
- 33) **Luke 4:41** - Moreover, demons came out of many people, shouting, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew he was the Christ.
- 34) **Luke 8:28** - When he saw Jesus, he cried out and fell at his feet, shouting at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? I beg you, don't torture me!"
- 35) **Luke 9:37-42** - The next day, when they came down from the mountain, a large crowd met him. 38 A man in the crowd called out, "Teacher, I beg you to look at my son, for he is my only child. 39 A spirit seizes him and he suddenly screams; it throws him into convulsions so that he foams at the mouth. It scarcely ever leaves him and is destroying him. 40 I begged your disciples to drive it out, but they could not." 41 "O unbelieving and perverse generation," Jesus replied, "how long shall I stay with you and put up with you? Bring your son here." 42 Even while the boy was coming, the demon threw him to the ground in a convulsion. But Jesus rebuked the evil spirit, healed the boy and gave him back to his father.
- 36) **Luke 10:17** The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name."
- 37) **Luke 11:14** Jesus was driving out a demon that was mute. When the demon left, the man who had been mute spoke, and the crowd was amazed.
- 38) **Luke 11:15** - But some of them said, "By Beelzebub, the prince of demons, he is driving out demons."
- 39) **Luke 11:21** - "When a strong man, fully armed, guards his own house, his possessions are safe."
- 40) **Luke 13:16** - Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?"
- 41) **Luke 22:31** - "Simon, Simon, Satan has asked to sift you as wheat."
- 42) **John 8:44** - You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.
- 43) **John 13:2** - The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus.

- 44) **John 8:27** - As soon as Judas took the bread, Satan entered into him. "What you are about to do, do quickly," Jesus told him,
- 45) **John 10:20** Many of them said, "He is demon-possessed and raving mad. Why listen to him?"
- 46) **Acts 5:3** - Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land?"
- 47) **Acts 5:16** - Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by evil spirits, and all of them were healed.
- 48) **Acts 8:7** - With shrieks, evil spirits came out of many, and many paralytics and cripples were healed.
- 49) **Acts 13:10** - "You are a child of the devil and an enemy of everything that is right! You are full of all kinds of deceit and trickery. Will you never stop perverting the right ways of the Lord?"
- 50) **Acts 16:16-18** - Once when we were going to the place of prayer, we were met by a slave girl who had a spirit by which she predicted the future. She earned a great deal of money for her owners by fortune-telling. 17 This girl followed Paul and the rest of us, shouting, "These men are servants of the Most High God, who are telling you the way to be saved." 18 She kept this up for many days. Finally Paul became so troubled that he turned around and said to the spirit, "In the name of Jesus Christ I command you to come out of her!" At that moment the spirit left her.
- 51) **Acts 19:12-16** - so that even handkerchiefs and aprons that had touched him were taken to the sick, and their illnesses were cured and the evil spirits left them. 13 Some Jews who went around driving out evil spirits tried to invoke the name of the Lord Jesus over those who were demon-possessed. They would say, "In the name of Jesus, whom Paul preaches, I command you to come out." 14 Seven sons of Sceva, a Jewish chief priest, were doing this. 15 One day the evil spirit answered them, "Jesus I know, and I know about Paul, but who are you?" 16 Then the man who had the evil spirit jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding.
- 52) **Acts 26:18** - to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.'
- 53) **Rom. 16:20** - The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you.
- 54) **1Cor. 7:5** - Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.
- 55) **1Cor. 10:20,21** - No, but the sacrifices of pagans are offered to demons, not to God, and I do not want you to be participants with demons. 21 You cannot drink the cup of the Lord and the cup of demons too; you cannot have a part in both the Lord's table and the table of demons.
- 56) **2Cor. 2:11** - in order that Satan might not outwit us. For we are not unaware of his schemes.
- 57) **2 Cor. 11:3** - But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.
- 58) **2 Cor. 11:14** - And no wonder, for Satan himself masquerades as an angel of light. 15 It is not surprising, then, if his servants masquerade as servants of righteousness. Their end will be what their actions deserve.
- 59) **2 Cor. 12:7** - To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me.
- 60) **Eph. 2:2** - in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.
- 61) **Eph. 4:27** - and do not give the devil a foothold.
- 62) **Eph. 6:11-16** - Put on the full armour of God so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

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- 63) 1 Thes. 2:18** - For we wanted to come to you--certainly I, Paul, did, again and again--but Satan stopped us.
- 64) 1 Thes. 3:5** - For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter might have tempted you and our efforts might have been useless.
- 65) 2 Thes. 2:9** - The coming of the lawless one will be in accordance with the work of Satan displayed in all kinds of counterfeit miracles, signs and wonders,
- 66) 1 Tim. 1:20** - Among them are Hymenaeus and Alexander, whom I have handed over to Satan to be taught not to blaspheme.
- 67) 1 Tim. 3:6, 7** - He must not be a recent convert, or he may become conceited and fall under the same judgment as the devil. 7 He must also have a good reputation with outsiders, so that he will not fall into disgrace and into the devil's trap.
- 68) 1 Tim. 4:1** - The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons.
- 69) 1 Tim. 5:15** - Some have in fact already turned away to follow Satan.
- 70) 2 Tim. 2:26** - 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.
- 71) Heb. 2:14** - Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death--that is, the devil—
- 72) Jam. 2:19** - You believe that there is one God. Good! Even the demons believe that--and shudder.
- 73) Jam. 4:7** - Submit yourselves, then, to God. Resist the devil, and he will flee from you.
- 74) 1 Pet. 5:8,9** - Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.
- 75) 1 John 2:13** - I write to you, fathers, because you have known him who is from the beginning. I write to you, young men, because you have overcome the evil one. I write to you, dear children, because you have known the Father.
- 76) 1 John 3:8** - He who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work.
- 77) 1 John 3:10** - This is how we know who the children of God are and who the children of the devil are: Anyone who does not do what is right is not a child of God; nor is anyone who does not love his brother.
- 78) 1 John 3:12** - Do not be like Cain, who belonged to the evil one and murdered his brother. And why did he murder him? Because his own actions were evil and his brother's were righteous.
- 79) 1 John 5:18** - We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, and the evil one cannot harm him.
- 80) Jude 1:9** - But even the archangel Michael, when he was disputing with the devil about the body of Moses, did not dare to bring a slanderous accusation against him, but said, "The Lord rebuke you!"
- 81) Rev. 2:9-13** - I know your afflictions and your poverty--yet you are rich! I know the slander of those who say they are Jews and are not, but are a synagogue of Satan. 10 Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you the crown of life. 13 I know where you live--where Satan has his throne. Yet you remain true to my name. You did not renounce your faith in me, even in the days of Antipas, my faithful witness, who was put to death in your city--where Satan lives.
- 82) Rev. 2:24** - Now I say to the rest of you in Thyatira, to you who do not hold to her teaching and have not learned Satan's so-called deep secrets (I will not impose any other burden on you):
- 83) Rev.3:9** - I will make those who are of the synagogue of Satan, who claim to be Jews though they are not, but are liars--I will make them come and fall down at your feet and acknowledge that I have loved you.

- 84) Rev. 9:20** - The rest of mankind that were not killed by these plagues still did not repent of the work of their hands; they did not stop worshiping demons, and idols of gold, silver, bronze, stone and wood--idols that cannot see or hear or walk.
- 85) Rev. 12:9-12** - The great dragon was hurled down--that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him. 10 Then I heard a loud voice in heaven say: "Now have come the salvation and the power and the kingdom of our God, and the authority of his Christ. For the accuser of our brothers, who accuses them before our God day and night, has been hurled down. 11 They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death. 12 Therefore rejoice, you heavens and you who dwell in them! But woe to the earth and the sea, because the devil has gone down to you! He is filled with fury, because he knows that his time is short."
- 86) Rev. 20:1-10** - And I saw an angel coming down out of heaven, having the key to the Abyss and holding in his hand a great chain. 2 He seized the dragon, that ancient serpent, who is the devil, or Satan, and bound him for a thousand years. 3 He threw him into the Abyss, and locked and sealed it over him, to keep him from deceiving the nations anymore until the thousand years were ended. After that, he must be set free for a short time. 4 I saw thrones on which were seated those who had been given authority to judge. And I saw the souls of those who had been beheaded because of their testimony for Jesus and because of the word of God. They had not worshiped the beast or his image and had not received his mark on their foreheads or their hands. They came to life and reigned with Christ a thousand years. 5 (The rest of the dead did not come to life until the thousand years were ended.) This is the first resurrection. 6 Blessed and holy are those who have part in the first resurrection. The second death has no power over them, but they will be priests of God and of Christ and will reign with him for a thousand years. 7 When the thousand years are over, Satan will be released from his prison 8 and will go out to deceive the nations in the four corners of the earth- -Gog and Magog--to gather them for battle. In number they are like the sand on the seashore. 9 They marched across the breadth of the earth and surrounded the camp of God's people, the city he loves. But fire came down from heaven and devoured them. 10 And the devil, who deceived them, was thrown into the lake of burning sulfur, where the beast and the false prophet had been thrown. They will be tormented day and night for ever and ever.

This is an exhaustive list of verses that show us that Satan is a real entity. If after reading these verses you still doubt the reality of Satan, may we suggest you read these verses again (and perhaps out loud). If you do believe that Satan is real, try and detect his workings early-on in your life's problems, before your problems become unmanageable.

Let's turn back to Page 19.

Belief No. 5

Belief No.5 - Based on the following scriptures, I believe I have another enemy, my fleshly appetites.

(In 1 Timothy 6:12, we read, "Fight the good fight of faith...". Here we see that the Christian life is a battle. It is a continuous fight for our faith. If we keep our faith intact, then our minds are kept at rest. If we succumb to the plots of our enemy, Satan, to undermine our faith, then we lose the peace and happiness God has for us, and life becomes painful emotionally. Another enemy of the Christian can be the fleshly appetites of the physical body. They can crave things that are not good and can act as a distraction that takes our focus off of Christ and His plan for our lives. Allowing our fleshly appetites to have their way, negatively, in our lives, will lead us toward anxiety and defeat.)

- 1) **Romans 6:13** - Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.
- 2) **Romans 7:5** - For when we were controlled by the sinful nature, the sinful passions aroused by the law were at work in our bodies, so that we bore fruit for death.
- 3) **Romans 7:18** - I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.
- 4) **Rom 8:1-14** - There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. ²because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. ³For what the law was powerless to do in that it was weakened by the sinful nature God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, ⁴in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.
⁵Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; ⁷the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. ⁸Those controlled by the sinful nature cannot please God.
⁹You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. ¹⁰But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. ¹¹And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.
¹²Therefore, brothers, we have an obligation--but it is not to the sinful nature, to live according to it. ¹³For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, ¹⁴because those who are led by the Spirit of God are sons of God.
- 5) **Gal. 5:16-25** - So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. ¹⁷For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. ¹⁸But if you are led by the Spirit, you are not under law.
¹⁹The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.
²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit.
- 6) **Eph. 4:22-24** - You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

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- 7) **1 Pet. 1:14-16** - As obedient children, do not conform to the evil desires you had when you lived in ignorance. ¹⁵But just as he who called you is holy, so be holy in all you do; ¹⁶for it is written: "Be holy, because I am holy.
- 8) **1 John 3:5-9** - But you know that he appeared so that he might take away our sins. And in him is no sin. ⁶No one who lives in him keeps on sinning. No one who continues to sin has either seen him or known him. ⁷Dear children, do not let anyone lead you astray. He who does what is right is righteous, just as he is righteous. ⁸He who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work. ⁹No one who is born of God will continue to sin, because God's seed remains in him; he cannot go on sinning, because he has been born of God.

The goal of speaking these verses is to 'drive home' the truth that your flesh, when it is unrestrained, will hinder your life. If you still have the slightest doubt of this, may we recommend you keep reading the verses out loud until the belief becomes real to you.

Let's turn back to Page 19.

Belief No. 6

Belief No.6 - Based on the following scriptures, I believe God wants me to enjoy good physical health.

This can be a difficult mindset because so many people who pray for healing don't get healed. This is a mystery. However, we know that God responds to faith. Whenever Jesus healed someone, the scriptures say, or imply, that Jesus marvelled at the person's faith. That is what we want Jesus to say of us – that He marvels at our faith! Thus, the purpose of saying these verses is to help us keep our faith strong while we wait for God to move in our situation. By doing this, we will enjoy peace while we wait!

- 1) **Exodus 15:26** - And said, If you will diligently listen to the voice of the Lord your God, and will do that which is right in his sight, and will give ear to his commandments, and keep all his statutes, I will put none of these diseases upon you, which I have brought upon the Egyptians: for I am the Lord that heals you.
- 2) **Psalms 30:2** - LORD my God, I called to you for help, and you healed me.
- 3) **Psalms 103:3** - Who forgives all your iniquities; who heals all your diseases.
- 4) **Psalms 107:20** - He sent his word, and healed them, and delivered them from their destructions.
- 5) **Proverbs 3:8** - This will bring health to your body and nourishment to your bones.
- 6) **Proverbs 4:20-22** - My son, attend to my words; incline your ear to my sayings. Let them not depart from your eyes; keep them in the midst of your heart. For they are life unto those that find them and health to all their flesh.
- 7) **Proverbs 10:27** - The reverent and worshipful fear of the Lord prolongs one's days, but the years of the wicked shall be made short.
- 8) **Isaiah 53:4-5 NKJV** - Surely He has borne our grief's and carried our sorrows; Yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.
- 9) **Jeremiah 17:14** Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise.
- 10) **Jeremiah 30:17** But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares.'
- 11) **Jeremiah 33:6** Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.
- 12) **Hosea 6:1** "Come, let us return to the LORD. He has torn us to pieces but he will heal us; he has injured us but he will bind up our wounds.
- 13) **Malachi 4:2** "Not a root or a branch will be left to them. ² But for you who revere my name, the sun of righteousness will rise with healing in its rays.
- 14) **Matt. 4:23-24 NKJ** - Now Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people. Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them.
- 15) **Matt. 8:7-8,13 NKJ** - And Jesus said to him, "I will come and heal him." The centurion answered and said, "Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed." Then Jesus said to the centurion, "Go your way; and as you have believed, so let it be done for you." And his servant was healed that same hour.
- 16) **Matt. 8:15-17 NKJ** And He touched her hand, and the fever left her. Then she arose and served them. When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: "He Himself took our infirmities and bore our sicknesses."
- 17) **Matt. 9:35 NKJ** And Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people.
- 18) **Matt. 12:10,13 NKJ** And behold, there was a man who had a withered hand. And they asked Him, saying, "Is it lawful to heal on the Sabbath?" -- that they might accuse Him. Then He said to the man, "Stretch out your hand." And he stretched it out, and it was restored as whole as the other.

