

Jesus, My Life Foundations



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Jesus, My Life Foundations

1 Introduction

As you have started your New Life in Christ; your Lord and Saviour. Welcome to the most exciting and challenging journey you will experience. It's not how you start but how you finish. Go for gold in Christ.

The journey we want to help you on; this journey in following, living in Christ and Christ living in and through you.

The discipleship journey we want to encourage you on is:

1. Jesus, My Life
 - Foundations Concise
 - Foundations Expanded
2. With Jesus Ahead
3. My Life for Jesus
4. Leaders for Jesus

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2 Salvation

What is Eternal life

John 17:3

Eternal Life is knowing God through Jesus.

The way to eternal life

John 3:16

The way to eternal life is believing in Jesus.

John 14:6

Jesus is the only way to God.

Romans 10:9 -13

Believe with your heart and confess with your mouth.

1 John 5:11-13

Through Jesus God has given us eternal life. The Bible is written so we may know we have eternal life.

Rom 6:23

Received the gift of God is eternal life in Christ Jesus our Lord

Now we are the sons of God.

John 1:12

We have power to become sons of God.

1 John 3:1-2

We now are children of God.

Romans 8:15-16

God gives us an inner witness that we are His children.

God rejoices over us

Zephaniah 3:17

God sings with joy over us.

Luke 15:7

He has joy over one sinner who repents.

1 John 1:9

He is faithful to forgive.

Jesus Christ is now Lord of your Life

1 Pet 3:15

In your heart set apart Christ as Lord

Conclusion

John 14:1-4

Now you know the way !!

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3 Christ in you

Christ birthed in you

Gal 2:20

You have been crucified with Christ

You no longer live (old man)

The life you live (received Christs Life) in your body

You live by faith of and in the Son of God

Jn 3:3,5

Unable to be in Christ unless you are birthed from above (born again). You are birthed in Him and Him in you

Col 3:4

When Christ, who is your life.

1 Cor 1:30

Christ is your wisdom, righteousness, holiness and redemption

1 Jn 5:1,12,18

Who believes that Jesus is the Christ is born of God. He who has the Son has life

You are new creation race being

Gal 6:14-15

What counts is a new creation.

2 Cor 5:17

Anyone in Christ, he is a new creation, the old has gone, the new has come.

2 Pet 1:4

You have received Christ's divine nature.

1 Pet 1:23

You have been born again of the incorruptible Seed through the Word of God(Christ) who lives and abides in you.

Love one another

1 Jn 4:7-8

God is Love. Everyone who loves has been born of God and knows God.

Christ in you

Col 1:26-27

The great mystery is not that you are born again. The only hope you have is not Christ, but Christ in you. You need to know the One who is in you.

The gospel is Christ in us. Paul the apostle said 146 times we are in Christ.

The Holy Spirit works in each soul to bring us to see Christ in us.

When you are filled with the Holy Spirit, the power you receive is in this knowing Christ who is your Life.

Jn 15:26, 16:13

Jesus said He the Spirit of truth would not speak of himself but would testify of Christ when He comes.

Conclusion

This is what Christianity is all about.

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4 Water Baptism

Jesus' command

Matthew 28:18-20

Baptise in the name of the father, Son and Holy Spirit.

Who should be baptized?

Acts 8:37

If you believe with all your heart.

Acts 8:12

When they believed ... they were baptized.

How were people baptized?

Mark 1:9-11

Coming up from the water.

Acts 8: 38-39

Went down into the water. Come up out of the water.

What does baptism signify?

Acts 2:38

The cancelling of our sins.

1 Peter 3:21

The answer of a good conscience.

Which comes first water baptism or baptism in the Holy Spirit?

Acts 8:12-17

Salvation - Water baptism - Baptism in the Holy Spirit.

Acts 10:44-48

Salvation - Baptism in the Holy Spirit - Water baptism.

Conclusion

Matthew 3:15

Baptism is for everyone - It fulfills righteousness.

What about children?

Luke 2:22

Present children to the Lord.

Matthew 19:13-15

Jesus blessed children.

Proverbs 22:6

Dedication of the parents to bring up the children in the way of the Lord

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5 Baptism of the Holy Spirit

Jesus said wait until you are empowered with power John 3:5-8.

The Promise

Joel 2:28-29

Acts 1:4-5

Mark 16:17

God will pour out His Spirit on all flesh.

Jesus commanded them to receive this gift.

It's the promise of the Father.

It's for all who believe.to speak with new tongues.

The fulfillment

Acts 2:4

Acts 10: 44-46

They were All filled. All spoke in tongues as the Spirit gave utterance.

The Gentiles also received. They heard them speak with tongues.

