

INTRODUCTION

What is Activate?

The goal of Activate is to help you recognize God's voice more clearly, embrace His truth more fully, and walk confidently in the identity and purpose He has given you through Jesus Christ.

Throughout this journey, you will learn how to slow down, listen to God, identify lies that may be holding you back, experience greater freedom through forgiveness and healing, and take practical next steps in your relationship with Him.

At its core, the **Gospel** is a message of restoration. Through the life, death, and resurrection of Jesus Christ, God has made a way for us to be reconciled to Him and transformed into the people He created us to be. God is not finished with you. He is continually shaping you into the likeness of Christ and inviting you into a deeper relationship with Him.

Isaiah 62:1 says: *"I will not keep silent because of Zion, and I will not keep still because of Jerusalem, until her righteousness shines like a bright light and her salvation, like a flaming torch."*

This verse reminds us of God's relentless commitment to His people. He is passionate about revealing His righteousness in our lives and allowing His light to shine through us. As we learn to hear His voice, walk in His truth, and live from our identity in Christ, our lives become a testimony of His grace and a light that draws others toward Him.

Activate is not simply about gaining information. **It is about transformation.** It is about learning to walk with Jesus daily, allowing Him to heal what is broken, strengthen what is weak, renew your mind with truth, and activate you into the unique calling He has prepared for you.

Our prayer is that through this experience you will:

1. **Know God (and Hear His Voice):**
 - *Cultivate a deeper relationship with God while learning to hear His voice through prayer, Scripture, and the guidance of the Holy Spirit.*
2. **Find Freedom (from the Lies that Hold You Back):**
 - *Break free from the deceptions hindering growth and blocking the path to fulfillment.*
3. **Discover Purpose (in Knowing TRUE IDENTITY in Christ):**
 - *Uncover the unique purpose and calling God has placed within you. Embracing your true identity in Christ and living out your God-given destiny with confidence and clarity.*
4. **Make a Difference (in Transformative Community):**
 - *Partnering with others to bring about positive change, while building a transformative community.*

What to Expect?

A 12-week *INSPIRATIONAL* process that includes:

During Our Weekly Classes:

- 5 minute review the previous week
- 10-minute teaching video
- 60-minutes of content engagement in groups

Throughout the Week:

- Bible study during the week: *3-5 Day Devotionals to enhance the teaching*
- Connection with your *Table or Group Leader* or *prayer partner*

Role of the Table Leader:

- Facilitate weekly conversations and prayer at the tables
- Connect with participants weekly
- Pray with participants as needed
- Answer any questions as needed

TABLE OF CONTENTS

- ➔ **Module #1: Activate Overview & CRCR Prayer**
Set expectations and learn a simple, practical way to meet with God and begin this journey.
- ➔ **Module #2: Hearing God's Voice**
Learn how to recognize God's voice and begin growing in confidence hearing Him daily.
- ➔ **Module #3: Breaking Free from Lies & Strongholds**
Identify and replace lies with God's truth to begin walking in freedom.
- ➔ **Module #4: Prayer & Processing – Walking Through Truth with God**
Slow down, process what God is revealing, and practice listening and responding.
- ➔ **Module #5: Identity – What Does God Say About You?**
Discover your identity in Christ and begin living from truth, not past labels.
- ➔ **Module #6: Forgiveness – Releasing the Past & Living Unoffendable**
Release offense, forgive others, and step into emotional and spiritual freedom.
- ➔ **Module #7: Deepening Forgiveness & Freedom**
Apply forgiveness and experience deeper healing through prayer and reflection.
- ➔ **Module #8: Healing from Shame, Fear, and Guilt (CRCR in Practice)**
Continue healing and strengthen your ability to walk in truth through daily practice.
- ➔ **Module #9: Alignment – Agreeing with God**
Recognize where you are out of alignment and begin choosing truth in everyday life.
- ➔ **Module #10: Following Jesus – Belief in Action**
Move from knowing truth to living it out through trust and obedience.
- ➔ **Module #11: Listening for Your Next Step**
Hear what God is asking you to do next and respond with clarity and confidence.
- ➔ **Module #12: Activate – Living It Out & Next Steps**
Take your next step to grow, connect, serve, or lead, and continue your journey beyond Activate.
- ➔ **Scriptural Appendix for Each Module**

EXPECTATIONS

As you consider stepping into Activate, we want to invite you to pray and seek God's guidance on whether this is the right season for you to embark on this transformative experience. This class is designed to help you deepen your relationship with God, discover your true identity in Christ, and step into your unique calling. It is a journey that requires intentional commitment, a willingness to be vulnerable, and a readiness to engage with new ideas and perspectives. Here are some key expectations for those who choose to participate:

What to Expect?

1. **A New Teaching Experience:**

You will be introduced to new biblical concepts and teachings. We ask you to keep an open mind as you learn, allowing God to stretch you and reveal areas of growth. There will be teachings that may challenge your current thinking, but it is in these challenges that transformation begins.

2. **Vulnerability:**

You will be asked to be vulnerable, both with God and your group. Vulnerability is a key element for growth. By sharing your thoughts, struggles, and breakthroughs with others, you will experience the power of community and accountability.

3. **Commitment to the 12-Week Program:**

Activate is a 12-week program that requires your commitment. Each week builds on the previous one, and consistency is important to make the most of this experience. You will also be asked to dedicate **1-3 hours each week** to complete devotional exercises and personal reflection. These exercises will help you deepen your understanding and engagement with the material, making your journey more meaningful.

4. **Bold Next Steps:**

Bold doesn't necessarily mean big or outwardly visible actions. Bold is about overcoming fear and making the necessary changes to step out of your comfort zone to obey God's call. The class will encourage you to take bold steps that align with God's unique purpose for you. These steps might involve changes in your personal life, your relationships, or how you serve within the church and community. Boldness is about the **faith** to follow through on what God is revealing to you.

5. **Radical Adjustments in Life:**

To experience true transformation, we must be willing to make adjustments in how we live. Transformation doesn't happen when we keep doing the same things and expecting different results. Activate may require you to re-evaluate your time, your priorities, and your lifestyle to fully engage in what God has for you.

What We Ask of You:

- **Pray** and seek God's direction to ensure you're fully ready to embark on this journey.
- **Commit** to attending all 12 sessions and engage fully with the weekly work and activities.
- Be open-minded and vulnerable, allowing God to shape and challenge you with **new teaching** and **vulnerability**.
- Prepare to take **bold next steps** as God calls you into new areas of obedience and service.
- Be ready for **radical adjustments** in your schedule and priorities to engage fully with the process.
- Know that **what you get out of Activate** is directly related to what you put into it. The more you commit, the more transformative your journey will be.

Conclusion:

Activate is not a passive program; it is an active journey that will challenge and stretch you. As a community, we are committed to supporting each other and encouraging each person to pursue God's calling on their life with boldness and faith. This journey is not just about personal growth—it's about how we can grow together as a body, helping one another fulfill our unique purposes. If you feel called to step into this journey, we believe God has something incredible in store for you. Take some time to prayerfully consider your commitment and join us for the adventure ahead.

You get out what you put in!

Checkout our ONLINE workbook AND weekly devotionals:



MODULE #1

Activate Overview & CRCR Prayer

Overview:

Welcome to Activate. This is not just a class, but a journey of learning to hear God, walk in truth, and take your next step with Him. Over the next 12 weeks, you will learn how to **hear God's voice, identify and break lies, receive God's truth, and then respond from the enemy, and receive God's truth to then respond in obedience.** *At the center of this journey is a simple but powerful process that leads to real transformation.*

What to Expect

1. A Different Kind of Experience

This is not just teaching, as we will spend more time praying, listening, reflecting and engaging God and one another. Growth happens through encountering God, *not just learning about Him.*

2. A Safe Place to Be Real

You don't need to have it together, as this is a place to be honest, ask questions and grow at your pace as God meets you where you are.

3. A Simple Commitment

This is a 12-week journey and each module builds on the last and to get the most out of it, you will also spend time during the week praying, journaling and reflecting, as consistency leads to transformation.

4. A Willingness to Take a Step

Each week, you will be invited to respond. Sometimes that means surrendering something and other times that means taking a step forward, but you don't need big steps, you just need your **next step.**

The Foundation: CRCR

Transformation does not happen by trying harder, instead, it happens when you walk with God through a process of:

- **Confession** – *being honest about what is really going on*
- **Repentance** – *turning away from lies and toward truth*
- **Cleansing** – *receiving God's forgiveness and freedom*
- **Restoration** – *allowing God to replace lies with truth and renew your mind*

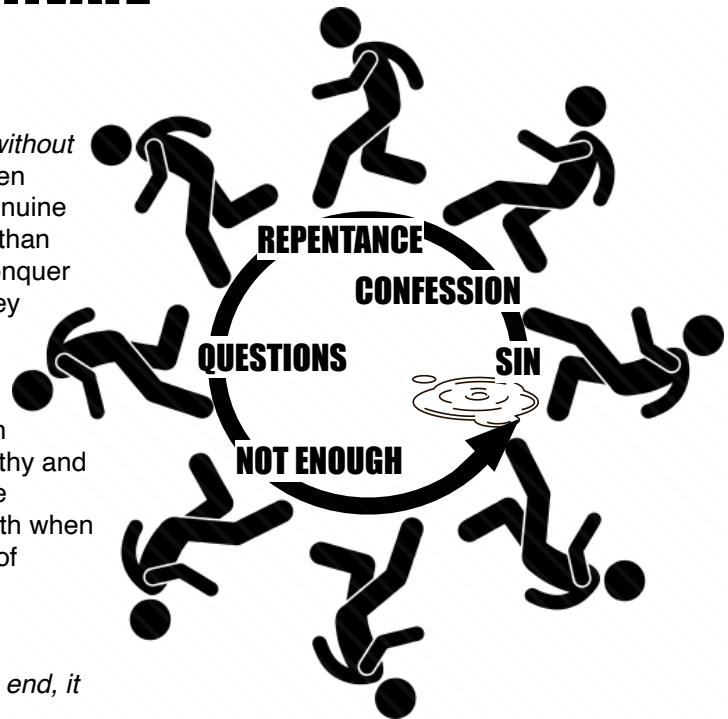
As shown in the CRCR process diagram on the next page, many people get stuck trying to change in their own strength. This leads to a cycle of struggle, doubt, and feeling “not enough.”