- 19) **Matt. 12:15** NKJ But when Jesus knew it, He withdrew from there; and great multitudes followed Him, and He healed them all.
- 20) **Matt. 12:22** NKJ Then one was brought to Him who was demon-possessed, blind and mute; and He healed him, so that the blind and mute man both spoke and saw.
- 21) **Matt. 14:14** NKJ And when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick.
- 22) **Matt. 15:28** NKJ Then Jesus answered and said to her, "O woman, great is your faith! Let it be to you as you desire." And her daughter was healed from that very hour.
- 23) **Matt. 15:30** NKJ Then great multitudes came to Him, having with them those who were lame, blind, mute, maimed, and many others; and they laid them down at Jesus' feet, and He healed them.
- 24) **Matt. 19:2** NKJ - And great multitudes followed Him, and He healed them there.
- 25) **Matt. 21:22** - Whatever you ask for in Prayer with faith you will receive.
- 26) **Mark 1:34** NKJ - Then He healed many who were sick with various diseases, and cast out many demons; and He did not allow the demons to speak, because they knew Him.
- 27) **Mark 3:10** NKJ 10 For He healed many, so that as many as had afflictions pressed about Him to touch Him.
- 28) **Mark 6:5-6** NKJ 5 Now He could do no mighty work there, except that He laid His hands on a few sick people and healed them. And He marvelled because of their unbelief. Then He went about the villages in a circuit, teaching.
- 29) **Matt. 11:28-30** Jesus replied, "Go back and report to John what you hear and see: ⁵The blind receive sight, the lame walk, those who have leprosy^[a] are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor.
- 30) **Mark 16:18** they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well."
- 31) **Luke 4:18** NKJ - "The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor. He has sent Me to heal the broken hearted, to preach deliverance to the captives and recovery of sight to the blind, to set at liberty those who are oppressed,"
- 32) **Luke 4:40** NKJ - Now when the sun was setting, all those who had anyone sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them.
- 33) **Luke 5:15** NKJ - Then the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities.
- 34) **Luke 6:17-19** NKJ - And He came down with them and stood on a level place with a crowd of His disciples and a great multitude of people from all Judea and Jerusalem, and from the seacoast of Tyre and Sidon, who came to hear Him and be healed of their diseases, as well as those who were tormented with unclean spirits. And they were healed. And the whole multitude sought to touch Him, for power went out from Him and healed them all.
- 35) **Luke 8:43,44,47,48** NKJ - Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, came from behind and touched the border of His garment. And immediately her flow of blood stopped. Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately. And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace."
- 36) **Luke 9:11** NKJ - But when the multitudes knew it, they followed Him; and He received them and spoke to them about the kingdom of God, and healed those who had need of healing.
- 37) **Luke 9:42** NKJ - And as he was still coming, the demon threw him down and convulsed him. Then Jesus rebuked the unclean spirit, healed the child, and gave him back to his father.
- 38) **Luke 13:11-16** NKJ - And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are

loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day." The Lord then answered.... "So ought not this woman, being a daughter of Abraham, whom Satan has bound --think of it -- for eighteen years, be loosed from this bond on the Sabbath?"

- 39) Luke 14:3-4 NKJ** - And Jesus, answering, spoke to the lawyers and Pharisees, saying, "Is it lawful to heal on the Sabbath?" But they kept silent. And He took him and healed him, and let him go.
- 40) Luke 17:12-15 NKJ** - Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. And they lifted up their voices and said, "Jesus, Master, have mercy on us!" So when He saw them, He said to them, "Go, show yourselves to the priests." And so it was that as they went, they were cleansed. Now one of them, when he saw that he was healed, returned, and with a loud voice glorified God.
- 41) Luke 22:50-51 NKJ** - And one of them struck the servant of the high priest and cut off his right ear. But Jesus answered and said, "Permit even this." And He touched his ear and healed him.
- 42) Acts 3:12** When Peter saw this, he said to them: "Fellow Israelites, why does this surprise you? Why do you stare at us as if by our own power or godliness we had made this man walk?"
- 43) Acts 4:29-31** "Now, Lord, consider their threats and enable your servants to speak your word with great boldness. ³⁰Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus." ³¹After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.
- 44) Acts 10:38** - How God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him.
- 45) 1 Cor. 12:9** Now to each one the manifestation of the Spirit is given for the common good. ⁸To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, ⁹to another faith by the same Spirit, to another gifts of healing by that one Spirit, ¹⁰to another miraculous powers, to another prophecy,
- 46) James 5:14-16** ¹⁴Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.
- 47) 1Peter 2:24** - Who his own self bore our sins in his body on the tree, that we, being dead to sin, should live unto righteousness, by whose stripes we were healed.
- 48) 3 John 1:2** - Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

The goal of speaking these verses is to 'drive home' the truth that God wants us to enjoy good physical health. We need to become so convinced of this that nothing could convince us otherwise. If we still have the slightest doubt that God wants us well physically, we need to keep reading these verses out loud until the belief becomes real to us.

Let's turn back to Page 19.

Tip #1: 'Stop - Be Still'

'Stop'

If you've been trying hard to make life work and things aren't working out, sometimes it is good to just stop. But what does the average person do? They keep trying and trying until they exhaust themselves physically and emotionally. Life was never meant to be so difficult, but quite often we make it so because of our ignorance.

So, when life gets really hard, it is good to **Stop**. We're not quitting, we're just stopping for a while to assess and review our strategies. But what does 'Stop' mean to you in your situation? Perhaps it means to stop actions leading to a divorce or a job resignation. Maybe it means just cut back on commitments, or work less over-time, maybe even stop working all together for a little while. Whatever it may be, you are going to have to stop and confront the problem, knowing that with God's help, you can overcome it.

'Stopping' In The Scriptures

One incident in the scriptures, of a person feeling the need to stop was Mary, the sister of Martha. In Luke Chapter 10 we read how Jesus went to Mary and Martha's house to visit and teach. And Mary chose to simply stop and sit at Jesus' feet, to hear Him teach. When her sister Martha complained to Jesus that her sister was not helping her to prepare food for the people, Jesus told Martha that what Mary chose to do was the correct thing to do. Mary chose to 'stop and be still', and it gave her favour with Jesus and God.

Question 1: What is your favourite place in your home, a place that you can stop each day and learn from the scriptures?

Another incident in scripture of a person feeling the need to stop was Saul of Tarsus. In Acts Chapter 8 and 9, we see that he was living his life passionately for God (or so he thought). Following closely to the religious teachings of the day, he was zealously imprisoning anyone who was a follower of Jesus Christ. Then one day Jesus got his attention with a bright light that knocked him off his horse! And then he heard an audible message from God. This caused him to stop what he was doing, and reflect. How did he 'become still'? Scripture records that he neither ate nor drank for 3 days, until he began to get direction from God as to what he should do. And as he waited, direction came. Saul (who later became the great apostle Paul), chose to 'stop and be still', and it served him well.

Question 2: Have you ever had a time in your life where God stopped you dead in your tracks to get your attention? How did you respond?

Another incident was after Jesus Christ had been crucified. He arose from the dead and showed Himself to His followers, and gave them these instructions in Luke 24:49: "Stay in the city *until* you have been clothed with power from on high." And so in obedience, the followers of Christ met in a large upper hall, and were fasting and praying. They were 'stopping', and as they stopped, as recorded in Acts Chapter 2, God's Holy Spirit descended and visited them with His power, and completely transformed their lives. From then on they began preaching and teaching the Word of God. The 120 in the upper room chose to 'stop and be still' and it transformed their lives.

Question 3: Have you ever attended a spiritual retreat, or simply set aside a sizable block of time to focus on God and sense His presence, or felt you received specific direction in your life?

Final Note On 'Stop'

Above, we have discussed the importance of 'stopping' in the form of taking time in your day to rejuvenate your spirit. But 'stop' can also be used whenever you feel anxiety coming on. When this happens, we can just stop what we are doing and pray a quick prayer such as: "*Dear God, anxiety is building up inside of me. Please show me what is causing it so I can disarm it and go back to a place of peace and calm.*" If anxiety has been such close companion to you that you don't even flinch when it tries to come in, we challenge you to begin recognizing it in its early stages, and confront it this way.

'Be Still'

In many cases, anxiety compels us to take on bad habits, habits that only bring temporary relief to our emotional pain. People do many different things to bring that relief - some good, some not so good. But even good things, when done in excess, are not good for us. Again we must see what our natural reactions are making us do. If they are deemed as unhealthy, we must make it our goal to stop this behaviour. Not only do we want to stop this behaviour, we should set our sights on learning how to *be still*. The goal of taking time to be still in our actions, is to learn how to be still in our thinking. For it is when our hearts are at rest, that we are the most able to sense in which direction would be best for us to go. In what ways can we become still in our actions?

Constructive Actions When 'Being Still'

A. Bible Reading

Develop a consistent time of Bible reading. It can also be a time where you praise and worship God.

2 Timothy 2:15 "Study to show yourself approved unto God, a workman that needs not to be ashamed, rightly dividing the word of truth."

B. Prayer

Develop a consistent time of prayer. Also practice pausing momentarily throughout your day to pray.

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

C. Study

While in your recovery, take time to use teaching aids (ie. teaching tapes, video lessons, book reading etc.)
Proverbs 4:7 Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding.

'Being Still' In Other Ways

D. Speech

One important way we can become 'still', is in the amount of speaking we do. Throughout the Book of Proverbs, it talks about the importance of watching our words, and the fact that our words have creative power, either for good or for bad in our lives. For some people, parts of their personality is unknowingly anxiety-driven, making life difficult for them, and sometimes unpleasant for those who have to listen to them. From this point on, be an observer of people. Listen to how they talk, then listen to your own words. Try to discern proper communication from improper communication, and become committed to be a person whose words are pure and productive. The Bible says in Proverbs 25:11: "A word fitly spoken is like apples of gold in pictures of silver." Using restraint in our words is an important way to become 'still', and one that is sure to make life easier.

Question 4: Do you consider yourself as someone who talks too much?

E. Motives

Another way you can practice being still is in your motives. Quite often we have an agenda of what we want to see happen in our lives, and we sometimes go to great lengths to manipulate events and people to get what we want. That can cause excessive thinking and scheming, thus keeping us out of a state of constant peace. In life, it is good to generally know where you want to go, but not try overly hard to reach these goals. Strive to be a person who is flexible. Things may not always go the way you want them, but if you leave them in God's Hands, you'll find God gets you to where you should be in due time anyway. Become ready to be 'still' in your motives and life will go easier.

Question 5: Do you consider yourself to be someone who always has to be in control of your situations?

F. Diet

Another way for us to become 'still', is in our diet. Whenever we make an effort to limit the amount of food we eat for spiritual reasons, we position ourselves for receiving a blessing from God. Often, people who do fast a meal or more for spiritual reasons, take the time they would have spent eating and used that time to pray and seek God.

Question 6: Do you practice fasting as a way to find more answers to problems in your life?

G. Judgmentalism

Another way for us to become 'still' is in our tendency to pass judgement of people. Probably, the single biggest cause of people's depression and anxiety is that they are judgemental. It's alright to pass judgment *on an action*, but never judge *the person*. We are all prone to doing things wrong, and we all have done things that were wrong. So, how can we point a finger and judge someone? The best thing we can do is to help the people who have hurt us, to see the consequences of what they are doing to us, and perhaps help them see *why* they are doing it. Sometimes, when people see the overall picture, they stop doing what they are doing. Indeed, burning in anger toward people is not the answer, and it prevents us from 'being still'.

Question 7: Do you find that you pass judgment on people?

'Being Still' In The Scriptures

In Exodus 20 we read a well-known Bible command for us to 'be still'. Among the Ten Commandments in verse 8 we read:

"Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the LORD your God. On it, you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."

In the fast-paced lifestyle we live in, it is easy to stay busy 7 days a week. But that is not good for us. God recommends that we take one day, out of seven, to 'be still'.

Question 8: Do you have one day each week where you do very little but rest?

Here are some verses related to being still:

Isaiah 40:31 *"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."*

2 Chronicles 20:17 says, *"You shall not need to fight in this battle: set yourselves, stand still, and see the salvation of the LORD with you, O Judah and Jerusalem: fear not, nor be dismayed; tomorrow go out against them: for the LORD will be with you."*

Psalms 4:4 says, *"Stand in awe, and sin not: commune with your own heart upon your bed, and be still."*

Psalms 46:10 says, *"Be still, and know that I am God:"*

Hindrances To 'Stopping & Being Still'

There can be many hindrances to 'stopping', but they are sometimes caused by anxiety. Life's problems (and sometimes life's enjoyments), get us reacting to them and we don't know how to stop. With this understanding, begin to be sensitive to the things that upset you, and write them down. These are the triggers you will need to focus on in your recovery, and learn how to disarm them so they no longer control you.

Question 9: Knowing your own weaknesses, what do you think will get in the way of you practicing Tip One – Being Still?

Tip #2 - Admit You Have A Problem In Your Emotions

This can be a difficult step for some people because it suggests that they have a problem in an area that is sometimes looked down upon by people. Some people equate emotional disorders with 'weakness', and therapy and medication with 'crutches'. But consider this: How many people could enjoy life if they couldn't smoke cigarettes or drink coffee? Wouldn't cigarettes and coffee be considered crutches? Again, how many people could enjoy life if they didn't have their favourite alcohol beverage or recreational drugs? Wouldn't alcohol and recreational drugs be considered crutches? How many people could enjoy life if they couldn't gamble? How many people could enjoy life without extramarital affairs or viewing pornography? Wouldn't all these be considered 'crutches'? If you think about it, we all use crutches in some form. And when we see that, we become less prone to pass judgment on those who need medication for depression or anxiety.

Question 1: Do you know somebody who ridicules people who struggle with depression or anxiety, or do you assume that many people look down upon those who struggle with their emotions?

Although most people don't pass judgment on people who struggle emotionally, they may pass judgement on a person who refuses to admit they have a problem; even when the evidence has been plainly, and lovingly laid out. In this case, the problem goes from a *weakness* to *stubbornness*. And stubbornness can be a character trait that works contrary to peace and happiness.

Question 2: Do people who know you tell you, that you can be stubborn?

Question 3: Can you think of an instance where stubbornness has negatively impacted your life?

'Admitting' In The Bible

In 2 Samuel Chapter 11 & 12 we read the account of King David, who should have been leading his country in fighting wars, but was at home, and got involved in an affair with a married man's wife. She became pregnant by him, and this caused a deep problem for King David. King David chose to try and cover up his sin by having the husband of the woman he slept with killed. This displeased God very much. King David had spun such a tangled web of sin and shame, he could no longer see himself as he was. God had to send King David a prophet named Nathan who opened his eyes to the sin he committed. This was a terrible blow to David's heart for he had walked very closely with God prior to that. For him to allow such sin into his life was overwhelming.

King David reached a point where he admitted he had done wrong. And in the 51st Psalm, David writes a beautiful passage outlining his grief at what he had done, and a heart-felt plea for God to cleanse him of his sin and restore his relationship to Him. King David chose to admit he was wrong, and restoration came between he and God.

Question 4: Have you ever made your life so complicated by trying to cover up what you've done wrong?

In the Book of Job, we read how a wonderful man of God became tested in his faith when, in a single day, he lost his children, his servants and his livestock! This was too much for Job to take. He didn't know how to respond. And, like most of us, he got to a point where he began blaming God for his problems. It was at this point that God communicated with Job and told him in what areas he was going wrong. At once, Job admitted his errors and repented. And not long after, God began restoring all that Job had lost. In fact, job ended up with twice as much as he had before! When Job found out that he was wrong, and he repented, events in his life began to work in his favour.

Question 5: Have you ever apologized for mistakes you've made and watched your life improve again?

The Book of Jonah is a beautiful story that illustrates God's amazing grace. And, even for those who live contrary to his ways. In it, we read an interesting story of how a prophet named Jonah was told by God to go to the city of Nineveh to tell them to repent of their sinful lifestyles. But Jonah refused to obey God, and he went in another direction away from Nineveh. As Jonah was on a ship going away from Ninevah, a severe storm came upon them. All the men were scared for their lives, and each man prayed to their own god to rescue them. But interestingly, while everybody else was terrified for their lives, Jonah, the man of God, was in the hull of the boat fast asleep. The captain woke him and said to Jonah, "How can you sleep? Get up and pray to your God! But Jonah refused. Then by casting lots the crew found out it was Jonah's fault that the storm came upon them, so they threw him over-board. But God had mercy on Jonah and sent a big fish to

swallow him and there he stayed for 3 days and 3 nights. Then finally Jonah began to pray a prayer of repentance, he realized his days of grace were numbered. God finally saved Jonah's life by causing the big fish to vomit Jonah out of his mouth onto dry land. At this point Jonah went to Nineveh and preached the message God wanted him to. Realizing that he was doing wrong by not obeying God, Jonah repented and obeyed God and things went well for him and for Nineveh.

In **1 John Chapter 1**, we see the well-known verses on how eager God is to forgive us when we sin, and that all we need to do is admit we are wrong, and humbly ask for forgiveness. In Verse 9 it says, *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."* For us to become healed emotionally, we need to get honest with ourselves and with God, and admit where we went wrong and go in the other direction (repent).