The purpose

Acts 1:8

1 Corinthians 14:2,4a,32

Jude 20

We receive power to be witnesses.

We pray to God in our new language. We are in complete control.

We are edified and built up in faith.

There are many other benefits which the Holy Spirit gives that we read about in the Bible.

Continue to be filled

Eph 5:18

Continue to be filled by the Holy Spirit.

Conclusion

Matthew 3:11

Jesus is the baptiser.

Prayer

Jesus, baptise me in the Holy Spirit. I will receive power and boldness to be your witness and speak with other tongues as the Holy Spirit gives utterance.

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6 Power of the Tongue

The Tongues Power

Proverbs 18:20-21

James 3:2-12

Life and death are in the power of the tongue.

The influence our tongue has on our lives.

Guard your tongue.

Proverbs 13: 2-3

Proverbs 21: 23

Proverbs 10:11

Proverbs 10:19-21

Proverbs 15:1-5

Keep your tongue - keep your life.

Keep your tongue - keep yourself from trouble.

The mouth is a well of life.

He who keeps his tongue is wise.

A soft answer turns away wrath.

A wholesome tongue is a tree of life

Speak from the heart.

Luke 6:45

Colossians 3:15-16

Out of the abundance of the heart we speak.

Let our hearts be filled with the word and thankfulness to God.

Conclusion

Hebrews 13:15-16

Praise the sacrifice of our lips pleases God.

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7 Prayer and Faith

How to Pray.

Matthew 6:9

John 16:23

1 Corinthians 14:15

John 15:7

1 John 5:14-15

Matthew 21:21 &22

Pray to the Father.

Pray in the name of Jesus.

Pray in the understanding as well as in the Spirit.

Abide in Jesus - ask what you will.

Ask according to God's will - His will is in His Word.

Ask in faith. Believe you have received when you pray.

Definition of faith

God kind of faith

Believing the words of another = trust

Believing or trusting God's Word to us.

Philippians 4:6-7

Thankful

How to get answers

Mark 11:22-26

When you pray - believe you have received.

When you pray forgive.

James 5:16

When you pray - be fervent.

Conclusion

1 Peter 5:7

Pray because God cares for you.

Matthew 7:11

Pray because God delights to give you good things.

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8 Principles of Giving

The Lord supplies

Matthew 6:8&33

2 Corinthians 9:8-11

Deuteronomy 8:18

Philippians 4:19

God knows what we have need of.

God is able to supply.

God gives the ability to gain wealth.

God supplies all your needs according to His riches.

Give and receive

Philippians 4:17

Luke 6:38

2 Corinthians 9:6

2 Corinthians 9:7

Proverbs 10:22

Proverbs 19:17

As givers it puts fruit in our heavenly account.

Give and you shall be given.

What we sow is what we reap.

God loves a cheerful giver – generosity.

The Lord makes us rich without sorrow.

Give to the poor - the Lord will repay.

The rewards of tithing (10% of all gross income)

Proverbs 3:9&10

Malachi 3:10-12

Psalm 112

Honor the Lord with the first fruits of your increase

And your barns shall be filled with plenty.

1. Provides for those who minister in the church.

2. In return they feed your spirit.

3. God Himself will bless you and will rebuke the devourer for your sake.

4. God says you can prove Him - He will be faithful to his word.

Description of a prosperous man.

Conclusion

Acts 20:35

It's more blessed to give than to receive.

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9 Healing

Healing through Jesus

Acts 10:38

John 10:10

1 John 3:8

Isaiah 53:5

Matthew 8:17

Psalms 107:20

Proverbs 4:20&22

Jesus is the healer.

Satan steals, kills and destroys. Jesus gives love abundantly.

Jesus came to destroy the works of Satan.

By His stripes we are healed (1 Peter 2:24)

He took our infirmities and bore our sicknesses.

He sent His Word and healed us. (John 1:14)

Whoever finds His word finds life and health.

The ministry of healing

Matthew 8:2-3

Matthew 8:5-8

Mark 6:13

Mark 16:18

Jesus is willing to heal you.

Jesus heals through faith in His word.

The sick anointed with oil for healing. (James 5:14)

Believers lay hands on the sick and they recover.

Conclusion

Is it God's will to heal me now?

Hebrews 13:8

YES!!

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10 Breaking of Bread

The Meaning of Breaking of Bread

1 Corinthians 11:23-25

We remember his day for us.
It symbolizes his body and blood.
It's a cup of **Thanksgiving**.

His body (The bread)

1 Peter 2:24

Isaiah 53:4&5

He took our sins in his body.
By his stripes we are healed.