But when you walk fully through confession, repentance, cleansing, and restoration, God does what you cannot do on your own:

He transforms you. This will be the rhythm of Activate.

CONFESSION/REPENTANCE IN YOUR OWN STRENGTH

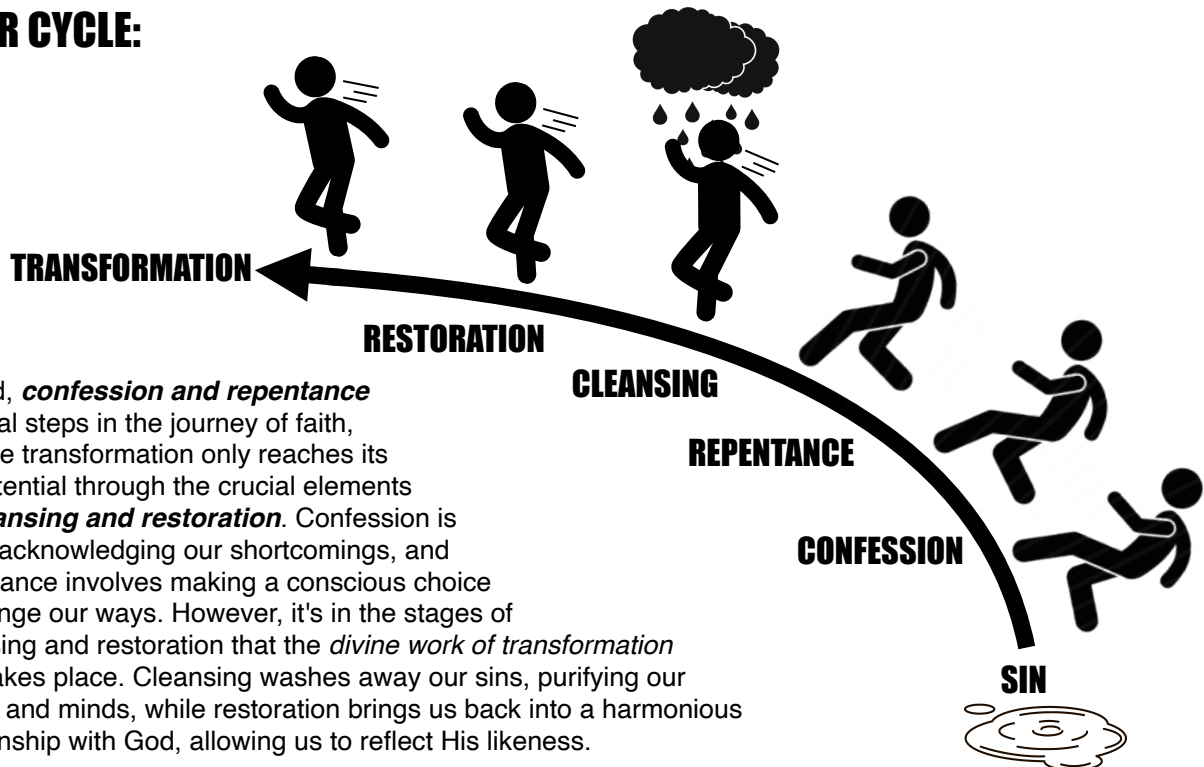
The Christian confession and repentance cycle, *without experiencing God's cleansing and restoration*, often becomes a **relentless struggle**. It begins with genuine remorse and confession of sins. However, rather than embracing God's redemption, individuals try to conquer their sins through their own strength, believing they can overcome temptations. In this process, doubt creeps in, fueled by satan's questions that challenge the power of God's healing and forgiveness. This doubt erodes their confidence in God's redemptive grace, making them feel unworthy and insufficient to break free from sin's grip. This cycle demonstrates the inherent frailty of human strength when confronting sin, as it inevitably leads to a pattern of spiritual decline.



Proverbs 14:12 (NIV)

There is a way that appears to be right, but in the end, it leads to death.

CRCR CYCLE:



Indeed, **confession and repentance** are vital steps in the journey of faith, but true transformation only reaches its full potential through the crucial elements of **cleansing and restoration**. Confession is about acknowledging our shortcomings, and repentance involves making a conscious choice to change our ways. However, it's in the stages of cleansing and restoration that the *divine work of transformation* truly takes place. Cleansing washes away our sins, purifying our hearts and minds, while restoration brings us back into a harmonious relationship with God, allowing us to reflect His likeness.

2 Corinthians 5:17 (NIV)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

This transformation, enabled by God's grace through cleansing and restoration, is what empowers us to live out our faith and become more Christ-like in every aspect of our lives.

Group Prayer & CRCR Experience

Prayer Prompt:

Father, thank You for bringing me here.

I choose to be honest with You about where I am.

Show me anything in my life that is not aligned with Your truth.

Help me turn from what is not from You and receive Your forgiveness and freedom.

Restore my thinking and help me walk in truth.

I trust You with this journey.

In Jesus' name, Amen.

Small Group Questions:

- ➔ *What led you to join Activate?*
- ➔ *What are you hoping God will do in your life through this process?*
- ➔ *What might make it hard for you to fully engage?*

Listen to God and Journal:

- ➔ *What is going on in your life right now? (Be honest)*
- ➔ *Where do you feel stuck, overwhelmed, or unsure?*
- ➔ *What do you sense God may be inviting you to bring to Him?*

Module #2 Preview Pastor Cory's Audios

A big part of the Activate experience is leaning into the 3 day a week devotionals that are led by Pastor Cory. Today, we will start you off with some time to experience Day #1.

Checkout our ONLINE devotionals:



CRCR Detailed

CRCR is the daily practice of calling on the name of the Lord to be saved from our flesh, the devil, and the world (Rom 10:8-10, 2 Cor 7:1).

CONFESSION: Telling the truth

Record in your journal what you sense the Holy Spirit is showing you (John 16:8):

- 1) *Any thoughts or actions that oppose God (your sin)*
- 2) *Any areas where you are not believing what God has said about you (your righteousness in Christ)*
- 3) *Any lies you're believing from the enemy (Satan, who has already been condemned)*

Be honest with God and agree with what He reveals in the Scriptures and through the Holy Spirit. Accept His forgiveness as He removes your sins as far as the east is from the west. (Psalm 103:10-12)

Don't forget telling the truth also includes praising God for who He is, what He has done for you, and what He is still doing!

REPENTANCE: Changing the way you think, Turning back to God

Using your journaled confession, ask God to:

- 1) *Give you a repentant heart (Ezekial 11:19)*
- 2) *Change the way you think about your sins, turning away from the lies, and turning towards God's truth (Rom 12:2).*

Repentance is not just a feeling of sorrow or regret. It is asking the Holy Spirit to begin a work of transformation that He has promised He will finish (Phil 1:6).

CLEANSING: Removal of sin by the blood of Jesus

God's forgiveness and removal of your sin is immediate and complete. As you acknowledge and receive the death and resurrection of Jesus with your heart and mind, God removes the guilt, shame, and burden of all of your sins. (John 15:3, Hebrew 9:14) The biblical meaning of *cleanse* is to remove what doesn't belong, to be free from contaminating influences. It can be helpful to picture what it looks like to give Jesus your sin and see what he does with it. You will repeat this cleansing process as often as the Holy Spirit convicts you of your sin (1 John 1:7, Hebrews 9:14). *Cleansing is different than justification and redemption, which are one-time legal proceedings. Unlike cleansing, they aren't repeated; they are secure, guaranteed, and kept by God (Jude 1:24).*

RESTORATION: Renewal and New Thinking. Walking in the Spirit

Throughout this CRCR process, God is conforming us to the image of Jesus, through the working power of the Holy Spirit (Col 3:10, Rom 8:29). We did not receive a spirit of slavery to fall back into fear; but rather the Spirit of adoption. That gives us not only a new identity, but a new inheritance, a new family, a new mind, a new heart, a new Master who has declared he is making everything new.

APPENDIX

SCRIPTURE DEEP DIVE

This appendix is designed to anchor everything in God's Word. Throughout Activate, you are learning to hear God, identify lies, receive truth, and take steps of obedience. But none of this stands on personal opinion or experience alone. It is rooted in Scripture. The purpose of this section is to give you a deeper foundation by showing where these truths are found in the Bible. These verses are not meant to be rushed through. Take time with them. Read them slowly. Reflect on them. Let them shape how you think and what you believe. God's Word is where truth becomes clear, steady, and unchanging. As Psalm 119:105 says, *"Your word is a lamp for my feet, a light on my path."* Use this appendix as a place to return to, especially when you need clarity, encouragement, or direction. The more you align your life with His Word, the more you will recognize His voice and walk in His truth.

APPENDIX – MODULE #1

Scripture Deep Dive: Meeting with God & CRCR

God Desires Relationship, Not Performance

From the beginning, God's desire has been connection with His people, not just outward behavior.

Revelation 3:20

"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me."

Jeremiah 29:13

"You will seek me and find me when you seek me with all your heart."

James 4:8

"Come near to God and he will come near to you."

God Invites Honesty (Confession)

God already knows what is going on in your heart. Confession is about bringing it into the light.

Psalms 139:23–24

"Search me, God, and know my heart... See if there is any offensive way in me."

1 John 1:7

"If we walk in the light... the blood of Jesus... purifies us from all sin."

Proverbs 28:13

"Whoever conceals their sins does not prosper, but the one who confesses... finds mercy."

Turning Back to God (Repentance)

Repentance is not just feeling bad. It is choosing to turn toward God and His truth.

Acts 3:19

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come..."

Isaiah 55:7

“Let the wicked forsake their ways... Let them turn to the Lord, and he will have mercy.”

Ezekiel 18:30–31

“Repent! Turn away from all your offenses... Get a new heart and a new spirit.”

Receiving God’s Grace (Cleansing)

God does not just forgive. He cleanses and restores.

1 John 1:9

“If we confess our sins, he is faithful and just and will forgive us... and purify us.”

Psalms 103:10–12

“He does not treat us as our sins deserve... as far as the east is from the west, so far has he removed our transgressions.”

Isaiah 1:18

“Though your sins are like scarlet, they shall be as white as snow.”

