



DEEPER WALK INTERNATIONAL

CORE COURSE 1

FOUNDATIONS





Course Contents

- Session 1: Heart-Focused Discipleship
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Who is Deeper Walk International?

Our Name is Our Mission

Deeper Walk International exists to help people identify and overcome the obstacles to a deeper walk with God.

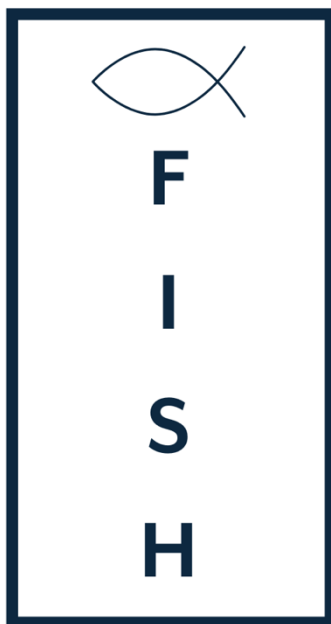
A Unique Model

We call our model **heart-focused discipleship**. Our “secret sauce” brings together brain science, spiritual warfare and inner healing in a biblically-balanced way.

Heart-Focused Discipleship

Many Churches have lost hope that transformational discipleship even exists. We want to share with you our unique and proven model that is helping Christians and churches everywhere experience true, lasting transformation.

We call it “heart-focused discipleship.” It’s biblical, practical, and anchored in the Gospel. The goal is to help you experience freedom and grow in maturity in Christ.



- **Freedom – Spiritual Warfare and Emotional Healing.**
As a child of God, freedom is your birthright! However, freedom is not automatic.
- **Identity – Grace vs. Law.**
Every Christian has a shared identity based on Covenant (what Christ has done for us) and an individual identity based on Creation (who God has uniquely made us to be).
- **Spirit – Scripture and Conversational Prayer.**
Walking in the Spirit will open up a whole new way of living in union with Christ. Learning to hear God’s voice and experience His presence with you in your daily life changes everything!
- **Heart-focused Community – Belonging and Relational Skills.**
No one is called to go it alone. We are created for community that goes beyond the surface to sharing life from the heart.

The gospel is meant to transform us and to propel us outward to the world. FISH leads to Mission, and engaging in Mission will take us deeper in our own journey of transformation.

- **Mission – Reach the lost and lead them to full maturity in Christ.**



***Deeper Walk International
Core Course 1: Foundations***

DEEPER WALK INTERNATIONAL

C1: SESSION 1

HEART-FOCUSED DISCIPLESHIP





Session 1:

Heart-Focused Discipleship

Introduction

There is a huge problem confronting the church today. According to a recent Barna study only 4% of Americans have a worldview that is essentially biblical, and only 9% of those who call themselves “born again Christians” embrace a Biblical worldview and values system.¹ Other studies have shown that 60% - 70% of teens leave the church after high school with no intention of returning.²

In response to studies like these most churches are trying to beef up their focus on discipleship. The problem is that they are turning to traditional discipleship models that failed to produce real life change in the first place.

Traditional Discipleship

Four traditional approaches to discipleship:

- O _____: Get people to attend and serve faithfully.

- A. _____: Teach information about the faith.

- B. _____: Establish performance expectations for members.

- C. _____: Train people to invite others, serve, and join a small group.

Results of Traditional Discipleship:

¹ Barna Research Group, “Biblical Worldview in America” (2003). See summary on page 8 of the handouts,

² Barna Research Group, “Faith that Lasts Project” (2007 – 2011) found that 60% of teens do not return to church after college. Lifeway Research (2007) placed the number at 70%.



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1. People look good on the _____.

I have never been disciplined, and I have been a Christian for 20 years. Because of not knowing who I am in Christ, I did not know how to walk according to the Spirit. Therefore, I have been living my life according to the flesh while gaining a lot of head knowledge about the Bible and God... I have struggled so long because of my weakness to say no to myself, and I have really been ineffective for Christ. I was always told by those that I opened up to what to do, but it never had any power in my life. I know a lot of theology, and I know everything I should do; but I do not bear much fruit, and I do not love others the way God wants me to. I have prayed a long time that God would show me how to get my head knowledge to my heart, and now He has shown me the way. I feel like a baby Christian because I have to start at the basics again, but I will swallow my pride and learn how to reprogram my faulty ways of thinking. I have grown up with a poor self-esteem, self-condemnation, self-hatred, bitterness, rebellion, perfectionism, anxiety and a weak functional faith...

I had needs that I tried to have fulfilled by lust, pornography, eating, acceptance by others, withdrawal, and facades. My life is filled with hurts, and I have responded to them incorrectly. I used to really struggle because of my view of how God views me. By reading a couple of helpful books on God's grace, I have been freed from the mentality of perfectionism for God's acceptance and love. Yet my life is still powerless because of my faulty patterns of thoughts, many of which are strongholds.³

2. People generally feel _____.

*Imagine the kingdom gains if the church figured out the ideal way to parent or coach Christ-followers all along the spiritual continuum. Imagine the impact if all those **stalled** and **dissatisfied** people were put back on track and moved into higher stages of spiritual maturity and productivity. Imagine what would happen if the church could create passageways that urge those who are growing and close to Christ to begin leading truly Christ-centered lives.⁴*

³ *Toward a Deeper Walk* (Monument, CO: Snowfall Press, 2006) p. 12-13.

⁴ Greg L. Hawkins and Cally Parkinson, *Reveal: Where Are You?* (Willow Creek Resources)



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Heart-Focused Discipleship

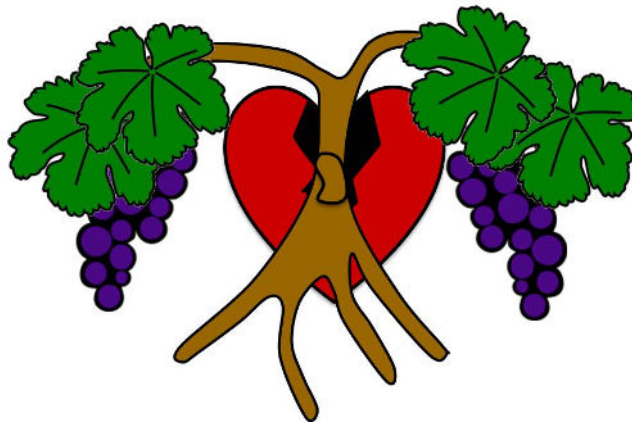
If traditional discipleship tends to focus on the outside, heart-focused discipleship deals with what is going on inside the believer.

Buttons and Powder Kegs



Inside the Powder Keg

WLVS – The demonic radio network – “broadcasting all deception, all the time.”





W.L.V.S.

Wounds. It is impossible to live in this fallen world without experiencing a wounded heart.

Lies. The devil is the Father of lies (John 8:44). He seeks to interpret the meaning of our pain by planting lies in the wounded places in our hearts.

Target #1: Our view of God

Target #2: Our view of ourselves

Target #3: Our view of life

Vows. Once we believe the devil's lies, our flesh stops trusting God in that area of our lives. We then make vows about how we will live in order to protect ourselves from pain, accumulate power, and indulge ourselves in personal pleasure in the future.

