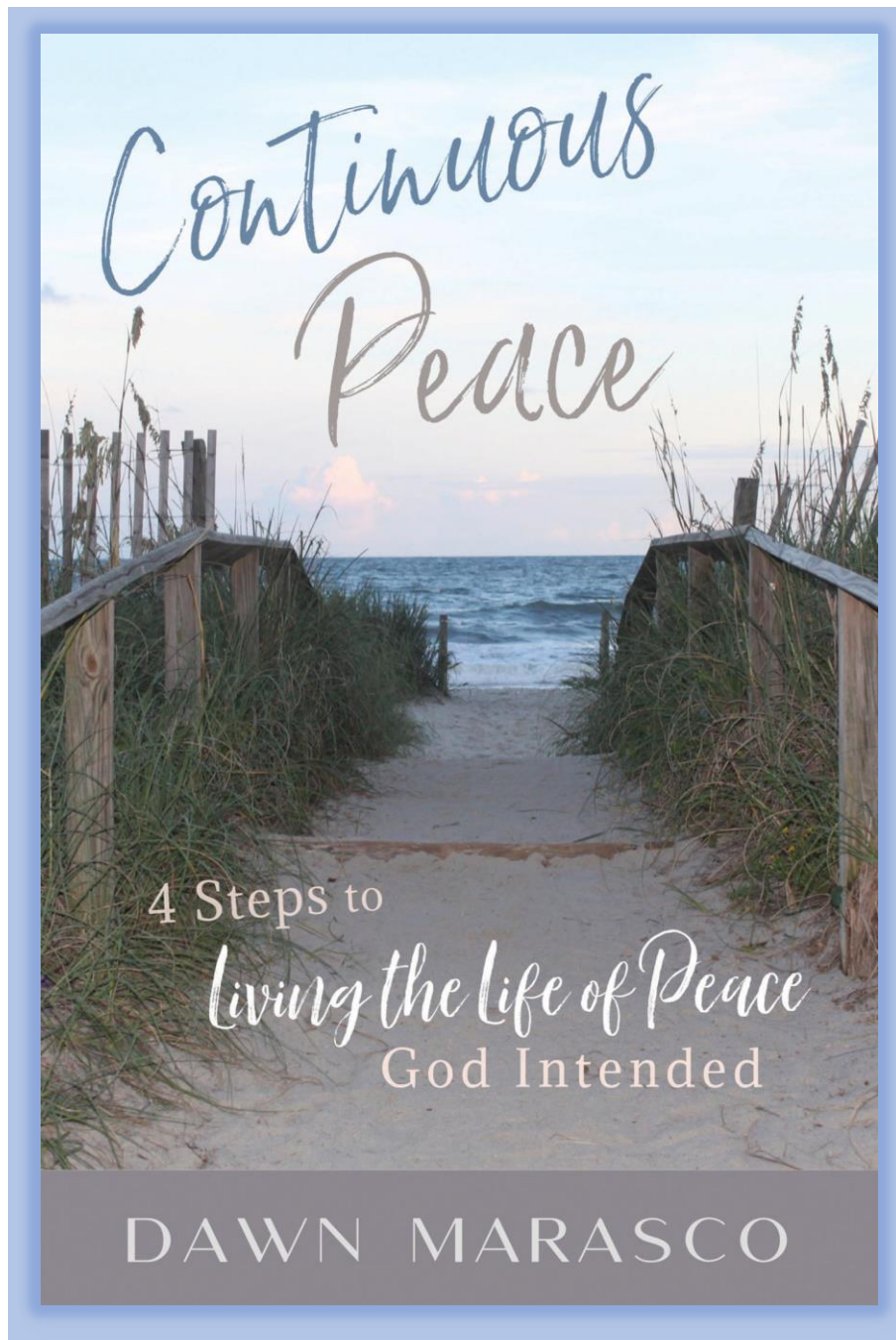


Journey Together

Workbook and Journal



Introduction:

MY LIFE PRIOR TO PEACE



Now may the Lord of peace Himself grant you His peace at all times *and* in every way [that peace and spiritual well-being that comes to those who walk with Him, regardless of life's circumstances]. The Lord be with you all.

2 Thessalonians 3:16 (AMP)

After reading in the Introduction the story of my life prior to peace, (pages xiv -xxi)
can you identify with some of these same feelings?

The following questions describe how *I felt prior* to having God's peace. *Underline* any of the questions that are true for you.