Renewal & New Thinking (Restoration)

God replaces lies with truth and renews the way we think.

Romans 12:2

“Be transformed by the renewing of your mind.”

Ephesians 4:22–24

“Put off your old self... be made new in the attitude of your minds... put on the new self.”

2 Corinthians 5:17

“If anyone is in Christ, the new creation has come.”

God Speaks to His People

This journey is built on the truth that God is not distant. He speaks and leads.

John 10:27

“My sheep listen to my voice; I know them, and they follow me.”

Isaiah 30:21

“Whether you turn to the right or to the left, your ears will hear a voice... saying, ‘This is the way; walk in it.’”

Jeremiah 33:3

“Call to me and I will answer you and tell you great and unsearchable things you do not know.”

God Meets You Personally

This is not about information. It’s about encounter.

Matthew 11:28–29

“Come to me, all you who are weary... and you will find rest for your souls.”

Psalms 34:18

“The Lord is close to the brokenhearted.”

Hebrews 4:16

“Let us then approach God’s throne of grace with confidence...”

Key Truth for Module #1

God is not waiting for you to clean yourself up. He is inviting you to come as you are, be honest about what’s real, and let Him begin the work of transformation.

MODULE #1

Homework

Beginning the CRCR Process

This week is about learning to meet with God honestly. *Review the details on the last page.*

STEP 1: Settle (5 minutes)

Find a quiet place.

Slow down. Breathe.

Invite God into the moment.

STEP 2: Begin CRCR (10–15 minutes)

Confession:

Ask: *God, what is my biggest fear/challenge right now? What is on the forefront of my mind?*

Repentance:

Ask: *Is there anything I need to turn away from? Where are you inviting me to think differently?*

Cleansing:

Receive: *His forgiveness, removal of sin as you let go of guilt or shame:*

Restoration:

Ask: God, what truth do You want me to believe instead? What truth have I forgotten or have trouble believing?

STEP 3: Listen (10 minutes)

Ask:

"God, what do You want me to know?"

“God, what do You want me to do?”

Write whatever comes to mind.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Close in Prayer:

Thank You, Jesus, for meeting me here.

Help me trust You and follow where You lead.

Amen.

MODULE #2

Hearing God's Voice

Reflect on Last Week

Take a few minutes to think about your time with God this past week. In Module 1, you were introduced to the CRCR process as a simple way to meet with God. This week begins by reflecting on that experience. *What stood out to you? Did anything feel new or different? Did you sense God speaking in any way, even if it felt small or unclear?* This is not about getting it right, but about becoming aware. God often begins speaking in ways that are easy to miss at first, and this reflection helps you start noticing how He is already engaging with you.

Watch This Week's Teaching Video

This session focuses on learning to hear God's voice. Jesus says in John 10:27, "My sheep listen to my voice; I know them, and they follow me." This is not a concept for a few people. It is an invitation for every believer. As you watch, pay attention to what stands out to you personally. God often speaks during teaching moments, not just in quiet prayer.

Teaching Highlights

God is not distant or silent. From the beginning, He has been a speaking God who desires relationship with His people. Hearing His voice is not reserved for a select few. It is part of what it means to walk with Him. When Jesus says His sheep hear His voice, He is describing a normal, ongoing relationship, not a rare spiritual experience.

God speaks in a variety of ways. Most often, it is not an audible voice but through thoughts, impressions, Scripture, conviction, or a quiet sense of direction. As you grow, you begin to recognize the tone and nature of His voice. His voice will always align with truth, reflect His character, and lead you toward life, not confusion or fear.

There are also other voices that compete for your attention. Your own thoughts may be shaped by past experiences, fears, or patterns of thinking. The enemy often brings lies, accusation, or doubt. Learning to hear God includes learning to notice the difference. His voice brings clarity, conviction without condemnation, and a sense of direction that aligns with His Word.

Hearing God begins with posture, not performance. It requires slowing down, becoming aware of His presence, and being willing to listen. Many people struggle to hear God not because He isn't speaking, but because life is loud and fast. As you create space and consistently come to Him, your ability to recognize His voice will grow.

This is not about getting it perfect. It is about building a relationship. The more you listen and respond, the more familiar His voice becomes.

Prayer & Listening Time

Take time to slow down and be present with God. Let go of distractions and invite Him to speak.

Prayer Prompts:

- “God, what do You want me to know?”
- “God, what do You want me to do?”
- “Is there anything in me that is not aligned with Your truth?”

Write down whatever comes to mind. It may be a word, a thought, a picture, or a sense of direction. Stay open and don't overanalyze.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- *What did you sense during the listening time?*
- *What made it easy or difficult to hear God?*
- *What helps you slow down and become aware of His voice?*

Your Next Step

Take a moment to think about how you will continue this during the week.

What is one simple way you can create space to listen to God consistently?

Write your next step:

Module #3 Preview: Breaking Lies

In the next module, you will begin identifying the lies that may be shaping your thinking, your identity, and your responses in everyday life. As you continue learning to better hear God's voice, you'll also begin to recognize that not every thought you have is true. Some beliefs have been formed over time through experiences, wounds, or patterns that no longer align with what God says about you. In Module #3, you will start uncovering those lies and replacing them with truth. This is where many people begin to experience real breakthrough as God brings clarity, freedom, and a renewed way of thinking.

Come ready to be honest, to listen, and to let God show you what is true.

APPENDIX – MODULE #2

Scripture Deep Dive: Hearing God's Voice

God Speaks to His People

God is not distant or silent. He speaks, leads, and guides His people.

John 10:27

"My sheep listen to my voice; I know them, and they follow me."

Isaiah 30:21

"Whether you turn to the right or to the left, your ears will hear a voice... saying, 'This is the way; walk in it.'"

Jeremiah 33:3

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

God Speaks in Relationship

Hearing God is not a formula. It flows from relationship.

John 15:15

"I have called you friends, for everything that I learned from my Father I have made known to you."

James 4:8

"Come near to God and he will come near to you."

Psalms 25:14

"The Lord confides in those who fear him."

God Speaks Through His Word

Scripture is the primary way God reveals truth and aligns what we hear.

2 Timothy 3:16–17

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."

Hebrews 4:12

"For the word of God is alive and active... it judges the thoughts and attitudes of the heart."

Psalms 119:105

"Your word is a lamp for my feet, a light on my path."

The Holy Spirit Guides and Teaches

God speaks through His Spirit, who lives within every believer.

John 14:26

"The Holy Spirit... will teach you all things and will remind you of everything I have said to you."

John 16:13

"When he, the Spirit of truth, comes, he will guide you into all the truth."

Romans 8:14

"For those who are led by the Spirit of God are the children of God."

Learning to Listen Requires Stillness

God's voice is often recognized in stillness, not noise.

Psalms 46:10

"Be still, and know that I am God."

1 Kings 19:11–12

God was not in the wind, earthquake, or fire... but in a gentle whisper.

Ecclesiastes 5:2

"Let your words be few."

God Gives Wisdom When We Ask

You are invited to seek God for direction.

James 1:5

"If any of you lacks wisdom, you should ask God... and it will be given to you."

Proverbs 3:5–6

"Trust in the Lord with all your heart... and he will make your paths straight."

Psalms 32:8

"I will instruct you and teach you in the way you should go."

Testing What You Hear

Not every thought is from God. Scripture helps us discern truth.

1 Thessalonians 5:21

"Test everything. Hold on to what is good."

1 John 4:1

"Do not believe every spirit, but test the spirits to see whether they are from God."

Philippians 4:8

"Whatever is true... noble... right... think about such things."

God's Voice Aligns with His Character

God's voice will always reflect His nature.

Galatians 5:22–23

"The fruit of the Spirit is love, joy, peace, patience..."

2 Timothy 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

James 3:17

"The wisdom that comes from heaven is... peace-loving, considerate, full of mercy..."

Key Truth for Module #2

God is speaking. As you slow down, stay in His Word, and learn to listen, you will begin to recognize His voice more clearly and follow Him more confidently.

MODULE #2

Homework

Practicing Hearing God's Voice

This week is about continuing to build a rhythm of listening and responding to God.

Day 1: Reflecting on Your Experience

Scriptures to Read:

- John 10:27
- Isaiah 30:21
- Psalm 46:10
- Psalm 32:8

Take time to reflect on what you experienced during this session. What stood out to you during the teaching or prayer time? Did anything surprise you?

Bring those thoughts to God and ask Him to help you understand what He may be showing you.

Journaling Questions:

- *What stood out most to me from this session?*
- *Did I sense God speaking in any way?*
- *What might God be trying to show me right now?*

Day 2: Continuing to Listen

Scriptures to Read:

- 1 Samuel 3:9
- John 10:4–5
- James 1:5

Set aside time to be still with God.

Ask:

“What do You want me to know?”

“What do You want me to do?”

Write down whatever comes to mind and then reflect on it.

Journaling Questions:

- *What did I sense God saying today?*
- *Does it align with truth and Scripture?*
- *What step might He be inviting me to take?*

Day 3: Preparing for What's Next

Scriptures to Read:

- Romans 12:2
- 2 Corinthians 10:5
- John 8:32

As you look ahead, begin asking God to prepare your heart for the next step.

In the next module, you will begin identifying the lies that may have shaped your thinking. Ask God to gently reveal anything you may be believing that is not true.

Journaling Questions:

- *Are there any thoughts or beliefs that don't feel aligned with truth?*
- *Where do you sense God may be inviting you to think differently?*
- *What might God want to renew in my mind?*

Closing Thought

*Hearing God's voice is not about a single moment.
It is about building a relationship.*

*As you slow down, listen, and respond,
you will begin to recognize His voice more clearly.*

MODULE #3

Breaking Free from Lies and Strongholds

Reflect on Last Week

Take a few minutes to think about your time with God this past week. *What word or phrase could sum up what God is revealing to you?*

In Module 2, you began practicing how to hear God's voice. As you slowed down and listened, you may have started to notice thoughts, impressions, or patterns in your thinking. Some of those may have felt encouraging and aligned with truth, while others may have felt confusing, negative, or discouraging.