His blood (The wine)

Revelation 1:5

1 Peter 1:18&19

Romans 5:9

Colossians 1:20

Washed by the blood.
Redeemed by the blood.
Justified by the blood.
Peace by the blood.

Our Covenant (With God)

Matthew 26:28

Galatians 2:20

Romans 12:1-2

1 Corinthians 11:26-31

Covenant is a solemn agreement made between God and man, which is sealed by blood.
We present our body as a living sacrifice.
We have our mind renewed in His will.
He gave himself to us. We give ourselves to Him.
Communion proclaims His death until He comes.
The only requirement for breaking of bread is to be a believer. It is a privilege not to be taken lightly.

Conclusion

1 Corinthians 11:33-34

Acts 2:46-47

They broke bread together as a church.
They broke bread from house to house.

11 Church

What is the Church?

Ephesians 1:22b-23

1 Corinthians 12:12-27

Romans 12:5

Eph 5:23

The church is the body of Christ.
We are individually members (parts) of His body.
We are all members (parts) of one another.
Christ is the head of the church

What is living Church?

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1 John 1:3

Together we have fellowship with God and with each other.

Ephesians 3:17-19

Together we know the love of Christ.

Hebrews 10:24&25

Together we are stirred and exhorted.

Acts 2:42-47

Daily they heard the apostles teaching about Christ and broke bread together.

Daily they prayed and had miracles.

Daily they fellowshiped from house to house and in the Temple.

Daily they were givers and praised God.

Daily they reproduced and multiplied.

Daily the Lord added to their number.

Church is living as community with Christ as the head of His Church.

What is the purpose of the church?

John 17:15-23

We are sent to share God's love with others.

Romans 10:14-15

We are sent to be a witness of the good news.

Mark 16:15-20

We are sent with the Lord working with us, in us and through us.

Conclusion

Ephesians 5:25b-27

Christ loves the church and is working in us to be His Glorious church.

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12 Deliverance

Jesus is our example – He cast out demons

Mark 1:32–34 (ESV)

Cast out many demons; those oppressed by demons

Jesus instructs His disciples to cast out demons

Matthew 10:1 (ESV)

Gave them authority over unclean spirits to cast them out

Jesus sent out the 70 – Demons responded to them

Luke 10:17 (ESV)

Demons are subject to us in Your Name

Jesus commissions all believers

Mark 16:17 (ESV)

They will cast out demons

Jesus needs to be Lord of the person's life

Mat 12:43-45(ESV)

Unclean spirits try return to make it worse

Believers need to guard against opening themselves up to demonic activity and deception

1 Timothy 4:1 (ESV)

Be aware of deceitful spirits and teachings of demons

In order to stay clean, we need to continue to stand strong against sin

2 Corinthians 7:1 (ESV)

Cleanse ourselves from every defilement of body and spirit

We also need to walk with our armour on

Ephesians 6:13–18 (ESV)

Take up the whole armour of God to be able to withstand in the day of evil

Continue to walk in the Spirit

Ephesians 5:18 (ESV)

Be present continuous being filled with the Spirit

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There is no shame in needing deliverance

Mark 16:9 (ESV)

Deliverance is freedom from darkness and the power of satan.

Conclusion

Jesus came to set us free from sin and from darkness and the power of satan.
Deliverance is key to set the captives free.

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13 Commissioning

Appointment & Following

John 15: 12- 17 (NIV)

I chose you and appointed you to go and bear fruit – fruit that will last. Love each other.

Luke9 :23 (NIV)

Deny self, take up your cross and follow Jesus.

John 21 :15 – 17

Out love for Jesus serve His people

Go and make disciples of all peoples

Matthew 28 :18-20 (NIV)

Make disciples of all nations

Acts 1:8(NIV)

Witnesses of Christ, our Jerusalem, Judea, Samaria and the ends of the earth.

Mark 16 :15 – 20 (NIV)

The disciples went out and preached everywhere and the Lord worked with them and confirmed his Word by signs that accompanied it.

Go in the Holy Spirit's Anointing

Acts 1:8 (NIV)

Given power of the Holy Spirit to be a witness of Christ

Acts 10:38 (NIV)

Gods anointing Christ is the Holy Spirit and His power to do good and heal all who under the power of the devil

Be Diligent and Fan into Flame the gift of God

1 Timothy 4: 14 – 16 (NIV)

Do not neglect the gift given to you in Christ

2 Timothy 1: 6 (NIV)

Fan into flame the gift of God – Christ in you the hope of glory

Sharing the Gospel

Acts 1: 8 (NIV)

You are witness of Christ who dwells in you

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A Witness? What is a Witness?

Why a Witness?

Where a Witness?

Terrible Judgement on Unbelievers

Romans 6:23 (NIV)

The wages of sin is death(spiritual)

Mark 16: 15 – 16

Whoever does not believe will be condemned.