- Are you tired of allowing fear to run your life?
- Does the threat of "What if?" impact you as though it is a truth?
- Does the bully of fear try to change your direction?
- Are you exhausted from the indecisive battles over everyday decisions?
- Do you feel far from God?
- Do you feel far from His purposes in your life?
- Are you far from the peace that God has promised?
- Are you exhausted from trying to control situations?
- Do you feel overwhelmed, insignificant, or not good enough?
- Are you fed up with living a life that does not reflect the glory of God as it could or should?

If you answered yes to any of the preceding questions, then journey with me. I will walk you through the four steps that God continually uses to keep me in His amazing peace. We will learn how to live a life full of the peace that God intends for us. It may seem impossible right now, but stay the course and consider the alternative of living without the fullness of God's peace for another month, year, or decade!

What would change in your life if you had His continuous peace? How would your relationships, marriage, parenting, work, or dreams change if your life were transformed into a life filled with peace?

What are your hopes or expectations from the book Continuous Peace?

Choose today to live the life of peace that God intends for you.

Let's begin to impact our future with His peace! As you read, I suggest that you use this as a notebook and journal to write down all that the Lord *will* show you. I have included many of the questions posed in the book and have given you space to *capture your thoughts* in the moment to receive the most impact from this study. God is with you! His peace is close.

Philippians 1:6 (NIV)

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Step 1 Recognize

RECOGNIZE THE OBSTACLES



Chapter 1

The Foundation for Our Peace

Peace is not for sale or everyone would buy it; it is a gift from God.

Page 7

WHAT IS PEACE?

What is your definition of peace? _____

Ask yourself: Have you had times of happiness, momentary joy, or feeling blessed but can't say that you have experienced God's peace? Would God's peace take you by surprise? Have you felt His peace only to have it disappear once again?

Which aspect of *peace* do you desire the most?

Does any aspect of *the opposite of peace* affect you?

Pages 12 - 13

KNOW WHO HE IS

If I were to ask you to write down descriptive words about who He is, what would you write? Take a few moments and consider who He is and then write it down:

He is:

Here are only a few reminders of who *He is*: Faithful, Strong, Loving, Mighty, Compassionate, Merciful, Unchanging, All-Knowing, Understanding, Able, Sovereign, Just, Powerful, Protector, Teacher, Maker, Wise King, Provider, Savior, Friend, Cornerstone, Rewarder, Healer, Leader, Refuge, Rock, Helper, Shepherd, Constant Companion, Encourager, and Creator of you and me.

How blessed we are to know who He is! Let's pray and thank Him for *who He is*.

Thank You, Lord, that You are _____

and You are my _____

Pages 13 - 15

KNOW WHO YOU ARE IN HIM

If I were to ask you to write down descriptive words about who you are, how would you describe yourself? What if I asked what the Bible says about who you are in Christ? Take a few moments to consider those two questions and then write down descriptive words that describe who you are and who you are in Him:

I am:

In Him, I am . . . Loved, Saved, Redeemed, Beautiful, Forgiven, Protected, Set Free, Filled, Fruitful, Wise, Kind, Enough, Safe, Covered, Never Alone, Unique, Gifted, Called, Anointed, Faith-filled, Courageous, Patient, Joyful, Faithful, Heard, Seen, Helped, Cherished, a Light, a New Creation, a Worshiper, and a Dearly Loved Child of God. I am blessed!

That is who we are, no matter how we feel.

Here are some additional *I am* statements from others who have applied the principles in this book. I am . . . His Child, Creative, Smart, Compassionate, Loving, Helpful, Caring, Strong-Willed, Focused, Fun, Real, Diligent, Free to Be Me, Free for All Eternity, Artistic, Creative, Complete, Wanting Nothing, Full, Loyal, Sensitive, Observant, Accepting of Others, Encouraging, Determined, Musical, Responsible, a Hard Worker, a Counselor, and a Good Listener. I am His!

One ended with the truth that *"I am . . . in need of You, Lord!"*

How do you feel after reading those truths?

By being uniquely you, others will see a *facet of God through you*. Let's thank Him.

Thank You, Lord, that I am _____

Page 17

PEACE IS A HEART ISSUE

Ask yourself: *What am I believing?*

- Am I believing the best about God and keeping my peace?
- Do I doubt who I am in Him, causing myself to be tossed by doubts and fears?
- Am I filling up with the concerns of this life and letting fears or frustrations influence and rule my heart?

Is there something that your heart is believing that is robbing your peace? _____

Chapter 2

The Bullies That Rob

Pages 19 -25

WE CAN FORFEIT OUR PEACE

Let's remember the pillows, which remind us that we can lay down our fear and doubt at any time by choosing to hold on to our faith. This may seem challenging at first, but it will produce His continuous peace in our lives.

