

12
TWELVE

**WEEKS TO
FREEDOM**
From Addiction

Reformer's Unanimous of Cork

Every Friday, 7pm - 9pm, Unit B, Enterprise Park
Innishmore, Ballincollig, Cork 087-955-6224



THIS BOOK BELONGS TO

START DATE _____

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There are many who struggle under some addiction, and live lives of emotional isolation, shame and despair which is caused by the tyranny of their addiction. Addiction has been described as a moral weakness, a lack of will power, an inability to face the world, a spiritual illness and some even call it a sickness.

But addiction, whether it is to drugs, alcohol, gambling, overeating, pornography, depression, or nicotine, can only be described in one word... BONDAGE, and bondage is slavery. The world today says, “*once an addict, always an addict*”... but God says in the Bible “*for now will I break his yoke from off thee, and will burst thy bonds in sunder*” (Nahum 1:13).

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Introducing Twelve Weeks to Freedom

Twelve Weeks of Classes – A Lifetime of Freedom

Freedom! *“The state of being free; exempt from the power and control of another; at liberty; real independence.”*

For the next twelve weeks, you will walk the path of freedom, out of your addiction, and into a life of freedom from that addiction! Your freedom does not mean that you can live as you please, or that you can just go back into another addiction, but, it means you will be free to start living like you were meant to all along!



Each week, a rock-solid truth from the Bible will be thoroughly explained, and you will be given a list of things for you to do, called challenges. It will only take you 30 minutes a day, but the changes it makes will be worth it all!

It took you years to get where you are now, in the bondage and slavery of an addiction. So, don't imagine that it will only take a few hours or days to get completely restored. BUT, you can be made free from the grip and desire of your addiction, free to live differently, free to have a life once again... if you want it bad enough!

A Christian man once said to a curious friend, "I am not all that I should be or what I want to be, but thank God I am not what I used to be."

“And such were some of you!”

1 Corinthians 6:11

All sin, no matter how small or large, separates us from God. *"Know ye not that the unrighteous shall not inherit the kingdom of God."* (1Corinthians 6:9). End of story!

Look at the Bible's list in verse 10, of just SOME of the sins that we all committed regularly, without even thinking about it! Many of us lived in these kind of lifestyles that God says is clearly wrong.

- **Fornicators:** those who lived in sexual immorality before they were either saved or married.
- **Adulterers:** those who were unfaithful to a marriage partner and lived a life of infidelity. (Can also refer to those who live lives of unfaithfulness before the Lord!)

Introducing Twelve Weeks to Freedom

- **Effeminate and abusers of themselves with mankind:** those who lived a life of homosexuality, transvestism, and other gender perversions. (These sexual perversions were the downfall of the Roman Empire! 14 of the first 15 emperors claimed to be homosexual!)
- **Idolaters:** people who worship and bow down to false gods and false religious systems.
- **Thieves:** those who steal and take away from others.
- **Covetous:** those who in a greedy fashion desire what others have.
- **Drunkards:** those who are bound by alcohol and strong drink.
- **Revilers:** those who destroy with their tongues and wound with their words.
- **Extortioners:** those who take unfair advantage of others.

Those are all very harsh, telling words! But God saved the best words for last! In verse 11, "*And such were some of you.*" Some people actually try and live decent and moral lives. Not everybody was a drunkard, or an adulterer. But the truth is that no matter how little any of us may have sinned, we still were wicked and ruined before God.

Thank God for the word "*were.*" Praise God that any sinner can find forgiveness and can say, "Thanks to Jesus, I am not the man I used to be."

Paul was saying to these Corinthian believers, "That is what you used to be. That is how you used to live, but there has been a marvellous and glorious change in your life."

What kind of change was Paul speaking of in their life? "*But ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.*"

‘Washed’ is a great word! The sin, guilt, hurt, and embarrassment of our addictions can make a person feel so filthy and dirty. BUT, all of that can be buried and put firmly in our past, by being WASHED, and CLEANSED by God! Only God can wash away not only our sins, but the STAINS of our sins!

Sanctified! It is a word that simply means make holy! Can you believe that Jesus can actually make YOUR life into a holy life? Not where you walk around in monastic robes, but that you actually are no longer a slave to sins and addictive behaviour! Well, it is TRUE! And that is what this twelve week programme will do!

Justified! Now HERE is a truly amazing word. *Justified* means pardoned, and completely forgiven! God can forgive you so much that the record of all your sinfulness is actually wiped clean, and you can start completely, all over, just as if you had never sinned before!

All of this happens by the authority of the name of the living Son of God, Jesus, the Lord of all! The change that can take place in your life can only happen if Jesus does it. And if He does it, it is finished – there is nothing left to do but enjoy it!

Steps You **HAVE** to Take

*Things you **HAVE** to do!*

1. **Finish the 12 Week Course.** Don't start this course without the intense desire to see it through to the end!
2. **Expect hardness,** and obstacles, and many bad days! As with anything worthwhile, there are going to be loads of times you feel like you can't do something because it is hard. It was the same for everyone else, so why should it be different for YOU?
3. **Start to Think Differently.** Change is not something you feel, it is something you understand and choose.
4. **Do all your homework!** You will have to do more than just sit there and listen. YOU will have to do some things every day. Not much, but enough so that you actually learn and change. Every week you will have new things to do, and truths to understand. Don't miss one day's homework, because everything you do will build up to breaking the power of more past bondages.
5. **Fill-out the Personal Evaluation Form on the next page,** as honestly as possible. It will help you see all the areas that need to be worked on during the twelve weeks.
6. **Get yourself a real Bible** to read and learn from - a King James Bible! God says, "Faith cometh by hearing, and hearing by the word of God." Romans 10:17
7. **Be ready and willing to QUIT anything that will stop you from changing.** That includes letting go of Cigarettes, bad friends, laziness – anything that will lead you back to the same old bad habits and addictions that have you enslaved! It may take months to be rid of your addictions, but you at least need to be willing to let go of them all when asked to! Be ready to quit some things FOR GOOD!
8. **Change your mobile phone number,** and only give it out to very few people. The longer you allow the people who caused you problems to keep bothering you, the longer it will take to get free.
9. **Attend a Bible believing church as often as possible!** That means get out to it every Sunday morning, and Sunday evening (it is more important than attending Alcoholics Anonymous or N.A., or any other programme).
10. **Memorize the Twelve Scriptures of this programme!** You will discover that there is great, life changing Power in Memorizing Scripture!