Romans 8: 1 – 4

No condemnation for those who are in Christ Jesus

Therefore, there is now **no condemnation for those who are in Christ Jesus**, because

But There are Requirements Expected of Us

Mark 16: 15 – 20

GO into all the world and preach the gospel(of God) to all creation

Matthew 28: 19

GO and make disciples of all nations

John 15: 4 – 5(NKJV)

Abide in Christ. Apart from Him you can do nothing.

John 15: 16

I chose you to go and bear fruit; fruit that will last

John 21: 15-17

Love God; Love others

Matthew 5: 13 -16

You are salt of the earth. You are light of the world.

Conclusion

You have been sent by the Lord Jesus Christ to tell of the good news of God. Lets be obedient.

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14 Alcoholic Home

World - Problem

Apart from some Middle East countries where use of alcohol is almost non-existent, alcohol is a worldwide problem

Why do People Drink?

- To fit in and be sociable
- Makes them feel good & look for this sensation more and more
- Generational line
- Numb inner pain
- Trying to hide
- Suffered a loss – loved one, job, business, health
- Elderly people – feel redundant, bored or fearful about future

Addictions

- Gradual process
- First time best high – never have again

Definition of Addiction

It is where someone has chosen to make a habit of repeatedly allowing a substance or behaviour to control them and thereby becoming addicted to it.

Romans 6:16 (AMP)

Do you not know that if you continually surrender is yourselves to anyone to do his will, you are his slaves of him whom you obey, whether that be to sin, which leads to death, or to obedience which leads to righteousness (right doing and right standing with God)?

The Alcoholic Family

- Never know what to expect when you arrive home
- They try and hide it from everyone
- Cover up for the alcoholic person, make excuses
- Family live in denial

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The Roles that are Taken on in an Alcoholic Home

- Stress on the family is huge
- Present a front to the world – “Normal” family
- Not aware of the fact reverted to survival roles
- Financial strain
- Spouse takes on duties of the alcoholic
- One of children, usually eldest runs the home and looking after younger siblings
- Robbed of the normal carefree childhood
- Use humour to deflect painful and embarrassing situations
- A child can become “invisible”
- Peacemaker – constantly tries to reduce the constant conflict
- Children excel at school, studies, sport or work to prove family is normal and healthy

Facing Reality

- Family can play major role in lovingly helping the alcoholic
- They are often lulled into accepting the situation
- False sense of loyalty to protect the alcoholic’s reputation
- Roles taken on as children to cope extend into adult lives without them being aware of it

Helping the Alcoholic

- The family needs to repent of unwittingly aiding and abetting the alcoholic
- They need to forgive the alcoholic of emotional, mental or physical pain as well as any shame, humiliation and embarrassment due to the alcoholic’s out of control actions
- Forgive their selfish and self-centred spending at the expense of the family
- Bind down spirits of addiction, deception, abuse, anger, fear, low self-image, low self-worth, self-centredness, selfishness, unlovable spirit, spirit of rejection, self-rejection and fear of rejection.
- Pray in the Lord’s truth and love, His comfort and that alcoholic’s spiritual eyes and ears to be opened - expose the root cause of the need to drink.

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Praying for Adult's from an Alcoholic Home

- Need to forgive the alcoholic
- Cut all ungodly soul ties, cut them off from generational spirits of alcohol and addiction
- See of took on any coping or survival roles
- Ask the Lord to break all wrong beliefs, attitudes, habits, addictions (false comforts), bitter root expectation
- Ask the Lord to heal all painful traumatic memories
- Pray for release and healing to grow emotionally where have been frozen into this time of trauma
- Ask the Lord to restore their lost childhood, joy and spontaneity
- Also that Lord will bring the love, comfort and nurture needed to heal their broken heart
- **Isaiah 61**
 - He came to set captives free
 - Comfort for broken-hearted
 - Gives beauty for ashes, oil of joy for mourning
 - Praise for despair
 - Inherit a double portion of prosperity and everlasting joy instead of shame
 - He rewards His people for his suffering
 - We are clothed with His robe of righteousness, like a garden in the Spring, fill with young plants, springing up everywhere.

Conclusion

Christ came to set the captive free. Freedom is His salvation message. Anyone who believes can receive their healing, deliverance and salvation from Christ.

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15 Blessings & Curses

Deuteronomy 32:3-4 (NKJV)

A God of truth and without injustice (Amp – God without breach or deviation)

The Blessings of God

Deuteronomy 28:3-13 (ESV)

Under the Old Covenant these blessings were to be received. We are now in the New Covenant.