Question 6: Have friends (or even enemies) commented on the state of your emotions? How did you respond to them?

Who's Causing The Problem?

As we learned above, it can be difficult to admit we have a problem in our emotions. What can be equally troubling is realizing and admitting that it is *we* who are causing our own emotional distress. Our difficulties tempt us to believe that it is 'the situation' or 'the person' who is causing our unrest, but that is only the surface problem. The root problem is our improper response to the problem. That is good news, because that means we can have peace, even in the most dyer of circumstances. Indeed, our happiness depends solely on our ability to discern what the true problem is, and then to respond to that problem appropriately.

Question 7: Have you ever blamed other people, or situations, for your emotional unrest? Can you give us an example?

(Note: Mood disorders can have many causes and features. If we learn to respond to situational problems more constructively, this can be helpful in the "thinking" part of the disorder, which can then make us feel better. We also need to take care of all of the other causes and features that apply to us. This may include medical things (for example, food and nutrition, supplements or vitamins, medication, and treating any other disorders that we have). We also need to attend to our physical body (for example, physical activity, bodywork like massage or chiropractic, light therapy, etc.) We also need to address our social, emotional, vocational, and intellectual needs – we cannot become whole if we don't treat all of ourselves. However, that is beyond the scope of this program. This program is designed to give you support and skills for the spiritual area of your life. Just as people who do a bit of physical activity or who get out sometimes feel their mood improve, we hope that working on your spiritual life will help you benefit in other areas as well.)

Problems And Their Resolutions

By taking an honest look at our problems, we can see how our responses to them, either made the problem worse, or brought resolution. Often what prevents us from resolving them quickly is our tendency to try and figure out the answer on our own. The Bible cautions us not to do this.

Prov. 3: 5-6 *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."*

Question 8: Can you tell us of a situation in life where you leaned on your own understanding to resolve it but it turned out to be the wrong response.

Indeed, God gave us our intellect to think and reason, but quite often our limited understanding and perspective on problems prevents us from figuring out the most appropriate response to our problem. Thus, we need to connect our knowledge with other peoples knowledge or with God's knowledge, through prayer or Bible reading.

People and Their Problems In The Bible

In life, we find ourselves in deeper trouble because of our improper responses to problems, and the people in the Bible are no different. It records situations where people responded poorly to problems in their lives, and shows how the problem got worse because of their poor response.

King David And Bathsheba

We have already looked at how King David sinned with Bathsheba and how it led him astray in his life. Because David leaned on his own understanding, it cost him the life of a very good and loyal soldier, Bathsheba's husband. It also cost him the life of the child that was born to he and Bathsheba. But as if that was not enough loss, it no doubt cost David and Bathsheba great sadness whenever they reflected on their sin and the final outcome of it. Had he admitted his sin right from the start, he could have avoided some of the loss he sustained.

Jonah And The People Of Ninevah

We've also looked at Jonah's story, but it is good to reflect on what got Jonah into trouble. Jonah did not like the people of Ninevah, and he thought he could get away from doing his job. Jonah's incorrect response to his problem almost sank a ship, as well as almost cost the lives of those on board. His rebellion toward God, and his judgmentalism toward the Ninevites, also cost him his peace and happiness. Let's read.

Jonah 3:10 - 4:3 *When God saw what they (the people of Nineveh) did and how they turned from their evil ways, he had compassion and did not bring upon them the destruction he had threatened. But Jonah was greatly displeased and became angry. He prayed to the LORD, "O LORD, is this not what I said when I was still at home? That is why I was so quick to flee to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. Now, O LORD, take away my life, for it is better for me to die than to live."*

Looking at this story it would have been easier for Jonah to not care who he was to speak his messages from God to, and simply do his job. But Jonah had his own opinion of what he should do, and it got him into trouble.

Question 9: Can you think of a time at your job where your supervisor asked you to do a job, but you thought you knew better and did something else? How did it turn out?

The True Origin Of Problems

Many times we fail to recognize the true origin of our problems. In some cases, we allow ourselves to get caught up in a battle that we could have easily avoided, had we been more discerning. The Bible cautions us on getting too wrapped up in the things of this life. The apostle Paul says it in this way:

2 Timothy 2:4 *No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier. NKJV*

This is one of the many verses that compare the Christian life to a *warfare*. If the Christian life is a war, then who are we fighting against? There is one main enemy to mankind, and that is Satan. The Bible says he tried to use his authority as the head angel to dethrone God (Isaiah 14), and become God himself. Because of this act of treason God banished him out of heaven and into the earth, both he and one third of the angels. Thus we have Satan (the devil), and demons (fallen angels), who are actively trying to steer people away from God, and the blessings God wants them to have. The way the devil does this is very simple - with lies. If he can convince you that God doesn't love you, or that God's grace toward you has come to an end, then he has your peace of mind. Given further permissions, he can even have control of the actions of your physical body.

Question 10: Can you think of anyone, living or deceased, whose actions may have been controlled by Satan?

Satan uses lies to confuse and control people. The Bible verse in John 8:44 best describes this:

John 8:44 *(Jesus speaking) "You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies."*

2 Cor. 11:3 *"But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ."*

Question 11: Knowing that Satan uses lies to upset our lives, what lies do you think he may be using to hurt you? Below are some of the more common lies:

- 1) I need to change my bodily features to be happy and accepted. (eg. weight changes or cosmetic surgery.)
- 2) I need to act a certain way to be happy and accepted. (eg. "I need to be the life of the party.")
- 3) Nobody would want to be my friend.
- 4) I need to have a spouse to be happy.
- 5) I could never be good enough to be somebody's spouse.
- 6) I could never be happy with my spouse.
- 7) I could never be happy without this person. (eg. A loved one who passes away)
- 8) I'll never have what it takes to be gainfully employed.
- 9) I could never be happy in my job.
- 10) I'll never progress past the level of success I now have or did have.
- 11) My past is so bad, I'll never recover from my emotional scars.
- 12) God doesn't love me.
- 13) I need money or things to be happy.
- 14) I'll never be healed physically.
- 15) I need to be loved and accepted to be happy.
- 16) I could never break free from my addiction.

Not only is Satan a liar, but he is also referred to as a thief. Below is one of the most popular verses in the Bible.

John 10:10 (Jesus speaking) *"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."* NKJV

Satan is out to steal whatever he can - your health, your money, your possessions, but most of all - your peace, because that is the gateway to your life. He knows if he can steal your peace, then with enough life stresses, he has a chance at stealing your life, through self-destruction. That is the ultimate 'win' for him. He knows that nothing grieves the heart of a gift-giver (God) more, than to have the person He gives the great gift of life to, to throw it back in His face. But we can stop Satan from stealing from us, the way Jesus stopped him. See the verses below.

Matthew 4:1-11 *"Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.' "*

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: " 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.' "

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.' "

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.' "

Then the devil left him, and angels came and attended him.

How did Jesus stop Satan from affecting His life? - Through the Word of God. Jesus knew God's Word and he used it like a sharp sword to cut through the lies and tricks of Satan. The devil wanted to shorten the fast that Jesus was on, but Jesus said, "It is written: *Man does not live on bread alone, but on every word that comes from the mouth of God.*" Then the devil tried to make Jesus commit suicide. But Jesus said, "It is also written: *'Do not put the Lord your God to the test.'*" Then the devil tried to get Jesus to switch allegiance from Father God to him, Satan. But Jesus said, "Away from me, Satan! For it is written: *'Worship the Lord your God, and serve him only.'*" And the same goes for us. If we get doubts in

our minds that our health is depleting or that God hasn't forgiven us, we say, "No, it is written in **Psalm 103:3** - "*Who forgives all our iniquities; who heals all your diseases.*" Or if we get doubts that God no longer loves us, we say, "No, for it is written in **1 John 4:16** - "*And so we know and rely on the love God has for us.*" Or, if we get doubts that God won't come through for our financial needs, we say, "No, for it is written in **Phil 4:19** - *But my God shall supply all your need according to his riches in glory by Christ Jesus.*" By holding tightly to our core beliefs of who God says he is, we keep ourselves at rest, trusting God to keep His Word to, we, his children. Just as Jesus used God's Word to defend himself, God urges *us* to have a command of His Word too, and use it to defend ourselves in moments of temptation.

Question 11: Knowing that we are to use God's Word to defend ourselves in times of trouble, how do you think you would use it to defend yourself in your current problem?

Not only is Satan referred to as a liar and a thief, he is also referred to as a lion.

1 Peter 5:8 "*Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*"

The devil is looking for any opening in our lives, that we give him, to gain entry into our affairs. That is why it is so important to try to live a life that is above criticism. Granted, when we first come to Christ, God's grace pours upon us in abundance, and He covers the erroneous areas of our lives. But after a while God's Holy Spirit will begin to point out areas in our lives that need to be improved. It is at these times that we gather our strength and our will, and if need be, the help of other believers, to live the kind of life God wants us to, free from sin. In this way, we will walk in step with the Spirit and be less susceptible to the attacks of Satan.

Question 12: If you have been walking with God for some time now, can you tell us of an area in your life that you feel God wants you to improve?

Our Response To Problems

One of the uniquely refreshing aspects of Christianity is the attitude we adopt when facing challenges in our lives. The following verses speak for themselves:

John 16:33 "*These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.*" NKJV

We can be of good cheer in the midst of problems.

1 Thes. 5:18 "*Give thanks in all circumstances, for this is God's will for you in Christ Jesus.*"

We are to be continually thankful.

Rom. 5:3 "*Not only so, but we also rejoice in our sufferings*"

And why should we rejoice in our sufferings? *Verses 4 says, "because we know that suffering produces perseverance; perseverance, character; and character, hope."*

James 1:2 "*Consider it pure joy, my brothers, whenever you face trials of many kinds.*"

Again, why should we count it all joy? *Verses 3 & 4 say, "because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."*

Rom. 8:18 "*I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.*"

Paul tells us that problems aren't even worth thinking about, compared to the glory that awaits us in heaven.

To the Christian, problems aren't really problems, but rather *challenges*. Problems don't have to be things that get us depressed. But that can only happen when we keep our spiritual focus on God and His Word. Don't be like Peter (**Matt. 14:23-32**) when he was walking on the water with Jesus. He began looking at the wind and the waves, and he began to sink. Rather, keep your thoughts on the promises of God's Word. Be resolute about what you want to see happen in your

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life. Stay hopeful, and trusting. Remember, our job as Christians is to believe. It is God's job to see to it that our prayers get answered. And the only way to truly believe, is to be hopeful and trusting. (And eventually optimistic). So don't be disturbed by problems, stay in control of your responses to your problems and you will keep your peace of mind no matter what challenges come your way!

Question 13: Can you tell us of a recent problem in your life and how you reacted to it? Was it positive or negative?

Final Note

Is *realizing* and *admitting* that we have a problem in our emotions, a life sentence of unhappiness? Not at all. For just as it is when a person breaks a leg, the doctor will tell them not to put any weight on their leg for the next little while, similarly when you experience an 'emotional break', don't put any weight on your emotional system for the next few months. For now, try and get by with being more of an observer of life, rather than a participator, so you can devote yourself to the healing of your emotions. The good news about a broken limb the doctors tell us, is that the limb will never break again in the same place. Somehow when it heals, it becomes stronger than it was *before* it was broken. The same is true about emotional healings. Once you take the time to dissect your harmful beliefs and correct them, you become a person far stronger than you were before the problems began. In fact, you become a person far stronger than most other people. Not only that, you become someone knowledgeable, and possibly able to help others with their emotional problems. So fear not! Be willing to admit when you need help.

Tip #3 - Disarm The Shame

As stated in Tip #2, emotional illnesses can carry somewhat of a stigma. Thus, in order for us to proceed efficiently in our recovery we are going to have to disarm any shame that would try and hinder us from reaching out for help. Let's look at some Bible verses below that show us it is God's will for us to live free of shame.

Psalm 25:3 *No one whose hope is in you will ever be put to **shame***

Psalm 31:1 *In you, O LORD, I have taken refuge; let me never be put to **shame**;*

Psalm 34:5 *Those who look to him are radiant; their faces are never covered with **shame**.*

Psalm 119:80 *May my heart be blameless toward your decrees, that I may not be put to **shame**.*

Isaiah 54:4 *Do not be afraid; you will not suffer **shame**. Do not fear disgrace; you will not be humiliated. You will forget the **shame** of your youth and remember no more the reproach of your widowhood.*

Isaiah 61:7 *Instead of their **shame** my people will receive a double portion, and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs.*

Jeremiah 17:18 *Let my persecutors be put to **shame**, but keep me from **shame***

Joel 2:26 *You will have plenty to eat, until you are full, and you will praise the name of the LORD your God, who has worked wonders for you; never again will my people be **shamed**.*

Romans 10:11 *As the Scripture says, "Anyone who trusts in him will never be put to **shame**."*

1 Peter 2:6 *For in Scripture it says: "See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in him will never be put to **shame**."*

Note

The only time shame may come into play is when the Holy Spirit has clearly made known to you a sin in your life that needs to be repented of. And even then the shame should only be momentary until a prayer of repentance has been offered.

Reaching Out For Help

People may finally be convinced that they have a problem, and that the problem is caused by their own improper reactions to the problem. But the thought of asking someone for help may immobilize them. Their self-esteem is so low, that the thought of 'appearing weak' toward others by asking for help, is too difficult to imagine and thus becomes a roadblock in their recovery. At the root of this mindset is fear and pride.

Question 1: In general, do you find it difficult to ask for help?

Fear will try to prevent a person from opening up to a few choice people who wish to walk with them through the stages of their recovery. The opposite of fear is faith. And even though we may not feel that our faith is strong, we can still use faith to defeat our fears. We use faith as the motivation to go against our natural reactions to our problems. In other words, when everything in us is 'telling us' to react in a way that we know would be negative, we stop ourselves. We stop ourselves and decide to do something other than what we want to do, something that helps us. That is faith. See Tip #5 for more on faith.

Question 2: Has there ever been a time in your life when everything inside of you wanted to do something *other than* what would have been helpful in the situation, but you made yourself do something else instead? And what was the outcome? And how did you feel after you did it?

Finding The Courage To Ask For Help

Prayerfully choosing someone to help us, and then going to them for counsel, will help us. But it does not have to be so difficult. A person who is so obsessed with how people view them, needs to reach a point where they don't care anymore what people think about them. There is a lot of freedom in our emotions, when we no longer care what people think of us.

How Do Faith-Based Actions Apply To Us?

Well, we may not *want* to let anyone know we are struggling, but we do something anyway (by faith), to let someone know we need help. Is it easy? No, it can be difficult, but we do it anyway. We realize that God works through people, so we prayerfully choose people who we feel have some knowledge of the problem we are in, and trust God to counsel us through these people.

Question 3: Does anyone come to mind who may prove to be a good person to voice your need of emotional healing?

Question 4: Have you ever reached a point in life where you just didn't care anymore (in a positive way)? How did it feel?

Philippians 4:16 says: "*Be careful for nothing, but in everything by prayer and supplication, with thanksgiving, make your requests be made known unto God.*"

Then in Verse 7 it says: "*And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.*"

What an amazing truth! When we reach a point where we no longer care, we reach a point where we can access the peace of God. And what kind of peace is it? The Bible says it is a peace that *passes all understanding*, a peace that is so deep, it is unfathomable. That is good news for the person who is struggling with fear and anxiety! With this understanding, consider taking the stance that you will no longer care what people think about you.

Now, move ahead toward freedom by choosing one or two people to whom you can confide in, ask them if they know anyone at their church who is experienced at helping people who struggle with depression or anxiety. Your act of faith will put the wheels of heaven in motion. God will steer you to who He has for you, a person who can help you resolve your anxiety and depression. Now, you may be hearing a voice in your mind screaming, "*Don't tell the family secrets!*", but don't listen to that voice, that voice wants to keep you in bondage. Now is the time to tell the truth. Tell it to the right people, and these people will show you how to be set free. All of heaven wants you free! It's what you were born for. It's why Jesus came. So, do it today. Reach out for help!