Is there a difficult situation in your life right now, where you need to adjust your focus? Are you focusing on the faithfulness of God and keeping your peace, or are you focusing on the negative circumstances and forfeiting your peace? Explain.

Which pillow do you hold most often, the faith & peace pillow or the fear & doubt pillow? Why?

What we focus on will lead to the path that we will take.

Page 27

RECOGNIZE THE BULLIES OF OUR PEACE

Have you been bullied by any of the following tactics? *Underline* the tactics that you recognize in your life.

- Fear
- Negative thoughts
- Low self-esteem
- Your past, present, or future
- What-ifs
- Frustrations
- Disappointments
- Humiliation
- Shame
- Guilt
- Doubts
- Anger
- Lies about yourself, others, and even lies about God

These bullies rob us of the peace God intended for us!

Page 28

Fill in the blank: (be honest)

Our bullies call us names, such as, "You are _____."

Pages 29 -30

RECOGNIZE THE LIES

What are some of the lies that the bullies shout at you? *Star* the ones that are most used.

Write out the main lie(s) that you are told.

How do these lies make you feel?

These lies can cause great destruction in our lives. We can allow them to *define who we are*, which will lead us down a path that is far from God's heart and His purposes for us.

Page 31

RECOGNIZE THE BULLIES' PURPOSE

Have bullies tried to redirect your course? Which tactics are most true for you?

In what way do they create havoc in your life?

Chapter 3

The Impact of Our Obstacles

When I started my quest to learn how to have God's peace, I began to Recognize the obstacles that were robbing me of the peace I so desperately desired. I have combined the obstacles into seven main areas that I perceive have the greatest impact. You may have other areas affected, but I believe these seven resonate the most.

RECOGNIZE THE OBSTACLES THAT IMPACT

1. Not Able/Not Enough
2. Fear/Anxiety
3. Doubt
4. Rejection
5. Sin/Shame
6. Sadness/Grief
7. A Weak Relationship with God

Reading over the seven obstacles which area do you Recognize is impacting you the most?

(Using examples on pages 35 -38)

Write any part of the obstacle's *description* or *lies* that are true for you in ***that area***.

The second area that is affecting me is: _____

Write any part of the obstacle's *description* or *lies* that are true for you in ***that area***.

The third area that I Recognize is impacting me is: _____

Write any part of the obstacle's *description* or *lies* that are true for you in **that area**.

How do those lies make you feel? _____

Page 38

RECOGNIZE THE AREAS THAT ARE AFFECTED

Underline the areas that are affected by those lies. Then *star* the main area.

Personal life

Marriage

Parenting

Work

Goals/Dreams

Relationship with God

Family Relationships

Friendships

Participation in Events or Activities

Relationship with others

By believing the bully's lies, how has your life been affected?

Is there a main area that is being affected that you want to focus on first?

*We believe the bully's lies
instead of believing God's truth.*

Page 39- 41

WE CHOOSE WHAT WE WILL BELIEVE

We are not victims of fear. We choose if we will believe fear's lies or if we will believe God and His truths. The same Holy Spirit that produces peace in our lives also produces self-control. (Galatians 5:22-23) With the Spirit in us, we can overcome the enemy.

We can resist him and his taunts. But we must Recognize the enemy's tactics so that we do not fall for them time and time again.

Make this your truth: "I, _____, am not a victim to fear! I am equipped with the Holy Spirit, and by faith, I choose to trust Jesus with every aspect of my life."

Page 43

THE BULLIES' IMPACT

Obstacles are a ploy of the enemy to *keep us from God* and all that He has called us to do. They are used to prevent us from fulfilling God's purposes and remaining in God's peace.

Bullies try to *impact* my life by keeping me: _____

Page 44

WE GIVE THE BULLIES POWER

Let's Recognize that bullies have no power to rob our peace unless we yield it to them.

What are the ways you yield power to the bullies? _____

Page 45

WHAT ARE THE SIGNS THAT YOU HAVE LOST YOUR PEACE?

It is vitally important that we can identify and Recognize *how we feel* when we lose our peace, because this is the *signal* that *we are being robbed*. When we Recognize that we are losing our peace, we need to stand up in our faith, believing God's Spirit is in us, equipping us to hold on to our peace. **Once we have peace, we need to be diligent to guard it.**

Add the signs that you have lost your peace.

Romans 15:13 (NIV)

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Let's Wrap Up Step One!

By Recognizing these foundational truths, we will safeguard our peace. Ask God to help you to Recognize what you need to remember and apply from this first step. The following questions are a review. Please take the time to answer these questions. Your answers will help you in future steps.