Eph 1:3 (ESV)

In Christ we have received every spiritual blessing in the heavenly places - the New Covenant

Psalm 84:12 (AMP)

Blessed is the man who trusts in You

Zephaniah. 3:17 (NIV)

He will take great delight in you

Redeemed from the curse of the Old Covenant

Galatians 3:13(ESV)

Christ redeemed us from the of the law by becoming a curse for us

Continuing financial insufficiency broken

2 Corinthians 9: 6-11

In Christ be a cheerful giver, break the bondage of financial insufficiency

Can a Christian be held in bondage?

Bindings of satan:

- Repeated or chronic sickness
- Barrenness, Tendency to Miscarry or Related Female Problems
- Generational strongholds
- False religions
- Occult, witchcraft, fortune tellers, horoscopes
- Idolatry
- Sexual immorality

Acts 10:38(ESV)

Healing all who were oppressed by the devil

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Conclusion

In Christ we have been blessed with every spiritual blessing in the heavenly places. Many Christians do not realise this and walk in the trap of the power of satan and not walking in the power of God. In Christ we have freedom and liberty from the power of satan. We are no longer in darkness but in the Light of God.

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16 Dealing with Anger

Ephesians 4:26,27 (AMP)

When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. Leave no (such) room or foothold for the devil (give no opportunity to him).

Gal. 5: 19 - 21 (NKJV)

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries and the like. Those who practice such things will not inherit the kingdom of God.

Gal 5:24 (ESV)

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

Anger is caused by something or someone that is preventing us from obtaining a goal that we feel is very important to us or else we find ourselves responding to a situation that is highly aggravating to us.

Are you angry?

- What is making me feel angry?
- Why am I feeling anger and not some other emotion?
- Am I jumping to conclusions about the situation or person that threatens me and makes me feel afraid or inferior?
- Did my anger come because I had some unrealistic expectation?
- How might others, including the person who is angering me, view this situation?
- Is there any other way to look at the situation?
- Are there things I can do to change the situation in order to reduce my anger?
- Do I find it hard to forgive someone who has angered me?
- Am I able to eventually forgive, but I cannot let go?
- When someone confronts me, am I thinking how I can defend myself or genuinely wanting to correct the situation?
- Do I avoid confrontation?
- Do I withdraw easily?
- Do I avoid people that dislike me?
- Do I feel on the edge most of the time?
- Do I have a deep desire to win irrespective of whether I am right or wrong?

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- Do I slam doors, throw things, shout at people and use bad language when I am upset?

Prayer

Father in the Name of Jesus, I thank You for being able to come before You now in order for me to deal with my anger.

I come and confess to You that I have expressed anger in an ungodly way. That there were times when I have allowed it to progress to beyond anger by dwelling on the disagreement and allowing my anger to fester and so over reacting. I ask You to please forgive me for this and also for the hurt that I have caused to the people around me.

Father where possible, help me to make amends for this.

Forgive me too Father for making excuses for my anger and not taking responsibility for it. I repent of this now.

I have also at times resorted to using anger against others by using manipulation, sulking or giving them the silent treatment. Snubbing them, using sarcasm, being critical or punishing them in subtle ways.

I see Father that this is not how You would want me to act and therefore when I experience blocked goals or can't seem to get my own way, I will no longer choose to use these immature ways of dealing with my anger and frustrations.

There have been times too Father when I was upset that I resorted to slamming doors, throwing things, shouting at people and using bad language. I also repent of this and choose to rather express my anger in a non-aggressive way and to stop resorting to this destructive way of dealing with my displeasure.

I therefore choose to surrender my anger and soulish coping mechanisms to You in this regard.

Help me in to grow in this area and to learn how to communicate in a calm way and to be able to see the other person's point of view and to remember to include You, Lord in this area of my life from now on.

I pray this in Jesus Name.

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17 Strife

The definition of the word “Strife”

Strife:

Words associated with it:

Trouble, conflict, discord, contention, fighting, dissention, friction, rivalry, disharmony, heated disagreement, and an angry undercurrent.

What does the Bible have to say about strife?

Prov 17:1

Better is a dry morsel with quietness than a house full of feasting with strife.

Prov 17:14

The beginning of strife is as when water first trickles (from a crack in a dam); therefore stop contention before it becomes worse and quarrelling breaks out.

A person causing strife.

Has a negative attitude due to a wound in the soul (mind and/or emotions).

Why?

- Grew up in home with strife.
- Experienced feelings of shame and rejection.
- Exposed to lack of nurturing and harsh, unloving, unkind environment.
- Grew up in home that does not allow mistakes, failure is not acceptable.
- Often feeling out of control.
- Adopted children.

Strongholds

Offense: taking and giving offense.