As stated in the beginning of this lesson, shame can play a part in restricting a person from reaching out for the help they need. While at this stage of our recovery we may not know how to resolve the triggers that bring on feelings of shame, but we can refuse to allow them to stop us from doing the right thing, which is to ask for help.

Question 5: How much a part of your life has shame been to you? Without spending too much time mulling over the past, can you identify what happened to you in the past that may have contributed to you having a problem with shame? Do you believe God wants to help you overcome this shame?

Tip #4 - Form A Support Team

In Tip #2 we realized the need to admit we have a problem and to share this burden with people who can help us. In this tip we will look at what to look for in an individual who may be able to help us. And, that it is to our benefit that we choose more than one or two people to help us at this critical time in our lives. The following Bible verses urges us to gather many advisers around us for everyday life. How much more, when we are fighting depression or anxiety.

Prov. 11:14 *Where no counsel is, the people fall: but in the multitude of counsellors there is safety.*

Prov. 15:22 *Plans fail for lack of counsel, but with many advisors they succeed.*

Prov. 24:6 *For waging war you need guidance, and for victory many advisers.*

If the Bible said it just once, it would have great merit, but here it is giving the same advice three times. Here is another verse that suggests that more people in our life is better:

Ecclesiastes 4:12 *Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

Question 1: What do you think of the idea of gathering a number of people in our lives to help us find peace and happiness?

Forming a support team can be an invaluable step in our recovery. In the beginning of our recovery, with our emotions often in a fragile state, it may not take much for our mood to spiral downward. It is at this point that a network of caring people can come to our aid and help us see things a little more balanced, and thus help us restore peace in our hearts.

However, not everyone is able to be a support person in our lives. That is because most people can not relate to feelings of severe depression or anxiety. Approaching certain people with our request for support can sometimes bring about uneasiness in our relationship with them, and may thus work against us in our recovery. For this reason it is best to do a little research on the people we wish to enlist on our support team. Here are a few questions to ask yourself about a candidate for our support team:

- 1) Do we respect them?
- 2) Can they be trusted to keep information confidential?
- 3) Are they peaceful?
- 4) Do they have time to devote to speaking to us?
- 5) Have they been successful at overcoming difficulties in their own lives?
- 6) Do they have an informed helpful view of the causes and treatments of anxiety and depression, or are they willing to learn?
- 7) Are they grounded in God's Word?

Question 2: After reading the above criteria, does anyone come to mind as someone to approach for assistance in your recovery?

If we are having difficulty identifying people to help us, here are some people to consider:

- A) Best friend.
- B) Loving, understanding family member.
- C) Nurse, social worker or psychologist.
- D) Hospital chaplain.
- E) Senior member of a support group program.
- F) Person heading the men's or ladies group at a church.

- G) A deacon, minister or counsellor at a church. If you are a female, than the wife of a deacon, minister or counselor would be more appropriate.
- H) A church home group leader.

Out of the four or five people we choose for our Support Team, we should choose one person to oversee our recovery. We can call this person our Mentor (or Sponsor). The others will function in the role of a mentor as far as going to them for advice, but we choose one to be our main mentor. It would be helpful if all the other support team members could report to the mentor any contact they've had with us, and how their time with us transpired. The mentor should have everybody's contact information in order to delegate the necessary support we need throughout our week. Should our mentor not be available when we call them, we need to call the others to see who is available to help us at that time.

Question 3: Who of your support team would be a good mentor to oversee your recovery?

The Role of the Mentor

Similar to someone who is working to get in shape physically, who hires a trainer to coach them back to physical fitness, we must find a mentor, someone who can head up your emotional recovery. The ideal candidate should be well emotionally, and have some background in emotional recovery to assist us in our journey to wellness. Choosing a mentor will give us somebody to whom we can remain accountable to each day and thereby keep us on the right path until our recovery is complete.

Ways In Which a Mentor Can Be Helpful

- 1) As mentioned above, a mentor is someone whom can monitor our progress and even be accountable to each day.
- 2) Whenever our mood is out of balance, a mentor may be able to sense it and help us identify the root cause of the problem, and perhaps be able to suggest a solution to the problem.
- 3) A mentor is someone to whom we can bounce ideas off of, on what we would like to do as our recovery develops. This is important because sometimes, as we get well, and have more freedom and happiness, our desire to do things increases. That is good. But sometimes the things we feel we would like to do may not be in our best interest to do at that time. Freedom can be dangerous if not monitored correctly. It is best not to trust our own judgment in the beginning stages of our recovery, but rather, to get the opinions of those in our support team as to what we should do with our newly found freedom.

Question 4: Have you ever had a time when you had lots of freedom, but ended up making poor choices as to what you did with your freedom?

- 4) A mentor may not always have the right answers, but they can provide one very important service - they can be a listener. And knowing that somebody cares enough to simply listen to us can be a great benefit to us while on our road to recovery. Having said that, however, a good mentor will know when to cut short the conversation if we are getting into a mode of self-pity or anger.

Question 5: Has someone you respected ever had the wisdom and boldness to ask you to be quiet when you were speaking too many negative comments?

- 5) A good mentor will be able to lovingly and gently tell us when we are making poor excuses when we are failing at doing our best in our attempts to help ourselves to get well. This isn't an easy job as a mentor, but it is necessary, and if correction is given in the right spirit, it can produce good results in our lives.

Question 6: Do you tend to make excuses for your lax behaviour? Can you think of a time when someone called you on it?

Mentors in the Bible

Undoubtedly, the greatest mentor in the Bible is Jesus Christ. That's why it is so important that we read a chapter in the Gospels each day. Jesus gives us so many tips on how to live a happy, fruitful life. Sometimes, however, He is difficult to understand, so this is another reason we should have people in our lives who can explain the scriptures to us when the meaning isn't quite clear. (Bible commentaries are better, but they don't offer the personal touch which is so vital.)

Question 7: If you had a Bible-related question, who would you go to for their interpretation?

Jesus as our Mentor

Matthew 11:29 *"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

1 Peter 2:21 *To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.*

Another great mentor in the Bible is the apostle Paul:

1 Corinthians 11:1 *"Follow my example, as I follow the example of Christ."*

2 Thessalonians 3:9 *"We did this, not because we do not have the right to such help, but in order to make ourselves a model for you to follow."*

Another famous mentoring relationship was between Elisha and his mentor Elijah. Their relationship begins at **1 Kings 19:19**. Below is verse 21.

1 Kings 19:21 *So Elisha left him and went back. He took his yoke of oxen and slaughtered them. He burned the plowing equipment to cook the meat and gave it to the people, and they ate. Then he set out to follow Elijah and became his attendant.*

When Elijah was about to leave the earth, he asked Elisha what he wanted.

2 Kings 2:9 *When they had crossed, Elijah said to Elisha, "Tell me, what can I do for you before I am taken from you?" "Let me inherit a double portion of your spirit," Elisha replied.*

And he got it!

Where To Find Good Support Team Members

Often a good place to find candidates for mentors and support team members is at a local church. But with so many churches to choose from, how does one go about finding a good home church? One gauge to use that may be helpful, is to find out if a church is a growing church. Most churches don't grow, so this is one way to weed out the less active churches from the active churches. One sign of a growing church is if the church has home groups. Any church that feels they can grow their church without a systematic approach at meeting the needs of all the church members will eventually stop growing and even shrink in size. A very good pastor to learn about home groups is Dr. Paul Yongi Cho from South Korea. He pioneered the concept of home groups and grew his church to over 500,000 people. His book, 'Successful Home Cell Groups' is an excellent resource on the benefits and effectiveness of home groups. Thus, finding a church that has a thriving home group ministry is a good church to consider making your home church. (First and foremost, however, is to make sure their doctrine agrees with mainline Christianity, and is not looked upon by the Christian community as a cult).

Question 8: Have you ever been to a home group meeting? What did you think of it?

Question 9: Do you know of a church that operates home groups?

Another criteria for choosing a home church is the importance a church places on reading and speaking God's Word. God's Word is a weapon for the Christian, one that should be used throughout our day. (For more on the 'armour' and 'weapons' for the Christian, read **Ephesians Chapter 6**.)

Question 10: Do you know of Christians that have a deep love for God's Word and actively use it throughout their daily lives?

Another sign of a good church is the freedom they offer during their praise and worship service. Many times burdens are lifted merely by participating in deep, heart-felt worship.

Question 11: Do you know of a church where the attendees worship in a heart-felt manner?

Question 12: Have you ever attended a church service that had an amazing worship service? How did it make you feel?

Question 13: As good as some churches are, many people have been hurt by churches in the past, and are reluctant to find a home church. Does this describe you?

Question 14: After reading the information on this step, are you willing to search for a good church to help you in your recovery?

Question 15: Do you have any last questions about choosing a home church or forming a support team?

Tip #5 – Watch Out For Poor Choices

Proverbs 3:5 & 6 *Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.*

Feeling good on a consistent basis is not as hard a task as you may think. Just like a well-fed and well-exercised body, works easily for you, a mind that is fed the right diet of positive thoughts and beliefs will help you have a happy, optimistic, peaceful state of mind.

One of the reasons people become unhappy is because they think too much. And that tendency can cause them to come up with 'solutions' to their problems which, when implemented, can sometimes make their problems worse. It is poor choices that has set them up for failure.

Question 1: Can you think of a time you had a difficult problem, for which you decided on a response, but the problem became worse?

The heart aches begin when life throws us a problem whose answer exceeds what we are normally able to resolve with our own limited knowledge. Whenever we come up against a problem requiring more than our usual limited understanding, we need to get help. Because what we don't want, is for us to have to 'think up' a way out of a problem on our own. More often than not, we will get ourselves in trouble by trying to solve a problem for which we really don't have enough background understanding to respond to it effectively.

Let's back-track a little to the years when we are growing up in our families, let's say from ages 5 and up. The average child growing up has no real worries. All they have to do is get good grades at school, do a little work around the house, and try to get along with the others they associate with. They seldom worry about the future, nor do they fret about the past. Their focus is more or less on the present. Thus, their stress factor is very low, and their mood is generally good. So, why don't they worry about their basic needs for food and shelter? Over the years, they developed a trust, or faith, in their parents, which gives them complete peace in the area of these two needs.

Question 2: Did you grow up in a family that easily met your basic needs? If not, did you worry about how those needs would get met?

If putting their trust in parents, works for children, why don't we as adults adopt the same mentality? Basically, it is the thing that we discussed earlier: the temptation to do things on our own without the advice or help from others. Notice when children are growing up they seldom rack their brains trying to solve a problem on their own. They go home and tell their mom or dad what is wrong, and their parents tell them what to do about it. Very easy. They just hand the problem over to a more experienced person, and obey the advice that is given to them. What a great a way to live. If it is, then why don't we do the same?

The reason we don't is, because over time we developed the habit of keeping things to ourselves for whatever reason: shame, fear, pride, the challenge of solving it on our own, etc. Any one of these factors can lead us down a road toward loss and unhappiness. Life is so delicate in this way. On one hand we are given these minds so that we can think and dream, and on the other hand if we do, and we get an idea that 'we think' is good, and as we follow through with it and fail, we suffer loss. That is why life needs to be handled with care and prayer, because there is so much at stake when we choose incorrectly.

Proverbs 11:14 *Where no counsel is, the people fall: but in the multitude of counsellors there is safety.*

Question 3: Have you ever had a problem for which you sought advice from a number of people before acting on the problem? How did it turn out?

Does that mean that we are out of the game when our choices finally lead us to a dead-end? Thank God the answer is no. The greatest life stories that people love to hear about, are those of people who suffered tremendous loss, and then rose above the ashes of their circumstances and triumphed in spite of them. The very real hope of every person who ever failed in life, is that there is a complete possibility that they can rise and shine again. And in so doing, become a beacon of hope

to others.

Question 4: Can you think of a person whose life has been inspirational to you? How low did they get, and how successful did they become later on? Can you see your life become transformed too?

The temptation, rather, is to focus on the ‘crash’ and what all led up to it, but the answer is to look up and see the possibility that recovery is just as possible for you as anybody else. The great part is that life is so convoluted. Your loss could lead you to any of a number of new directions that you could never even imagine. That's why for the most part we should not rely on our own understanding, it is so limiting. It works against us.

Question 5: Do you find yourself focusing on past problems, rather than finding out how they could lead you to a new direction?

So our goal is to break free from constantly thinking and in turn, learn to carry our dilemmas to God, or to others who have a greater understanding of the situation. That way we stay in peace, and are better able to enjoy life as it comes moment by moment. Indeed, it can be fun or challenging to try and think up a solution to a problem, but in the beginning of your recovery, especially, it is wise to tell your idea to a number of people whose judgments you value, and then base your next move from there. Don't be like people who get an idea, and immediately lunge at it. If you pass your ideas over other people, you will likely save yourself a lot of time, money and aggravation. Indeed, many people's lives take a completely different direction all because of one ‘seemingly’ minor decision. Just like a rail switching device that only moves a little but is able to send a train into a completely different direction, similarly one poor decision can send our lives in a direction toward heart ache and loss. So be watchful what you do, get understanding of a situation, use wisdom. That's why reading a chapter a day in the Book of Proverbs is such a good habit. There are 31 chapters in Proverbs, one for each day of the month. It's packed with nuggets of truth regarding ways to live successfully. The temptation is to think you know it all. Don't fall for that lie. You can learn about life two ways, the easy way, by listening to people who are successful, or the hard way, by trial and error. The choice is yours.

So to recap, don't think too much. Get advice from several sources. Then make your decisions.

Tip #6 – Develop Your Faith

Overview of Faith

In the 11th Chapter of the Book of Hebrews (the faith chapter), the Bible tells us what faith is. In **Hebrews 11:1** it says: *"Now faith is being sure of what we hope for, and certain of what we do not see".* In the King James Version it says: *"Now faith is the substance of things hoped for, the evidence of things not seen."* So faith is a substance. It is something almost tangible. It may not be something you can touch but it will be something you can see. You see it in people's actions.

Below are some examples.

You can have strong faith or you can have weak faith, the choice is yours. **Romans 10:17** says the more we saturate ourselves in the Bible, the stronger our faith will be. Thus, developing our faith takes time in reading and speaking God's Word.

Question 1: Have you ever met someone and were amazed at their unshakable trust in God? Have you ever wished you had what they had?

So, faith is a noun. But it is proved, by our *actions*. (In some occasions, faith is demonstrated by doing nothing. But it is usually shown by action.) On many occasions Jesus told people that *"according to your faith you were healed"*. What Jesus meant was, "because you acted in a way that demonstrated your faith in me, I will respond to your 'action' by giving you what you've asked of me." Below are some Bible stories you can read that illustrate this point:

In **Matthew 8:5-13**, Jesus offered to heal a centurion soldier's servant by following him to his home and praying for his servant to be healed. But then the soldier made an amazing statement. He said, *"Jesus, you don't need to come to my house and do this personally. I perceive that you have spiritual power that transcends time and space. I believe that if you only speak a word here and now, that my servant will be healed."* This comment jarred Jesus. He told everyone present, *"I've never found anyone in all of Israel with such strong faith as what I see in this man here."* Jesus said to him, *"Go, It will be done just as you believed it would."* And so it was. That is the power of strong faith.