I feel God has revealed _____

I need to focus on _____

My relationship with God has been impacted by _____

From the examples on page 48, which of the 16 obstacles are true for you?

What are the main obstacles that you want to deal with first?

The most destructive lies I believe are _____

I Recognize the bully's purpose is to _____

The signs I have when I lose my peace are

I have been helped the most by knowing

PROMPTS FOR PRAYING: Page 49

You can then share what you have Recognized with God in Prayer. **He cares for you**, so share your heart with Him. You can use the space provided to complete each prompt.

Let Him know:

- Lord, I Recognize . . .

- This is how that makes me feel . . .

- This is how it has impacted my life . . .

- Please help me to . . .

THIS WEEK: As your week progresses, *write down the lies* that you Recognize.

JOURNAL:
My takeaway from Step One

Step 2 Release

Release the Barriers



Chapter 4

The Great Exchange

Page 56

THE ANCHOR TO OUR CONFIDENCE

Philippians 4:5-7 (NASB)

Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

What is the reason we are to be anxious for NOthing? Our answer is given in the four words prior to “Be anxious for nothing.”

Yes. The anchor to our confidence is the fact that the Lord is near. He is the reason that we are not to be anxious about anything! He is near us.

RELEASE REAL LIFE ISSUES

Page 60

A good first step of Release is to write down what is causing you to doubt, worry, or have anxiety. Perhaps there is an ongoing habit of negative thinking, or something new that is causing you anxiety today. It could be dread or shame over a past pain, or an unknown, unseen answer to a current situation. It could be a fear about the future. Maybe it is a health concern or a fear that something bad could happen. It may be a rocky relationship, unhappy job, a painful loss, or lack of having enough. Perhaps it is a consistent frustration, doubt, loneliness, or place of anger. It could be a dissatisfaction with your relationship with God.

Write down your specific issue or anxiety:

Page 61

Now take that very specific issue, fear, worry, concern, anger, or frustration to God in prayer. Tell God exactly how you feel. *He can handle it.* He welcomes you to share your heart with Him.

Let your anxiety be known to God!

"I Release _____ into Your mighty and capable hands."

We must Release our daily concerns to God as they arise.

Pages 62-63

GOING THROUGH A HARD SEASON

Are you aware of areas that need *continual* prayer? If so, record them here.

Consider writing your concerns on the following page as a reminder to pray. We get to Release what troubles us to God. He cares for what we entrust to Him. As God answers your prayers, you can write the answer and the date on the "Answered Prayer" side of the page. It will be a great reminder and a place to praise God for all that He has done!

Date MY PRAYER CONCERNS

ANSWERED PRAYERS Date

Pages 64- 65

OPEN HANDS OR CLOSED FISTS

Are there areas that your hands or fists are closed over? Are there places where you have *not* Released total control to God? If so, write them down.

Page 70

THINK BACK TO STEP ONE

What were the obstacles, fears, anxieties, disappointments, lies, or areas of control from step one (chapters 1-3) that you want to Release to God?

List the issues you Recognized from *this chapter* or *from step one* that need to be Released:

1. _____
2. _____
3. _____

You could write a simple prayer of Release by taking what you have Recognized and Releasing those barriers to God.

Chapter 5

Let It Go!

Pages 76 -77

INVITE HIM INTO YOUR WOUNDED HEART

When we begin to work with God, we are inviting Him into our wounded hearts. The backpack was a picture of an external way of confining the memories. As we Release those painful places, people, and memories to Him, He will remove the backpack and begin healing our heart.

Do you have painful areas in your heart that are walled off with no hope of healing? If so write them below.

This is not how God intended for us to live.

*Healing is a process and forgiveness is a choice.
This includes forgiving ourselves.*

Pages 77-80

FORGIVE YOURSELF

Our past pain can *feel* so alive within us. Our guilt can consume our thoughts. Our progress can be thwarted by our disdain of ourselves due to our past actions.

DO YOU BELIEVE THAT YOU ARE FORGIVEN?

Are you living free from your past sin? Perhaps the question is, *will you forgive yourself?*

If you need to forgive yourself, please take a moment and talk to God about those areas. *He is your friend.* Release it all to Him. He desires *to heal you!* Trust Him with your heart.

This step of Release gave me my life back. It was through Release that I was able to work with God. He brought healing to my broken and sinful heart.

I treasure the love I found in His redemption.

Pages 80-83

RELEASE OTHERS

Can you trust Jesus by Releasing those who have harmed you into His hands?