Rejection: wanting to be loved & accepted for who they are.

Judgement & Criticism of works.

Person causing strife is usually selfish and thinks that everyone else has a problem but there is nothing wrong with them.

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A person receiving strife.

Has a fearful attitude due to unpredictable behaviour from person causing strife

Why?

- Seeks love and recognition from person causing strife.
- Unable to predict emotional outbursts, living on egg shells.
- Unable to resolve conflict .
- Constantly being broken down when trying to succeed and/or achieve.
- Does not value self as a person worthy of respect.

Strongholds

- Rejection: wanting to be loved & accepted for who they are.
- Bitterness: nothing I ever do is good enough.
- Unforgiveness: forming a hatred towards the person causing strife.

A person living with strife needs to learn to set clear boundaries and be careful not to become a person causing strife later on in life.

Keep strife out of your life!

James 3:13-18(NIV)

Don't harbour bitter envy, selfish ambition(strife) in your hearts. This is earthly, unspiritual, of the devil.
Be a peace maker, sow in peace and raise a harvest of righteousness

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Prayer

Father, I ask You to forgive me for bowing to the spirit of strife. Father this spirit has dominated and controlled the behaviour of people in my family and I realize even myself. It has caused me to see myself in a negative light and allowed people to bring me into bondage. I have chosen to walk in a place of performance and fear. I have feared being rejected and that I will fail and so be disapproved of. This has caused deep wounding, hurt and pain in my life. I choose now to submit myself to You and I rebuke this spirit of strife and I command it in the Name of Jesus to leave and go to the place that You assign it to. I no longer want to be subject to all of this bondage and performance and I pull myself out from it now in Jesus' Name.

I ask You, to forgive me Father for allowing rejection, fear of rejection and fear of failure to operate in my life. I also tell you now to leave and go to the place Jesus assigns you to. I also choose to forgive all of those who caused all of this in my life. I ask You Father, to heal all the emotional and mental hurt and pain that I was subjected to because of this. I also give you all the mental and emotional anguish that I have suffered and I ask Father for you to heal me in my thinking and to take all the inner turmoil that I have felt due to me trying to perform to earn approval. I also speak to all deception, lies and any unlovable spirits and I command you to leave and go to the place that Jesus commands you to.

I ask You, Father to break and revoke all curses and any other assignments that are attached to all of this strife and cruelty. I ask You, Father to forgive me where I have been the one to cause strife and pain in the lives of others. Forgive me where I have spoken unkindly and harshly to anyone and put them down so that I could save face and not be seen in a negative light; where this was done out of performance and fear and selfish motives, causing them to feel unloved and unaccepted.

Forgive me for my critical, judgmental and unkind attitude towards them. I thank You that You have good pre-planned paths and works set out especially for me to do. I ask You to direct me to these paths and good works. I also pray protection on all the plans that You have for me and to seal in all that has been done here today.

In Jesus Name.

Jesus, My Life

Foundations

18 Looking at the Mind

What are you thinking about?

Thoughts constantly rush through your head at the speed of **light** - more accurately, at about 170 miles per second.

Hebrews 12:1(NIV)

Lets us lay aside every weight and the sin which so easily besets us

Ephesians 6:12 (AMP)

Wrestling not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world against the spiritual forces of evil in the heavenly realms.

Proverbs 23:7(NKJV)

For as a man thinks in his heart(spirit man), so is he.

So what can influence your thoughts?

- Environment,
- Traumatic experiences,
- Values,
- Emotions
- The words of man

Results of distorted thinking:

- Striving and acceptance
- Reactions such as anger, resentment, rejection etc....
- Coping mechanisms
- Inner vows

So what are you believing?

Gen 3:11(NIV)

WHO told you....?

- Talking to yourself (ask yourself are these really your thoughts?)
- Ask yourself if this is helpful, building you up and true?
- Ask yourself what has happened here?
- Talking to yourself can cause success and/or failure depending on your choice of words
- Understanding criticism
- Identify if it is satan and his evil devils

Jesus, My Life

Foundations

- Then
 - Refuse
 - Reject
 - Resist

What is the truth?

In the end it's not about what happens to you but how you react to it that matters

Looking at the Word of God

Phil 4:8 (AMP)

Finally, brethren, whatever is true, whatever is worthy of reverence and is honourable and seemly, whatever is just, whatever is pure, whatever is lovely and loveable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account on these things. (Fix your minds on them).

Can I change my thoughts? How?

Eph 4:23 (NKJV)

Be renewed in the spirit of your mind

Good news is.....

God understands how I interpret "circumstances"

Gal 5:1(ESV)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by the yoke of slavery."