This reflection is important because it begins to reveal something deeper. Not every thought we have is true. As you look back on the week, consider what stood out to you. *Did anything repeat itself? Did certain thoughts or beliefs seem familiar?*

God is often already revealing what needs to be addressed. This is simply about becoming aware of the work he has promised to complete. 1 Thessalonians 5:23-24 *"Now may the God of peace himself sanctify you completely...He who calls you is faithful; he will do it.."*

Watch This Week's Teaching Video

This session focuses on identifying and breaking the lies that shape the way we think, feel, and live. As you continue learning to hear God's voice, you will also begin to recognize that some of the things you have believed about yourself, others, or even God may not be true.

As you watch, pay attention to what stands out personally. God often highlights specific areas in your life that He wants to bring into the light.

Teaching Highlights

Every person lives from a set of beliefs. Some of those beliefs are true, and some are not. Over time, the things we believe begin to shape how we see ourselves, how we relate to others, and how we respond to life. Proverbs 23:7 says, "As a man thinks in his heart, so is he." What you believe at your core will eventually show up in how you live.

The Bible describes something called strongholds in 2 Corinthians 10:4–5, where it says, "The weapons we fight with are not the weapons of the world... they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God." A stronghold is not just a habit or a behavior. It is a pattern of thinking that is rooted in something false but feels true because it has been believed for so long.

These strongholds are often built on lies. Lies about your identity, your worth, your past, or your future. Lies about what God thinks of you. Lies that may have come through experiences, wounds, relationships, or repeated thoughts over time. Jesus describes the enemy in John 8:44 as "the father of lies," and his goal is to keep you in bondage by getting you to believe what is not true.

But Jesus also makes a powerful promise in John 8:32: “Then you will know the truth, and the truth will set you free.” Freedom is not found in trying harder. It is found in recognizing what is true and choosing to believe it.

This is why renewing your mind is so important. Romans 12:2 says, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” Transformation happens when the lies we have believed are replaced with God’s truth.

This is not a one-time event. It is a process. As you continue to hear God’s voice, He will begin to expose lies and replace them with truth. That is where real freedom begins.

Prayer & Listening Time

Take time to slow down and invite God into this process.

Prayer Prompts:

- *“God, what lies have I been believing?”*
- *“What is not true about the way I see myself or my life?”*
- *“What do You say is true instead?”*

Write down whatever comes to mind. Be honest. This is not about filtering your thoughts. It is about bringing them into the light so God can speak truth.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- *What lies or patterns of thinking stood out to you?*
- *Where do you see those beliefs showing up in your life?*
- *What truth do you sense God beginning to reveal?*

Your Next Step (see worksheet on page 22)

Take a moment to consider what God is showing you.

What is one lie you want to begin replacing with truth this week?

Write it here:

What truth will you choose to focus on instead?

Lies and Truth Exercise for Module #3

As you go through this process of identifying your lies, remember, when we feel negative emotions we usually have three responses:

- ➡ Ignore or rationalize the emotion because it is uncomfortable.
- ➡ Compensate or cope with the emotion by addictive behavior, not just substance abuse but excessive shopping, sports, binge watching or even ministry.
- ➡ Apologize to God and promise to "do" better.

All are the scheme of the enemy (Ephesians 6:11) to rob you of your divine identity and keep you stuck in that childish, emotional pain.

Your present situation is not the source of your pain. It is an indicator of a belief that usually has origins in a childhood traumatic event where you interpreted a situation and formed a belief system around that interpretation. Our experiences form our beliefs; and our beliefs are the foundation for how we perceive ourselves. As you review your journal this week, ask God to search your heart and remove what doesn't belong.

Psalm 139:23-24

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting"

Psalm 19:12-13

"But who can discern their own errors? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression."

- ➡ As you work through your homework this week, use the space on the next page to record the lies and God's replacement words of truth. It will become a powerful memorial stone of God's deliverance.

Lies and Truth Exercise for Module #3

Lies:

God's Replacement Words:

[illegible]

APPENDIX – MODULE #3

Scripture Deep Dive: Breaking Lies & Strongholds

The Battle Happens in the Mind

The struggle with lies and truth begins in how we think.

Proverbs 23:7

“As a man thinks in his heart, so is he.”

Romans 8:6

“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Colossians 3:2

“Set your minds on things above, not on earthly things.”

Strongholds Are Built on Lies

Strongholds are patterns of thinking that oppose God’s truth.

2 Corinthians 10:4–5

“The weapons we fight with... have divine power to demolish strongholds... we take captive every thought to make it obedient to Christ.”

John 8:44

“He is a liar and the father of lies.”

Genesis 3:1–5

(The first lie in Scripture shows how deception begins by questioning God’s truth.)

Lies Keep Us in Bondage

Believing what is not true leads to spiritual and emotional captivity.

John 8:34

“Everyone who sins is a slave to sin.”

Hebrews 3:13

“...so that none of you may be hardened by sin’s deceitfulness.”

Jeremiah 17:9

“The heart is deceitful above all things...”

Truth Brings Freedom

Freedom comes through knowing and believing truth.

John 8:31–32

“If you hold to my teaching... then you will know the truth, and the truth will set you free.”

John 8:36

“So if the Son sets you free, you will be free indeed.”

Psalms 119:160

“All your words are true.”

Renewing the Mind Is Essential

Transformation happens when lies are replaced with truth.

Romans 12:2

“Be transformed by the renewing of your mind.”

Ephesians 4:22–24

“Put off your old self... be made new in the attitude of your minds... put on the new self.”

Philippians 4:8

“Whatever is true... think about such things.”

God Replaces Lies with Truth

God does not just expose lies. He replaces them.

Isaiah 55:8–9

“My thoughts are not your thoughts...”

Psalms 25:5

“Guide me in your truth and teach me...”

John 17:17

“Sanctify them by the truth; your word is truth.”

Your Identity Is Not the Lie

Lies often attack identity, but your identity is rooted in Christ.

2 Corinthians 5:17

“If anyone is in Christ, the new creation has come.”

Galatians 2:20

“I no longer live, but Christ lives in me.”

Ephesians 2:10

“We are God’s handiwork...”

Victory Comes Through Christ

You are not fighting for victory. You are living from it.

Romans 8:1

“There is now no condemnation for those who are in Christ Jesus.”

Romans 8:37

“In all these things we are more than conquerors...”

1 John 4:4

“The one who is in you is greater than the one who is in the world.”

Key Truth for Module #3

Lies only have power when they are believed.

When you bring them into the light and replace them with God’s truth, freedom begins.

MODULE #3

Homework

Breaking Lies and Walking in Truth

This week is about identifying lies and beginning to replace them with truth.

Day 1: Identifying the Lies

Scriptures to Read:

- Psalm 139: 23-24
- Psalm 26:2
- Prov 21:2

Take time to reflect on the thoughts and beliefs that came up during this session. Some of these may feel very familiar, even automatic.

Ask God to help you clearly see what is not true.

Journaling Questions:

- *What lies have I been believing about myself, others, or God?*
- *Where did these beliefs come from?*
- *How have these lies affected the way I live?*

Day 2: Replacing Lies with Truth

Scriptures to Read:

- Romans 12:2
- Philippians 4:8
- 2 Corinthians 5:17

Once a lie is exposed, it must be replaced.

Ask God what is true. Look to Scripture. Let truth begin to reshape how you think.

Journaling Questions:

- What truth replaces the lie I identified?
 - What does God say about me in this area?
 - How would my life change if I truly believed this?
-
-
-

Day 3: Preparing for What's Next**Scriptures to Read:**

- Psalm 34:18
- Matthew 11:28
- 1 Peter 5:7

Ask God to help you:

- stay open
- stay honest
- trust Him with what is coming up

Journaling Questions:

- What areas feel hardest to bring to God?
 - What am I hesitant to fully surrender?
 - What would it look like to trust Him more deeply?
-
-
-

Closing Thought

Lies lose their power when they are brought into the light.

Truth brings freedom when it is believed and lived.

This is where breakthrough begins.

MODULE #4

Prayer & Processing Walking Through Truth with God

Reflect on Last Week

Take a few minutes to think about what God revealed to you this past week. *What word or phrase could sum up what God is revealing to you?*

In Module 3, you began identifying lies and recognizing how they have shaped your thinking and your life. You may have uncovered beliefs that felt deeply rooted or patterns that have been there for a long time. For some, this may have brought clarity. For others, it may have felt heavy or emotional. This is a good place to pause and remember something important. God does not reveal things to shame you. He reveals them to heal you. As you reflect, consider what stood out most. *What lies became clear? What truth did you begin to see?* This awareness is the beginning of freedom.

Watch This Week's Teaching Video

This session is intentionally different. There is less teaching because the focus is on creating space to meet with God more personally. You've already learned how to hear His voice and how to identify lies. Now you will begin walking through those things more deeply with Him. This is where truth begins to move from your head into your heart.

Teaching Highlights

Growth does not come from information alone. It comes from encountering God personally.

James 1:22 says, "Do not merely listen to the word, and so deceive yourselves. Do what it says." This module is about moving from hearing to experiencing. You are not just identifying lies. You are bringing them to God and allowing Him to speak truth directly into those areas.

Psalms 34:18 says, "The Lord is close to the brokenhearted and saves those who are crushed in spirit." That means the places where you feel weak, exposed, or unsure are often the very places where God wants to meet you most deeply.

As you walk through the CRCR process with another person, you are not relying on them to fix anything. You are creating space for God to move. Matthew 18:20 reminds us, "For where two or three gather in my name, there am I with them." God is present in this moment.

This is not about saying the right words. It is about being honest, listening, and allowing God to do what only He can do.

1-on-1 Prayer Experience

In this session, you will partner with one person and walk through the CRCR process together. One person will begin as the facilitator, and the other will receive prayer. Then you will switch roles so both people have the opportunity to lead and receive.

As the *person receiving prayer*, your role is to:

- *Be honest about what is going on*
- *Share the lies or struggles that surfaced*
- *Stay open to hearing God*

As the *person facilitating prayer*, your role is to gently guide the process:

- *Help them walk through each part of CRCR*
- *Ask simple, clear questions*
- *Listen and take notes as they share*

CRCR Prayer Prompts

Confession:

- “What is really going on in your heart right now?”
- “What lie or belief feels most present?”

Repentance:

- “Is there anything you need to release or turn from?”
- “Are you willing to let go of this lie?”