The more of the above list that you do, the faster you will change! In other words, you GET out of this programme what you PUT IN!

Twelve Life Changing Truths

These are THE Bible's Truths That Free Us

1. Every Sin has its Origin in our Hearts

The first step to recovery is accepting that all your problems can be traced back to your own heart. According to the Bible, our Hearts are Evil. Jeremiah 17:9 says, “The heart is deceitful above all things, and desperately wicked: who can know it?” Without the Bible, the very words of God, you could not ever know what is in your heart. That’s because our hearts do not want to be exposed.

Jesus Christ says in Mark 7:18-23 that it’s not what you put in your mouth, or in your veins that defiles, it’s what comes out of the heart that ruins us!

Our heart is the breeding ground for every sin that we commit – for every bad habit – for every wrong thought.

2. We are Powerless Over Our Addiction

Admit that life has become unmanageable and that you are powerless over the effects of separation from God. Acknowledge helplessness and recognition that help is needed. The compulsion of the addiction is a form of idolatry.

Romans 7:18 “For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.” Our heart is Satan’s strong hold. This is why we find it hard to get victory over addictions. We must have God’s weapons, and God’s power to bring down and defeat every sin and bad habit in our life! 2 Cor 10:4 “For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds.”

3. Only God can salvage and restore a broken life! There is nothing impossible with God!

2Corinthians 12:9 “And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.”

Believe that God can and will restore you to sanity. That we can come to Him through His Son, and know God personally, and have a vital relationship with Him. (See John 3:3-67; Acts 16:31; John 1:11-12; Romans 3:9-12; 3:23; 6:23; 5:6,8; 10:9-13) We must affirm that we need to be saved from sin... its penalty, power, and control over our lives. You must be born again by faith in Christ’s shed blood.

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

4. Only by following the life and teaching of Jesus Christ can we be made whole.

Luke 10:42 “But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”

Make a decision to turn your will and your life over to God, yield to His Word and accept His plan for your life (Rom. 12:1,2; Eph. 5:17). We must come to the place of entrusting our lives to God. If we admit that we are powerless, separated from God and our lives are unmanageable in ourselves, then this is the natural outcome. (See Rev. 3:20; Psalm 34:8.)

Luke 9:23,24 “And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it.”

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

5. Only an Open, Honest, and Humble Life can be Helped

James 4:10 “Humble yourselves in the sight of the Lord, and he shall lift you up.”

You Must Recognize the Exact Nature of Your Sin (just how bad it is). Admit to God, and to yourself, the exact nature of our sins (James 5:16; Psalm 32:1-5; Psalm 51). You must expose the hidden sin so it can be admitted and then confessed to God.

After identifying the character traits that led to our compulsive behaviour, we can relieve the burden of the guilt and shame. This is done by admitting to ourselves and to another person our wickedness, and by confessing our sins to God. There must be a full confessing and a thorough repentance of the wrongs (1 John 1:7-10; Isaiah 55:7). Thankfully we do not need to confess our sins in detail to anyone but God.

Make a searching moral inventory of yourself (Lamentations 3:40). There must be a thorough examination of your behaviour, and a journey into self-awareness of the programming, habits, patterns, and sinful self-talk lies that are a part of the whole picture. There must be a recognition of the wrong belief system which is an integral part of the whole situation.

Then take responsibility! Begin to look at the dark side of our character, to identify and understand character weakness or defects (sins) and see how these have controlled our behaviour. Denial has been your biggest enemy up to this point, but now must be overcome by honesty.

An inventory must be made. Not a history of all your problems, but an inventory which reveal the weakness you would rather not acknowledge. Write down any resentment, fears, guilt, shame, and try and write out a detailed account of compulsive behaviours. THEN, God will step in and help you!

6. People Need to Be Free From the Bondage, Not Just feel Better

John 8:32 “[And ye shall know the truth, and the truth shall make you free.](#)”

John 8:36 “[If the Son therefore shall make you free, ye shall be free indeed.](#)”

Be entirely willing and ready for God to remove all these practices, these sin patterns and habits of life (James 4:10.)

We must be confronted to change our habits, life-style and patterns of acting out. There must be a commitment to change. (See Ephesians 4:22-24; Colossians 3: 5-14; Ephesians 4:30-32.)

Humbly (James 4: 6-10) ask God for a removal of these sinful patterns, and shortcomings (1 John 1:9). Allow God to bring a healing of damaged emotions, change the attitudes and transform the behaviour (Romans 12:2).

7. You Cannot Ignore Making Restitution.

Luke 6:31 “[And as ye would that men should do to you, do ye also to them likewise.](#)”

Make a list of persons you have harmed, and be willing to make amends to them all. Restitution is very vital for ongoing change, and personal victory. Prior to recovery the person blamed every one else for their problems. We have all at times done this and possibly also blamed God. We begin now to release our need to blame others and also accept full responsibility for personal actions. From point four (the inventory) we would be aware of all the sinful and inappropriate actions and sin which brought injury to others.

Along with this is the need for forgiveness. We must cancel the debt (Matt. 18:23-27; Eph. 4:32) and ask forgiveness from anyone whom we might have offended as well.

8. Be Reconciled to Others You Have Wronged.

Matthew 5:23,24 “[Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.](#)”

Make direct amends to people you have wronged (stolen from, physically or emotionally hurt) wherever that is possible, except when to do so would injure them or others (Matthew 5:23,24). After making the list we must actually do everything possible to reconcile with those that we have hurt (1 Peter 4:8-10; Matthew 18:15; Mark 11:24,25).