- There are two levels of faith.
 - Saving faith
 - Believing faith
 - Maturing in believing faith
- God teaches us to pray
- God knows our weaknesses
 - When we are weak we are strong. The sufficiency of His grace.

Jesus, My Life

Foundations

How?

2 Cor 10:3-6(Amp)(ESV)

Not according to the flesh, divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God (who we are in Christ) and take every thought captive to obey Christ, being ready to punish every disobedience when your obedience is complete

Do my thoughts impact my health?

Thoughts that are not rejected form a tree shaped structure in your brain:

- As you meditate on this thought it strengthens it, the branches increase and thicken.
- Chemicals/hormones are released into the body as a result of this.
- Good – balanced/good for you but bad – unbalance, toxic chemicals
- Emotions are also attached to these chemicals/hormones.
- 2 Cor10:5 - **lead away(put off), take captive every thought.**
- Every time we go back to memory it adds branches
- Good news – when we chose to reject bad and replace it with good – it changes the structure of the “tree” in your mind = renewing.
- Dr Michelle Strydom – 21 days to completely give your tree a makeover.

Jesus, My Life Foundations

Prayer

Father , I come to you and confess that I have realized that I have allowed the actions, words and behaviour of significant people in my life to influence me and my view of myself in a negative way.

I confess that I have allowed these negative attitudes that have come from them to distort my inner picture of myself. I confess that without realizing it, I have internalized these negative behaviour patterns and believed them to be true.

I confess that I have taken their attitude of me over and above what You and Your Word has to say about me.

I confess that I have been negative and critical in my thinking not only of myself but of You and others as well.

I ask You to please forgive me for this and I renounce these negative actions and words that have come down onto me and ask You to please break the impact that they have had on my life.

I pray for a crop failure over all of these negative words that have been spoken over me and I ask you to revoke all curses that have been attached to them. I ask You to forgive me for bowing to the demonic spirits that are behind all of this namely:- unlovable spirit, rejection, self-rejection, fear of rejection, inferiority, insecurity, low self-esteem. Fear, fear of failure, fear of man, criticism and fear of criticism. Hatred and self-hatred, self-bitterness, guilt, shame, resentment and unforgiveness.

I take away the rights and authority that you have had in my life and I chose in the Name of Jesus to close these doors off over you and I tell you to leave on the breath now and go to the place Jesus' assigns you to.

I ask You to please forgive me for using ungodly methods of striving to gain love and approval. I repent of this and ask You to help me to not try to manipulate people to love and accept me. Father , I ask you to forgive me for rejecting myself and so cursing myself.

I ask you to revoke these curses off of me in the Name of Jesus. I choose now to accept myself just as I am, asking You to continue to mould and make me into the Blue Print that You have for my life.

I ask You to come and heal all the emotional pain that I have felt due to entertaining and believing the lies that I have come under. I pray for Your love and comfort to fill these empty, hurting places in me.

In the Name of Jesus.

Jesus, My Life

Foundations

19 Fear

The Origin of Fear

Gen 3:9, 10 (NIV)

But the Lord God called to the man, “Where are you?” He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

Normal Godly Fear

Fear is an unpleasant emotion caused by exposure to danger, which can be seen, heard or felt.

So fear in itself is not wrong, as it is there to warn us so that we do not get injured in some way and can therefore do something about our situation.

- For someone to feel fear sub-consciously, the object that is causing them to fear will in their minds possess the power to be able to harm them and so they feel that it is more powerful than they are.
- Fear causes us to become alert and ready to defend ourselves or to be able to make a hasty retreat i.e. “fight or flight.”

Ungodly Fear

Ungodly fear is when we find ourselves in the “fight and flight” mode and we are not even sure why we feel that way. The reason being is that it is all buried in our sub-conscience minds/spirits and we are being controlled by an unseen belief system that has been based on fear, which could well be associated with a crisis/trauma. This can also be coupled with sadness and anger.

So the object of their fear is not actually real but is actually all in their minds/spirits but to the person it is as real as if it were happening to them then and there.

Isa 26:3-4 (AMP)

“You will guard him and keep him in perfect peace and constant peace, whose mind (both its inclination and character) is stayed on you, because he commits himself to You, leans on You and hopes confidently in You.”

V4 So trust in the Lord, commit yourself to Him lean on Him, hope confidently in Him forever; for the Lord God is an everlasting Rock (the Rock of Ages).”

Jesus, My Life

Foundations

Isa 25:1(AMP)

O Lord, You are my God, I will exalt You, I will praise Your name, for You have done marvellous things, even purposes planned of old (and fulfilled) in faithfulness and truth.