A vow is an "I will" statement (often followed by the word "never"). Here are some examples:

- "I will never let a woman control me!"
- "I will never let a man hurt me again!"
- "I will never treat a child the way my parents treated me!"
- "I will prove I have what it takes to make my dad proud!"

Strongholds. The fruit produced by the lies and vows that grow out of our pain produce areas of bondage in which our minds have been taken captive to do the devil's will.



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When your heart gets wounded, it is like someone takes a plow and turns over the soil in your heart. The fresh dirt is now ready to receive seeds. On either side of the wound stand two farmers. One is the Spirit of truth, and he has a bag of "truth" seeds. The other is the father of lies, and he has a bag of "lie" seeds. Both want to plant their seeds in the wounded place in our heart. If the Spirit succeeds in planting the truth there and our hearts receive it, the damage will begin to heal and that part of our heart can often become stronger than it was before. Eventually, it will bear fruit that gives joy to many.

However, in most cases, it is the father of lies who succeeds in planting his lies in the fertile soil of our pain. When our hearts believe his lies, those seeds take root. Soon a vine begins to grow from those seeds that gives shape to our lives. Before long, fruit starts to grow on the vine. It is the unwanted fruit of such things as anger, depression, anxiety, shame, and addiction. These are the types of problems for which we tend to go for counseling. Unfortunately, too many counselors are nothing more than "fruit pickers."

"Do you have depression?" they ask. "Just take this medication and try these management techniques."

"Do you have anger issues? Here are four steps you can take to keep your anger under control."

"Do you drink too much? Well then, you are an addict. This is just who you are and it is going to be with you for the rest of your life. The best you can hope to do is control it."

While there can be help in such advice, there is certainly no healing.

If people are going to see real transformation, they are going to have to get to the roots of their problems. When they do, it is going to take more than just talking about it to bring resolution. Sitting in a group and talking about your trauma is better than living in denial, but it rarely produces emotional healing. Often, it just traumatizes everyone else in the group.

The WLVS model builds on the biblical ideas of the world, the flesh and the devil. The world wounds us. The devil lies to us. Our flesh responds by making vows about how we will then live. The wounds, lies, and vows of our past produce strongholds of unwanted emotions and behaviors that keep us stuck and wondering if there is any hope for us.

Understanding the Wounded Heart, pp. 24-26



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Summary of Research on
BIBLICAL WORLDVIEW IN AMERICA
The Barna Research Group

“If Jesus Christ came to this planet as a model of how we ought to live, then our goal should be to act like Jesus. Sadly, few people consistently demonstrate the love, obedience and priorities of Jesus. The primary reason that people do not act like Jesus is because they do not think like Jesus. Behavior stems from what we think—our attitudes, beliefs, values and opinions. Although most people own a Bible and know some of its content, our research found that most Americans have little idea how to integrate core biblical principles to form a unified and meaningful response to the challenges and opportunities of life. We’re often more concerned with survival amidst chaos than with experiencing truth and significance. “

Biblical worldview defined as:

1. Believing that absolute moral truths exist
2. Believing that such truth is defined by the Bible
3. Having a firm belief in six specific religious areas
 - a. Jesus Christ lived a sinless life.
 - b. God is the all-powerful and all-knowing Creator of the universe.
 - c. God stills rules the universe today.
 - d. Salvation is a gift from God and cannot be earned.
 - e. Satan is real.
 - f. A Christian has a responsibility to share their faith in Christ with other people.
 - g. The Bible is accurate in all of its teachings.

How many Americans hold this worldview?

All surveyed	4%	Born again Christians	9%
Protestant	7%	Non-denom'l Prot.	13%
Pentecostal	10%	Baptist	8%
Roman Catholic	less than .5%		

“One of the most striking insights from the research was the influence of such a way of thinking upon people’s behavior. Adults with a biblical worldview

1. possessed radically different view on morality
2. demonstrated vastly different lifestyle choices.”

(For the complete article go to www.barna.org and click on report for December 2003.)

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C1: SESSION 2

THE WELL STORY



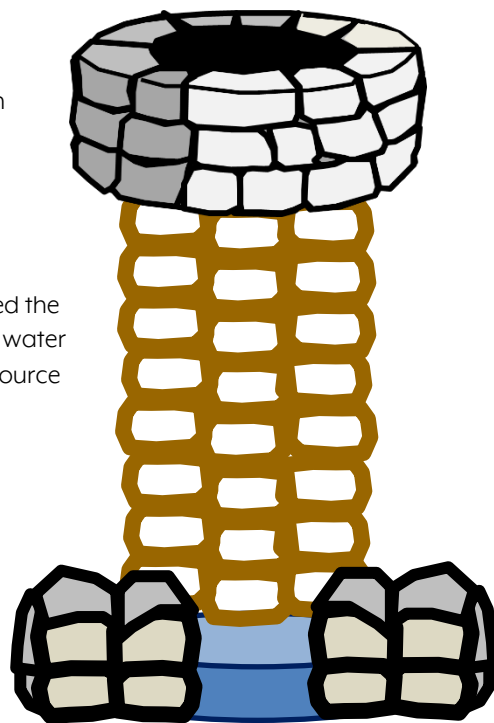


The Well Story

Introduction

A well in a village in India had stopped supplying water and been turned into the town dump. A team of volunteers set to work to reclaim the well. They started removing the trash, but half way down ran into a nest of cobras.

Once they were removed, they quickly got to the bottom and discovered that the foundation stones had collapsed and clogged the spring. As soon as the foundation was repaired, clean life-giving water flowed once again. The well that had been a dump, became a source of life to the community.



The Four Elements of Heart-Focused Discipleship

- The Key to a Deeper Walk is the size of our connection with God. (Bruce Wilkinson, *Secrets of the Vine*)





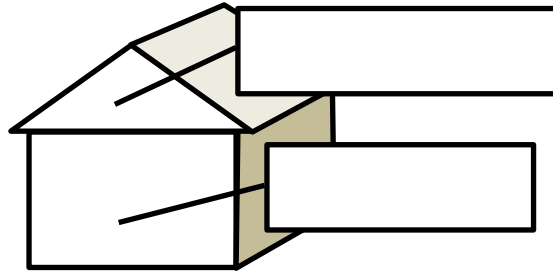
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- **Positive: Grace and the Spirit** - There is a positive dimension to heart-focused discipleship that takes place as we build a solid foundation of truth and tap into to the wisdom and power of the Holy Spirit (John 4:24).
 - **Mind - A Truth Foundation:** We build a solid foundation by learning to set our minds on truth (Romans 12:2; Ephesians 4:23; Colossians 3:1-3; Philippians 4:8). The primary truth we are emphasizing here is the **grace** perspective on life that comes from understanding the cross.
 - **Walk – A Spirit Relationship:** We grow in our connection with God by practicing the presence of God learning to recognize His presence in our hearts and our circumstances.
- **Negative: Baggage and Bondage** - There is a negative side to heart-focused discipleship that involves dealing with the cobras and the trash in our lives. Heart-focused discipleship helps people identify and overcome the obstacles to a deeper walk.



The Worldview Foundation

Traditional Discipleship is based on a two-tiered worldview.



This secularized approach to life rarely looks for answers in the realm of the Spirit.

- Looks for a natural explanation first.
- Tends to ask “either/or” questions: Is this psychological or demonic?