9. Have a Daily Prayer Life. It is called, “Walking with God”

Micah 6:8 “[He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?](#)”

Twelve Life Changing Truths

There must be a deepening of the life with the Lord, a daily routine of prayer and Bible meditation which will give you day by day victory over the past. Recovery must be relentlessly pursued on a daily basis.

You must seek through prayer and bible meditation to improve your conscious contact with God as set forth in the Word of God. Pray for knowledge of His will and the power to carry that out (Colossians 3:16a; 4:12).

10. Daily Monitor Your Life

1 Corinthians 10:12 “Wherefore let him that thinketh he standeth take heed lest he fall.”

Continue to take personal daily inventory and, when you were wrong, promptly admit it (1 Corinthians 10:12; Psalms 139:23,24; Romans 6:1-4; Galatians 6:1-5). Such a personal inventory is a daily examination of our strengths, and weaknesses, motives and behaviours. We need to monitor signs of attempting to manage our lives without God or of slipping into resentment, dishonesty, or selfishness. Also we must watch for rationalization about a gradual return to the former life style and sinful acting out.

11. Seek Joy Instead of Happiness

John 16:33 “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

There is a big difference between real joy, and passing happiness. A follower of Jesus Christ knows that most of life will not be fun, but that there is great JOY that comes from God as we do what is right and good.

When we lose our joy, we need only to humble ourselves, admit we have been seeking only fun and ended up sinning, and then ask God to restore to us His joy and peace! Psalm 51:12 “Restore unto me the joy of thy salvation; and uphold me with thy free spirit.”

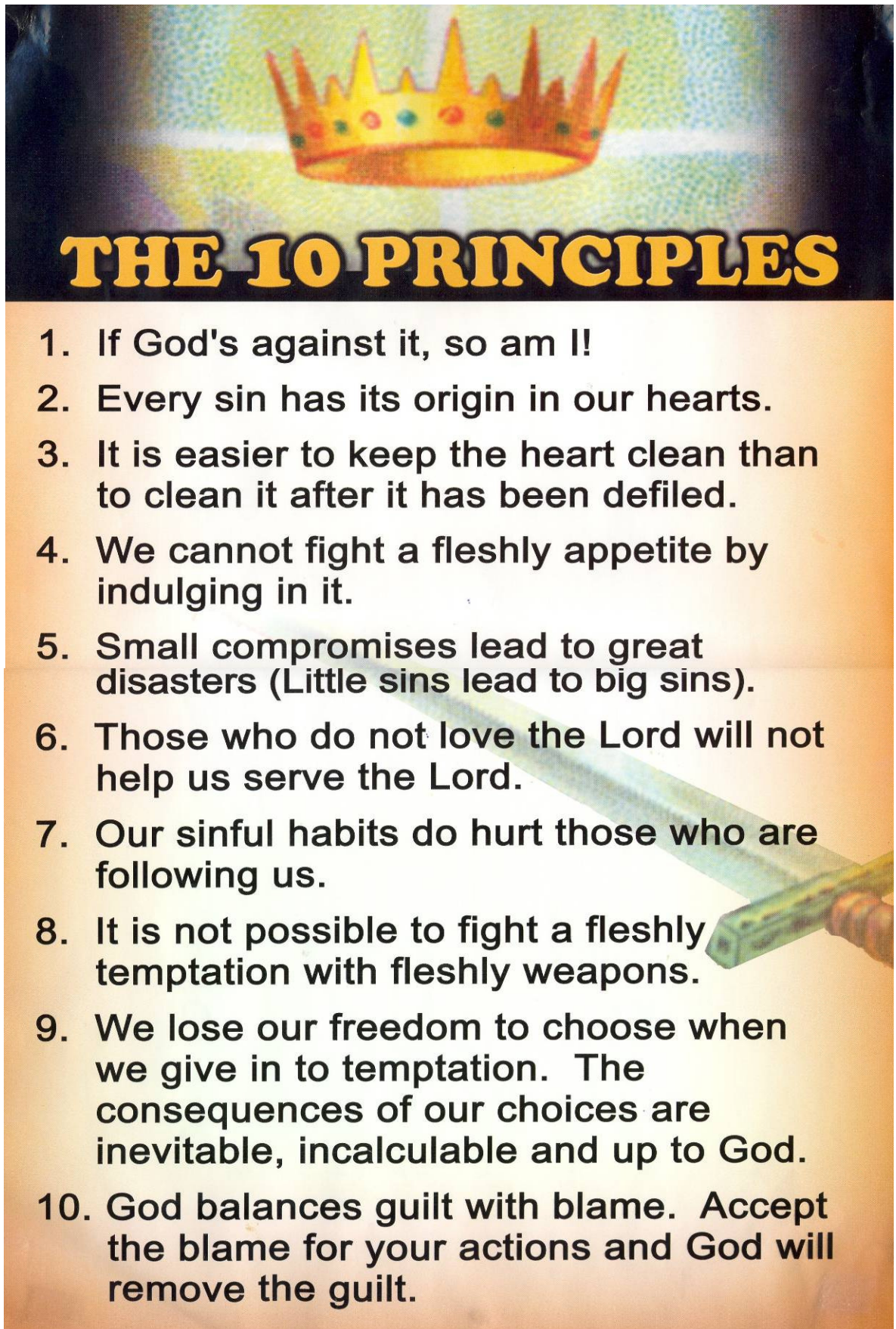
12. You Can Help Others, Once you Yourself Have Been Helped!

Galatians 6:1,2 “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.”

Having had a spiritual awakening as the result of these steps, we must take the message to others, practice the principles on a daily basis in all of life, and seek to win others to Christ (Galatians 6:1,2 Corinthians 5:17-21).

There must be an ongoing walk with the Lord in a positive way and with aggressive labour to help win others to the Lord and to see others set free from addictions.

The Ten Principles of Reformer's Unanimous



The Second Four Weeks



**“Stand fast therefore in the liberty wherewith
Christ hath made us free, and be not
entangled again with the yoke of bondage.”**

(Galatians 5:1)

Week 5 - Taking Responsibility

What the Bible Says in James 4:10...