2 Chron 20:1–22 AMP)

A vast army were coming against the Israelites. Jehoshaphat feared, but set himself (determinedly, as his vital need) to seek the Lord. . . He needed a battle plan and only one from the Lord would work.

- They spent time waiting for God’s heart about their problem. In verse 15 the Lord’s reply is: “Be not afraid nor dismayed at this great multitude for the battle is not yours, but God’s”.
- Verse 20 Jehoshaphat’s directive to them is, “Believe in the Lord your God and you shall be established.”
- They appointed singers to praise the Lord, and the Lord set ambushes against their enemies and they were saved.

Psalm 23:4

Yes, though I walk through the valley of the shadow of death, I will not fear or dread no evil for You are with me; Your rod to correct and Your staff to guide and comfort me.”

- This is a place of trauma that the Psalmist is talking about here but he says that we can know the Lord’s comfort and we do not need to fear or dread any evil because He is with us. We will know His presence and the ability to walk through this place as we allow Him to correct and guide us.

Jesus, My Life

Foundations

Divine Exchange

So as we come before the Lord, we can ask Him to help us to exchange our strongholds of doubt and brokenness for His life and healing and the opposite of what we are experiencing. We do not have to be bound by anything.

- Fear is not content to remain static in our lives, it wants to take over but we can decide, once we have seen that it is operating in us, that we are not going to bow to it any longer.
- We will always know fear as it's an emotion but we can stand in our right and authority and who we are in Christ and slowly but surely start taking back the ground that the enemy has had over our lives in the area of fear.
- Don't settle for the bondage fear, you can walk in freedom in Christ.

List of Some Fears

Fear of:

- Being a victim of
 - Crime
 - Rape
 - Sexual abuse
- Changes in your life
- Committing the unpardonable sin
- Confrontation
- Death/death of a loved one
- Disapproval
- Divorce
- Failure
- Financial failure
- Embarrassment
- Going crazy
- Intimacy
- Losing your salvation
- Marriage
- Not getting married
- Not being loved by God or significant others
- Retirement
- Specific people
- Past fearful situations
- Fears not on this list.

Jesus, My Life Foundations

Prayer

Father , I confess that I have allowed fear to come into my life. Forgive me for allowing this to happen. Forgive me for taking my eyes off of You and in doing so allowed my negative emotions and circumstances to take over.

Forgive me for buying into unbelief and fear and for allowing lies and deception to get the upper hand in my life.

Father , as I wait before You now, would You please reveal to my mind what fear I am allowing in my life?

I choose now to renounce the (name of the fear/s from list) from my life.

I command you in Jesus Name to go to the place where He assigns you to. I also command all the negative emotions that were attached to these fears to leave and go as well namely: - Lies and deception, unbelief, anxiety, worry, doubt, lack of trust, lack of faith, despair, heaviness, and helplessness.

I pray Father Jesus that you will heal this whole area where this fear/s have been operating, especially in the area of my emotions.

I ask You to forgive me for trying to walk under my own covering and protection.

Father, would you come now and cover and protect me in this whole area.

I choose now to rise up and walk in faith and trust in You for You have not given me a spirit of fear but of power, love and a sound mind.

Thank You Father , that You have promised to protect me and to meet all of my needs as I walk by faith.

May Your Word become the stepping-stones that I need to help me to walk out of this negative place into a place of victory in You.

In Jesus Name.

Jesus, My Life

Foundations

20 Sexual Abuse

Outworking of Sexual Abuse

- Fear of intimacy and feelings of being dirty, messed up forever and unacceptable.
- Damaged, used goods.
- Guilt and condemnation

Often, they will have a victim spirit, where they will find it difficult to establish healthy boundaries. They can often be in relationships that are abusive.

Brokenness in spirit, soul and body

- Health issues
- Can develop anorexia or overeating
- Promiscuity

Confusion in their :-

- Identity
- Sexuality

Emotions

- Fear
- Depression/suicidal tendencies
- False guilt and shame
- Rejection of self
- Inability to trust
- Isolation
- Anger
- Rebellion
- Insecure
- Takes offence easily

Jesus, My Life

Foundations

Prayer

Father where I have been a victim or a perpetrator of sexual abuse or sexual violence I ask that your forgive me as I forgive the one another's that abused me; cleanse me from all unrighteousness so that I can walk in freedom in Christ Jesus. Help me to make restitution where possible through the works of repentance but where it is not possible bring me to the place of the peace of God in my heart and mind in Christ Jesus. Thank you for setting me free now in Jesus name

I am free indeed and will continue worship you in spirit and truth. If there be any demonic stronghold over me through this; I set myself free and command the foul evil spirit to leave me now in Jesus name. Lord Jesus please fill me with the Holy Spirit and His power.

In Jesus Name