This secularized approach also tends to impact the way we interpret Scripture.

- The Pharisees believed in the inerrancy of Scripture, but had such a rigid theology that no matter what Jesus said or did, he could not convince them He was from God (John 5:39-40).
- Many people today are guilty of a similar form of “bibliolatry.” Like the Pharisees, they study Scripture but miss the realities about which Scripture teaches.



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Heart-Focused Discipleship is based on a three-tiered worldview.

- 1) The Realm of God: Only God can **HEAL**.
He is the Wonderful Counselor who
binds up the broken-hearted (Isaiah
9:6; 61:1; Psalm 147:3).



- 2) The Realm of Angels: Warfare is
required to set people **FREE** from the
devil's snares. There are some battles
that will only be won when we take
spiritual warfare seriously (James 4:7; 1
Peter 5:9; 2 Timothy 2:26).



- 3) The Realm of People: There are some things that
humans need to do for each other, such as create a
safe place to be honest and teach the truth in love.
This is **DISCIPLESHIP**.



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Spirit

Just as there was a spring of good, clean water feeding this well, so every believer has the Holy Spirit living within.

Walking in the Spirit is a matter of recognizing the Spirit's voice and obeying.

Grace

The foundation of the Christian's life is grace. When that collapses or is never built, the water of the Spirit will not be free to flow.

Grace gives us a new identity in Christ. Through grace we have access to God and authority over the adversary.

Baggage

The volunteer team had to remove the trash in order to reclaim the well. The trash represents the wounds, lies, and vows of a person's past.

Wounds, lies and vows from the past can "quench" the work of the Spirit in our lives.

Bondage

The cobras represent the evil spirits that often claim a right to a place in our lives because of our "junk."

Strongholds are areas in which we have lost control of our lives to the enemy. They need to be torn down so the Spirit is free to flow in our lives.



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C1: SESSION 3

UNDERSTANDING GRACE VS. LAW





Understanding Law vs. Grace

Introduction

How does the lion separate the sheep from the shepherd? He attacks two areas:

- View of God
- View of Self

Principle: “How we live flows out of what we believe.”

- The Bible puts a great deal of emphasis on training our minds.
 - Joshua 1:8; Psalm 1:3; John 8:31-32; Romans 12:2; Philippians 4:8; Colossians 3:1-2
 - Our goal is to train ourselves to think with a kingdom perspective by looking at life through kingdom lenses.



LAW: Performance-based acceptance

“God accepts me or rejects me based on my performance.”

- Law draws a line in the sand; then condemns you when you cross it.
 - Grace removes the line in the sand.
-



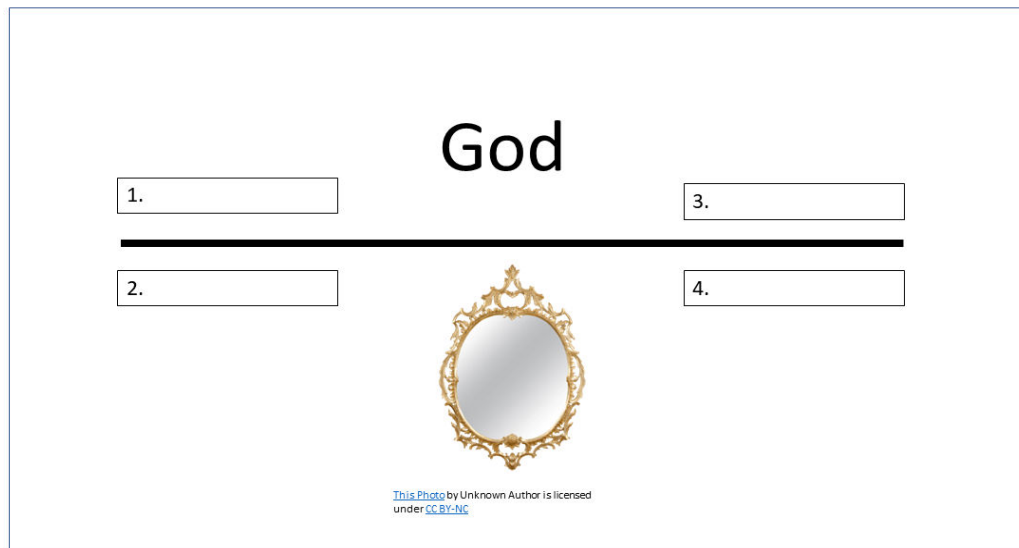
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Christians have historically struggled to trust grace to produce character. The temptation is always to add law to grace. People fear that without a line in the sand, people will turn to license and sin will increase.

Grace, however, provides a magnet that attracts us to Christ. As we live for Him and in relationship with Him, the line in the sand becomes irrelevant.

Titus 2:12-13, “_____ teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age while we wait for the blessed hope.”

Law promotes comparison. It is like living with a mirror in front of your face. Grace removes the mirror.



Law creates a false identity rooted in comparison.

- Pharisees – White washed tombs (We pretend to be better than we are)
- Wemmicks⁵ – Based their identity on comparison with others.

⁵ Wemmicks are characters from Max Lucado's book *You Are Special*.



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C1: SESSION 4

YOUR NEW COVENANT IDENTITY



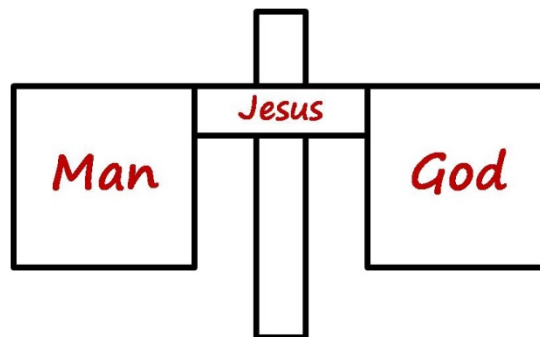


Your New Covenant Identity

GRACE: Identity-based Acceptance

God accepts me because of who I am in Christ and will never reject me because of my performance.

- A. Grace gives us an unchanging, _____ identity in Christ.
- This identity was purchased by the atonement.
 - It is confirmed in the New Covenant.
 - It is guaranteed by the presence of the Holy Spirit.
 - Thus, grace gives us a stable foundation on which to build (1 Corinthians 3:10).



- B. The New Covenant is the Covenant of Grace.
- The New Covenant is a legal document. It is recognized as binding in the court room of heaven.
 - The New Covenant terms are based on the “in Christ” statements of the New Testament.
 - The New Covenant establishes our new identity in Christ.



The New Covenant

Pardon

- I have been forgiven (Ephesians 1:7; Colossians 1:14)
- I have been justified (Romans 3:24-28; 5:1,9; 8:30)

Adoption

- I have been adopted (Romans 8:15, 21; Galatians 4:5; Ephesians 1:5)
- I am an heir of the kingdom (Galatians 4:7; Romans 8:17)

Citizenship

- I am a citizen of heaven (Philippians 3:20)
- I am no longer of this world (John 15:19; 17:6, 14, 16)

Title: Saint

- I am sanctified (Acts 26:18; Romans 15:16; 1 Corinthians 1:2; 6:11; Hebrews 10:29)
- I am a "saint" (common term for Christian – used 81 times of Christians – Acts 9:13, 32, 41; 26:10; Romans 1:7; 8:27; 12:13; 15:25-31; 16:2, 15; 1 Corinthians 1:2; 6:1-2; 2 Corinthians 1:1; Ephesians 1:1; Philippians 1:1; Colossians 1:2; etc.)