*“Humble yourselves in the sight of the Lord,
and he shall lift you up.”*

HUMILITY

Pondering Tonight’s Lesson:

I. Who is Right, God or Me?

- A. Romans 3:4 says, *“yea, let God be true and every man a liar.”*
- B. The truth is, the addictions in my life are _____ fault.
- C. SO ARE ALSO ALL THE CONSEQUENCES.
- D. You and I need to take responsibility for the damage we have done.
- E. Lamentations 3:40 says, *“Let us search and try (test) our ways, and turn again to the Lord”*

II. How does God see me right now?

A. If you have not been born again... (Ephesians 2:12)

- 1. Without _____
- 2. Without _____

B. If you HAVE been born again!

- 1. As a _____ Sinner (Colossians 2:13)
- 2. As a New Creature in Christ (2Corinthians 5:17)
- 3. As Someone in a _____

III. So that we can Win in this Battle we must do Five Things:

A. Identify the Exact _____ of our Sins. Be willing to be honest with God and others just how bad our sins are. (Galatians 5:19-21)

B. Take _____

- 1. Assess the damage in your life by taking an inventory of how you got to this point. You need to examine the past and extract from it not only what others did to you, but also what YOU did to others.
 - a. Divide your life into three areas (ie childhood, teen and adult)
 - b. List every person that you are resentful towards, and say why
 - c. List every important event which affected you
 - d. List every event where you have affected others.
 - e. Label your sin (if you have hurt someone)
 - f. Label their sin (where someone has hurt you)
 - g. *See the following chart as an example*

C. You then MUST bring the things on this list to _____ in prayer. (1st John 1:8-10; Read Psalm 51:1-17)

1. You do not confess to people – only to God!
2. Looking at your list, you need to do the following:
 - a. Take responsibility for what you have done in your past
 - b. Call your wrongs actions and wrong attitudes what they really are – **sin**
 - c. Ask God to forgive you for all of them, in the authority of Jesus’ name
 - d. Ask God to help you to forgive those that have hurt you – you must forgive every one of them!
 - e. Tell God you are willing to make amends to those that you have hurt
 - f. Tell God you are willing to treat others like Jesus has treated you (with kindness, longsuffering, and forgiveness)
 - g. When you are finished with the list, DESTROY IT, because EVERYTHING on that list is under the blood of Jesus! (1 John 1:9)

D. Make Restitution - You cannot ignore making things Right with those you hurt. (Luke 6:31) Make a list of the persons you have harmed, and be willing to make amends to them all.

E. Be Reconciled to Those You Have Wronged (Matthew 5:23,24)

IV. Conclusion

- A. The truth is, the addictions in my life are my fault. My addiction to drink, drugs, gambling, pornography is my fault AND SO ARE ALL THE CONSEQUENCES.
- B. You and I need to take responsibility for the damage we have done.
- C. We also need to examine ourselves to paint a portrait of who we really are. *What am I really like, as opposed to what I “think” I am like.*
- D. Lamentations 3:40 says, *“Let us search and try (test) our ways, and turn again to the Lord”*

<u>Adultery</u> : sex outside of marriage	<u>Strife</u> : angry fighting
<u>Fornication</u> : sex before marriage	<u>Sedition</u> : opposing law and order
<u>Uncleanness</u> : wrong sexual thoughts	<u>Variance</u> : Argumentative, at odds with
<u>Lasciviousness</u> : Animalistic lusts	<u>Heresies</u> : errors in fundamentals of religion
<u>Idolatry</u> : valuing something more than your relationship with God	<u>Envy</u> : wanting what someone else has – coveting
<u>Witchcraft</u> : sorcery, being under the influence of demonic forces	<u>Murders</u> : Premeditated killing of another human
<u>Emulation</u> : an unhealthy desire to be better than everyone, so that everyone tries to be like you	<u>Drunkenness / high</u> : To be habitually overpowered with intoxication from alcohol/drugs
<u>Hatred</u> : having a great dislike for another	<u>Revellings</u> : Uncontrolled feasting and carousing in a party-like atmosphere
<u>Wrath</u> : The desire to get even for a wrong against you	

An Example of a PERSONAL INVENTORY CHART

	During Your Childhood	During Your Teen Years	During Your Adult Years
List the people that you are resentful towards, and say why			
List every important event which hurt you			
What sins did those people commit against you?			
List every event where you have affected others			
What sins did you commit against other people during those times?			
What did Jesus do so you could be forgiven, and so you could forgive those who have hurt you?			

Think It Through - Saturday

<p>What the Bible Says in Galatians 5:1...</p> <p style="text-align: center;"><i>“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”</i></p>	STAND FAST
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Pondering the above Scripture:

1. What do you think it means to “*stand fast*”? _____

2. Who has already made us free from our bondage? _____
3. What did He make us free from (list the things you were in bondage to)?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
4. What do you think the word “*liberty*” means? (circle the right answer)
 - a. Free to do as I please?
 - b. Free to sin again?
 - c. Free to live differently than you are used to – for the Lord Jesus?
5. What do you think it means to be “*entangled*”? _____

6. Is bondage a good thing? Yes / No
7. If you have trusted Jesus Christ as your Saviour, has He already freed you from bondage? Yes / No
8. What are some things that entangle you again and put you into bondage to your addictions? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Sunday

<p>What the Bible Says in Ephesians 4:22...</p> <p style="text-align: center;"><i>“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts.”</i></p>	<p>THE OLD MAN</p>
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Pondering the above Scripture:

1. Who is the Old Man? (Circle the right answer)
 - a. Your next door neighbour?
 - b. Some guy at the pub?
 - c. The old “you” before you trusted Jesus Christ?
 - d. Your father?

