



Making the most of your upcoming time of prayer:

Our hope for your time of prayer is that you come away with knowing you've heard the voice of God for yourself and that He reveals scriptural truth to you that can be a powerful anchor for your life.

To begin:

- Complete the Registration form and the Release of Liability form and return to the church office.
- When your forms are received, Joyce Rawleigh at joyraw@gmail.com will be emailing you to set up a time that works for your schedule.
- You'll be met for your time of prayer by at least 2 or possibly 3 team members. This environment offers you safety and us an opportunity for training.

In the meantime, here are a few items that will help you get the most out of your prayer time.

- **It all begins with a relationship with Jesus.** We may recognize the need in our life for peace, freedom, wholeness and love. Truly there is only one Way to receive those things in a lasting manner for profound life change. We admit that our sinful choices have separated us from the One True Holy God, ask Him to forgive us and invite Jesus to come live in our heart and be the Guider of our life. It is that simple. Beginning your relationship with Jesus is the first step toward the health and wholeness we desire. It isn't required that you have a relationship with Jesus to have a time of prayer. We strongly recommend you consider this step as the improvements you're seeking are likely to be temporary without that ongoing relationship.

Jesus answered, 'I am the way, and the truth and the life. No one comes to the Father except through Me. John 14:6

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. John 14:27

- **Ask Father God to bless you with all of the Holy Spirit He would give you. Invite the work of the Holy Spirit into your life.**

His work in our lives looks like:

- Prompting, an inner witness Titus 2:11-13
- Knowing the Heart of God & "Building" in us the mind of Christ 1 Corin 2:6-16
- Always in harmony with scripture 2 Tim 3:16-17, 2 Peter 1:20-21
- Teach and remind John 14:26
- Point out truth (give direction in our lives) John 16:13a, Luke 4:1, Acts 10:19-20, 16:6-7
- Prophetic (forth-telling of scripture) John 16:13b-14
- Feels guilty when we sin, concerned with Christ's standard of righteousness & God's judgment John 16:8-13
- Opposed to sinful desires Gal 5:17-18, 1 Peter 2:11
- Exhort believers on sin, backsliding, perseverance, sonship Romans 8:13-16
- Holy Spirit becomes weaker the longer the believer resists his promptings Romans 1:18, 1 Thess 5:19
- Results in spiritual death when rejected & results in spiritual life when obeyed Romans 8:6-13

But when He, the Spirit of truth, comes, He will guide you into all truth. He will not speak on his own; He will speak only what He hears, and He will tell you what is yet to come. He will bring glory to Me by taking from what is mine and making it known to you. John 16:13-14

- **Clearing the path:** There are a few common issues we've discovered that create barriers of sorts from fully walking in the freedom of God. We'll explore more specifically during our prayer time but in the meantime here are a few things to consider:
 - **Unforgiveness towards ourselves or others.** Begin the conversation with Jesus now asking who you need to forgive or ask Him for forgiveness in areas He reveals to you. (see reference on back page for more information)
 - **Shame/Guilt/Unworthiness.** When God brings a sense of conviction, an understanding we have erred from His ways, it is for our freedom and restoring of our relationship with Him. A quick prayer asking forgiveness clears this away and brings us close to Him again. Shame, guilt and unworthiness are not from Him and you can learn over time to recognize these thoughts in your life and choose to believe what God says about you from the bible instead.



Top 10 of what Total Forgiveness is not:

1. Approval of what they did.
God never approves of our sin, yet He cares for us. (Genesis 3:21)
Jesus did the same. (John 8:11)
2. Excusing what they did. (Numbers 14:11-19)
3. Justifying what they did. (Numbers 14:11-19)
4. Pardoning what they did.
To pardon means to release from consequences. (ie. Penalty for rape)
5. Reconciliation.
It requires the participation of two people. It means to restore. When is this not possible in relationships? When is it possible?
6. Denying what they did. Repression.
 - a. being kept down by force: the process of suppressing somebody or the condition of having political, social, or cultural freedom controlled by force.
 - b. Psychological protective mechanism: in Freudian psychology, a mechanism by which individuals protect themselves from threatening thoughts by blocking them out of the conscious mind
7. Blindness to what happened. Look up 1 Corinthians 13:5.
How do these two ideas meet? 1 Corinthians 13:6. TRUTH.
8. Forgetting vs. Choosing not to remember, see Hebrews 8:12.
Why does He choose not to?
9. Refusing to take wrong seriously. Does this treat sin as not sin?
10. Pretending we are not hurt. God let Samuel know when he was.
See 1 Samuel 13:14.

Top 10 of what Total Forgiveness is:

1. Being aware of what someone has done and still forgiving them.
Aware: Knowledgeable, Mindful, Watchful.
2. Choosing to keep NO records of wrongs. (1 Corinthians 13:5 & Psalm 103:12)
3. Refusing to punish. (Deuteronomy 32:35)
(Also in Romans 12:19, Hebrews 10:30)
4. Not telling what they did. (Romans 8:28)
Forgiving as I have been forgiven.
5. Being merciful. (Matthew 5:7 & Luke 6:36 & Proverbs 11:17)
6. Graciousness. (Philippians 4:5)
Forebearant, Tolerant.
7. It is an inner condition. (Matthew 12:34 & 1 John 3:21)
It is a matter of the heart, not just the head. If our hearts have forgiven, our words will show it. It does not matter if we reconcile, it does not matter if they repent, it does not matter if they justify it.
8. It is the absence of bitterness. (Ephesians 4:30 & Genesis 27:41 & Hebrews 12:15)
Bitterness: An excessive desire for vengeance that comes from deep resentment.
9. Forgiving God. (Romans 8:28)
"All bitterness is ultimately traceable to a resentment of God." Agree/Disagree
10. Forgiving ourselves. Wasn't Jesus' sacrifice good enough for me?
(Matthew 25:40)

LIFESTYLE FORGIVENESS LEARN IT, OWN IT, TEACH IT by Pr. Orleen Haseltine

RESOURCES: TOTAL FORGIVENESS by R.T. Kendall

THE CHOOSING TO FORGIVE WORKBOOK by Les Carter, Ph.D. & Frank Minirth, M.D.