All of these are legal terms.

All of these are blessings given to us in Christ that cannot be earned by works.





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- The New Covenant is entered at conversion and celebrated by baptism.



- The New Covenant is remembered every time we take communion.
 - Past – We remember what Jesus did to provide the New Covenant in His blood (Luke 22:19).
 - Future – We anticipate the coming of the Kingdom when we will eat and drink with Jesus (Luke 22:20; cf. 1 Corinthians 11:25).
 - Present – We examine ourselves to see if we are living lives worthy of the calling we have received (1 Corinthians 11:28).





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Who I am in Christ

Neil T. Anderson

If you are a Christian, then the statements below are true of you.

I am accepted...

John 1:12, I am God's child.

John 15:15, As a disciple, I am a friend of Jesus Christ.

Romans 5:1, I have been justified.

1 Corinthians 6:17, I am united with the Lord, and I am one with Him in spirit.

1 Corinthians 6:19-20, I have been bought with a price and I belong to God.

1 Corinthians 12:27, I am a member of Christ's body.

Ephesians 1:3-8, I have been chosen by God and adopted as His child.

Colossians 1:13-14, I have been redeemed and forgiven of all my sins.

Colossians 2:9-10, I am complete in Christ.

Hebrews 4:14-16, I have direct access to the throne of grace through Jesus Christ.

I am secure...

Romans 8:1-2, I am free from condemnation.

Romans 8:28, I am assured that God works for my good in all circumstances.

Romans 8:31-39, I am free from any condemnation brought against me and I cannot be separated from the love of God.

2 Corinthians 1:21-22, I have been established, anointed and sealed by God.

Colossians 3:1-4, I am hidden with Christ in God.

Philippians 1:6, I am confident that God will complete the good work He started in me.

Philippians 3:20, I am a citizen of heaven.

2 Timothy 1:7, I have not been given a spirit of fear but of power, love and a sound mind.

1 John 5:18, I am born of God and the evil one cannot touch me.

I am significant...

John 15:5, I am a branch of Jesus Christ, the true vine, and a channel of His life.

John 15:16, I have been chosen and appointed to bear fruit.

1 Corinthians 3:16, I am God's temple.

2 Corinthians 5:17-21, I am a minister of reconciliation for God.

Ephesians 2:6, I am seated with Jesus Christ in the heavenly realm.

Ephesians 2:10, I am God's workmanship.

Ephesians 3:12, I may approach God with freedom and confidence.

Philippians 4:13, I can do all things through Christ, who strengthens me.

(This list can be found at fcm.org)

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C1: SESSION 5

WALKING IN THE SPIRIT





Walking in the Spirit

Every Christian has the Holy Spirit

- John 3:6, to be born again is to be “born of the Spirit”
- Romans 8:9, “whoever does not have the Spirit of Christ does not belong to Christ”
- Romans 8:14-16, “the Spirit of adoption”
- 1 Cor. 12:10, “all baptized in one Spirit”
- Galatians 4:6, “because you are sons, God has sent the Spirit into your hearts”
- Ephesians 1:13-14, having believed you were sealed with the Spirit

The Holy Spirit plays two primary roles in the Christian’s life:

1. **Wisdom** (Filling)
 - a. Thoughts
 - b. Visions
 - c. Dreams
 - d. Prophecy
2. **Power** (Anointing – The Spirit “comes upon” people)
 - a. Power to fulfill a task or an office
 - b. Signs and Wonders
 - c. Prophecy
 - d. Gifts

Filled with the Spirit

Joseph (Genesis 41:38)
Bezalel and Oholiab (Exodus 31:3; 35:31)
The Elders of Israel (Numbers 11:25, 29)
Joshua (Deuteronomy 34:9)
Daniel (Daniel 4:8-9, 18; 5:11, 14)
Micah (Micah 3:8)
Ezekiel (2:2, 3:24)
John the Baptist (Luke 1:15)
Elizabeth (Luke 1:41)
Zechariah (Luk3 1:67)
God’s People (Ezekiel 11:19, 18:31, 36:26-27; 37:14; Luke 11:13; John 3:5-6; 7:39; 15:26, 16:13-15)
Jesus (Luke 4:1, 10:21)
Pentecost (Acts 1:5, 8, 2:4) –*Pentecost was not the first time the Holy Spirit had ever been given. But He became available to everyone in Christ* (Acts 2:38)
Peter (Acts 4:8, 11:12)
the apostles (Acts 4:31)
the deacons (Acts 6:5)
Stephen (Acts 6:10)
Paul (Acts 9:17; 13:9)
Agabus (Acts 11:28)
disciples in Pisidian Antioch (Acts 13:52)

Anointed with the Spirit

Judges (3:10; 6:34; 11:29; 13:25, 14:6,19; 15:14)
Saul (1 Samuel 10:6, 10, 11:6; 16:13-14; cf. Psalm 51:11; 1 Samuel 19:20,23),
David (1 Samuel 16:14; 2 Samuel 23:2, 1 Chronicles 28:12)
Amasai (1 Chronicles 12:18)
Azariah (2 Chronicles 15:1)
Jahaziel (2 Chronicles 20:14), Elijah and Elisha (2 Kings 2:16; 5:26)
Zechariah (2 Chronicles 24:20)
Isaiah (48:16)
Ezekiel (Ezekiel 11:5)
Mary (Matthew 1:18, 20; Luke 1:35), Simeon (Luke 2:25)
Jesus (Isaiah 11:2,42:1, 61:1; Luke 3:22; 4:18; Acts 10:38)
God’s people (Luke 3:16, Acts 2:17; Isaiah 32:15; 44:3; 59:21, 63:11, Joel 2:28-29; Ezekiel 39:29),
Pentecost (Acts 2:33, 38),
Cornelius (Acts 10:44-45, 47; 11:15-16),
Samaritans (Acts 8:15-19)



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Understanding the Flesh

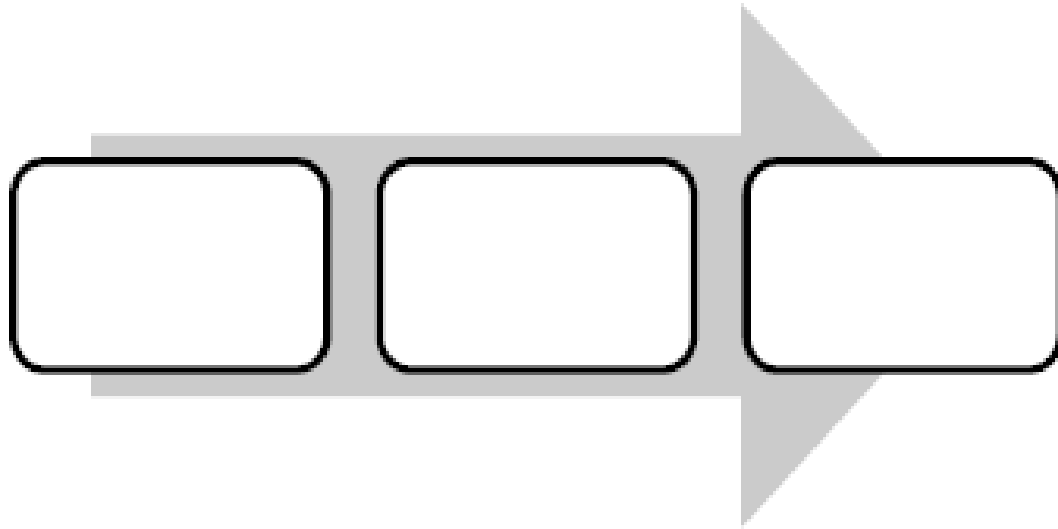
The opposite of walking in the Spirit is walking in the flesh.