When you Release others, it is *not* equivalent to them being innocent. No. Releasing them into God's capable hands *sets you free*. Let your faithful Father deal with them and the consequences of their actions.

If there are those you need to Release, let this be the beginning of your healing. You can start with a prayer of Release. _____

Take a deep breath. When we Release our pain, *our healing has begun*.

Page 88

As a difficult issue or specific memory arises and needs to be Released from your backpack or heart, write it down. Next to each issue, decide the way you want to Release it.

Choose the method of Release: Praying to God, writing a letter or memo, (do not send it), talking and praying with another, discussing it with a counselor, doing a specific Bible study, joining an appropriate group, letting it out, or using another helpful approach.

Issues I want to Release

Method of Release

--	--

Processing the Wound

Processing with God or another can start like this:

- This is how I felt when . . .

- These are the emotions I was feeling . . . I still feel . . .

- These are the fears I had . . . I still have . . .

- When they did that, I felt like . . .

- Lord, please help me to Release these painful places to you.

Revisiting an Area

When we revisit a specific wound that God has brought to our attention, we:

- *Recognize* the issue
- *Release* all of it
- *Repent* if necessary
- *Choose to forgive* others and ourselves
- *Let go* of our shame, embarrassment, jealousy, bitterness, disappointment, or pain

Which of those points are the hardest for you? Why? _____

Do you need to ask God for the strength to take this step of Release? If so, take a moment and ask Him for help. "Lord, help me to _____"
_____.

Looking Back

Can you look back and Recognize an area that has been healed, and *can you now remember it without pain?* **His healing is amazing!**

Chapter 6

Come as You Are

Pages 101-103

REPENT AND BE FILLED

When we repent, we turn away from our sin, forsaking our wrong ways, and turn back toward God, trusting Him to change our heart.

Let me ask you a few questions.

- Do you have regret for something you have done or spoken?
- Have you injured another?
- Do you feel far from God?
- Do you need to change your course?

What are the areas where you want to repent and entrust your heart to Him?

Page 103

Come As You Are

Say aloud:

GOD ACCEPTS ME AS I AM.

GOD ACCEPTS ME WHERE I AM.

GOD ACCEPTS ME.

But HE LOVES ME TOO MUCH TO LEAVE ME HERE!

How did it feel to say those statements? _____

Are you able to *believe* those statements for *yourself*? If not, why not? _____

Page 104

RELEASE AND RELY

- Will we rely on God and His love to care for us?
- Will we rely on our own abilities?
- Will we rely on others for the help we need?
- Will we rely on our position, possessions, or our financial accounts?

In the past, I have relied on:

Where are you in this process? It is *normal* to go back and forth from trust to doubt, as we grow into a mature faith.

1. Do you rest in Him to keep you?
2. Do you confidently rely on God without doubt?
3. Is it hard to Release things into His hands?
4. Do you tend to take back what you entrusted to Him because you do not fully trust Him?
5. Do you struggle with knowing or accepting how loved you are?
6. Do you want to know and experience more of His love?

Of the preceding statements, which one(s) describes you best? Why? _____

Page 107-112

MY MOM'S EXAMPLE OF RELYING ON GOD'S LOVE

How did my mom's story impact you? _____

Is there something that you want to take away or remember from her faith-filled story?

If you desire to know and rely more on the love of God, let Him know. If you are not certain of the amazing love God has for you, then pray: _____

Let's Wrap Up Step Two!

Pages 113-115

What is the main point that you want to impact your thinking or life?

What scriptures do you want to write down and memorize? **God's Word is so powerful!**

I feel God has revealed _____

I need to focus on _____

My relationship with God has been impacted by _____

The most destructive weight I carry is _____

I Release myself from or forgive myself for _____

I choose to forgive _____ and I trust God to heal me from the negative impact in my life.

I want to remember _____ without pain.

I want to rely on God for _____

JOURNAL:
My takeaway from Step Two

Step 3 Reprogram

Reprogram My Heart and Mind



Chapter 7

The Powerful Truth

Pages 119- 121

Are you frustrated with your progress with God?

Are you willing to give Him your cup?

Will you ask Him to fill it and even overflow it?

Page 134

When it comes to Reprogramming your heart and mind, is there something that stands in the way of Reprogramming with God's Word daily? (Desiring sleep, lack of focus or lack of desire, media, others, or other priorities?)

How important is reading your Bible? I am *not* asking how important it *should* be, but how important *is it to you*? Be honest with yourself, 1-10 _____. If it is *not* important, it will not be a priority. It helps to Recognize the *battle is in our heart with a lack of desire*.