2. What are we supposed to do with our old ways of doing things? _____

3. What does the Bible say our “old man” is? _____

4. Can lust be deceitful? Yes / No
5. What are some things in your old life that you find hard to put off now?
 - a. _____
 - b. _____
 - c. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Monday

<p>What the Bible Says in 2nd Corinthians 5:17...</p> <p style="text-align: center; color: blue;"><i>“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”</i></p>	<p>A NEW CREATURE</p>
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Pondering the above Scripture:

1. What do you think it means to “*be in Christ*”? _____
2. What does the Bible say that person in Christ has become? (Circle the right one)
 - a. Religious?
 - b. Good?
 - c. A whole new person in God’s eyes?
3. What things are passed away the moment a person is born again? _____
4. What are some *old things* in your life that passed away (died) the moment YOU were born again?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
5. What became new? _____
6. What are some “new” things you should be doing now?
 - a. _____
 - b. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Tuesday

<p>What the Bible Says in James 5:16...</p> <p><i>“Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”</i></p>	<p>CONFESS</p>
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Pondering the above Scripture:

1. What are we to confess to others?
 - a. Sins?
 - b. Faults?
2. What do you think is the difference between a sin and a fault? _____

3. Why do you think the Bible says to confess our faults to others? (Circle the right one)
 - a. To hold each other accountable with our lives?
 - b. To be encouraged to not fail the next time?
 - c. To keep ourselves humble?
 - d. All the above?
4. What are we to do for others? _____
5. What can prayer do? Avail much of what? _____

6. What kind of prayer avails much? _____

7. What do you think it means to be a righteous person? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Wednesday

What the Bible Says in Psalm 32:5...

“I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin.”

FORGIVEN

Pondering the above Scripture:

1. Who does the Bible say we are to confess and acknowledge our sin unto?

2. What should we not hide from God? _____
3. Can we really hide anything from God? Yes / No
4. What three things listed in the Scripture are we to bring before God?
 - a. Our _____
 - b. Our _____
 - c. Our _____
5. What does the Lord promise to do if we confess our sins to Him?

6. Are we to confess our sins to men? Yes / No
7. Can any man or woman forgive sin? Yes / No
8. What does it mean to “*acknowledge*” your sin? (Circle the right answer)
 - a. See your sin for what it really is and do something about it?
 - b. Ignore your sin as if it is not real?

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Thursday

<p>What the Bible Says in Lamentations 3:40...</p> <p style="text-align: center;"><i>“Let us search and try our ways, and turn again to the LORD.”</i></p>	<p>TURN AGAIN TO GOD</p>
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Pondering the above Scripture:

1. What are we to search and try? _____
2. What do you think it means to “try our ways”? _____

3. Who does the Bible say we need to turn to? _____

4. Does God forbid anyone turning their lives over to Him? Yes / No
5. Who is supposed to take a good look at their way of living?

6. What are some things you are doing right now that are wrong that you need to give over to God and get the victory for?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
7. What are two characteristics you have learned about the Lord God these last five weeks?
 - a. _____
 - b. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Week 6 - Freedom from Guilt

What the Bible Says in John 8:32,36...

“And ye shall know the truth, and the truth shall make you free.” ... “If the Son therefore shall make you free, ye shall be free indeed.”

**FREE
INDEED**

Pondering Tonight’s Lesson:

I. Guilt Is _____

- A. Guilt is a feeling of regret about something we should not have done, or what we didn’t do that we should have.
- B. Guilt is good for the following reasons:
 - 1. Everyone needs to feel guilty about wrong doing
 - 2. Guilt should drive us to God.
 - 3. Without a sense of Guilt there is no repentance!
 - 4. Only with a proper sense of guilt can a sinner have their guiltiness removed!!!

God balances guilt with blame.

People need to be free from the bondage, not just feel better.

The truth is that the whole world is guilty before God. Romans 3:10-19

This is how God treats guilt—Accept the blame and God removes the guilt.

C. This is how God helps us with our guilt—If WE Accept the Blame for our problems, then God Removes the Guilt.

II. Blame

- A. Blame means “to find _____ with someone or something.”
- B. It is important to know what is to blame so that we can fix the problem, and not repeat the same things over and over.

III. Why Do We Blame Others?

- A. Those in bondage to drugs, alcohol, cigarettes, etc., usually feel guilty about their addiction. That’s good.
- B. To deal with that guilt, they usually blame other people for their bondage.
- C. Shifting the blame off of yourself and onto someone or something else removes the guilt temporarily. But the problem is that it always comes back.

IV. Two Examples of Guilt

- A. **David and Bathsheba** (2 Samuel 11:1-5, 11,15-17, 26,27)
 - 1. **What was happening in David’s life** (Psalm 51 and Psalm 32)

a. While ignoring his sin...

- 1) He felt dirty Psalm 51:2,7,10
- 2) He felt guilty Psalm 51:14
- 3) He was depressed Ps 51:8
- 4) He was ashamed Ps 51:9
- 5) He was worried Ps 51:11,12

b. After ACKNOWLEDGING his sin...

- 1) Right attitude Ps 51:4
- 2) Right understanding Ps 51:5
- 3) Right focus Ps 51:6,10
- 4) Right praise Ps 51:15
- 5) Right heart Ps 51:17

B. Another Example – The Parable of the Prodigal Son (Luke 15:11-24)

V. So Guilt is Good, Because it Can Lead to the Saviour

- A. **Guilt is like a Great Teacher** (Galatians 3:24)
- B. **God is Our Great Saviour** (Rom 3:24; 1Peter 3:18)

VI. To be Guilt Free. For you to be guilt free you must:

- A. _____ your **Guilt**
- B. **Receive God’s forgiveness** offered to you from Christ Jesus. (John 8:32, 36)
- C. **Desire to be Free from both Guilt AND blame!** There must be a commitment to be changed. (Ephesians 4:22-24; 30-32; Colossians 3:5-14).
- D. **Humbly _____ God for a removal of these sinful patterns, and shortcomings** (James 4:6-10; 1 John 1:9).
- E. _____. Be entirely willing and ready for God to remove all these practices, these sin patterns and habits of life (James 4:10).
- F. **Patiently allow God to bring a healing of damaged emotions, change the attitudes and transform the behaviour** (Romans 12:2). It will happen!

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
Now PRAY, and then thank God for the above things you listed!	