- **Body** (used of the flesh of an animal or of the human body)
- **Humanity** (“All flesh is grass,” Isaiah 40:6; 1 Peter 1:24; “by works of the Law shall no flesh be justified in His sight,” Romans 3:20)
- **Unsaved People** (“when we were in the flesh,” Romans 7:5; “You are not in the flesh but in the Spirit,” Romans 8:9; “those who are children of the flesh are not the children of God, Romans 9:8; Christians sometimes act like people “of the flesh,” 1 Corinthians 3:1, 3 – meaning Christians sometimes act like non-Christians. To do anything in a fleshly manner is to do it in a merely human way, like a non-Christian, without the divine input of the Spirit. “We all once lived in the passions of our flesh,” Ephesians 2:3
- **Christian’s Flesh** (“Put on the Lord Jesus Christ and make no provision for the flesh, to gratify its desires,” Romans 13:14; “Having begun in the Spirit, are you now being perfected by the flesh?” Galatians 3:3; “Do not use your freedom as a ‘beachhead’ for your flesh,” Galatians 5:13, “Walk in the Spirit and you will not gratify the desires of the flesh, for the desires of the flesh are contrary to the Spirit,” Galatians 5:16-17).
 - The word “flesh” refers to the human nature in all people (Christian and non-Christian alike) that craves the things of this world. It is the seat of desires that war against the Spirit. When Christians live “according to the flesh,” they are living like non-Christians who do not have the Spirit and do not live for eternity.
 - In Galatians 5:24, Paul writes that our flesh has been crucified (Galatians 5:24). For Paul the cross is the key to the Christian life. It is the foundation for everything else. When we died with Christ, we were crucified with him (Galatians 2:20). We were crucified to the world, and the world was crucified to us (Galatians 6:14). Now, clearly I am still alive even though I have been crucified with Christ. It is equally true that the world still exists and so does my flesh. Paul’s point is not that any of these things have ceased to exist, but that the work of Christ on the cross has defeated them. I have joined Christ in that victory through faith in Him. As I continue to “put on Christ” and “put off the old man” I am able to walk in victory over the world and the flesh. In the context of Galatians 5:24, Paul is arguing that living as one who has been crucified with Christ is a more effective deterrent to sin than the law.
 - No Law (not even one with harsh rules) has the ability to curb the desires of the flesh (Colossians 3:23).



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How the Flesh Operates



The flesh is the seat of our worldly desires

- Romans 13:14, “Put on Christ and give no forethought (*pronoia*) to the flesh in regard to its desires (*epithumia*).”
- Galatians 5:16-17, “walk in the Spirit and you will not bring to fruition (*teleo*) the desires (*epithumia*) of the flesh. For the desires (*epithumia*) of the flesh war against the Spirit.”
- Galatians 5:24, “those who belong to Christ Jesus have crucified the flesh with its passions (*pathema*) and desires (*epithumia*).”
- Colossians 3:23, A man made religion of harsh rules and self-denial is “worthless (*time*) against the indulging (*plesmone*) of the flesh.”

A mind set on the flesh produces strategies for getting our fleshly desires met

- Romans 8:6-7, “the mind set on the flesh is death. For the mind that is set on the flesh is hostile toward God, for it does not submit to God’s law, nor can it.”
- Romans 13:14, give no forethought to the flesh” – to give forethought is to plan ahead – it is coming up with a strategy to indulge the desires of our flesh



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“Practice makes permanent.” Strategies produce habits that become strongholds.

- 2 Corinthians 10:3-5, “the weapons of our warfare . . . have divine power to demolish strongholds . . . [we] take captive every thought and make it obedient to Christ.”
- 2 Timothy 2:26, “that they may come to their senses and escape from the snare of the devil who has taken them captive to do his will.”

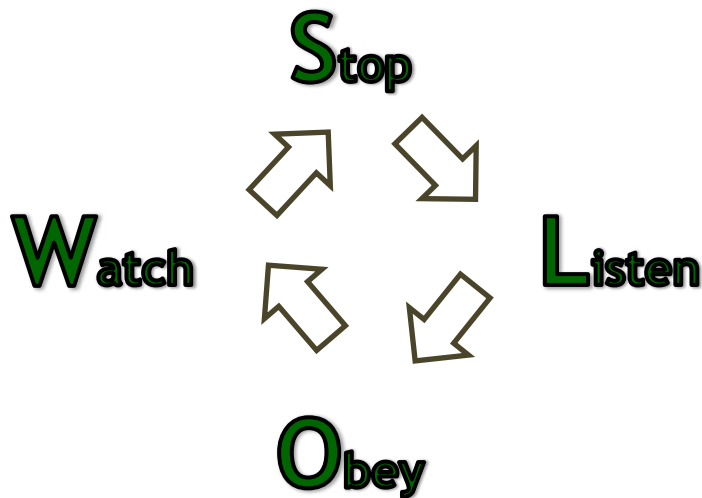
How to Walk in the Spirit

To walk in the Spirit is to live out of the wisdom and power provided by the Spirit.

A. “Big Cross” Moments (from Bill Gilham, *Lifetime Guarantee*)

- We need to “come to our senses” (Luke 15:17; cf. 1 Corinthians 15:34; 2 Timothy 2:26)
- We need put off the old man (Ephesians 4:22; Colossians 3:9)
- We must reckon ourselves dead to sin and alive to God (Romans 6:11)
- We must present our bodies as an offering (Romans 12:1)
- Put on Christ (Romans 13:14)

B. “Mini Cross” Moments (Also from Bill Gilham)



C. Developing intimacy with God through listening prayer (next session)



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C1: SESSION 6

LISTENING PRAYER





Listening Prayer

Key Principle: Not every thought that comes into your head is yours.

- Some come from God.
- Some come from the enemy.

The idea that God speaks is found throughout Scripture.

- **Walking with God** (Genesis 5:22, 24; 6:9; 24:40; 48:15) was characterized by hearing and obeying.
- **Signs** (Genesis 24:14, 44; Judges 6:37-40)
- **Visions** (Genesis 15:1; 1 Samuel 3:1; 1 Kings 22:19; Acts 9:10; 10:3)
- **Dreams** (Genesis 20:3, 6; 28:12; Matthew 1:20; 2:12, 13, 19, 22)
- **Angels** (Genesis 16:7-11; Genesis 22:11, 15; 1 Kings 13:1; Luke 2:8-15)
- **Appearances** (Genesis 4:6-15; 15:9,13; 18:13-26; Acts 9:17)
- **Words**- The phrases “the word of the LORD came to . . .” and “the Lord said to . . .” seem to imply thoughts in the mind that came directly from the Lord. Such thoughts often included visions and words as with Jeremiah (1:11, 13).