Cleansing:

- “Receive God’s forgiveness and grace”
- “What do you sense God removing or lifting off of you?”

Restoration:

- “God, what is true instead?”
- “What do You want them to believe moving forward?”

Write down what is shared and what is sensed during this time.

Group Reflection (after prayer if time allows)

Come back together as a group and take a few minutes to reflect.

Discussion Questions:

- *What was that experience like for you?*
- *What did God reveal during your prayer time?*
- *What felt different about praying with someone else?*

Your Next Step

Take a moment to reflect on what God showed you during this session.

What is one truth you want to hold onto this week?

Write it here:

Module #5 Preview: Identity – *What Does God Say About You?*

In the next module, you will begin focusing more deeply on your identity in Christ. As lies are exposed and truth is revealed, the next step is learning to live from that truth. You will begin exploring what God says about who you are and how that shapes the way you live, think, and respond. ***This is where truth becomes personal.***

APPENDIX – MODULE #4

Scripture Deep Dive: Prayer, Confession & Encounter with God (CRCR)

God Invites You to Come to Him Personally

Prayer is not a formula. It is an invitation into relationship.

Matthew 11:28–29

“Come to me, all you who are weary and burdened, and I will give you rest.”

Hebrews 4:16

“Let us then approach God’s throne of grace with confidence...”

Jeremiah 29:12–13

“Then you will call on me and come and pray to me, and I will listen to you.”

Confession Brings Things into the Light

God already knows what is in your heart. Confession is about bringing it into the open.

1 John 1:7

“If we walk in the light... the blood of Jesus... purifies us from all sin.”

Psalms 139:23–24

“Search me, God, and know my heart...”

Proverbs 28:13

“Whoever conceals their sins does not prosper, but the one who confesses... finds mercy.”

Repentance Is Turning Toward God

Repentance is not just feeling bad. It is choosing a new direction.

Acts 3:19

“Repent... and turn to God, so that your sins may be wiped out...”

Isaiah 55:7

“Let the wicked forsake their ways... Let them turn to the Lord...”

2 Chronicles 7:14

“If my people... will humble themselves and pray... and turn from their wicked ways...”

God Cleanses and Restores

God does not just forgive. He removes, restores, and renews.

1 John 1:9

“He is faithful and just and will forgive... and purify us.”

Psalms 103:10–12

“As far as the east is from the west, so far has he removed our transgressions.”

Isaiah 1:18

“Though your sins are like scarlet, they shall be as white as snow.”

God Speaks During Prayer

Prayer is not just talking to God. It includes listening.

John 10:27

“My sheep listen to my voice...”

Psalms 46:10

“Be still, and know that I am God.”

1 Kings 19:11–12

God spoke not in noise, but in a gentle whisper.

God Heals the Heart

God meets you in your brokenness and brings healing.

Psalms 34:18

“The Lord is close to the brokenhearted.”

Psalms 147:3

“He heals the brokenhearted and binds up their wounds.”

Isaiah 61:1

“He has sent me to bind up the brokenhearted...”

Prayer with Others Is Powerful

God often moves powerfully when we pray together.

Matthew 18:20

“Where two or three gather in my name, there am I with them.”

James 5:16

“Confess your sins to each other and pray for each other so that you may be healed.”

Ecclesiastes 4:9–10

“Two are better than one... if either falls, one can help the other up.”

God Brings Peace Through Prayer

As you bring things to God, He replaces anxiety with peace.

Philippians 4:6–7

“Do not be anxious... present your requests to God... and the peace of God... will guard your hearts...”

Matthew 6:6

“Go into your room, close the door and pray...”

Key Truth for Module #4

You don't have to clean yourself up before coming to God.

You come honestly. You bring what's real and He meets you there and that's where healing begins.

MODULE #4

Homework

Continuing the Process with God

This week is about continuing to walk with God in honesty and allowing Him to deepen what He has already started.

Day 1: Reflecting on Your Prayer Experiences in Activate So Far

Scriptures to Read:

- Psalm 34:18
- 1 John 1:9
- James 5:16

What stood out to you? What did you feel? What did God reveal?

Journaling Questions:

- *What did God reveal to me during prayer?*
- *What lie did I bring to Him?*
- *What truth did I hear or begin to sense?*

Day 2: Continuing the CRCR Process

Scriptures to Read:

- Romans 12:2
- John 8:36

Set aside time to walk through the CRCR process again on your own.

Journaling Questions:

- *What truth do I need to continue focusing on?*
 - *Where am I still tempted to believe the old lie?*
 - *What does it look like to live from truth today?*
-
-
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-

Day 3: Preparing for Identity

Scriptures to Read:

- 2 Corinthians 5:17
- Ephesians 1:3-14
- Ephesians 4:22-24
- Psalm 139:14

As you prepare for the next module, begin asking God to show you who you are in Him.

This is not about who you've been or what you've believed. This is about what God says is true.

Journaling Questions:

- *What do I currently believe about myself?*
 - *Where do I struggle to see myself the way God sees me?*
 - *What am I hoping God will reveal about my identity?*
-
-
-
-

Closing Thought

God does not just reveal truth to inform you.

He reveals truth to transform you.

As you bring your life into the light,

He meets you there with grace, truth, and freedom.

MODULE #5

Identity – What Does God Say About You?

Reflect on Last Week

Take a few minutes to reflect on your experience in Module 4.

You spent time walking through the CRCR process with another person, bringing real thoughts, struggles, and beliefs into the light. For many, this may have been one of the most meaningful experiences so far. You may have sensed clarity, truth, or even peace in areas that once felt confusing or heavy.

As you look back, consider what God revealed to you. *What lies came to the surface? What truth began to replace them?*

This matters because once lies are exposed and truth is spoken, the next step is learning how to live from that truth. This is where identity becomes real.

Watch This Week's Teaching Video

This session focuses on your identity in Christ. As lies are removed and truth is revealed, the question becomes: *what is actually true about you?*

As you watch, pay attention to what resonates deeply. God is not just correcting what is false. He is revealing who you really are.

Teaching Highlights

Your identity is the foundation of everything in your life. How you see yourself will shape how you think, how you respond, and how you live. Many people try to change behavior without addressing identity, but lasting change always flows from understanding who you are.

Scripture makes it clear that your identity is not based on your past, your failures, your achievements, or what others have said about you. It is based on who Jesus says you are. Second Corinthians 5:17 says, "If anyone is in Christ, the new creation has come: The old has gone, the new is here." That means your past no longer has authority over your future. Galatians 2:20 reminds us, "I have been crucified with Christ and I no longer live, but Christ lives in me." Your identity is now rooted in Him, not in your old story.

At the same time, many people continue to live as if their past still defines them. Old labels, failures, wounds, and regrets quietly shape their confidence and decisions. But God does not erase your story. He redeems it. Romans 8:28 says that He works all things together for good for those who love Him. What once felt like a limitation can become part of your calling.

Philippians 3:13–14 encourages us to "forget what is behind and strain toward what is ahead." This does not mean ignoring the past. It means no longer allowing it to control your present.

As your identity becomes rooted in Christ, something begins to shift. You no longer live from fear or insecurity. You begin to live with clarity and confidence in who God created you to be. Ephesians 2:10 says, "For we are God's handiwork, created in Christ Jesus to do good works." You are not random. You are intentional. You are created with purpose.

And when you begin to believe that, you start to live differently.

Prayer & Listening Time

Take time to bring your identity before God.

Prayer Prompts:

- *"God, what lies have I believed about who I am?"*
- *"What do You say is true about me?"*
- *"How do You see me right now?"* "
- *God, who do you say that I am?"*

Write down what you sense. Let truth begin to replace old labels and false beliefs.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- *What truth about your identity stood out to you most?*
- *What part of your past still tries to define you?*
- *Where do you sense God inviting you to see yourself differently?*

Your Next Step

Take a moment to reflect.

What is one truth about your identity that you want to hold onto this week?

Write it here:

Module #6 Preview: Forgiveness – Living Unoffendable

In the next module, you will begin addressing one of the biggest barriers to living in freedom: unforgiveness.

As your identity becomes rooted in truth, you will also begin to see where past wounds or offenses may still be holding you back. Forgiveness is not about excusing what happened. It is about releasing what is no longer yours to carry.

This is where many people experience deeper freedom as they let go and move forward.

APPENDIX – MODULE #5

Scripture Deep Dive: Identity in Christ

Your Identity Is Defined by Christ

Your identity is no longer based on your past, your performance, or what others say about you. It is rooted in Jesus.

2 Corinthians 5:17

“If anyone is in Christ, the new creation has come: The old has gone, the new is here.”

Galatians 2:20

“I have been crucified with Christ and I no longer live, but Christ lives in me.”

Colossians 3:3

“For you died, and your life is now hidden with Christ in God.”

You Are Fully Loved and Accepted

God’s love for you is secure and not based on what you do.

Romans 5:8

“God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

1 John 3:1

“See what great love the Father has lavished on us, that we should be called children of God!”

Ephesians 1:4–5

“He chose us... to be holy... In love he predestined us for adoption to sonship...”

You Are Forgiven and Free

Your past does not define you. God has removed it.

Romans 8:1

“There is now no condemnation for those who are in Christ Jesus.”

Colossians 2:13–14

“He forgave us all our sins... having canceled the charge of our legal indebtedness...”

Psalms 103:12

“As far as the east is from the west, so far has he removed our transgressions...”

You Have Purpose and Calling

You were created intentionally, and your life has meaning.

Ephesians 2:10

“We are God’s handiwork, created in Christ Jesus to do good works...”

Jeremiah 29:11

“For I know the plans I have for you...”

2 Timothy 1:9

“He has saved us and called us to a holy life... because of his own purpose and grace.”

Your Past Does Not Define Your Future

God redeems what has happened and leads you forward.

Philippians 3:13–14

“Forgetting what is behind and straining toward what is ahead...”

Isaiah 43:18–19

“Forget the former things... See, I am doing a new thing!”

Romans 8:28

“In all things God works for the good of those who love him...”

You Are Chosen and Set Apart

You are not random. You are chosen by God.

1 Peter 2:9

“You are a chosen people, a royal priesthood...”

John 15:16

“You did not choose me, but I chose you...”

Ephesians 1:11

“In him we were also chosen...”