Page 135

Consider your routine. Remember I was all over the board during my journey. Be honest. Your answers will reveal your starting point.

Why do you want to know God better through His Word?

Do you have a daily routine? Do you hit and miss? Are you not reading at all?

What are some of the ways you seek God? _____

How often do you write down any insight from your time with God or journal what you are learning? Never _____ Sometimes _____ Always _____

Describe what your time with God looked like at its best.

Will your mind be renewed by what you are doing right now? _____

What would you like to change?

Pages 136- 137

YOUR 30-DAY CHALLENGE

Underline what your next step will be.

- Read your Word consistently.
- Write down the scripture that impacts you the most.
- Write any insight that you receive or a prayer to Reprogram your mind.
- Worship the Lord.
- Pray and confess your sins.
- Be still. Listen for God's, still, small voice.
- Apply what you are learning from God's Word into your everyday life.
- Tell a friend. Ask to be kept accountable. Encourage each other to grow.

CHART YOUR COURSE

Visualize and write what your time in God's Word would look like. Where would you sit? What would you need: a Bible, devotional, notebook, pens, highlighters, a blanket, a basket or container to keep it all together? (Coffee/tea/water?)

Take a minute and personalize your time with God.

Devise a plan: set your daily goal—*not a law* that you are under but *a goal that you desire!*

- When to read? Morning before your day begins, lunchtime, or at night?

- Where to read? Select a place in your home, deck, bus, etc. (a place with few distractions).

- What to read? Choose a book in the Bible, a Bible study, or a devotional.

- What journal or notebook will you use to capture your thoughts?

- When will you start? Mark down the date and time.

- What is your goal? Determine the amount of time allotted daily.

- How many days a week? Will this be 5 days a week or all 7 days?

Who will be your accountability person *during* your thirty-day challenge? _____
It is helpful to send a simple daily message to a friend as a way of celebrating your time with God.

Chapter 8

Overwrite the Lies

Page 145

Can you identify with an invisible wall of self-protection? _____

Do you find it hard to trust others? If so, do you know why?

Have you embraced the truth that *you are* the King's kid? If so, in what ways?

How would you best describe yourself regarding coming to the Father for help? Are you: *apprehensive, half-hearted, unwilling, uninterested, eager, confident, unashamed, or other?*

Page 146-147

THE PROCESS OF REPROGRAMMING

When I am faced with difficulties in this life, I continue to come back to the foundational truth that *God is faithful, and I can trust Him*. This has not been a one-time decision to trust Him but *a way of life*.

I would like you to pause and reflect for a moment. Do you believe that God is faithful and that you can trust Him? If not, why not? _____

When we do not trust God fully with our heart, we can get in the "habit" of building walls of self-protection. By faith, let's take down those walls. Let's start by talking to God about where you are or where you want to be. _____

Page 147-149

THE LIE OF NOT ENOUGH

Are there areas of your life where you feel as if you are not enough? If so, in which areas?

Have you bought into the standard that you need to *do it all* and *do it all perfectly*?

Do you feel the need to be perfect, perfectly liked, or perfectly perceived? If so, in what area(s) and how has it affected your life?

Do you Recognize that you are a people-pleaser? Does it hinder you from fulfilling what God has called you to do? If so, in what ways?

Page 154

Are you hard on yourself?

Do you point out your own flaws? Are you critical? If so, in what ways?

Are you willing to ask God to weigh in on your faulty thinking? _____

Will you go to God and ask Him, “*Lord, this is how I am feeling, but what do You say?*” Will you share your true feelings and wait for His still, small voice?

Pages 155-160

IDENTIFY YOUR OBSTACLES

Do you recall the areas that you *Recognized in Chapter three* as being the most susceptible to the enemy’s lies?

1. Not Able/Not Enough
2. Fear/Anxiety
3. Doubt
4. Rejection
5. Sin/Shame
6. Sadness/Grief
7. A Weak Relationship with God

Which is the *most* prevalent area you want to overwrite *first*? _____

List the remaining areas that you want to deal with *next*. _____

In each area, write down the part of the *description* that describes how you feel or think.

What are the corresponding lies that are affecting you the most in each area?

Overwrite Your Lies

I have created two formats to help you to overwrite the lies in each area.

- You can use the following charts to overwrite the lies with the ***Truth is and scripture sections*** from pages 160-168.
- You can continue the process with each obstacle.