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Learning to Hear from God

- Take a Bible and a journal and establish a consistent time with God (John Maxwell, *Partners in Prayer*)
- Bring a second notebook for distracting thoughts (Neil T. Anderson, *Liberating Prayer*).
- Ask for word pictures of what God wants you to know (Darryl Anderson, *Heart to Heart*)
 - ☐ your life circumstances
 - ☐ how God sees you
 - ☐ how God wants you to see someone else
- The opposite also works – ask for words or pictures of how the devil is trying to deceive you.
- Jim Wilder and Chris Coursey, *Share Immanuel*- Connect with God through appreciation or past memories of intimacy
- Next Session: A Pattern for Practicing Listening Prayer in Emotional Healing Situations

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C1: SESSION 7

REAL PRAYER





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Session 7

R.E.A.L. Prayer

My Journey

1. Unexpected Healing – Jesus showed up in a memory and healed it.
2. David Seamands – *Healing of the Memories* – first confirmation of this experience
3. Ed Smith – Theophostic Prayer Ministry – refinement of the process
4. Karl Lehman and Jim Wilder – Immanuel Lifestyle – perceiving the presence of Christ in the present and the past
5. Daryl Anderson – Word Pictures

R.E.A.L. Prayer

REAL Prayer is a four-step listening prayer exercise designed to help people discover the wounds and lies that are impacting their emotions and behavior in the present. It invites Jesus into the process to bring healing.



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Remember

The R.E.A.L. prayer process is anchored in the W.L.V.S. model of wounds, lies, vows, and strongholds. With this in mind the first step is to ask God to help you remember any wounds that He wants to heal.

“Father in Heaven (if the person was traumatized by their father and would prefer to use a different title for God that is fine), **please bring to my mind any memory or memories that you would like to heal today.”**

Notice that we are not asking God to uncover every wound you have ever had. We just want to deal with those that He knows you need help with today. He also knows which memory is the best to handle first. It is not always the most recent, or the most painful, or the earliest painful memory in your life.

Explore

There are two parts to this step. First, we want to explore the right brain aspects of the memory. Then, we will explore the left brain aspects of the memory.

Father, please bring to my mind the sights, sounds, smells, emotions, and other aspects of this memory that I need to remember in order for your healing to be as complete as possible.

As you share your emotions try to give them names. Is the dominate feeling Shame? Rage? Terror? Abandonment? Betrayal? What word fits best?

On a scale of 1-10 how strong is this emotion? 1 means it is barely present. 10 means it is overwhelming.

Father, please reveal the lies that the Adversary succeeded in planting in my heart as a result of this traumatic event.

List the lies. Write them down or have someone write them down for you. Again, ask yourself, “On a scale of 1-10 how true do these lies feel? The more true they feel, they more certain you can be that you are dealing with the issues God wants to heal.

Ask

After exploring the lies and emotions related to the memory God helped you remember, it is time to ask Jesus to heal the memory.

“I ask Jesus to do whatever he needs to do to heal this memory. I invite Him into the memory and ask Him to allow me to perceive His presence.”

Listen

Once you have asked Jesus to heal the memory, it is time to stop, look, and listen. Jesus tends to reveal himself through sight, sound, or sense. Some people see him or a representation of him in their memories. Others hear his words in their minds. Still others sense relief from dominant emotion and have an experience like a light going on in which the lies no longer feel true. It is a good idea to write down what you experience.



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Further Tips

If a person has trouble perceiving the presence of Christ, there are several options you can try.

1. Start with Appreciation. Jim Wilder and Karl Lehman (Immanuel Prayer) recommend starting with appreciation. It helps to “turn on our relational brain circuits and makes it easier to connect with Christ.

2. Bind Demons. Before starting it is a good idea to bind any wicked spirits from counterfeiting the work of Christ or interfering in anyway.

“In the name of Jesus, I bind any demons from interfering with God's plans for healing. You will not block the person from perceiving Christ's presence and you will not counterfeit that presence.”

3. Interact with Jesus. Just seeing Jesus is not the only thing that matters. Once a person makes a connection, encourage as much interaction as possible. Sometimes people are afraid of Jesus initially. They may need to be helped to connect by taking baby steps of faith.
4. Find the Enemy Presence. You can ask the Lord to show you where the demons were in the memory. Sometimes seeing the Adversary at work makes it obvious who the real enemy was. It can also make the truth that God teaches stand out even more clearly.

“If it is your will, would you show me where the demons were during this memory.”

5. Back out of the process if needed. If there is still no connection with Jesus you may need to back out of the memory and do more processing of the memory itself. It is always possible that it is simply not the right time for this to take place and that there are other steps God knows are needed first.
6. Test the spirits. Demons can impersonate Christ. I have found this especially true with people who have an occult background, a legalistic background, a prosperity gospel background, or an abusive background. Often the false Jesus they have come to know in their counterfeit Christianity will make itself known instead of the true Jesus.



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“If this Jesus that I see (or who has spoken to me) is a wicked spirit counterfeiting the true Christ, I command you to leave in Jesus name.”

If the “Christ” they see leaves, you know it was a counterfeit. It is a good idea then to ask for the Jesus who came in the flesh, died, and rose again and who loves me to make Himself known.

7. Test what was learned with Scripture. People often wonder if they just made up the experience that they had. I sometimes point out that the important question is whether the “truth” they learned is really “true.” Did they learn to see themselves in a way that is consistent with Scripture? Did they learn to trust God in an area where they used to distrust Him? Can you find Scriptures that teach the lessons that were learned? If so, you have not only tested the reality of the experience, you have reinforced it with Scripture.

Follow Up

Here are some suggestions for what to do when your prayer time is finished.

1. **Share.** Share what you learned with at least two other people. Wounded people are often isolated people. It is important at several levels that they share what Christ has done for them with others. I have often found that when people do not do this, the impact of their experience quickly fades. Others have noticed the same thing. I know one counselor who will not meet with people a again until they share with at least two others.
2. **Study.** It is a good idea to read books that reinforce the lessons learned in the healing experience. It is also helpful to do a Bible study about the truths learned during the healing experience.
3. **Stay the Course.** Healing of traumatic memories is not the end of the journey, but a point of breakthrough that will hopefully make the rest of the journey more manageable. Some people will have many layers of issues that need resolution. Some may need to develop new skills or there may be new habits that need to be practiced.



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C1: SESSION 8

SPIRITUAL WARFARE





Spiritual Warfare:

A Crash Course in Spiritual Warfare

There are two core principles on which spiritual warfare ministry is based:

Permission – Demons need permission to do what they do.



- God is sovereign. Demons are on a “leash.” (Job 1-2; 1 Kings 22)
- Permission refers to the idea of “legal ground” (Ephesians 4:16-17) – actions that give demons the right to a place in our lives.
- There is “courtroom” work that needs to be done to resolve legal ground. In this sense, we need to do the work of a lawyer.

Authority – Christians have genuine but limited authority in Christ.

- Our authority comes from being seated with Christ at the right hand of the Father (Ephesians 2:6).