You Are Secure in God’s Love

Nothing can separate you from Him.

Romans 8:38–39

“Nothing... will be able to separate us from the love of God...”

John 10:28–29

“No one will snatch them out of my hand.”

You Are Being Transformed

Your identity is not static. God is actively shaping you.

Romans 12:2

“Be transformed by the renewing of your mind.”

Philippians 1:6

“He who began a good work in you will carry it on to completion...”

2 Corinthians 3:18

“We... are being transformed into his image...”

Key Truth for Module #5

You are not who your past says you are. You are who God says you are and as you begin to believe that, you begin to live differently.

MODULE #5

Homework

Living from Your True Identity

*This week is about continuing to replace lies with truth
and beginning to live from your identity in Christ.*

Day 1: Embracing Your Identity

Scriptures to Read:

- 2 Corinthians 5:17
- Galatians 2:20
- Ephesians 2:10

Take time to reflect on what God says about who you are.

Your identity is not shaped by your past or your performance. It is rooted in Christ.

Journaling Questions:

- *What lies have I believed about who I am?*
- *What truth replaces those lies?*
- *How does God see me differently than I see myself?*

Day 2: Letting Go of the Past

Scriptures to Read:

- Philippians 3:13–14
- Isaiah 43:18–19
- Romans 8:1

Reflect on how your past has shaped your thinking.

God does not want you to live stuck in what was. He is leading you into what is ahead.

Journaling Questions:

- *What part of my past still influences how I see myself?*
- *Where do I need to release its control?*
- *What would it look like to move forward in freedom?*

Day 3: Preparing for Forgiveness

Scriptures to Read:

- Matthew 6:14–15
- Colossians 3:13
- Ephesians 4:31–32

As you prepare for the next module, begin asking God to show you where forgiveness may be needed.

This may involve others, or even yourself.

Journaling Questions:

- *Is there anyone I am still holding onto offense toward?*
- *Is there anything I need to release or forgive?*
- *What makes forgiveness difficult for me?*

Closing Thought

You are not who your past says you are.
You are who God says you are.

And when you begin to believe that,
everything begins to change.

MODULE #6

Forgiveness – Releasing the Past & Living Unoffendably

Reflect on Last Week

Take a few minutes to reflect on what God showed you in Module 5.

You spent time focusing on your identity in Christ and beginning to see yourself through God's truth instead of your past. You may have recognized new truths about who you are, or you may still be working through what that means. As identity becomes clearer, something else often begins to surface. You start to see where past hurts, offenses, or unresolved situations are still influencing how you think and respond. This is not a step backward, but it is part of the process. God reveals these things because He wants you to walk in freedom, not just in what you believe, but in what you carry.

Watch This Week's Teaching Video

This session focuses on forgiveness. As your identity becomes rooted in truth, you will begin to see where unforgiveness may still be holding you back.

As you watch, pay attention to what stands out personally. God may begin highlighting specific people, situations, or even areas where you need to release yourself.

Teaching Highlights

Forgiveness is not optional for a believer. It is essential.

Jesus makes this very clear in Matthew 6:14–15 when He says, “For if you forgive other people when they sin against you, your heavenly Father will also forgive you.” Forgiveness is directly connected to our relationship with God. It is not just something we do for others. It is part of how we walk with Him.

At its core, forgiveness is choosing to release someone from the debt they owe you. When someone hurts you, something in you says, “They owe me.” They owe you an apology, justice, or something that makes it right. But forgiveness is the decision to let go of that debt and place it in God's hands.

This does not mean what happened was okay. It means you are no longer carrying it.

Ephesians 4:31–32 says, “Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” The standard for forgiveness is not based on what someone deserves. It is based on what we have received.

And what we have received is grace.

There is also another layer to this. Many people struggle not just with forgiving others, but with forgiving themselves. Even after receiving God's forgiveness, they continue to carry guilt, shame, and regret.

But Romans 8:1 says, “There is now no condemnation for those who are in Christ Jesus.” That means if God has forgiven you, you are not meant to continue holding onto what He has already released.

Forgiveness is not about revisiting the past. It is about releasing its hold on your present.

Hebrews 12:15 warns us to “see to it... that no bitter root grows up to cause trouble.” Unforgiveness does not stay contained. It grows. It affects how you see people, how you respond, and how you experience life.

That’s why forgiveness leads to freedom.

It is often said that unforgiveness is like drinking poison and waiting for the other person to suffer. When you forgive, you are not just releasing them. You are freeing yourself.

And as you begin to walk in forgiveness, something else becomes possible.

You begin to live unoffendably.

Proverbs 19:11 says, “A person’s wisdom yields patience; it is to one’s glory to overlook an offense.” Living unoffendably does not mean nothing ever bothers you. It means you are no longer controlled by offense. You choose grace over reaction, peace over resentment.

This is where real freedom begins to take root.

Prayer & Listening Time

Take time to bring this before God honestly.

Prayer Prompts:

- “God, who or what do I need to forgive?”
- “Where am I still holding onto hurt or offense?”
- “Is there anything I need to release about myself?”
- “Help me forgive as You have forgiven me.”

Write down what comes to mind. Be honest. This is not about forcing forgiveness. It is about opening your heart to God and allowing Him to lead you.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- What stood out to you during this time?
- Is there a situation or person that feels difficult to forgive?
- How has unforgiveness affected your life or relationships?

Your Next Step

Take a moment to reflect.

What is one area where you need to begin choosing forgiveness?

Write it here:

Module #7 Preview: Deepening Forgiveness & Healing

In the next module, you will have more space to process what God is revealing around forgiveness. Forgiveness is often not a one-time moment, but a process. As layers are uncovered, God continues to bring healing to deeper places in your heart. This next session will focus on prayer and reflection, allowing God to continue the work He has started and bring greater emotional and spiritual freedom.

APPENDIX – MODULE #6

Scripture Deep Dive: Forgiveness & Living Unoffendable

Forgiveness Is Commanded by Jesus

Forgiveness is not optional. It is part of following Him.

Matthew 6:14–15

“If you forgive other people... your heavenly Father will also forgive you.”

Colossians 3:13

“Forgive as the Lord forgave you.”

Luke 6:37

“Forgive, and you will be forgiven.”

Forgiveness Releases the Debt

Forgiveness is choosing to release what someone “owes” you.

Matthew 18:21–22

“Not seven times, but seventy-seven times.”

Matthew 18:32–35

(The parable of the unmerciful servant shows the weight of holding onto debt.)

Romans 12:19

“Do not take revenge... ‘It is mine to avenge,’ says the Lord.”

You Forgive Because You Were Forgiven

Your ability to forgive flows from what you have received.

Ephesians 4:31–32

“Be kind... forgiving each other, just as in Christ God forgave you.”

Colossians 2:13–14

“He forgave us all our sins...”

Psalms 103:8–12

“The Lord is compassionate and gracious... he does not treat us as our sins deserve.”

Unforgiveness Leads to Bondage

Holding onto offense affects your heart and your life.

Hebrews 12:15

“See to it... that no bitter root grows up to cause trouble...”

Ephesians 4:31

“Get rid of all bitterness, rage and anger...”

Mark 11:25

“When you stand praying, if you hold anything against anyone, forgive them...”

Forgiveness Brings Freedom

When you release others, you also experience freedom.

John 8:36

“So if the Son sets you free, you will be free indeed.”

2 Corinthians 2:10–11

“...in order that Satan might not outwit us.”

Proverbs 17:9

“Whoever would foster love covers over an offense...”

Forgiving Yourself

You are not meant to carry what God has already forgiven.

Romans 8:1

“There is now no condemnation for those who are in Christ Jesus.”

1 John 1:9

“He... will forgive... and purify us.”

Isaiah 43:25

“I... blot out your transgressions... and remember your sins no more.”

God Heals What Was Broken

Forgiveness is not just release. It opens the door for healing.

Psalms 147:3

“He heals the brokenhearted and binds up their wounds.”

Isaiah 61:1

“He has sent me to bind up the brokenhearted...”

Matthew 11:28–30

“Come to me... and you will find rest...”

Living Unoffendable

As you grow in forgiveness, you begin to live differently.

Proverbs 19:11

“It is to one’s glory to overlook an offense.”

Ecclesiastes 7:9

“Do not be quickly provoked in your spirit...”

1 Corinthians 13:5

“Love... keeps no record of wrongs.”

Key Truth for Module #6

Forgiveness is not about what others deserve. It’s about the freedom God wants for you and when you release what you’ve been holding, you make room for peace, healing, and truth.

MODULE #6

Homework

Walking in Forgiveness

This week is about continuing to release what you have been carrying and allowing God to bring healing.

Day 1: Recognizing Unforgiveness

Scriptures to Read:

- Hebrews 12:14–15
- Psalm 139:23–24
- Proverbs 4:23

Reflection:

Unforgiveness often begins as hurt, disappointment, or betrayal that goes unaddressed. Over time, those wounds can develop into bitterness, resentment, or emotional walls that affect our relationship with God and others. God invites us to honestly examine our hearts, not to condemn us, but to bring healing and freedom.

Journaling Questions:

- *Is there anyone I am holding onto resentment toward?*
 - *How has this affected my thoughts, emotions, or relationships?*
 - *What makes it difficult for me to forgive?*
 - *Have I allowed any hurt to become bitterness?*
 - *What might God want to heal beneath my unforgiveness?*
-
-
-
-

Day 2: Choosing to Forgive

Scriptures to Read:

- Matthew 18:21–22
- Luke 6:37
- Hebrews 12:15

Journaling Questions:

- *What does it look like for me to release this to God?*
 - *What would change if I truly let this go?*
 - *What am I afraid might happen if I forgive?*
 - *Where have I not forgiven myself?*
-
-
-
-

Day 3: Preparing for Deeper Healing

Scriptures to Read:

- Psalm 147:3
- Matthew 11:28
- 1 Peter 5:7

As you prepare for the next module, ask God to continue revealing deeper areas that need healing.

Journaling Questions:

- What still feels unresolved or painful?
 - Where do I need God's healing touch?
 - What would it look like to trust Him more fully with this?
-
-
-
-

Closing Thought

Forgiveness is not about what someone else deserves.
It is about the freedom God wants for you.

When you release what you've been holding,
you make space for peace, healing, and truth.