Think It Through - Saturday

<p>What the Bible Says in Isaiah 53:6...</p> <p style="text-align: center;"><i>“All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.”</i></p>	<p>GONE ASTRAY</p>
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Pondering the above Scripture:

1. Why do you think this verse compares us to sheep? What are sheep like?

2. What do you think it means to “go astray”? _____

3. Why do we choose to go astray from God’s ways of living? (i.e., to take drugs, alcohol or to lie, etc)? _____

4. What is the penalty for sin? _____
5. What has God done for us according to this verse? _____

6. Are you guilty of going astray? Yes / No
7. What are YOU guilty of? (in simple words): _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Sunday

<p>What the Bible Says in James 2:10...</p> <p style="text-align: center;"><i>“For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.”</i></p>	<p>GUILTY OF ALL</p>
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Pondering the above Scripture:

1. Looking at the word “*whosoever*”, does that include you? Yes / No
2. What does it mean to keep the law (the 10 Commandments)?

3. Is it possible for someone to keep the whole law? Yes / No
4. Have you kept the whole law? Yes / No
5. If you were to ignore a Red Light, and are caught...
 - a. Have you broken the law? Yes / No?
 - b. Will you be fined? Yes / No
6. How does GOD look at us when we break HIS laws? Are we...
 - a. Innocent?
 - b. Or Guilty?
7. Which of God’s Laws do you think you have NOT broken? _____

8. If you broke just ONE of God’s great Laws, what are you still guilty of (according to the verse): _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Monday

<p>What the Bible Says in Psalm 130:3,4...</p> <p style="text-align: center;"><i>“If thou, LORD, shouldst mark iniquities, O Lord, who shall stand? But there is forgiveness with thee, that thou mayest be feared.”</i></p>	<p>WHO SHALL STAND?</p>
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Pondering the above Scripture:

1. According to this verse, what does it mean to “*fear God*”? (Circle the right answer)
 - a. Have feelings of dread or apprehension?
 - b. Reverential awe?
 - c. Scared and frightened?
 - d. All the above?
2. Is it good to fear God? Yes / No
3. If no one can remain standing after God exposes all sin, does this include you? Yes / No
4. According to the verse, what is God’s way of escaping God’s judgment?

5. Have you taken God’s way out? Yes / No
6. According to the verse, what is the outcome of God’s forgiveness (think about it)?
 - a. That you would ignore God?
 - b. That you would love God?
 - c. That you would fear God?
7. Have you asked God to forgive you for your sin (been born again)?
Yes / No When? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Tuesday

<p>What the Bible Says in Romans 8:1...</p> <p style="text-align: center;"><i>“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”</i></p>	<p>NO CONDEMNATION</p>
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Pondering the above Scripture:

1. Man is a three-part being. What are the three parts?
 - a. Soul
 - b. _____
 - c. _____
2. What is the great truth which jumps out at you from this verse?

3. What does this truth do to guilt? _____

4. What do you think it means to be “in Christ”? _____

5. If we walk after the flesh, will we have troubles? Yes / No
6. How do we get right with God? _____

7. What do you think condemnation, or to condemn someone means?

8. Who does the Bible say that are no longer under condemnation?

9. What do you think it means to walk “after the Spirit”? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Wednesday

<p>What the Bible Says in Isaiah 55:6,7...</p> <p><i>“Seek ye the LORD while he may be found, call ye upon him while he is near: Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.”</i></p>	<p>GOD ABUNDANTLY PARDONS</p>
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Pondering the above Scripture:

1. What kind of people is this Scripture written to? _____
2. Are you wicked / unrighteous in your thoughts? Yes / No
3. What are those who are wicked told to do in Isaiah 55:6,7?
 - a. _____
 - b. _____
4. How can you forsake your wicked ways and thoughts? _____

5. What two things can you expect from God if you will forsake your sins?
 - a. _____
 - b. _____
6. Why does God say He will abundantly pardon? _____

7. What do you think it means for someone to abundantly pardon?

8. WHERE can the Lord be found? _____
9. How does someone call upon the Lord? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Thursday

<p>What the Bible Says in Psalm 86:5...</p> <p style="text-align: center;"><i>“For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.”</i></p>	<p>GOD IS READY TO FORGIVE</p>
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Pondering the above Scripture:

1. What does this verse tell about the character of God?
 - a. He is _____
 - b. He is ready to _____
 - c. He is _____ in mercy
2. Are you like that? Yes / No
3. Have you ever called upon the Lord to forgive you and to save you from your sin? Yes / No
4. Did God forgive you when you asked Him? Yes / No
5. Does God still forgive you when you sin now? Yes / No
6. What do you think it means to have mercy upon someone? _____

7. How has God been good to you? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Week 7 - Freedom from Anger

What the Bible Says in Ecclesiastes 7:9...

“Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.”

**ONLY FOOLS
STAY
ANGRY**

Pondering Tonight’s Lesson:

I. Introduction (1Samuel 18:10,11)

- A. Saul was _____. He hated David, and tried to kill him. And his own anger ultimately killed him.
- B. Saul didn’t get angry just _____ (1Sam 19:9,10; 20:33) – it became uncontrollable.
- C. Saul didn’t just get angry at David. He got furious at his _____ (1Sa 20:30)
- D. Saul’s anger affected Jonathan (1Sa 20:34).



II. Lesson

- A. **What is Anger?** An emotional reaction to being hurt, with the desire to seek _____ for the hurt.
- B. _____ **have a problem with anger and wrath** (James 1:19,20)
- C. **The Result of Anger** - You will reap what you sow!
 1. Loads of _____ grow out of our anger (Pr 29:22)
 2. _____ (Pro 19:19)
 3. Rejection and hatred by _____ (Prov 14:17)
 4. Easily taken over by demonic and emotional _____ (Pr 25:28)
 5. You will end up honouring _____ (Eph 4:26,27; James 3:14-16)
- D. **God wonders WHY we get so angry** (Genesis 4:6,7; James 1:20)
- E. **God’s Answer to Anger**
 1. First, _____ where your anger comes from:
 - a. It is wired in your _____ – it is our nature! (Galatians 5:19-20).
 - b. It is sitting in your _____ (Lk. 6:45).
 2. The 2nd step is to _____ to God the anger in our heart (1st Jn 1:7,9)
 3. Third. We must **replace** our anger with all sorts of good things.
 - a. Good thoughts
 - b. Good words
 4. Next. _____! (Col 3:5,6)
 5. Trust in _____ – leave the revenge to Him!
 6. Constantly _____ the anger and feelings of hurt (Col 3:5-8) – Because God told you to!