Then in **Matthew 15:21-28**, a desperate non-Jewish woman approached Jesus for the deliverance of her daughter who had been deeply bound by demon-possession. Jesus replied to her with a fact. *"That Jew's have no business with others than themselves, in fact, I wasn't sent to minister to non-Jews, just Jews."* But the woman said meekly, *"Yes, I know. But as you 'feed' the ones you were sent to feed, some of the crumbs fall to the ground, and that is all I need, just a crumb, can you spare a crumb?"* Again, that took Jesus by surprise. Again, he publicly taught the crowd based on what this woman said. Jesus esteemed her greatly for her strong faith, and humbly stated these words, *"Woman, you have great faith. Your request is granted."*

In **Mark 5:25-34** Jesus was on his way to cure a man's young daughter, when out of nowhere an older woman shoved her way toward Jesus with only one thing on her mind, *"If I can only just touch Jesus' garment, I believe healing virtue will flow out of Him and into my sick body. I know He's busy so I won't bother him personally, I'll just sneak in and get what I need."* But what happened? She finally did reach Jesus and exactly the way she thought it might happen, it happened!" A force of virtue instantly left Jesus and healed that sick woman. The force of virtue leaving Jesus immobilized Him briefly and prompted Him to ask, *"I just felt a bolt of healing virtue leave my body, Who touched me?!"* And sure enough, the woman came forward, and Jesus used her situation to teach countless millions a lesson on faith. And what was the lesson? The lesson is basically this: *If you can see it, you can have it.* You see, in some respects, God plays by our rules. Oh, He gives us a few do's and don'ts to help steer us in life, but everything else is received the way you think it will happen, by your faith. **Mark 4:24** bears this out. Jesus cautioned, *"Be careful how you hear things. For the way you perceive it, will be the way it is done unto you."* When you read a passage of scripture like **Philippians 4:19** which says, *"And my God shall supply all your need according to his riches in Christ Jesus."* Do you think, *"How can God get me more money? I only make \$500.00 per week on my job."* Or do you think, *"Anything could happen, I could be helping someone cross the street safely and that person take a liking to me."* We need to 'think outside the box'. That is the earmark of a person who walks by faith. They refuse to limit God with their own small thinking.

Question 2: Have you ever trusted God to do something that could only have been done by a miracle? What inspired you to believe for that? How did it make you feel?

The task of developing our faith may be time consuming, but see how the alternative affects us. **Hebrews 3:19** tells us:

“So we see that they were not able to enter, because of their unbelief. Now see what the Book of James says: James 1:6-8 *“But 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. ⁷ That person should not expect to receive anything from the Lord. ⁸ Such a person is double-minded and unstable in all they do.”*

Question 3: Have you ever met someone who had a goal in mind, but their lack of confidence made you think they would never reach their goal?

That's why we need to watch out which church you go to. If the 'Jesus' in our church no longer heals sick bodies, and we get sick, then our faith may not be built up adequately to trust God to heal us. If the 'Jesus' talked about at our church no longer provides financial blessings, and we need increased finances, our faith may not be built up adequately to believe God will help us receive from Him. Our unbelief can prevent God from being able to pour upon our life the blessings He wants to give us.

Question 4: Has your lack of faith ever prevented you from going to God in confidence that He would help you in a given circumstance? How did it make you feel?

God has sent down His Word to us, for us to saturate ourselves in it, so we will begin to dream, to dream of seemingly impossible situations that resolve themselves. In effect, God has issued you a 'blank cheque'. You fill in 'the amount' and Jesus' sacrificial death on the cross is what covers the cost. You may not get everything you ask God for. But think of it like this: *It wasn't God's will for us to have this.* Better that, than our *weak faith* preventing us from receiving from heaven. All of this takes faith, and mature faith takes time. It takes time in the study and listening to God's Word. There is no short-cut to strong faith. It takes a decided commitment to develop your faith.

Actions Prove Faith

Mark 2:5 *“When Jesus saw their faith, he said to the paralyzed man, “Son, your sins are forgiven.”*

Matt. 9:2 *“Some men brought to him a paralyzed man, lying on a mat. When Jesus saw their faith, he said to the man, “Take heart, son; your sins are forgiven.”*

Luke 5:20 *“When Jesus saw their faith, he said, “Friend, your sins are forgiven.”*

Acts 14:9 *“He listened to Paul as he was speaking. Paul looked directly at him, saw that he had faith to be healed*

Actions are key. All through your day you want to be sending 'faith signals' to heaven, that you are trusting God to move in your life, in all aspects. Remember also, that people's *lack of faith*, equally got Jesus' attention ,too. But you don't want that. You want Him to continually stand impressed by your affirming actions of faith, even if it doesn't feel strong in your heart.

Does this mean you aren't going to make mistakes? No. Everybody who starts into the faith life makes mistakes, but that's ok. If you make a mistake, you simply repent, receive your forgiveness (by faith), and you move on. It's that easy. Talk to your mentor for more on forgiveness.

Question 5: Have you ever met someone who claimed they had strong faith, but you saw that their actions proved otherwise?

Question 6: Have you ever *done* anything about a problem that God would say was an act of faith?

The point of stating this brief overview of faith, is to show that we may not feel God wants to help us, but we override our feelings and do something, anyway. That proves to God that we are trying to trust Him to help us. Anyone can complain to God that life is so unfair, but that doesn't win God's favour, it can cause Him to withdraw His help in our situation. He has stated in His Word that, *'The Just shall live by faith'*. In fact, it states this on 4 separate occasions (**Habakkukh 2:4**, **Romans 1:17**, **Galatians 3:11** and **Hebrews 10:38**). So, begin to investigate what faith actually is, and learn how you can use it in your life.

Tip #7 – Watch Out for Natural Reactions

If one was to describe the journey to emotional healing in a single sentence, it would be this: It is the process of learning how to respond to life's challenges rather than reacting to them.

Natural reactions are great if they are coming from a healthy foundation, but if they are coming from a wrong or weak foundation, they can be damaging, and even fatal. Let's look at an athlete who trains 4 - 6 hours a day, so they can be their best on game day. Their natural reactions will be practically perfect and they will help him to achieve success in his sport. On the other hand, if you take somebody struggling with anxiety, someone unskilled at keeping their thinking and attitudes positive and optimistic, and you give them yet another situation to juggle in their lives, their natural reactions will be less than perfect. Just like an athlete who trains each day, and continually strengthens themselves and polishes their athletic abilities, people can also train in the area of thinking, to achieve a greater measure of personal well-being. This kind of training sharpens their ability to respond quicker and more effectively to stressful situations in their lives, leaving them peaceful and in control of their lives.

Question 1: Do you know someone who trains diligently for any kind of reason?

Natural Reactions To Pain

A woman was giving birth to her first born. The labour went on for 5 hours, 10 hours, 15 hours, 20 hours. She remained calm and collected up until the 20 hours of labour. Then she began conjuring up reasons why 'God was giving her such a difficult delivery'. Her mind took her back throughout her life and she began to remember all the times she hurt people, even trivially. And she became convinced that the reason she was in the position she was, was on account of the mistakes she had made. Others tried to tell her differently, but to no avail.

When we are in a lot of pain, our reasoning has a difficult time convincing our heart other than what it feels. The same thing can happen to people who suffer emotional pain. They begin to think back to all the times they made mistakes, and they become convinced that God is doing this too them because of something they did. True, some of our pain and suffering can be caused by our actions, but in many cases it is not. It is our unhealthy responses to life that are causing our suffering.

Question 2: Can you think of a time in your life where your pain caused you to respond in an unhealthy way?

In **1 Samuel 30**, we read of the time where King David and his army came home to find that their wives and children were carried off by the Amalekite army, who also burnt their city. David and his men were completely grief stricken. The men had even talked about stoning David. They wept until they had no more strength to weep. David was greatly distressed. But then David inquired of God for advice. The answer was: Pursue and overtake. And they did. Here is the question:

Question 3: After coming home from battle, and seeing the burnt and vacant city, could David have inquired of God before his distress set in? Do you think God's answer would have been the same?

Pain Can Be a Good Thing

To summarize, a natural reaction to pain can be self-inspection. When pain resurrects past situations of possible guilt, we assess the situation, we determine if we were guilty, if so, we make amends, and we go on. Pain, with its natural reaction to self-assess isn't a bad thing. It can cause us to do a thorough 'house-cleaning' of our heart. After it is complete, we are ready to enjoy a new string of successes in our life.

Natural Reaction When Somebody Hurts You

When somebody hurts you the natural reaction is to want to hurt them back. The best thing to do is to forgive them. People who have retaliated have been severely hurt, and even killed for lashing back. The best thing to do is to forgive the person. Many people who refuse to forgive, imprison themselves, while the person who hurt them walks away free of

care. Thus, the act of forgiveness is actually for the person who got hurt, not so much for the person who caused the hurt. It may feel like you cannot forgive the person. But like love, forgiveness is an act of the will. You chose to do the right thing, you choose to forgive. And then let God handle the person who hurt you in His own way and at His own time. That is faith. You will know you have truly forgiven the person when you find yourself no longer obsessing about the incident.

Question 4: Is there someone in your life with whom you have vengeful thoughts? What do you think of making a quality decision to forgive them?

Natural Reaction When You Feel Depressed

Sometimes when you feel down, you make the mistake of trying hard not to look depressed and you create anxiety for yourself because you are always trying to be somebody you are not. Like the person who breaks their leg, a doctor will tell them not to put too much weight on it, for a few weeks. The same goes for someone who is troubled emotionally, 'don't put too much 'weight' on your personality. Like the person with the leg cast, become more of a spectator for a while, until your spirit regains strength.

Question 5: Have you ever tried too hard to hide your emotional pain by acting way out of character?

Another natural reaction when experiencing emotional problems, is that you keep your problem to yourself, not allowing others to know about it and support you. Quite often we waste time and prolong our pain by doing so. (See Tip #4 – Form a Support Team, for more on this.) Go against your natural reaction and tell your doctor and loved ones how you feel, and then together search for the help you need.

Question 6: Have you ever withheld information from people who you know could probably help you resolve your problem?

Natural Reaction When Life Gets Hard

When life gets hard the natural reaction is to think life would be better if this or that would happen. Don't get caught up in the 'Grass is greener over there' syndrome. Learn to stay in the situation you are in now until you achieve happiness, before moving on to something else. Oftentimes, 'we jump out of the frying pan and into the fire', in an effort to escape from painful situations.

Question 7: Have you ever tried to get out of a difficult situation by moving to something else, only to end up in a worse situation?

Natural Reaction When You Begin To Recover From Your Own Emotional Hurts

Oftentimes, when we begin seeing areas in our own lives that need change, we tend to see them in other people's lives as well. The temptation may be to, insensitively, tell others what their faults are, thereby causing hurt to both of you. Learn to be lead by God when sharing information related to someone else's recovery from emotional wounds, and always do it with care.

1 Cor. 14:3 *But the one who prophesies speaks to people for their strengthening, encouraging and comfort.*

Question 8: Have you ever tried to help a person see a certain truth, but hurt them by doing so?

Natural Reaction When You Are Healed from Fear

Sometimes, when we get free from fear, we can become too confident, and attempt to do things that can lead us to more pain. Use your new found freedom wisely. Boldness should be tempered with wisdom.

Question 9: Have you ever been inflated with so much confidence that you tried to do something that eventually caused you pain?

Natural Reaction When feeling Anxious

Sometimes, when we become anxious the natural reaction is for us to avoid the emotional pain by becoming overly busy.

Question 10: Have you ever avoided facing problems in your life by getting overly busy?

Natural Reactions To Being Hurt By People In Your Church

Sometimes Christian's find themselves unhappy because they have allowed a bad experience at a church to cause them to become unforgiving toward another member of the church, the church itself, the denomination, and even unforgiving to church in general. Because people make mistakes, it is inevitable that you will one day be hurt at a church. Don't let your natural reaction to the hurt cause you to lose your peace and your open communication with God. It is best to resolve the hurt as soon as possible.

Eph. 4:26 *“Don't let the sun go down on your wrath”*

Question 11: Have you ever found yourself being judgemental to a person at church, the church itself, the denomination or even to church of Christ in general?

Tip #8 - Change What You Can Change

While we do not have control of how we feel, we do have control of our thinking, our words and our actions. Once we are in complete control of what we *can* change, the things we can't change will change on their own.

Changing Our Thinking

A lot of people think that they can't change their thinking, and so they tend to run from any bad thoughts they get instead of dealing with them head-on.

2 Cor. 10:5 *"We take captive every thought to make it obedient to Christ."*

Question 1: Are you in the habit of confronting your thoughts to convert them to how Christ would have you think?

Your mind ought to be controlled by your will. And your will ought to always be ready to judge your thinking. If you detect that your thinking is drifting into negative thoughts, you must recognize this and then shift your thinking back where it should be. At first, it is tedious to do this, but it gets easier as you practice it. God's Word gives us a guideline on how our thinking ought to be.

Philippians 4:8 *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."*

Question 2: What thoughts do you think that go against the above guidelines?

So this is God's will for our thinking. If we have trouble maintaining this standard, we need to identify what is causing our thinking to veer toward the negative. Once this is identified, we can begin to use verses in God's Word that addresses that particular problem. This can be done on your own by doing your own study of God's Word or you can get some assistance from a pastor or counsellor.

Question 3: Have you ever searched the Bible, or gone to a pastor for finding Bible-based help of a particular problem?

Changing Our Words

Negative words are a large problem for most people who have emotional problems. When something bad happens, they may go around and tell everybody what their problems are, but by doing so, they repeatedly hear themselves speak the problem and risk beginning to believe things are worse than they really are.

Question 4: Can you remember a time when you had a problem, and you made it worse than it really was by how you were telling it to people?

And that is the key. Once a thought goes from just a thought and becomes a belief, they are headed for problems. That's why some people can get away with speaking negative words and are not really affected in their emotions, because they really don't believe what they are saying. Other people speak negative words and it brings them down because they are allowing their words to affect their beliefs.

Question 5: Can you think of someone who can get away with speaking negative and it not affect them?

Question 6: Can you think of someone who can gets pulled down by their negative words?

Part of what shapes our belief system are our spoken words, and the weight that we put on them. Certainly, our words can have a profound affect on us when seeking emotional restoration, and speaking God's Word to ourselves helps us to change our belief structure. As you take time to meditate on God's Word (repeating it over and over), faith develops, and it carries you to a new place closer to God, allowing you to view the problem more from God's perspective. Once you see a problem from God's perspective, it is no longer a problem, but rather a challenge for God to work it all out. You'll have successfully transferred the problem from your shoulders onto God's shoulders, and that frees you up to enjoy life while we wait for God to work it all out.

Question 7: Have you ever had a problem where you were able to leave it in God's hands? How did it feel?

Changing Our Actions

Changing our actions is another way to overhaul your feelings. Sometimes when stressful situations arise in our lives, our resulting anxiety causes us to do things that make the problem worse. People do all kinds of things when anxious, some drink alcohol excessively, take drugs, shop excessively, gamble etc. While the anxiety is curtailed somewhat while in these reaction modes, the negative feelings only get worse in the end.

Question 8: Do you have a habit of doing things that are negative when dealing with stress?

It is better to act in ways that will empower you, such as physical exercise, listen to inspirational music, listen to teaching material, visit a friend who can inspire you, visit a sick person, see a minister, help somebody, buy a gift for somebody, call a prayer line, attend a Bible study or church service, etc.

Question 9: Have you ever purposely reacted to a problem by doing something positive?

Conclusion

By changing the things you *can* change, the things you can't change will change.

Tip #9 - Eliminate Judgmentalism

One of the biggest causes of depression and anxiety is the act of passing judgment. You may say, "Do I just turn a blind eye to anyone that does wrong?" And the answer is No. What we *can* do is judge the action, however we should never cross the line and judge the person. The reason why we can't, is that we ourselves are capable of making mistakes. And that it is only by grace that we ourselves are not as mixed up as the person we think is wrong. Below are some forms in which judgementalism can take place.

Passing Judgment On People

Often we get into the habit of passing judgment on other people because we ourselves were judged by others. Let us take some time to see in what ways others have judged you.

Question 1: Looking back at your growing up years, can you remember being judged by your parents? And if yes, can you tell us why? And are they still passing judgment on you today?

Question 2: Did your parents pass judgement on others? If yes, can you tell us on whom?

Question 3: Can you remember being judged by kids at school? And if yes, can you tell us why?

Question 4: Can you remember being judged by teachers or other adult leaders? And if yes, can you tell us why?

Passing Judgment On Institutions

Sometimes during our school years we face problems at school that cause us to pass judgment on these schools.

Question 5: Looking back over your school years, can you remember judging schools for any reason? If yes, can you tell us why?