MODULE #7

Prayer and Journaling - Deepening Forgiveness Healing & Living Unoffendably

Reflect on Last Week

Take a few minutes to reflect on what God revealed to you in Module 6.

You began identifying areas of unforgiveness and took steps to release them. For some, that may have felt freeing. For others, it may have felt like just the beginning of something deeper.

That's normal. Forgiveness is often not a one-time decision, but it's a process and as you begin to let go, God often reveals deeper layers of hurt, pain, or unresolved emotions that still need healing. Remember, this is not failure, but how healing works as God is inviting you to go deeper, not to stay stuck, but to become fully free.

Watch This Week's Teaching Video

This session is another "space module." There is minimal teaching because the focus is on allowing God to continue the work He has already started. As you watch, prepare your heart to be open, honest, and willing to let God reveal anything that still needs to be surrendered.

Teaching Highlights

Forgiveness is both a decision and a process.

Jesus teaches in Matthew 18:21–22 that forgiveness is not limited. It is ongoing. This does not mean we ignore pain. It means we continue bringing it to God until it no longer has a hold on us.

Isaiah 61:1–3 reminds us that God came "to bind up the brokenhearted." That means forgiveness is not just about releasing others. It is about allowing God to heal what was broken in you.

Many people stop at the decision to forgive, but never allow God to heal the deeper wounds underneath. As a result, the pain lingers, and offense returns.

But when you continue to bring those areas to God, something shifts.

You are no longer just choosing forgiveness.

You are receiving healing.

Ephesians 4:31–32 calls us to release bitterness and walk in forgiveness, but it is God who transforms the heart over time.

This is where living unoffendably begins to take root.

Not because nothing ever happens to you,
but because you are no longer carrying it.

1-on-1 Prayer Experience

Just like Module 4, you will partner with one person and walk through the CRCR process together. This time, the focus is specifically on forgiveness and healing.

One person will begin receiving prayer while the other facilitates. Then you will switch.

As the person receiving prayer:

- Be honest about what still hurts
- Share anything that still feels unresolved
- Stay open to what God may reveal

As the person facilitating:

- Guide gently through CRCR
- Ask simple, clear questions
- Help create space for God to speak

CRCR Prayer Prompts (Forgiveness Focus)

Confession:

- *“What hurt or offense still feels present?”*
- *“Where do you still feel pain or tension?”*

Repentance:

- *“Is there anything you are still holding onto?”*
- *“Are you willing to release this again to God?”*

Cleansing:

- *“Receive God’s peace and freedom”*
- *“What do you sense Him lifting off of you?”*

Restoration:

- *“God, what is true about this situation now?”*
- *“What do You want them to believe moving forward?”*

Take notes during this time.

Your Next Step

Take a moment to reflect.

What is one area where you need to continue choosing forgiveness this week?

Write it here:

Module #8 Preview: Healing from Shame, Fear, and Guilt

In the next module, we will go even deeper into the heart. As forgiveness clears space, other things often surface—shame, fear, and guilt. These are powerful emotions that can quietly shape how you see yourself and how you live. God does not want you carrying those either.

In the next session, you will begin addressing these areas and allowing God to bring healing and freedom at an even deeper level.

APPENDIX – MODULE #7

Scripture Deep Dive: Deep Healing & Ongoing Forgiveness

Forgiveness Is a Process, Not Just a Moment

Sometimes forgiveness happens in layers.

Matthew 18:21–22

“Not seven times, but seventy-seven times.”

Mark 11:25

“If you hold anything against anyone, forgive them...”

Luke 17:3–4

“Even if they sin against you seven times... you must forgive them.”

God Heals the Deep Places of the Heart

God doesn’t just call you to forgive. He heals what was broken.

Psalms 34:18

“The Lord is close to the brokenhearted...”

Psalms 147:3

“He heals the brokenhearted and binds up their wounds.”

Isaiah 61:1–3

“He has sent me to bind up the brokenhearted... to comfort all who mourn...”

God Understands Pain and Suffering

You are not alone in what you’ve experienced.

Hebrews 4:15–16

“We do not have a high priest who is unable to empathize... Let us then approach... with confidence.”

2 Corinthians 1:3–4

“God... comforts us in all our troubles...”

Psalms 56:8

“Record my misery; list my tears...”

Bitterness Must Be Released Continually

Unforgiveness can return if it is not continually surrendered.

Hebrews 12:15

“See to it... that no bitter root grows...”

Ephesians 4:31–32

“Get rid of all bitterness... forgiving each other...”

Colossians 3:8

“Rid yourselves of... anger, rage, malice...”

God Renews Your Heart Over Time

Healing is not instant. It is ongoing.

Ezekiel 36:26

“I will give you a new heart...”

2 Corinthians 3:18

“We... are being transformed into his image...”

Philippians 1:6

“He who began a good work in you will carry it on to completion...”

Peace Comes Through Surrender

As you release things repeatedly, God replaces them with peace.

Philippians 4:6–7

“The peace of God... will guard your hearts...”

Isaiah 26:3

“You will keep in perfect peace those whose minds are steadfast...”

Colossians 3:15

“Let the peace of Christ rule in your hearts...”

Living Unoffendable Is a Lifestyle

Freedom grows as you choose not to hold onto offense.

Proverbs 19:11

“It is to one’s glory to overlook an offense.”

James 1:19–20

“Everyone should be quick to listen, slow to speak and slow to become angry...”

1 Peter 4:8

“Love covers over a multitude of sins.”

God Uses Your Healing to Help Others

What God heals in you can become a way to serve others.

2 Corinthians 1:4

“...so that we can comfort those in any trouble...”

Galatians 6:2

“Carry each other’s burdens...”

Romans 12:15

“Mourn with those who mourn...”

Key Truth for Module #7

Healing happens as you continue to bring your heart to God, not once, but again and again and as you do, what once held you loses its power.

MODULE #7

Homework

Continuing the Process of Forgiveness & Healing

Day 1: Choosing Forgiveness Again

Scriptures to Read:

- Matthew 18:21–22
- Colossians 3:13
- Mark 11:25

Forgiveness is not always a one-time moment. It is often a repeated choice.

Journaling Questions:

- Where do I need to forgive again?
- What emotions make it difficult to release this?
- What would it look like to trust God with this today?

Day 2: Releasing Hurt & Receiving Healing

Scriptures to Read:

- Isaiah 61:1–3
- Ephesians 4:31–32
- Psalm 147:3

God does not just call you to forgive. He heals what was broken.

Journaling Questions:

- What hurt still feels unresolved?
- How has this affected my thinking or relationships?
- What would healing look like in this area?

Day 3: Preparing for Deeper Heart Work

Scriptures to Read:

- Romans 8:1
- 2 Timothy 1:7
- 1 John 4:18

As forgiveness deepens, other areas may begin to surface.

Journaling Questions:

- Do I struggle with shame, fear, or guilt?
- Where do these show up in my life?
- What would it look like to be free from these?

Closing Thought

Forgiveness is not just something you do once.
It is something you walk in.

And as you continue to release what you've been carrying,
God continues to bring healing and freedom.

MODULE #8

Healing from Shame, Fear, and Guilt

Reflect on Last Week

Take a few minutes to reflect on what God revealed to you in Module 7.

You spent time continuing to release unforgiveness and allowing God to bring deeper healing to areas of your heart. For some, this may have brought peace and clarity. For others, it may have uncovered deeper emotions that were hidden beneath the surface. That's part of the process and as unforgiveness is released, other things often rise to the surface. Feelings like shame, fear, and guilt become more visible once the weight of offense begins to lift. God is not exposing these things to condemn you, but He is bringing them into the light so He can heal them.

Watch This Week's Teaching Video

This session focuses on healing from shame, fear, and guilt. These emotions quietly shape the way many people think, respond, relate to others, and even relate to God.

As you watch, pay attention to what stands out personally. God may begin highlighting specific areas where shame, fear, or guilt have been influencing your life more than you realized.

Teaching Highlights

Shame, fear, and guilt are more than emotions. They are often deeply connected to what we believe about ourselves, others, and God.

Shame says, "Something is wrong with me." It attacks identity and causes people to hide, withdraw, or feel unworthy.

But Romans 8:1 reminds us: "There is now no condemnation for those who are in Christ Jesus." Shame does not get to define you anymore.

Fear keeps people stuck. It creates hesitation, anxiety, and self-protection. It causes people to avoid risk, avoid trust, and avoid moving forward.

But 2 Timothy 1:7 says God has not given us a spirit of fear, but of power, love, and self-control.

Guilt keeps people chained to the past. It continually reminds them of failure and mistakes.

But Psalm 103:12 says God removes our sins "as far as the east is from the west."

These things lose power when they are brought into the light and replaced with truth.

Healing does not happen by pretending these things are not there.

Healing happens when you allow God into those places.

Reflection Reading

Where the Wound Becomes a Well

“He heals the brokenhearted and binds up their wounds.”

— Psalm 147:3

God won't shame how you coped, but wants to heal what you survived. Trauma isn't just what happened; *it's what echoes afterwards*. You are not broken beyond repair and God doesn't just comfort trauma, but He wants to enter it. He may not rush healing, as the world says, 'Get over it,' as God wants to go there with you and meet you inside it. Remember, you are not your trauma, you are God's testimony.

Take a few quiet moments and reflect on this truth. God is not asking you to ignore pain, instead He is inviting you to let Him meet you there.

Prayer & Listening Time

Take time to bring these areas honestly before God and write down what comes to mind.

Stay open and honest.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- *Which of these stood out most to you: shame, fear, or guilt?*
- *How have these affected your relationship with God or others?*
- *What truth do you sense God speaking into these areas?*
- *What impacted you most from the Reflection Reading?*

Your Next Step

Take a moment to reflect.

What is one truth you want to begin believing and living from this week?

Write it here:

Module #9 Preview: Truth-Telling & Living from What Is True

In the next module, you will begin learning how to live consistently from truth.

As shame, fear, and guilt lose their hold, the next step is learning how to walk in truth daily. This means recognizing lies quickly, responding with truth, and allowing your thinking and actions to align with what God says. *This is where transformation begins to become consistent.*

APPENDIX – MODULE #8

Scripture Deep Dive: Healing from Shame, Fear, and Guilt

Shame Is Not Your Identity

Shame tries to define who you are, but God defines you by who you are in Christ.