- Our position of authority puts us at a higher plane than demons, so that we fight from a position of victory.
- In Jude, Michael is unable to rebuke Lucifer because they are “equals.” False teachers are wrong to rebuke demons because they are not children of God and therefore are not seated with Christ in the heavenly realms.

- Our authority is limited by God’s sovereign decrees and the rules of the kingdom.

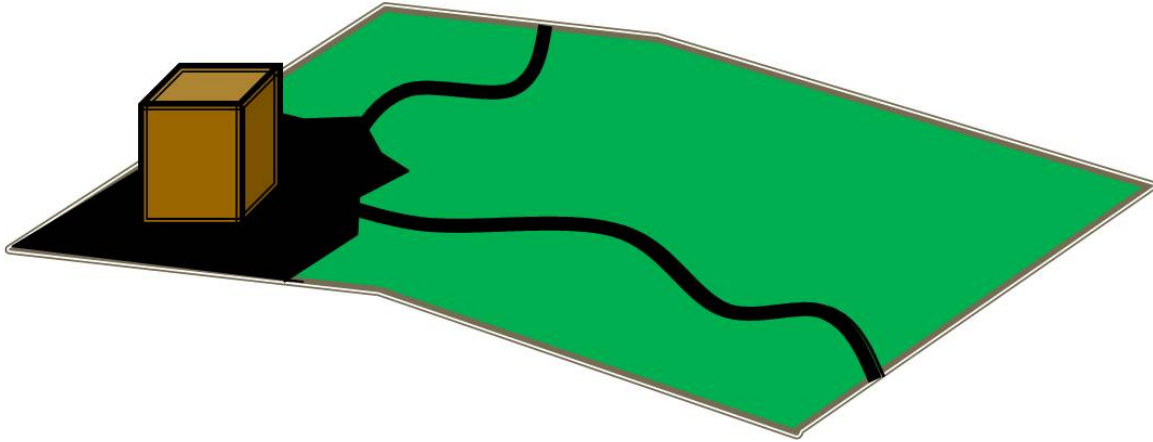


- When we use our authority, we are acting like “kingdom police.” We enforce the edicts of the courtroom of heaven. We act with the full power of the Kingdom of God behind us.
- We do not have unlimited authority. Just as a police officer’s authority is limited by the law, so our authority is limited by the laws of the kingdom.
- The most common mistake people make in spiritual warfare ministry is to rely on authority alone for victory.



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How Demons Get Permission to Do What They Do



1. God gave demons permission to roam the earth (Job 1).
 - a. Because of the fall, demons have permission to roam the earth.
 - b. Some are locked up until the end of the age
2. God may give demons permission to act because of His own purposes (Job 1).
3. God may give demons permission to act because of leadership decisions.
 - a. The decisions of kings impact everyone.
 - b. When the rulers of a region invite spirits into that region it holds weight in the courtroom of heaven (i.e., Moabites inviting Chemosh to be their god).
4. God may give demons permission to act because of ancestral actions.
 - a. The Moabites and Ammonites were prohibited from entering the temple for 10 generations (Deuteronomy 23:3).
 - b. The iniquity of the Amorites grew for generations before it was punished (Genesis 15:16).
 - c. Jesus told the Pharisees that the sins of their ancestors were fulfilled by the deeds of their generation and would be punished in that generation (Luke 11:51).
 - d. The sword entered David's house because of his sin (2 Samuel 12:10).
 - e. All people suffer the consequences of Adam's sin (Romans 5:12).
 - f. The second commandment warns of judgment to the third and fourth generation for the sins of the ancestors (Exodus 20:5; Deuteronomy 5:9).
5. God may give demons permission to act because of our own choices. You can remember the most common ways this happens with the word SOUL-L.



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S.O.U.L.-L.

S. Sin (Ephesians 4:26-27)

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold." *- *Quote from Psalm 4:4 in the LXX*

O. Occult (Acts 19:18-19; Deuteronomy 18:10-14)

- Sacrifice son or daughter in the fire
- Practice divination
- Practice sorcery
- Interpret omens
- Engage in witchcraft
- Cast spells
- Works as a medium
- Works as a spiritist
- Consults the dead

U. Unforgiveness (Matthew 6:14-15; 18: 32-35)

"But if you do not forgive others their sins, your Father will not forgive your sins."

"... his master handed him over to the tormentors until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

L. Lineage (See information on Ancestral Permission)

L. Lies we believe

"The truth will set you free" – John 8:32

"We take captive every thought to make it obedient unto Christ" – 2 Corinthians 10:5

"... in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will" - 2 Timothy 2:25-26



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“The 4 C’s”: How we reclaim surrendered ground

There is no single method for evicting wicked spirits. The one taught here has been chosen because it is effective and easy to remember. It is based on material found in Karl Payne, *Spiritual Warfare: Christians, Demons, and Demonization*.

It is generally a good idea to begin by binding any evil spirits who might try to mislead you or interfere with the process. (See Karl Payne’s “Ground Box Rules” for an extensive approach to binding demons.)

“In the name of Jesus I bind any demons from interfering with the work we are about to do.”

C – Confess

Confessing is being honest with God about what we have done.

“Lord, will you bring to my mind any areas of sin or deception I need to confess?”

C – Cancel

Canceling permission is a legal process. It is called “loosing” in the New Testament. We ask Jesus to cancel any permission given by our sin or the agreements we have made with the devil.

C – Command

Commanding is done by the authority we have been given as a child of the king who is seated with Christ in the heavenly realms.

“In the name of Jesus, I confess my participation in _____. I renounce my participation in this sin and ask Jesus to cancel the permission this has given the enemy. In the name of Jesus, I now command every demon who took advantage of this ground to eave and go where the Lord Jesus Christ sends you.”

C – Commit

Once you have completed the “3-C process” commit the reclaimed areas to the lordship of Christ.

“Lord Jesus, I commit these areas of my life to you and ask for your grace to walk in victory as I go forward.”



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More Sample Prayers

(Marcus Warner, *What Every Believer Should Know About Spiritual Warfare*)

Prayer for confessing and cancelling sin

Lord Jesus Christ, I confess that I have been involved in _____. Please forgive me for this sin and misuse of my body and cancel any ground that the Enemy may claim because of this sin. I choose now to receive your forgiveness and in so doing to forgive myself, so that I will not remain in bondage to this sin any longer. Amen.

Prayer for evicting demons

(Having removed all legal ground the Enemy may claim) In the name of my Lord Jesus Christ and by the power of His blood, I bind together as one every demon assigned to me because of this sin, and command them all to leave. Lord Jesus, I ask you to send them where they will trouble me no more and to do whatever is necessary to enforce this eviction. Amen.

Prayer for binding the enemy during a renunciation

In the name of my Lord Jesus Christ I bind any demon from in anyway interfering with what Christ wants to do here today. I bind you to inactivity and to silence. You will not harm me or anyone in this room. You will not act out, but will submit to whatever commands you are given as one who has been defeated by the blood of the Lord Jesus Christ.

Prayer for breaking soul ties

In the name of my Lord Jesus Christ I renounce any soul tie that has been formed between me and _____ through my _____. I cancel any demonic bond that keeps us connected and command those demons to leave now and go where the Lord Jesus sends you.

Prayer for choosing to forgive

Lord Jesus Christ, I choose to forgive _____ for. . . (list ways in which you have been hurt or wronged and the consequences it has created for you).