Think It Through - Saturday

What the Bible Says in James 1:19,20...

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God.”

SLOW TO WRATH

Pondering the above Scripture:

1. What three things does the Apostle James ask believers to do?
 - a. Be Swift to _____
 - b. Slow to _____
 - c. Slow to _____
2. How is “wrath” different than normal anger? _____

3. What do you think it means to be swift to hear? _____

4. What do you think it means to be slow to speak? _____

5. What do you think it means to be slow to wrath? _____

6. What is in opposition of the righteousness of God? _____

7. Using your own words, what do you think James is saying? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Sunday

<p>What the Bible Says in Proverbs 19:11...</p> <p style="text-align: center;"><i>“The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.”</i></p>	<p>PASS OVER HURTS</p>
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Pondering the above Scripture:

1. What do you believe it means to be discrete? (Circle the right answer)
 - a. Someone who has lived in Crete?
 - b. Exercising good judgment in a situation?
 - c. Exercising indecision when a problem occurs?
2. What does it mean to “defer” something? (Circle the right answer)
 - a. Get angrier and more aggressive?
 - b. To hold back your anger, and not force the issue?
3. What does discretion mean? _____
4. Is it good to get angry at every situation or decision you do not like?
Yes / No
5. How would YOU pass over a transgression – describe what YOU could do to get over being angry at someone? _____

6. Who gets the honour when someone passes over a transgression? _____
7. Are there transgressions people have done in your life that you have not forgiven them for? Yes / No
8. If so, what is holding you back from forgiving them and putting it in the past? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Monday

<p>What the Bible Says in Ephesians 4:26...</p> <p style="text-align: center; color: blue;"><i>“Be ye angry, and sin not: let not the sun go down upon your wrath”</i></p>	<p>GET OVER BEING ANGRY</p>
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Pondering the above Scripture:

1. Is it possible to be angry and not sin? Yes / No
2. What kind of anger is a good anger? _____
3. What are some things that anger should motivate us not to do?
 - a. _____
 - b. _____
 - c. _____
4. Why should we not let the day end with us still being angry at the wrong things? _____
5. What do you think “wrath” means? _____
6. Does anger turn into wrath if not dealt with? Yes / No
7. Is wrath a good thing for someone to have in their life? Yes / No
8. Do you think uncontrolled anger is dangerous? Yes / No
9. What do you think are some things that make our anger worse and worse?
 - a. _____
 - b. _____
 - c. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Tuesday

What the Bible Says in Ephesians 4:31,32...

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”

BE YE KIND

Pondering the above Scripture:

1. What five things should we put away?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

2. What are three things that we are supposed to be towards one another?
 - a. _____
 - b. _____
 - c. _____

3. WHY do you think we should forgive, be kind, and tenderhearted towards others? _____

4. For WHO’S sake did God forgive us? _____
5. Why do you think it is important to put away bitterness, wrath, anger, clamour, and evil speaking? _____

6. What do you think bitterness does to a person? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Wednesday

What the Bible Says in Romans 12:19-21...

“Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good.”

**OVERCOME
EVIL WITH
GOOD**

Pondering the above Scripture:

1. Are we to avenge ourselves on others who have hurt us? Yes / No
2. If we let Him take charge of our lives, will God repay those who hurt us for their misdeeds? Yes / No
3. How are we supposed to treat our enemies? (Circle the right answer)
 - a. Ruin their name and family?
 - b. Hide from them?
 - c. Care and treat them as if close family and meet their needs?
4. What kind of reaction do you think it would invoke in our enemies if we are kind to them when they hurt us? _____

5. What are we not to be overcome with? _____
6. How are we to overcome evil? _____

7. Instead of ourselves, who are we supposed to allow to have vengeance?

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Thursday

What the Bible Says in Colossians 3:8...

“But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.”

**PUT OFF
ANGER**

Pondering the above Scripture:

1. According to the verse, what does it mean to put off something? (Circle the right answer)
 - a. Put away from you like taking off a piece of clothing?
 - b. Attack someone?
2. How much of these things are to be put off? _____
3. What are the five things that the Scripture is telling us to put off?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
4. What do you think it means to blasphemy? _____

5. Is taking the name “Jesus Christ” as a curse word or said in anger a form of blasphemy? Yes/ No
6. What do you think “*filthy conversation*” means in this verse? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Week 8 - Freedom from the Hard Stuff - Spiritual Warfare

What the Bible Says in Mark 9:28,29...

“And when he was come into the house, his disciples asked him privately, Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

**PRAYER
AND
FASTING**

Pondering Tonight's Lesson:

I. Introduction (Romans 7:15)

- A. *For that which I do* (what I do all the time)
- B. *I allow not!* (Wow! He does what he doesn't allow himself to do)
- C. *for what I would* (what I want to do)
- D. *that do I not* (the very things and actions that I so desperately WANT to do, I don't do)
- E. *but what I hate, that do I.*
- F. Is that like any of us in this room?
- G. Thank God, it is not left up to Paul alone to conquer himself!

II. Jesus' _____ Found Some Things Hard to Do Too! (Mark 9:28,29)

III. Five Reasons Why it is So Hard to Wrestle and Control Ourselves

A. Because We are Fighting Against _____ – against our own flesh!

B. Because Our Flesh is _____ at Fighting

1. Anybody can put up a good fight, and can do some serious damage
2. It takes a stronger man or woman to choose not to fight
3. Watch two great fighters, SURRENDER, and choose NOT to fight God

a. _____ (Joshua 5:13,14)

b. Saul of Tarsus (Acts 9:1-6) – he became the Apostle Paul!