REPROGRAMMING THE LIE

Option 1

Lie: _____

Truth: _____

Lie: _____

Truth: _____

Option 2

When the lie _____
presents itself, I will Release it and believe the truth that _____

When the lie _____
presents itself, I will Release it and believe the truth that _____

Chapter 9

Design Your Harvest

Pages 184- 188

We Remain in What We Feed

I know firsthand that what we continually feed is what we will remain in. There were years when I went back and forth feeding the negatives and then hating the results of my actions. We choose what we will feed.

Using the illustrations on pages 186-187

Are you *remaining in Him* or are you *remaining in it* (the negative way of living)? _____

How does it feel to know that *you can choose* what you will remain in?

Using both illustrations, on pages 186-187 which of the preceding numbers (1-7) were true for you? _____

Which point(s) do you desire to know and live by? _____

Which point(s) do you need to let go of or change? _____

Page 193-194

Harvest Assessment My CURRENT HARVEST

My priority area: I desire peace in my _____

LIFE-GIVING SEEDS

The *good seeds* that I have sown in my priority area:

NEGATIVE SEEDS

The *negative seeds* that I have sown in my priority area:

DESIGN YOUR HARVEST

My priority area: I desire peace in my _____.

Use descriptive words to describe your *Desired Future Harvest*.

What are the specific *life-giving* seeds that you will need to plant in order to receive the harvest you desire? (You can use the examples from the life-giving seeds list.)

REVERSING A NEGATIVE HARVEST

If you need to reverse a negative harvest use the following chart.

My most desired fruit I want to harvest is: _____

I will have to stop feeding or sowing: _____

I must consistently sow: _____

My most desired fruit I want to harvest is: _____

I will have to stop feeding or sowing: _____

I must consistently sow: _____

My most desired fruit I want to harvest is: _____

I will have to stop feeding or sowing: _____

I must consistently sow: _____

Let's Wrap Up Step Three!

Page 206-207

Reprogram is the step where we are taking our life back! We are trading in the life that has been tossed back and forth by every scheme of the enemy. We have already begun to overwrite the enemy's lies with the light of God's powerful truth.

Remember, when you are frustrated with your progress with God, be willing to give Him *your cup*, no matter the condition of the contents. Our life in Him is a lifelong journey. We will grow, develop, and mature day by day. A surrendered life . . . is a life that He will fill and overflow with good things.

WE CHOOSE OUR HARVEST!

- *Know* your desired harvest.
- *Plant* seeds to increase your fruitful harvest.
- *Uproot* anything that will entangle or choke out all the good God has in store for you!
- *Choose* to live a life of love.

The most important aspect of this step of Reprogramming is that we are to *stay connected to God*. Daily we are to continue to seek Him, well beyond the 30-Day Challenge. We can choose to become deeply rooted in His peace through a daily decision to draw close to Him, rely on His love, and remain in Him.

We will remain in what we are planting! We can continually plant good seeds even in the storms of life. Storms will come. But as we remain in Him, He is our strength to help us to continue forward. He is with us no matter what we face. When we invite Him to weigh in, He will speak specifically to our hearts about our situations. In Him we can be confident that we are loved, cared for, known, and accepted. These are awesome seeds that we can plant!

*The truth is that the closer we are to Him day by day,
the less we are moved by the storms of life.*

Remember John 15:4 (NIV)

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

JOURNAL:
My takeaway from Step Three

Step 4 Respond

Respond Faithfully



Chapter 10

Hold On. Hold On Tight.

Page 218- 220

HE IS FAITHFUL

Write down a specific time when you have experienced the *faithfulness* of God.

How did it feel when you found *God faithful* in that situation? _____

Can you name areas or situations where you are *having a hard time* believing that God will be faithful? _____

DO YOU RESPOND FAITHFULLY BY DOING THE NEXT RIGHT THING?

When I feel stuck, not knowing what I should be doing, I start by praying for wisdom. I pray for God to show me what to do next. This may sound very basic, but God is faithful to lead us in the way we should go.

My prayer may include these points:

- Lord, I feel stuck. I feel like I don't know how to go forward.
- I don't want to take steps backward.
- Please, give me wisdom and show me what I should do.
- Reveal my next step and equip me to do it.
- Thank you! I want to do what is right. Please, lead me.

I then wait and listen for His still, small voice. Sometimes I will be able to visualize my next step, which makes it easier to faithfully follow through.

What is the next right thing that you know that God has called you to do?

LIFT UP YOUR HEAD

When we Respond *faithfully*, we are to *look up* to the One who is able to lift us up.

Do you lift your head up to the Lord Almighty? Have you ever experienced being lifted up by Him? If so, what was that experience like?

Are you trusting in Him with a steadfast faith? If not, in what areas do you desire to have an unwavering faith in Almighty God?