And sometimes during our working years we face problems on the job that cause us to pass judgment on the companies we work for.

Question 6: Looking throughout your work life, can you remember judging companies for any reason? If yes, can you tell us why?

Passing Judgement On Ideologies

Sometimes growing up, and even in our adult years, we are influenced by people who are prejudiced for one reason or another.

Question 7: Looking throughout your life, can you remember judging people different than you (ie. race, religion, political stance, ideologies, etc.)? If yes, can you tell us why?

Passing Judgment On Ourselves

Certainly one of the most damaging acts of judgment to our emotional health is that of judging ourselves. True, we must live open to the working of the Holy Spirit who brings to our attention things that we do that are not pleasing to God, but even those inner alerts are not to make us feel condemned. When those holy nudges come, we simply repent and ask God to help us steer clear from that behaviour in the future. The sacrifice that Jesus paid for our sins covers our transgression and we move on.

The damaging kind of judgments we are referring to here are those that are characterized by a critical, condemning,

demeaning feeling. These kinds of judgemental thoughts can rob us of our peace of mind.

Question 8: Looking back at your growing up years, can you remember passing judgement on yourself? And if yes, can you tell us what reasons? And do you still pass judgment on yourself today?

Judgementalism In The Scriptures

Matthew 7:1,2 *"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."*

Luke 6:37 *"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned."*

James 2:3,4 *"If you show special attention to the man wearing fine clothes and say, 'Here's a good seat for you,' but say to the poor man, 'You stand there' or 'Sit on the floor by my feet,' have you not discriminated among yourselves and become judges with evil thoughts?"*

James 4:11,12 *"Brothers, do not slander one another. Anyone who speaks against his brother or judges him speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?"*

1 Peter 2:23 *"When they hurled insults at him (Jesus), he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly."*

1 Thess. 5:21 *"Judge everything, hang on to what is good."*
(Here we see that we are to judge the action, not the person.)

The Cure For Judgmentalism

The way out of the pain of having been judged by others, is through the act of forgiveness. Although our natural reaction to those who have hurt us is to hurt them back, however that will only further engulf us in emotional distress. It is here that we must go against our natural reactions and consciously forgive the person who hurt us. Again, we do not need to feel like forgiving them, we forgive them by an act of our will, knowing that it is the right thing to do.

What Forgiveness Is Not

1) Forgiveness is not forgetting.

In the New Testament, in speaking of his ambitions in life, Paul says, **"I forget what is behind, and I struggle for what is ahead...so that I can win the prize of being called to heaven"** (Philippians 3:13,14). Does this mean that Paul is putting out of his mind all that has gone before? No, it doesn't. There are some things the Bible says that we should never forget (Deuteronomy, chapters 4 to 12 for example). However, the biblical word "forget" in this context does not mean to "putting it out of one's mind". It has the meaning of "letting go". It means that we are not going to allow the experiences of the past to rule our future and to prevent us from becoming all that God planned for us to be. There may be memories we are unable to get out of our mind, but we choose not to allow them to control our attitudes and behaviour in the future, even toward those who have caused the grief.

The other reason to not forget our past pain is so we can, one day, tell our story to someone who may be experiencing a problem similar to ours.

Question 9: Is there a situation in your past that you wish you could forget? Do you still wish you could forget it?

2) Forgiveness is not avoidance.

Forgiveness is not making light of the hurtful event. Being the imperfect people that we are, there are constantly things that happen between ourselves and others that can cause minimal irritations. We can forget these. However, when the hurt is real, it is not to make light of something that is truly wrong.

Question 10: Has something terrible happened to you that you are trying to simply dismiss it as if it didn't happen?

3) Forgiveness is not excusing

Forgiveness is not denying that the one who has caused the hurt is responsible for their actions. There is a place for making allowances for people's mistakes. However, there is a tendency for us to err too much in that way. It is true that some people are more "sinned against" than sinning, but to deny responsibility for our actions is to lessen our dignity as human beings. We are people created in the image of God, who calls us to give account for our moral choices in life. We will make mistakes, but if we are to grow, we must accept responsibility for our own part in the process. There are times when we can forgive someone and still hold them accountable for their actions. See a counsellor or clergy person for more on that.

Question 11: Knowing this, are you now willing to forgive those who have hurt you so that you can proceed in your emotional recovery?

Tip #10 – Be ‘Good Ground’

In **Mark 4:3**, Jesus tells us the parable of the sower. He tells us:

³"Listen! A farmer went out to sow his seed. ⁴As he was scattering the seed, some fell along the path, and the birds came and ate it up. ⁵Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. ⁶But when the sun came up, the plants were scorched, and they withered because they had no root. ⁷Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain. ⁸Still other seed fell on good soil. It came up, grew and produced a crop, multiplying thirty, sixty, or even a hundred times."

⁹Then Jesus said, "He who has ears to hear, let him hear."

¹³Then Jesus said to them, "Don't you understand this parable? How then will you understand any parable? ¹⁴The farmer sows the word. ¹⁵Some people are like seed along the path, where the word is sown. As soon as they hear it, Satan comes and takes away the word that was sown in them. ¹⁶Others, like seed sown on rocky places, hear the word and at once receive it with joy. ¹⁷But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. ¹⁸Still others, like seed sown among thorns, hear the word; ¹⁹but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful. ²⁰Others, like seed sown on good soil, hear the word, accept it, and produce a crop--thirty, sixty or even a hundred times what was sown."

Question 1: What kind of ground are you?

Question 2: (Hard Ground) When you hear God's Word taught, do you find yourself dismissing it quickly? Can you give an example?

Question 3: (Stony Ground) When you hear God's Word taught, do you find yourself gravitating to it initially, but then let it slip away soon after? Can you give an example?

Question 4: (Thorny Ground) When you hear God's Word taught, do you find yourself gravitating to it joyfully, but then let the cares of life mix in with your love for the Word? Can you give an example?

Question 5: (Good Ground) When you hear God's Word taught, do you find yourself gravitating to it quickly and keep it the main focus of your life? Can you give an example?

Tip #11 - Assess and Adjust Your Spoken Words

The Power Of Words

Many people do not understand the correlation between the words they speak and what they get in life. The Bible has many references to this truth, some of whom we will look into in this tip. One of the better known Bible verses related to spoken words is in the account of the creation of the earth. In Genesis Chapter 1, we read, "*Let there be light,*" and *there was light.*" From here God began to speak into creation, the earth, the water, animals etc, all into existence, by simply 'speaking them' into existence. Amazing. We learn, here, that spoken words can have great power.

By far the most widely taught verse in the Bible on the power in words is in **Mark 11:23**. It says, "*I tell you the truth (Jesus speaking), if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him.*" Jesus is giving us an analogy of the potential residing in our spoken words. Then, in the Book of James, it reflects on the power of the tongue.

In **James 3:4, 5** it says, "*Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body.*"

Then in verse 6 it paints a very, dramatic and foreboding picture of the true power of a tongue when it is allowed to freely speak negative words in a person's life. It is very impacting. **Verse 6** says, "*It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.*" So, we can allow our words to be initiated by heaven, or we can allow our words to be initiated by hell. We have a choice.

There is more power in words than we may think. For instance in **Proverbs 18:21** it says, "*Death and life are in the power of the tongue.*" This statement infers that we can speak life and health into our lives, or death and sickness. In **Mark 11:14**, Jesus spoke to the fig tree and it died. He did this to illustrate to his disciples that there is inherent power in our words.

Question 1: With this basic understanding of the power of spoken words, can you look back through your life and see how negative words spoken by you, or over you, have negatively impacted your life? Can you give us an example?

Not only are words powerful, but *the thinking* that produces the words, is equally as powerful. In **Proverbs 23:7** we read, "*As a man thinks in his heart, so is he.*" Let's read that again, "*As a man thinks in his heart, so is he.*"

Question 2: With this knowledge, and looking at your thinking in the last several weeks, what kind of person have you become or will one day become? Does it give you hope and anticipation, or does it make you want to change your thinking? Can you tell us?

Your thinking, be it positive or negative, is the result of the experiences you have had in your life. Some of these experiences were initiated by you, but many in your earlier years were not. And depending on who your parents were, and how they watched over you growing up, will determine the type of experiences you have had in your life. However, it is a little more complicated than that, as it is not so much what happened to us that determines our thinking, but it is how we responded to what happened to us, that governs our thinking. We learned this in Tip 9 about judgementalism.

Question 3: Can you tell us a negative pivotal experience in your life, and the subsequent thoughts you had regarding that event? Do you still think that way about this event?

Sometimes thoughts can come to us from Satan. In **John 13:2**, it says, "*The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus.*" However, we do well to note that even though

temptation thoughts come to us, we have a choice as to whether or not we entertain that thought. Nobody forced Judas to betray Jesus. We know from scripture that Judas' role with the apostle's was to look after the finances. We know that on at least one occasion, scripture tells us that Judas took money out of the bag for himself. And since Judas had an inbred weakness for money, when Judas realized he could make a fair sum of money by handing Jesus over to the city officials, he began thinking about that, and those thoughts eventually lead to an action. In his head he knew he shouldn't do it, but his natural weakness for money may have overpowered his reasoning and he fell into the trap.

Question 4: Can you remember a time when your natural weakness for something contributed to you doing something you later regretted?

So, we know that our experiences, and the way we view them, either set us up for success in life or failure. If the thoughts that come to us are negative, the scriptures tell us what we should do. In **2 Cor. 10:5** it says, "*Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.*" So we need to judge our thoughts to see if they are positive or negative. And if they are negative we need to cast them out of our thoughts. Every thought that comes to us must be either kept in or cast out. (The best way to keep out the bad is to have a steady flow of good going through our minds. Hence, the idea of meditating scriptures throughout the day.)

Question 5: Can you remember a time when you knew you were entertaining negative thoughts, but cast that thought down, and managed to not follow through with what the thought wanted you to do? Can you tell us about that time?

Another way thoughts can come to us is when they are put there by God. God wants to speak to us all day long if we will let Him. But so often we let our minds wander toward problems in our life, or the desire for money and things, and we fail to hear those heavenly impulses from the Holy Spirit. In **Romans 8:6**, it says, "*For to be carnally minded is death; but to be spiritually minded is life and peace.*" When we begin to take control of our thoughts and keep them heavenly minded, they produce for us a mind of peace.

Now you may be saying, "My mind is sometimes so wild, I can't control it. I sometimes get tired just trying to keep it thinking good thoughts." And that is a very real problem for many people. The good news is your mind can be reprogrammed. Your mind is nothing more than a sophisticated computer. Your life's experiences, and your subsequent judgments of those experiences, can be 'over-written'. Indeed, you can enter 'new data' into your mind and belief system that can stop the negative thoughts from starting up. No matter how badly your thinking can be, God gives us the ability to reprogram our thinking. Does that mean we forget the old thoughts were ever there? No, it just means we have new data that occupies our minds leaving no room in our mind for the negative thoughts. The process of reprogramming can be tedious and time-consuming at first, but later when our *new* belief systems have replaced our old belief systems, we are left with a state of utter peace, the struggle is gone, and we proceed with the rest of our lives with ease. We will still have outward problems in our lives, but the inward struggle of trying to conquer those problems will be gone. Below is a key Bible verse that talks about the need to renew our minds and the subsequent blessing we will have once the job of renewing our mind is done.

Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good and perfect will.

Another key Bible verse that deals heavily in the area of thinking is **Philippians 4:8**. We would do well to memorize this verse and check ourselves periodically to see to it that we practice it.

Philippians 4:8

Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.

Remember, we are the masters of our thoughts, we can change them at will, if we want to. But it starts with reprogramming.

Out Of The Heart The Mouth Speaks

Heart And Mouth

In the above writing we read that, "As a man thinks in his heart, so is he." From the verses below, we will see that our thoughts become the soil bed of our words.

Matthew 12:34 "For out of the overflow of the heart, the mouth speaks."

Matthew 12:35, "The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him."

Here we see that we typically say what is in our hearts.

The Book of Proverbs also talks about the relation between a man's heart and his words. In the verse, below, we see how important it is to be continually renewing our mind in order to keep it thinking wise and godly thoughts. These thoughts will cause us to speak words that promote good things in our lives, and in the lives of those around us.

Prov. 16:23 it says, "A wise man's heart guides his mouth, and his lips promote instruction."

This next verse talks about guarding our hearts, and why we should.

Prov. 4:23 says, "Above all else, guard your heart, for it is the well-spring of life."

Your words come from your heart, thus your heart needs to be guarded and used only to dwell on good thoughts.

Question 6: Have you been speaking what is in your heart lately? Has it been mostly positive or negative?

Careless Speaking

In **Matthew 12:36**, Jesus makes a startling and sobering statement. He says to us, "But I tell you that men will have to give account on the day of judgment for every careless word they have spoken." That puts a whole new importance on our words. Our words tend to come out so effortlessly and automatically that we barely take heed how we speak to each other. God is interested in people living a happy, peaceful life, but he knows that spoken words that are carelessly said can cause strife, and that grieves God, and the people who are at odds with each other. God finishes off this thought in verse 37 by saying, "For by your words you will be justified, and by your words you will be condemned."

Another passage in Matthew 15 talks about what defiles somebody. The Jews were so careful in washing their hands before eating so as not to defile them, but Jesus pointed out another way that a man can be defiled. In verse 11, he says, "What goes into a man's mouth does not make him 'unclean', but what comes out of a man's mouth, that is what makes him unclean."

Study What Is Right

The Book of Proverbs tells us how to keep our words correct. In **Prov. 5:1,2** it says, "My son, pay attention to my wisdom, listen well to my words of insight, that you may maintain discretion and your lips may preserve knowledge." We need to read and meditate on God's truths in order to help our words to be right words.

Question 7: Have you ever read the Book of Proverbs? Has it impacted you significantly?

Say Less

Another way to control what comes out of our mouths is to use it less. Say fewer words. Below are some verses that tell us to use restraint in our speech.

Ecclesiastes 5:2 "Let your words be few."

Prov. 17:27 "A man of knowledge uses words with restraint, and a man of understanding is even-tempered."

Prov. 10:19 "When words are many, sin is not absent, but he who holds his tongue is wise."

Prov. 17:28 "Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue."

Question 8: Do you know somebody who speaks so much that it gets them into trouble or makes them look immature?

Some people speak less than most because they are shy. That is not what we want. We want to be able to 'turn our mouths off' at will, in order to have a better, more peaceful life.

Question 9: Can you think of a person who is somewhat quieter than most and comes across wise or self-controlled? Would you like that quality in your own life?

Comparing Foolish People With Wise People

The Book of Proverbs does a lot of comparison between wise and foolish people. And one of the trademarks of a foolish person is their speech. Below are some of the verses along these lines.

Prov. 18:6-8 *"A fool's lips bring him strife, and his mouth invites a beating."*

Prov. 18:7 *"A fool's mouth is his undoing, and his lips are a snare to his soul."*

Prov. 13:20 *"He who walks with the wise grows wise, but a companion of fools suffers harm."*

Ecclesiastes 10:12 *"Words from a wise man's mouth are gracious, but a fool is consumed by his own lips."*

Question 10: Do you know somebody who frequently appears foolish and should look more closely at how they relate to others? Can you think of why that person turned out the way they did?

Warning To Teachers

It is easy to see why a fool should change the way they speak and act. But that is not the only person who needs to be careful with their words. In the book of James we read a stern warning to learned individuals. **James 3:1** says, *"Not many of you should presume to be teachers, my brothers, because you know that we who teach will be judged more strictly."* Then in **James 3:13** it warns wise people to watch their actions. It says, *"Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom."*

Question 11: Can you think of a pastor or Bible teacher that should be more careful how they relate to those they speak to?

Words And Trouble

Words can have an effect on the amount of troubles in our lives. Below are characteristics of a person who speaks negatively.