C. Thirdly, Because Our Flesh is _____ (Mark 5:2-4)

D. Fourth Reason Why it is So Hard to Wrestle and Control Ourselves is because We Really Don't _____ to Win (John 6:66-68)

E. Lastly, We have Been Convinced that we _____ Win!

F. No wonder we find it hard – these are pretty high obstacles!

IV. The Answer is in Changing the Way We Look at Each of these Obstacles

A. Fight against the _____ behind your flesh.

B. Use weapons that are stronger than your flesh – spiritual weapons

C. Get your Flesh Weak - _____

D. Lastly, WANT to Win!

Think It Through - Saturday

<p>What the Bible Says in Mark 5:2,3...</p> <p style="color: blue; font-style: italic;">“And when he was come out of the ship, immediately there met him out of the tombs a man with an unclean spirit, Who had his dwelling among the tombs; and no man could bind him, no, not with chains ... neither could any man tame him.”</p>	UNTAMEABLE
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Pondering the above Scripture:

1. How do we know that this man had an unclean spirit? _____

2. The word “tame” means? (Circle the right answer)
 - a. To reduce from a wild to a domestic state; to make gentle and familiar or to tame a wild beast?
 - b. To release into the wild?
3. Has there been a time in your life where you could identify with his testimony? Yes / No
4. What extreme cases did you do to satisfy your craving or addiction?

5. Have you ever been out of control like the man in the Scripture?
Yes / No
6. Where did this man live? _____
7. How did men try to keep him under control? _____

8. Did their methods work? Yes / No
9. Is there something in your life that you are trying to control or tame and are getting nowhere with it? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Sunday

What the Bible Says in Ephesians 6:12...

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

**AGAINST
SPIRITUAL
WICKEDNESS**

Pondering the above Scripture:

1. According to this verse, who do we wrestle against?
 - a. _____
 - b. _____
 - c. Rulers of the _____ of this world
 - d. Spiritual Wickedness in _____ places

2. To wrestle means: to contend, as in a struggle for mastery; to grapple: How does Satan get YOU to struggle? (Circle the right answer)
 - a. By Satan coming against you himself?
 - b. By using others to argue against you or to tempt you?
 - c. By any means possible?
 - d. By all the above?

3. How do you normally react to adversity (rough problems)? _____

4. Are you supposed to blame the person, or the spirit behind the person? _____

5. Does this change the way you look at others? Yes /No
6. Who are the “*flesh and blood*” that the Scripture says? _____
7. Do you think that Satan has his own spirits that are guiding men all over the world to do the evil things that they do? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Monday

<p>What the Bible Says in 1st Corinthians 6:12...</p> <p style="text-align: center;"><i>“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”</i></p>	<p>NOT BROUGHT UNDER ANYMORE</p>
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Pondering the above Scripture:

To explain this verse, we will look at how it pertains to eating for an example.

1. Is it lawful for me to eat food? Yes / No
2. Is someone breaking God’s law by eating a meal? Yes / No
3. When does eating become unlawful? _____
4. Is over-eating a sin? Yes / No
5. If I am brought under the power of my eating, then food is no longer expedient (useful or profitable). It then becomes what? _____
6. Is there a spirit behind the temptation to over-eat? Yes / No

More Truths

7. Name some things that are not wrong, but you know you should not do anyway?
 - a. _____
 - b. _____
8. Who decides when action must be taken to break this addiction? _____
9. What does the word expedient mean? (Circle the right answer)
 - a. Profitable and useful?
 - b. A swift way to travel?
 - c. To break a law?

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Tuesday

What the Bible Says in Isaiah 58:5...

“Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?”

**BE HARD ON
YOURSELF**

Pondering the above Scripture:

1. What does it mean to “fast”? (Circle the right answer)
 - a. To drive really quickly?
 - b. To abstain from something, often times food or drinks?
 - c. A character quality a person possesses?
2. What do you think it means to “afflict his soul”? _____
3. Why would a person willingly fast from something? _____
4. Did Jesus fast for 40 days in the wilderness? Yes / No
5. Is fasting an easy thing to do? Yes / No
6. What is the purpose for fasting? _____
7. Do some religious people fast for just a show? Yes / No
8. What could you fast from, so that you can spend more time learning how to rely on prayer and God’s power against your temptations?
 - a. The TV
 - b. Constantly playing worldly music (iPods, etc)
 - c. Food (at least one whole day)
 - d. Stay away from your “friends” who don’t want to know about God

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Wednesday

What the Bible Says in Matthew 6:16-18...

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

**FAST
TOWARDS
GOD**

Pondering the above Scripture:

Fasting is a spiritual discipline which is recommended by God to overcome sin that is hard to subdue

1. According to this verse, how do hypocrites fast? (Circle the Right Answer)
 - a. Openly?
 - b. Secretly?
2. Someone who fasts to the praise of men has what kind of a countenance?

3. Someone who fasts to the Lord is supposed to have a what kind of a countenance? _____
4. What do you think that this phrase “*reward thee openly*” means?

5. Do you believe that God will reward you if you will meet His conditions for fasting? Yes / No
6. Why would people tell or show others that they were fasting? _____

7. Does God want us to show off when we fast? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through - Thursday

<p>What the Bible Says in Isaiah 58:6...</p> <p style="text-align: center;"><i>“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”</i></p>	<p>RESULTS OF FASTING</p>
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Pondering the above Scripture:

1. What four areas will fasting give us victory over?
 - a. Loose the bands of _____
 - b. Undo the _____ burdens
 - c. Let the oppressed go _____
 - d. To _____ every yoke upon us
2. Is there a spirit behind these sins? Yes / No
3. According to this verse, what does the word “*band*” mean? (Circle the Right Answer)
 - a. A group of singers who play instruments?
 - b. A group of items?
 - c. An iron clasp a prisoner would wear to keep them under control?
4. What are some heavy burdens that you are facing right now?
 - a. _____
 - b. _____
 - c. _____
5. What is a yoke? (Circle the Right Answer)
 - a. A tool to keep two farm animals working together?
 - b. The centre of an egg?

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!