If you are *not Responding faithfully* to the circumstances in your life, will you:

- *Remember* God is your (rock, shield, refuge . . .)?
- *Recognize and ask* God to reset your focus on Him?
- *Think on* those things that are good and the good that God is doing in your situation?
- *Do the next right thing* that God is calling you to do?
- *Look up to God 24/7*, knowing Almighty God will lift you up?

Chapter 11

Run Your Race

Pages 231- 234

When we Respond faithfully, we will be running our own race. When we run our *own* race, we will be fulfilling God’s plan for our lives.

ENDURANCE IN ALL SEASONS

What is the race that God has called you to (as a child of God, spouse, parent, child, friend, helper, worker, mentor, etc.)?

Are you consistently running your own race? Do you glance at others, which causes you to stop, compare, become jealous, prideful, lose heart, or despair? Explain.

In what areas would you like to have more endurance? _____

Page 235- 237

EMBRACE THE PAIN

Course correction may be painful, but the pain of transformation is temporary.

When I face a course correction, I will Respond by: _____

Pages 238- 239

I GET TO

Is there an area in your life that you need to change your perspective from “*I have to*” to a heart response of “*I get to*”? If so, name that area. _____

Then fill in the following statement.

Thank You, Lord, that in this season, I get to: _____

Pages 239- 240

WE GET TO REST

A day of rest helps us to enjoy our God as we slow down to hear His voice and appreciate His beauty all around us. When rested, we can better enjoy and cherish those He has entrusted to our care.

How will you renew yourself? _____

Do you have a little bit of time for daily rest? Can you create one day a week to replenish your spiritual, physical, and mental strength by resting? (If needed, you can *be creative* by choosing one evening and another portion of time on another day.) _____

Pages 242-243

OUR PEACE REMAINS AS WE ARE THANKFUL

When we focus on all that we can be thankful for, we will be Reprogramming our mind to look for the good. Being thankful will *transform* our mind, *soften* our heart, and *produce* His peace and joy in our lives.

What are a few things that you are currently thankful for?

In what areas of your life do you want to be more thankful?

Pages 243-245

THANKFUL DURING TRIALS

When a trial arises, will you be able to consider it all joy because you are *confident* that God is working in you to *mature* you, and to *work it out* for your good? (If not, why not?)

Chapter 12

Finish Well

Continuous peace is cultivated through a rich relationship with our heavenly Father. God has established the church to be a place where we can become deeply rooted in our faith.

Pages 254 – 255

BE A MENTOR

We will be blessed as we share our lives and grow together. God meets us where we are! Pray and ask God if there is someone you could grow with.

I want to ask _____ to join me for a study.

Pages 255- 258

FIND A MENTOR

Ask God if He has a mentor for you. Is there one who is more mature in your church who you can get to know better, ask questions of, and together sharpen each other's faith as you grow in your walk with God? _____

What could hold you back from asking someone to coffee to get to know them better?

Pages 262-264

FULFILLING GOD'S PLANS

God usually speaks to our heart by giving us a *deep desire* to fulfill the plans He has for us. So many times we dismiss it as our own desire and not God's plan. Especially if we are good in a certain area, we can second-guess it as not a calling because usually it comes so easily. We can consider it mundane or ordinary and not a call of God.

- Is there something that you are good at?
- What fills you with joy when you think about doing it?
- Has God put a dream in your heart?
- What do you feel you are led to do or pursue?

Our gifts and talents are freely given by God, and it feels natural. It is helpful to know where God has gifted us. This understanding can help us to be aware of ways that God can prompt us to fulfill the plan He has for us. We will each receive joy as we utilize our gifts, allowing our lives to glorify God and bless others.

What have you been told that *you are so good at*?

Your answer may reveal a place where God has gifted or called you.

WHAT AN EXCITING JOURNEY

Every season is different and even unique. I think it helps to Recognize that a season can quickly pass, and determine to make the most of it.

Have you sensed a calling from God?

What has He written on your heart about His daily purposes for your life?

Pages 274-276

CONTINUING TO FLOURISH

As life continues, obstacles *will* arise that will *attempt to rob* our peace. This does not mean that we have failed, but it reveals that *keeping our peace is a lifelong process.*

I want to thank you for journeying with me. *Pray and ask God to seal all that He has spoken to your heart. Let's rejoice and give Him praise for all that He has done, and all that He is yet to accomplish! I will continue to pray for you. May your life continually bring God glory!*

Congratulations on finishing strong!
May you live the life of peace that God intended.

JOURNAL:
My takeaway from Step Four