Prov. 21:23 *"He who guards his mouth and his tongue keeps himself from calamity."*

Prov. 18:6 *"A fool's lips bring him strife, and his mouth invites a beating."*

Prov. 12:6 *"but he who speaks rashly will come to ruin."*

Prov. 12:13 *"An evil man is trapped by his sinful talk."*

Prov. 18:8 *"The words of a talebearer are as wounds, and they go down into the innermost parts of the belly."*

Psalms 101:5 *"Whoever slanders his neighbour in secret, him will I silence;*

Prov. 11:11 *"By the mouth of the wicked it (a city) is destroyed."*

Prov. 10:8 *"...but a chattering fool comes to ruin."*

Prov. 19:5 *"A false witness will not go unpunished, and he who pours out lies will not go free."*

Question 12: Can you think of someone whose words may be contributing to poor circumstances in their life?

Words And Blessings

Conversely, good words produce good things in our lives. Below are characteristics we can expect to see in our lives when our words are correct.

Prov. 18:20 *"From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied."*

Prov. 12:6 *"The speech of the upright rescues them."*

Prov. 12:13 *"A righteous man escapes trouble."*

Prov. 13:2 *"From the fruit of his lips a man enjoys good things,"*

Prov. 13:3 *"He who guards his lips guards his life"*

Prov. 25:15 *"Through patience a ruler can be persuaded, and a gentle tongue can break a bone."*

Prov. 16:13 *"Kings take pleasure in honest lips; they value a man who speaks truth."*

Prov. 12:25 *"An anxious heart weighs a man down, but a kind word cheers him up."*

Prov. 10:21 *"The lips of the righteous nourish many."*

Titus 2:7 *"In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us."*

Our words can have an effect on our bodies. In **Proverbs 12:18** it says, *"The tongue of the wise is health."*

Question 13: Has your tongue contributed to your health lately, either negatively or positively?

Words And Prayer

One of the aspects of biblical prayer is that we ask God for what we want in life and then use our words to agree with His promises that affirm that He is willing for us to have what we have asked for. The following verse bares this out:

Romans 4:17 *"(God) calls those things that are not, as though they were."*

For instance, let's say you get a bad report from your doctor who tells you that you only have 6 months to live. The proper approach to this problem is to find Bible verses that reveal God's will that He wants to heal us, then we pray and ask God for the healing we need (and the healing He promises to give us), and then we begin to speak to the part of our body that is in question, and we say, **"I have prayed and I believe that God has healed my _____ . I believe it is functioning normally. I believe it is healed in the name of Jesus, and I'm holding to my conviction no matter what symptoms come my way."** In this way we begin to *'call those things that are not, as though they were.'* This is the proper way to use our words, when it comes to prayer.

How Should We Use Our Words?

The Bible has much to say about how we should use our words. Below are a few key verses.

Eph. 5:19 *"Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."*

Col. 3:16 *"Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God."*

Eph. 4:15 *"Instead, speaking the truth in love..."*

Joshua 1:8 *"Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it."*

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Make A Decision

Make a decision to only speak what is right and uplifting to you and to all who come in contact with you.

Ps. 17:3 *"I have resolved that my mouth will not sin."*

Prov. 15:26 *"The LORD detests the thoughts of the wicked, but gracious words are pure in his sight."*

Eccl. 5:6 *"Do not let your mouth lead you to sin."*

2 Tim. 2:16 *"Avoid godless chatter, because those who indulge in it will become more and more ungodly."*

Eph. 5:4 *"Nor should there be obscenity, foolish talk or coarse joking."*

Col. 4:6 *"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."*

Eph. 4:29 *"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that is helpful for building others up..."*

Phil. 4:8 *"Finally brothers whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things."*

Another way to use our words wisely is by speaking to ourselves what we want to be true for we who are Christians. In **Romans 8:37** it says, *"In all these things we are more than conquerors through Him (Christ) who loved us."* So we can say, **"I am more than a conqueror through Christ!"**

There are many verses in the Bible we can use in this way. See below:

Phil. 4:19 *"And my God will meet all your needs according to his glorious riches in Christ Jesus."* So we can say, "My God meets all my needs in Christ Jesus!"

Phil. 4:13 *"I can do everything through him who gives me strength."* So we can say, "I can do all things that come my way. Indeed, I am well-able!"

1 Cor. 2:16 *"...But we have the mind of Christ."* So we can say, "I am intelligent, I can learn new things, I can remember things, and I can do all these things because I have the mind of Christ!"

Speaking Right Pleases God

Prov. 23:16 *"my inmost being will rejoice when your lips speak what is right."*

Confession And Salvation

In the following verse we see that our spoken words are critical in people being born-again. **Romans 10:9** says, *"That if you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."*

Jesus points out another fact about our speech as it relates to our salvation. In **Matthew 10: 32-33** it says, *"Whoever acknowledges me before men, I will also acknowledge before my Father in heaven. But whoever disowns me before men, I will disown him before my father in heaven."* We need to develop our faith and walk with God so finely that it becomes easy to speak to others about God and His wonderful plan of salvation.

Conclusion

As you can see there is good reason to begin examining the words we speak, and consciously make changes until our speech is pleasing in God's sight.

Tip #12: Develop a Conqueror Mentality

God wants each of his children to be strong, and able to handle any problem that comes their way, just like David did when he was faced with the giant, Goliath. David marched right up in bold confidence and defeated his enemy.

Read the following verses over and over, and you, too, will gain that kind of confidence!

- 1) **Matt. 10:1** *"And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease."*
- 2) **Matt. 10:6** *"But go rather to the lost sheep of the house of Israel. And as you go, preach, saying, 'The kingdom of heaven is at hand.' Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give."*
- 3) **Mark 6: 7,13** *"And He called the twelve to Him, and began to send them out two by two, and gave them power over unclean spirits ... And they cast out many demons, and anointed with oil many who were sick, and healed them."*
- 4) **Mark 16:20** *"And they went out and preached everywhere, the Lord working with them and confirming the word through the accompanying signs. Amen."*
- 5) **Luke 10:19** *"Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you."*
- 6) **Luke 9:1** *"Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases."*
- 7) **Acts 1:8** *"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."*
- 8) **Acts 2:43** *"Then fear came upon every soul, and many wonders and signs were done through the apostles."*
- 9) **Acts 4:33** *"And with great power the apostles gave witness to the resurrection of the Lord Jesus. And great grace was upon them all."*
- 10) **Rom. 15:19** *"... in mighty signs and wonders, by the power of the Spirit of God ."*
- 11) **Cor. 4:20** *"For the kingdom of God is not in word but in power."* **2 Cor. 12:12** *"Truly the signs of an apostle were accomplished among you with all perseverance, in signs and wonders and mighty deeds."*
- 12) **1 Thes. 1:5** *"For our gospel did not come to you in word only, but also in power, and in the Holy Spirit ..."*
- 13) **Phil. 4:13** *"I can do all things through Christ who strengthens me."*
- 14) **Heb. 2:4** *"God also bearing witness both with signs and wonders, with various miracles, and gifts of the Holy Spirit ..."*
- 15) **1 John 2:20** *"But you have an anointing from the Holy One, and you know all things."*
- 16) **1 John 2:27** *"But the anointing which you have received from Him abides in you ..."*
- 17) **Joshua 1:5** *"No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you. Be strong and of good courage ..."*

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- 18) **2 Samuel 22:29** *"For You are my lamp, O Lord; the Lord shall enlighten my darkness. For by You I can run against a troop; by my God I can leap over a wall. As for God, His way is perfect; the word of the Lord is proven; He is a shield to all who trust in Him."*
- 19) **2 Chronicles 16:9** *"For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him."*
- 20) **Job 17:9** *"Yet the righteous will hold to his way, and he who has clean hands will be stronger and stronger."*
- 21) **Psalm 18:32,37** *"It is God who arms me with strength, and makes my way perfect. He makes my feet like the feet of deer, and sets me on high places. He teaches my hands to make war, so that my arms can bend a bow of bronze ... I have pursued my enemies and overtaken them; neither did I turn back again till they were destroyed. I have wounded them, so that they were not able to rise; they have fallen under my feet. For You have armed me with strength for the battle; You have subdued under me those who rose up against me."*
- 22) **Psalm 28:7** *"The Lord is my strength and my shield ..."*
- 23) **Psalm 44:5** *"Through You we will push down our enemies; through Your name we will trample those who rise up against us. For I will not trust in my bow, nor shall my sword save me. But You have saved us from our enemies, and have put to shame those who hated us. In God we boast all day long, and praise Your name forever."*
- 24) **Psalm 68:35** *"O God, You are more awesome than Your holy places. The God of Israel is He who gives strength and power to His people."*
- 25) **Psalm 138:3** *"In the day when I cried out, You answered me, and made me bold with strength in my soul."*
- 26) **Psalm 144:1** *"Blessed be the Lord my Rock, who trains my hands for war, and my fingers for battle - my lovingkindness and my fortress, my high tower and my deliverer, my shield and the One in whom I take refuge, who subdues my people under me."*
- 27) **Prov. 3:26** *"For the Lord will be your confidence, and will keep your foot from being caught."*
- 28) **Prov. 24:10** *"If you faint in the day of adversity, your strength is small."*
- 29) **Isaiah 40:29** *"He gives power to the weak, and to those who have no might He increases strength."*
- 30) **Isaiah 54:17** *"No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from me," says the Lord.*
- 31) **Daniel 11:32** *"... but the people who know their God shall be strong, and carry out great exploits."*
- 32) **Hosea 11:10** *"They shall walk after the Lord. He will roar like a lion. When He roars, then His sons shall come trembling from the west ..."*
- 33) **Zechariah 4:6** *"This is the word of the Lord to Zerubbabel: 'Not by might, nor by power, but by My Spirit,' says the Lord of hosts.*

Question 1: In what area of your life do you need to develop a conqueror mentality?

Tip #13 - Identify And Eliminate Wasted Thinking

While on the journey toward experiencing a peaceful mind, we will need to look at all the ways that wasted thinking takes up room during our daily thoughts, and robs us of our peace. In this Tip we will be looking at all the negative ways our mind can think. Then we will work on ways to disarm those negative thought patterns when they come up.

But let's first start by giving an example of 'wasted thinking'. This is a remarkable story, and it illustrates perfectly the message of this tip. It's the story of a 10 year old Austrian girl named Natascha Kampusch who was kidnapped in March of 1998 while on her way to school in Vienna. Her captor kept her hidden in a basement, windowless room for over 8 years! But one day the door of the house was open and she ran out and told a nearby woman who she was, and she was saved! Wonderful story, Praise God. But now let's review the two responses from her parents. Her mother had faith. She always said she was still alive. But her father said, "Honestly, I didn't think that I'd still experience this." Let's talk about these two remarks.

Her mother appeared to be resolute, and when you are resolute about what you believe, you tend to be more on guard when negative thoughts come your way, thus giving you greater peace. But her dad gives us a clue as to what *he* believed. He was not as resolute, and perhaps he paid the price for that. Put yourself in his shoes. How would you have reacted? Where would your thoughts go after a week, a month, a year, after 8 years?! One of the people we helped early on would always begin planning the funeral of their spouse or one of their 3 teenagers whenever they heard of a traffic accident on the news. That was their automatic response. But thank God after a few months she was healed of that.

Getting back to Natascha's father: What kind of thoughts went through his head do you think? Each one of these could have crossed his mind and even festered in his mind if he wasn't careful. But each and every one of them would have been wasted thinking. Let's list them off:

- 1) He could have assumed Natascha was dead (like most kidnapped girls). He could have envisioned her lifeless body thrown in a ditch somewhere (and felt the pain of it as if it was true).
- 2) Each time he heard a little girl playing on the street or in a play ground, he could have reminisced of when his little girl was young and enjoying life with her friends, and he possibly would lament that he'd never see her again.
- 3) Each time he heard her name spoken, an arrow could have pierced his heart as his mind told him he once had a girl by that name, but was abruptly taken from him, never to be seen again.
- 4) Each time he heard of a young girl graduating elementary school, his mind could have reflected that his little girl never did graduate elementary school (and mourned that loss). The same goes for hearing of a young woman graduating high school. Same loss, same intensity.
- 5) Each time he heard of a little girl or teenager passing away and being formally buried and fondly remembered, his mind could have gone to his little girl who was likely killed but could not be buried, no final fond memory, no closure.
- 6) Each time he would have seen old pictures of the family, he could have lamented the loss of his little girl, a girl that once was, but is no more.
- 7) Each time he was asked how many children he had, his heart would ache as he'd explain that he had one other child but she's gone.
- 8) Each time Christmas, or her birthday would come around he might have been tempted to remorse over his daughter.
- 9) Each time he thought of God, perhaps at a Sunday service, or at meal time, or when he heard a church bell ring, his heart could have shaken a fist at God in anger for not protecting his little girl when she needed protection. "Where is God when you need him?!", he could have thought or spoken.

All of this could have taken place to a greater or lesser extent depending on his emotional make-up, and how diligent he was at keeping his thoughts 'in the moment'. If he wasn't diligent, his mind could have robbed him of countless hours of peace, and each of those hours and all of the unhappy emotions that went with them would all have been wasted.

Do you see how wasted thinking can rob us if we are not careful? Do you see how Natascha's mother may have had fewer down days than her husband?

Question 1: Can you tell us if anything ever happened to you that sent your mind thinking along a certain line, but in the end you realized it was unnecessary thinking?

Types of Wasted Thinking

Below are some of the traps our thinking can fall into if we are not careful:

1) All-Or-Nothing Thinking - This kind of person lives typically in 'black & white', there is no 'grey' in their beliefs. They tend to be highly judgmental, mostly of their own performance, and this drags them down. In the area of religion they would be observed as 'legalistic'. You either do everything written in the Bible or you're not accepted by God. Quite often their lives are out of balance in that regard. Because they try to fulfil everything the Bible tells them to do, they neglect other areas of their lives that are equally as important, and suffer needlessly because of it. Quite often they unknowingly applaud their own commitment to God, and pass judgment on others who are not as diligent in their faith. Perhaps they grew up with highly demanding parents. Whatever the reason for their behaviour, wasted thinking comes into play in that they become so involved in micro-managing their own lives, and thinking, "I've got to do an excellent job at what I am doing or I won't be accepted." Or they spend time thinking and talking about the faults of others.

Question 2: Can you relate to all-or-nothing thinking? In what way?

All-Or-Nothing Thinking In The Bible

Luke 9:51-55 *As the time approached for him to be taken up to heaven, Jesus resolutely set out for Jerusalem. And he sent messengers on ahead, who went into a Samaritan village to get things ready for him; but the people there did not welcome him, because he was heading for Jerusalem. When the disciples James and John saw this, they asked, "Lord, do you want us to call fire down from heaven to destroy them?" But Jesus turned and rebuked them, and they went to another village.*

By this point, the disciples were used to being empowered by Jesus to heal people of diseases and casting evil spirits out of people. It would appear they got a little carried away with that power and felt it was appropriate to kill these people because they were not welcoming to Jesus and his disciples.

Question 3: Can you tell us a time when you got a little carried away with power? Do you think you generally have an inflated perception of your own importance?

Another Bible story of someone struggling with the effects of all-or-nothing thinking is the story of Elijah, right after he defeated the prophets of Baal. Here is the account:

1 Kings 19:13-14,18 *When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice (God) said to him, "What are you doing here, Elijah?" He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." The LORD said to him, Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and all whose mouths have not kissed him."*

Elijah had indeed been busy for God, proving that the prophets of Baal were no match for the living God. In one of the most dramatic accounts of righteousness by a man of God, in **1 Kings 18**, Elijah single-handedly wipes out the whole legion of prophets who served Baal. But then interestingly, he completely loses all faith when he learns of Jezebel's anger toward him for doing so, and her mandate to kill Elijah within the next 24 hours. This uncharacteristic response to a seemingly simple problem could have come about because of physical exhaustion after the events of the previous few days. At any rate, Elijah begins running for his life until he finally stops 24 hours later, and then begs God to kill him! Then God speaks to him, and we find out that Elijah is so full of himself, he thinks he's the only one left who serves God. God had to break it to him that, no, he wasn't the only one left who served him - He had 7,000 Priests! who hadn't bowed the knee to Baal. Elijah was far from being the only man left who served God. But as you can see, Elijah was really tooting his own horn when he describes to God all that he'd been doing for the previous few days. All of this godly activity is good, but when it begins to make us think we are better than the next person, we need to step back and gain a clearer perception of who we really are.