Prayer for cancelling generational ground

In the name of my Lord Jesus Christ, I cancel the legal ground surrendered by my ____ (list specifics of what you know). Here and now, I renounce any claim that any demons have on me, my children, or any other member of my family because of the sins of my ancestors. In the name of Jesus I command every evil spirit assigned to me or my family as a result of these sins to leave now and go where the Lord Jesus sends you.

Prayer for cleansing a home

In the name of my Lord Jesus Christ, I renounce any claim that any demons may have on this home (or other property). As one with authority over this home and as a child of the king, I renounce the sins that opened a door for any demonic presence in this place. Therefore, in the name of Jesus I command every demon to leave this place now and go where my Lord Jesus Christ sends you. And now, I invite the Holy Spirit to sweep this place clean and fill it with His presence. I ask that the blessing and peace of God will rest on this place so that it may be a haven of rest, a home blessed by God. In Jesus' name, Amen.



Karl Payne's "Ground Box Rules"

Spiritual Warfare: Christians, Demonization and Deliverance, 152-153

The Ground Rule Box is the list of ground rules that Dr. Payne uses to bring demons under complete submission to the authority of Christ in a deliverance session.

- A. In the name of the Lord Jesus Christ we bind the strongman. He will not be allowed to interfere in this process in any way. There will be no outside reinforcements of any kind. If there are demons involved with ____, you are on trial and you are going to lose.
- B. In the name of the Lord Jesus Christ, there will be one-way traffic only, from ____ to the pit. When you leave you will take all of your works and effects and all of your associates and their works and effects with you. You will not be free to re-enter ____ or to enter anyone else in the room.
- C. In the name of the Lord Jesus Christ you may speak only that which may be used against you.
- D. In the name of the Lord Jesus Christ, the answers you give must stand as truth before the white throne of God.
- E. In the name of the Lord Jesus Christ, there will be no profanity.
- F. In the name of the Lord Jesus Christ, ____ is to have complete and full control of his/her tongue, mind and body. You will not be allowed to control his tongue, mind or body.
- G. In the name of the Lord Jesus Christ, I will give commands stating "We command" because this is ____'s fight. The Holy Spirit of God is going before us, and we stand as a majority, and we stand together against you. ____ does not want anything to do with you. ____ is a child of God who stands against you. You are an unwanted intruder who is going to have to leave upon command.
- H. In the name of the Lord Jesus Christ, when I give commands you will give clear, concise, complete answers in ____'s mind to the questions addressed to you. You will not be permitted to confuse the mind of ____ and will be punished severely by the Holy Spirit of God if you attempt to do so.
- I. When I give commands in the name of the Lord Jesus Christ you will clearly give your answers to _____. You do not have the privilege of speaking directly through him in this confrontation.
- J. In the name of the Lord Jesus Christ, there will be no hiding, duplicating, or changing of authority and rank. We bind you by the authority structure you now have, and that structure will only be altered if we choose to change it.
- K. In the name of the Lord Jesus Christ, when I give commands for you to answer, you will give your answers to _____, who will share your responses with me. I will not speak directly to you; you are a defeated enemy not a colleague or an equal, and you are not worth speaking to. I will speak to my brother/sister in Christ. The only thing you are going to do is cooperate under the ground rules. Your authority is smashed!
- L. Lastly. In the name of the Lord Jesus Christ, we ask the Holy Spirit of God to enforce all of the ground rules and to punish severely any demons who attempt to step outside of the ground rule box.



Karl Payne's Four Declarations

- I. We declare our **victory** over all the powers of darkness through our head, the Lord Jesus Christ. We declare that the Lord Jesus Christ has smashed the authority of Satan at the cross of Calvary where He made an open spectacle of your master. Colossians 2:13-15 states:

And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all of our transgressions, having cancelled out the certificate of debt consisting of decrees against us and which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public spectacle of them, having triumphed over them through Him.

- II. We declare our **authority** over the powers of darkness through our Lord Jesus Christ. In Luke 10:18-20 Jesus told those who follow Him:

And He said to them, I was watching Satan fall from heaven like lightning. Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy, and nothing shall injure you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven.

- III. From the same Luke 10 passage we declare our **protection** from the powers of darkness through our head, the Lord Jesus Christ. Jesus said, "*and nothing shall injure you.*" We declare this to be true through our Lord Jesus Christ and stand upon it.

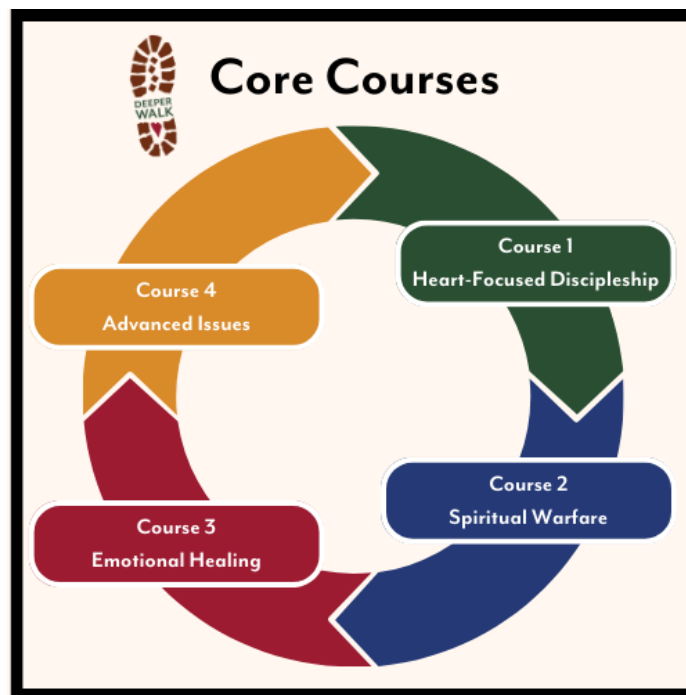
- IV. We declare our position over the powers of darkness in Jesus Christ. Jesus Christ is our head and we make up His body. Ephesians 1:18-23 says:

I pray that the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead, and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age, but also in the one to come. And He put all things in subjection under His feet, and gave Him as head over all things to the church which is His body, the fullness of Him who fills all in all.

-Next Steps-

- ❑ **S**et an appointment to go through the Steps to Freedom.
- ❑ **T**ake a dive into some of our other Heart-Focused Discipleship resources! *
- ❑ **E**ngage with others in-person and online who have had this training for your mutual encouragement.
- ❑ **P**romote this training in your sphere of influence.
- ❑ **S**upport Deeper Walk with your prayers and finances.

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*see more info on next page

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- **Understanding the Wounded Heart- eCourse** - Dr. Marcus Warner distills what he has learned in over three decades of ministry to wounded people. The result is a simple, transferable model that any believer can use for bringing healing to wounded hearts.
- **Resilience Conference** - Learn how to expand your emotional capacity and deepen your attachment to God, increasing your ability to not simply survive, but thrive – no matter what comes your way. (Dr. Marcus Warner & John Eldredge)
- **Spiritual Warfare Conference** - learn a biblically balanced approach to spiritual warfare ministry from battle-tested experts.
- **Deeper Walk Podcast** - Subscribe to “On The Trail” – With father/daughter duo, Marcus & Stephanie Warner.
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with real problems

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