Question 4: Can you tell us a time where you were experiencing some major victories in your life, and how those victories drained you physically and emotionally?

Tip #14 - Develop A Disciplined Lifestyle

Few things in life are ever accomplished without discipline. Every athlete will tell you that it took lots of exercise and practice at what they did to get good at what they do. Every successful business person will tell you it took long hours and commitment to get where they got in the business world. Every successful army will tell you it took time to discipline their ranks in order for them to work in unison to win their battles. And every religious person will tell you it took a steady commitment to their convictions that finally enabled them to find peace in their faith. Discipline is a definite factor to winning in the game of life.

Question 1: Can you think of a person who is successful and disciplined? Can you tell us in what way you are disciplined?

Recommendations To Be Disciplined and Self-Controlled

1 Pet. 5:8 "Be self-controlled and alert."

1 Pet. 1:13 "Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed."

Titus 1:8 "Rather he must be hospitable, one who is self-controlled, upright, holy and disciplined."

1 Thes. 4:3 "It is God's will that each of you should learn to control his own body."

1 Thes. 5:6 "So then, let us not be like others, who are asleep, but let us be alert and self-controlled."

1 Thes. 5:8 "But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate,..."

Question 2: Can you remember anyone in your life who taught you to be disciplined? What would they say to you?

Self-Discipline And The Foolish

Prov. 1:7 "...but fools despise wisdom and discipline."

Prov. 29:11 "A fool gives full vent to his anger, but a wise man keeps himself under control."

Prov. 12:1 "Whoever loves discipline loves knowledge, but he who hates correction is stupid."

Prov. 15:5 "A fool spurns his father's discipline, but whoever heeds correction shows prudence."

Prov. 19:25 "Flog a mocker, and the simple will learn prudence; rebuke a discerning man, and he will gain knowledge."

Question 3: Can you give us an example of someone you know who is foolish and how they ignore correction?

The Need For Discipline And Correction

Prov. 13:18 "He who ignores discipline comes to poverty and shame, but whoever heeds correction is honoured."

Prov. 25:28 "Like a city whose walls are broken down, is a man who lacks self-control."

Prov. 1:1-3 "The Proverbs of Solomon son of David, king of Israel: for attaining wisdom and discipline; for understanding words of insight; for acquiring a disciplined and prudent life,"

2 Tim. 1:7 "For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline."

Prov. 6:23 "...and the corrections of discipline are the way to life."

Discipline Riches And Poverty

Prov. 23:4 "Do not wear yourself out to get rich; have the wisdom to show restraint."

Prov. 13:18 "He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored."

Question 4: Can you think of someone who needs to exercise self-discipline in the area of seeking wealth?

General Tips On Discipline

Below are a number of verses that Paul issues to Titus on how Christians ought to live. Much of it relates to being disciplined.

Discipline Tips For Older Men

Titus 2:2 "Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance."

Discipline Tips For Older and Younger Women

Titus 2:3,4,5 "Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God."

Discipline Tips For Young Men

Titus 2:6,7 "Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us."

Discipline Tips For Employees

Titus 2:9 "Teach slaves to be subject to their masters in everything, to try to please them, not to talk back to them, but to show that they can be fully trusted, so that they will make the teaching about God our saviour attractive."

Discipline And Children

Another aspect of life requiring discipline is in the area of raising children. The following verses talk about the need to punish your child when they do wrong, demonstrating that true love must sometimes be tough. We dare not enable our children to grow up without some form of correction when it is warranted.

Prov. 13:24 "He who spares the rod hates his son, but he who loves him is careful to discipline him."

Prov. 19:18 "Discipline your son, for in that there is hope; do not be a willing party to his death."

Prov. 29:17 "Discipline your son, and he will give you peace; he will bring delight to your soul."

Prov. 23:13 "Do not withhold discipline from a child; if you punish him with the rod, he will not die. Punish him with the rod and save his soul from death."

Question 5: Can you think of anyone's children who could benefit from better discipline? In what way are they trying to discipline their children?

Welcome Discipline

Prov. 15:32 "He who ignores discipline despises himself, but whoever heeds correction gains understanding."

Prov. 19:20 "Listen to advice and accept instruction, and in the end you will be wise."

Prov. 19:27 "Stop listening to instruction, my son, and you will stray from the words of knowledge."

Prov. 10:17 "He who heeds discipline shows the way to life, but whoever ignores correction leads others astray."

Prov. 25:12 "Like an earring of gold or an ornament of fine gold is a wise man's rebuke to a listening ear."

Question 6: Has someone tried to discipline you lately? How did you react?

Discipline And Diet

Prov. 23:2 "...put a knife to your throat if you are given to gluttony."

Prov. 23:21 "for drunkards and gluttons become poor, and drowsiness clothes them in rags."

Phil. 4:5, "Let your moderation be known unto all men."

Phil 3:19, "Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things".

Question 6: Can you think of someone who needs to exercise discipline in the area of diet?

Jesus Chose Disciples

When Jesus walked the earth, scripture records that he chose for himself twelve disciples, 'disciple' being the root-word of the word 'discipline'. Here is a charge to us from Jesus related to living a disciplined life.

Matt. 16:25 "Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me."

And that is the essence of discipline, it is the 'denying' of our selves of things of *little value* in order to achieve something of *greater value*.

An Analogy Of Disciple In Nature

A nicely appointed yard got that way because someone took the time to get rid of weeds, or unwanted bushes or trimmed the bushes in an appealing way. Maybe they planted nice looking flowers. Maybe they flattened out the landscape. Maybe they laid nice sod onto a good layer of top soil, producing a full, thick growth of grass. All of this took time and hard work. When you let nature have it's own way, things grow wild and soon unappealing, but when you work at it and take control of nature, something beautiful is produced. Similarly, in the farming business. A farmer needs to prune the trees and spray the trees in order to get a good harvest of sellable fruit. So too, in the area of mental well-being it sometimes takes great effort to identify and uproot wrong belief's and change them to proper life giving belief's.

Discipline Produces Peace

Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

Question 7: In what way can you see yourself improving your self-discipline?

Tip #15 - Develop a Life of Holiness

“For He chose us in Him before the creation of the world to be holy and blameless in His sight.” Eph. 1:4

The theme of the Bible is to show mankind their desperate need of a saviour. In the Old Testament we read of God’s high standards of living. So high, that no one was able to live such a perfect life. To atone for men’s sin, God instructed his people to sacrifice animals once a year. The blood of animals was needed each year to cover man’s sin. Then a better sacrifice came, the Lord Jesus Christ. The blood of a sinless man – a God/Man, Jesus Christ – was spilled on that pivotal day, more than 2,000 years ago, to pay the penalty for the sins of all mankind. A horrendous day it was - but a great day. Thank God for Jesus!

But why did Jesus come? Why did animals have to lose their lives? Because of sin. If sin is so terrible that it cost the lives of numerous animals, and the life of a perfect human being, ought we to live holy, God-fearing lives? Absolutely. The problem is, few churches emphasize the importance of living holy lives. Thus, most people end up living half-hearted, semi-holy lives. This kind of life can affect the quality of our life, and become a hindrance to our happiness.

We should make it clear, however, that our motive to live a holy life is not so that we can ‘buy’ ourselves a place in heaven after we die. The Bible says that our best works are like filthy rags in God’s sight. (Isaiah 64:6) They could never be good enough to save our souls. We definitely need the sacrifice of Jesus to cleanse our souls of sin. Our reason to live holy lives is to honour God for saving our souls. And to give God an opportunity to use us as lights in this dark world. Do you care about the things God cares about? God cares for people who need to hear the Gospel. But he needs faithful servants who are willing to have Him speak and live through them. Are you one of those people? Then, consider developing a life of holiness.

Question 1: Have you ever considered the importance of living a holy life?

God Expects Upright Living

Titus 2:12 It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,

James 1:21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Prov 14:34 Righteousness exalts a nation, but sin condemns any people.

2 Tim 1:9 He has saved us and called us to a holy life.

2 Tim. 2:19 Nevertheless, God’s solid foundation stands firm, sealed with this inscription: “The Lord knows those who are his,” and, “Everyone who confesses the name of the Lord must turn away from wickedness.”

Titus 1:8 Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.

James 1:19, 20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

2 Peter 3:11 Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives.

Question 2: Is God out of line, asking his people to live upright lives?

Live Pure Lives

1 Tim 5:2 Treat younger men as brothers,² older women as mothers, and younger women as sisters, with absolute purity.

1 Tim 5:20, 22 But those elders who are sinning, you are to reprove before everyone, so that the others may take warning.
22 Do not be hasty in the laying on of hands, and do not share in the sins of others. Keep yourself pure.

Titus 2:14 who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

1 Peter 1:22 Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart,

Question 3: Do you think you might like the challenge of trying to live a pure life?

Knowledge Will Help You Stay Pure

Prov 2:11 Discretion will protect you, and understanding will guard you.

Question 4: Would life be a little easier if you had a body guard?

Put Off the Old Self, We Have a New Self!

Col. 3:9-10, Do not lie to each other, since you have taken off your old self with its practices¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Gal. 5:24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

1 Pet. 1:14-16 As obedient children, do not conform to the evil desires you had when you lived in ignorance.¹⁵ But just as he who called you is holy, so be holy in all you do;¹⁶ for it is written: "Be holy, because I am holy."

2 Tim. 2:21 Those who cleans themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work.

Don't Give In To The Flesh

Gal. 5:16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Rom. 13:14 Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

Sexual purity

Eph 5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

Prov. 5:20 Why, my son, be intoxicated with another man's wife? Why embrace the bosom of a wayward woman?

Col. 5: 5, 6 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

1 Thes 4: 3-7³ It is God's will that you should be sanctified: that you should avoid sexual immorality;⁴ that each of you should learn to control your own body in a way that is holy and honorable,⁵ not in passionate lust like the pagans, who do not know God;⁶ and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before.⁷ For God did not call us to be impure, but to live a holy life.

Question 5: Is sexual purity a problem with most people?

Shamefulness of Sin

Eph. 5:12 It is shameful even to mention what the disobedient do in secret.

Question 6: Shame can be a difficult emotion. Do you think it is good?

Holy Living Includes Holy Speaking

Eph. 5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

James 1:26 Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.

1 Pet 3:10-11 For, “Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. ¹¹ They must turn from evil and do good;

Question 7: Do you know anyone whose speech needs to be improved?

You Forfeit The Kingdom by Sin

Eph 5:5-7 For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God.⁶ Let no one deceive you with empty words, for because of such things God’s wrath comes on those who are disobedient. ⁷ Therefore do not be partners with them.

Heb. 12:14 Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

Ps. 11:7 For the LORD is righteous, he loves justice; the upright will see his face.

Question 8: Is making it to heaven with God something worth striving for holiness?

You Are The Light

Eph. 5:8-10 For you were once darkness, but now you are light in the Lord. Live as children of light ⁹ (for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰ and find out what pleases the Lord. ¹¹ Have nothing to do with the fruitless deeds of darkness, but rather expose them.

Keep Your Mind On Good Things

Col 3: 1-3 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

Question 9: What are good ways to help keep our minds on good things?

God’s Wrath is Coming for Sinners

Eph. 5:6 Because of these, the wrath of God is coming.

Develop These Traits Instead

Col. 3:12 Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

2 Tim 2:22 Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

Titus 2:2 Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

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Titus 2:3 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. ⁴ Then they can urge the younger women to love their husbands and children, ⁵ to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

1 Tim. 2:15 But women will be saved through childbearing—if they continue in faith, love and holiness with propriety.

Titus 2:6 Similarly, encourage the young men to be self-controlled. ⁷ In everything set them an example by doing what is good. In your teaching show integrity, seriousness ⁸ and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

2 Tim 2:22 Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

2 Pet. 1:5-9 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ⁹ But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

Question 10: Which of these traits seem appealing to you? How would you develop them?

Live Lives Worthy of God

1 Thes 2:11,12 For you know that we dealt with each of you as a father deals with his own children, ¹² encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory.

Live Blameless Lives

Prov 2:7 He holds success in store for the upright, he is a shield to those whose walk is blameless,

1 Thes 3:13 May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

1 Thes 5:21-23 Hold on to what is good, ²² reject every kind of evil. ²³ May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

Prov. 19:1 Better the poor whose walk is blameless than a fool whose lips are perverse.

Prov. 20:7 The righteous lead blameless lives; blessed are their children after them.

Eph. 5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

2 Peter 3:14 So then, dear friends, since you are looking forward to this, make every effort to be found spotless, blameless and at peace with him.

Question 11: Striving for a blameless life seems daunting. How do you feel about this?

Your Good Life is a Testimony To Others

1 Pet 2:12 Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.

2 Cor. 9:13 Men will praise God for the obedience that accompanies your confession of the gospel of Christ

Question 12: Are you good at witnessing for Christ? Would living a holy life help you in your witnessing for Christ?

Truth Leads to Godliness

Titus 1:1 Paul, a servant of God and an apostle of Jesus Christ to further the faith of God's elect and their knowledge of the truth that leads to godliness.

Conclusion

An easy way to attain and maintain a holy life is by memorizing scripture, and then speaking it to yourself throughout your day. Psalms 119:11 says, "*I have hidden your word in my heart that I might not sin against you.*" When we continually speak God's Word to ourselves it keeps our minds on holy things. If you'd like to try it, contact us and we will send you some scripture card files that you can print off on card stock and then cut them to size. Call or write to us today.

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Types of Abuse

When most people hear the word “Abuse” they usually think of something very extreme, such as punching or kicking. This, of course, is abuse and is never an acceptable way of expressing anger or frustration. But abuse can take other non-physical forms as well. The following is a list of 6 types of abuse.

Physical

- Any unwanted physical contact
- Kicking
- Punching
- Pulling, pushing
- Slapping
- Hitting
- Pulling hair
- Arm twisting
- Up against wall
- Squeezing hand, arm
- Choking
- Shooting
- Locking in a room
- Standing too close
- Stopping from leaving
- Restraining in any way
- Picking them up
- Holding or hugging when unwanted
- Pointing finger, poking
- Murder
- Hitting with objects
- Tickling
- spitting

Sexual

- Forcing sex (rape)
- Total lack of intimacy
- Sleeping around
- Forcing certain positions
- Forcing sex (rape)
- Total lack of intimacy
- Sleeping around
- Hounding for sex
- Intimidation by knowledge or reputation
- Put downs
- Being rough

Sexual

- Getting back at them by refusing sex
- Using sex as basis for argument
- Treating someone as a sex object
- Pornography
- Forcing people to have sex with others

Financial

- Withholding money
- Spending money foolishly or beyond means
- Not spending money on special occasions e.g. their birthday
- Making the decisions in terms of how money is spent

Environmental

- Locking them in
- Taking the phones when you go to work
- Slamming doors
- Breaking things
- Throwing objects
- Turning the stereo/TV up loud
- Harming pets
- Throwing their clothes out
- Ripping their clothes

Social

- Not taking responsibility for children
- Embarrassment in front of children
- Putting down or ignoring in public
- Accusing them of sleeping

Social

- Not letting them see their friends
- Using a continual joke or putdown about them with others
- Choosing friends or family over them
- Using kids as a weapon
- Abusing children physically or sexually
- Not taking them out
- Keeping them busy in the kitchen e.g. during a party
- Change of personality with others
- Not being nice to their friends
- Making a “scene”

Emotional/Verbal/Psychological

- Insulting
- Yelling
- Name calling
- Verbal threats
- Intimidation
- Playing “mind games”
- Overpowering their emotions
- Bringing up old issues and arguing with them
- Putting them down for things she has done in the past
- Inappropriate expression of jealousy
- Turning around a situation against them
- Brainwashing
- Laughing in their face
- Silence
- Walking away from them in a discussion
- “Typical male chauvinistic