Romans 8:1

“There is now no condemnation for those who are in Christ Jesus.”

Psalms 34:5

“Those who look to him are radiant; their faces are never covered with shame.”

Isaiah 54:4

“Do not be afraid; you will not be put to shame.”

God Removes Your Shame

God does not just cover shame. He removes it and restores you.

Joel 2:25–27

“My people will never again be shamed.”

Romans 10:11

“The one who believes in him will never be put to shame.”

Zephaniah 3:19

“I will... give them praise and honor in every land where they have suffered shame.”

Fear Does Not Come from God

Fear often limits your trust and keeps you from stepping forward.

2 Timothy 1:7

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Isaiah 41:10

“So do not fear, for I am with you...”

Psalms 27:1

“The Lord is my light and my salvation—whom shall I fear?”

God’s Love Drives Out Fear

As you experience God’s love, fear begins to lose its grip.

1 John 4:18

“Perfect love drives out fear.”

Romans 8:15

“You did not receive a spirit that makes you a slave again to fear...”

Psalms 56:3–4

“When I am afraid, I put my trust in you.”

Guilt Is Removed Through Forgiveness

Guilt keeps you tied to your past, but God has already dealt with it.

1 John 1:9

“He is faithful and just and will forgive... and purify us.”

Psalms 103:12

“As far as the east is from the west...”

Isaiah 43:25

“I... blot out your transgressions... and remember your sins no more.”

God’s Grace Covers You Completely

You are not defined by your mistakes. You are covered by grace.

Ephesians 2:8–9

“For it is by grace you have been saved...”

2 Corinthians 12:9

“My grace is sufficient for you...”

Titus 3:5

“He saved us, not because of righteous things we had done...”

God’s Love Is Secure

Nothing you’ve done separates you from His love.

Romans 8:38–39

“Nothing... will be able to separate us from the love of God...”

John 3:16

“For God so loved the world...”

Psalms 136:1

“His love endures forever.”

Freedom Comes Through Truth

As truth replaces shame, fear, and guilt, freedom grows.

John 8:32

“The truth will set you free.”

John 8:36

“If the Son sets you free, you will be free indeed.”

2 Corinthians 3:17

“Where the Spirit of the Lord is, there is freedom.”

God Restores and Renews

God does not just remove what is wrong. He restores what was lost.

Ezekiel 36:26

“I will give you a new heart...”

Isaiah 61:3

“...a crown of beauty instead of ashes...”

Psalms 23:3

“He refreshes my soul.”

Key Truth for Module #8

Shame, fear, and guilt may feel powerful, but they are not greater than God’s truth. What He has forgiven; what He has restored; what He has declared...you don’t have to carry anymore.

MODULE #8

Homework

Healing from Shame, Fear, and Guilt

Day 1: Releasing Shame

Scriptures to Read:

- Psalm 34:5
- Isaiah 54:4

Shame often causes you to feel unworthy or disconnected.

Journaling Questions:

- Where do I still feel shame about my past or myself?
- How has this affected how I see myself or relate to others?
- What does God say is true about me instead?

Day 2: Replacing Fear with God's Love

Scriptures to Read:

- 1 John 4:18
- Isaiah 41:10
- Psalm 27:1

Fear often keeps you from moving forward.

Journaling Questions:

- What fears are currently holding me back?
- How do these fears affect my decisions or trust in God?
- What would it look like to trust God in this area?

Day 3: Walking Free from Guilt

Scriptures to Read:

- 1 John 1:9
- Psalm 103:12
- Isaiah 43:25

Guilt keeps you tied to your past, but God has already forgiven you.

Journaling Questions:

- What guilt am I still carrying?
- Do I fully believe that God has forgiven me?
- What would change if I truly lived free from guilt?

Closing Thought

Shame, fear, and guilt are powerful,
but they are not greater than God's grace.

What He has forgiven...
what He has covered...
what He has healed...

you don't have to carry anymore.

MODULE #9

Alignment: Agreeing With God and Moving Forward

Reflect on Last Week

Take a few minutes to reflect on what God revealed to you in Module 8.

You spent time bringing shame, fear, and guilt into the light and allowing God to begin healing those areas. For some, that may have brought clarity and peace. For others, it may have simply revealed how much these things have been shaping your thinking and responses. That awareness is important, because as those things begin to lose their hold, the next step is learning how to consistently live from truth. Not just occasionally, not just when things feel good, but in everyday moments. This is where growth becomes real.

Watch This Week's Teaching Video

This session focuses on alignment. The bible describes alignment as confession, cleansing, and obedience. As God reveals truth, you are invited to agree with Him and begin living from that truth in your thoughts, decisions, and actions.

As you watch, pay attention to where you may be out of alignment. Like David, ask God to search your heart and see if there is any offensive way- anything that sets itself up against God, in other words, an idol. God often highlights specific areas where He is inviting you to shift.

Teaching Highlights

Every day, you are agreeing with something.

You are either agreeing with truth, or you are agreeing with a lie. And what you agree with will shape how you think, how you feel, and how you live. Proverbs 23:7 says, "As a man thinks in his heart, so is he." That means your life will always follow what you believe at your core. *Following anything other than God is **idolatry**.*

Jesus says in John 8:32, "Then you will know the truth, and the truth will set you free." But knowing truth is not enough. Freedom comes when you agree with truth and begin to live from it.

This is where many people get stuck. It's not a lack of knowledge. It's misalignment. They continue agreeing with fear, doubt, or old beliefs, even after hearing truth.

Romans 8:6 says, "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace." That means alignment is not just a mental exercise. It affects everything.

Transformation happens when your thinking changes.

Romans 12:2 tells us that we are transformed by the renewing of our minds. And 2 Corinthians 10:5 calls us to "take captive every thought to make it obedient to Christ." This is an active process. It means recognizing what is not true and replacing it with what is.

Philippians 4:8 gives us a filter for this. It calls us to think about what is true, noble, right, pure, and worthy. That means you are not powerless in your thinking. You have a choice in what you focus on and what you agree with.

As God reveals truth, you are always invited to respond.

Sometimes that response is surrender. Letting go of control, fear, or something you've been holding onto. Trusting God where you've been hesitant.

Other times, that response is action. Stepping forward. Speaking up. Serving. Taking a step of obedience.

Both require faith.

Both move you forward.

James 1:22 says, "Do not merely listen to the word... do what it says." Truth becomes powerful when it moves from awareness into action.

That is what alignment looks like.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- *Where have you noticed a gap between what God says and what you've been believing?*
- *What is one area where God may be asking you to surrender something?*
- *What is one step you feel prompted to take this week?*

Your Next Step

Take a moment to reflect.

What is one area where you want to live more aligned with truth this week?

Write it here:

Module #10 Preview: Living This Out – Faith Beyond Feelings

In the next module, we will take this even further. You will begin exploring what it means to truly live from truth, even when your circumstances do not change. This is where faith becomes real. Not based on how you feel, but based on what you believe. This is the shift from understanding truth...*to living it daily.*

APPENDIX – MODULE #9

Scripture Deep Dive: Truth, Alignment & Renewing the Mind

What You Believe Shapes Your Life

Your thoughts are not neutral. They direct your life.

Proverbs 23:7

“As a man thinks in his heart, so is he.”

Romans 8:6

“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Colossians 3:2

“Set your minds on things above, not on earthly things.”

Truth Is the Source of Freedom

Freedom is found in knowing and living from truth.

John 8:31–32

“If you hold to my teaching... then you will know the truth, and the truth will set you free.”

John 8:36

“So if the Son sets you free, you will be free indeed.”

Psalms 119:160

“All your words are true...”

You Must Take Thoughts Captive

Not every thought should be accepted. Some must be rejected and replaced.

2 Corinthians 10:4–5

“We take captive every thought to make it obedient to Christ.”

Romans 12:2

“Be transformed by the renewing of your mind.”

Philippians 4:8

“Whatever is true... think about such things.”

Alignment Brings Life and Peace

What governs your thinking determines what you experience.

Romans 8:5–6

“Those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

Isaiah 26:3

“You will keep in perfect peace those whose minds are steadfast...”

Galatians 5:16

“Walk by the Spirit, and you will not gratify the desires of the flesh.”

God's Truth Overrides Feelings

Feelings are real, but they are not always true.

Jeremiah 17:9

"The heart is deceitful above all things..."

Hebrews 4:12

"The word of God... judges the thoughts and attitudes of the heart."

Psalms 119:105

"Your word is a lamp for my feet..."

Truth Leads to Action

Truth is meant to be lived, not just understood.

James 1:22

"Do not merely listen to the word... do what it says."

Matthew 7:24–25

"Everyone who hears these words of mine and puts them into practice..."

John 13:17

"Now that you know these things, you will be blessed if you do them."

Walking in Truth Is Ongoing

Alignment is not a one-time decision. It is a daily practice.

Luke 9:23

"Take up their cross daily and follow me."

Galatians 5:25

"Since we live by the Spirit, let us keep in step with the Spirit."

Psalms 1:1–3

"Blessed is the one... whose delight is in the law of the Lord..."

God Helps You Discern What Is True

Discernment grows as you walk with God.

Romans 12:2

"...then you will be able to test and approve what God's will is..."

Philippians 1:9–10

"...so that you may be able to discern what is best..."

1 Thessalonians 5:21

"Test everything. Hold on to what is good."

Key Truth for Module #9

You are always agreeing with something and when you agree with Truth and live from it daily, your life begins to align with the freedom God has for you.

MODULE #9

Homework

Alignment: Living in Truth Daily

This week is about practicing alignment in real, everyday moments.

Day 1: Recognizing What You Believe

Scriptures to Read:

- John 8:32
- Romans 8:6
- Hebrews 4:12

Pay attention to what comes up in moments of stress, frustration, or fear.

Journaling Questions:

- What thoughts have been dominating my mind lately?
- Where do I notice fear, doubt, or frustration?
- What might these thoughts reveal about what I am believing?
- Ask, according to Hebrews 4:12, for God to judge your thoughts and intentions with his word, spoken through the Holy Spirit and through the scriptures.

Day 2: Replacing Lies with Truth

Scriptures to Read:

- Romans 12:2
- 2 Corinthians 10:5

Once a lie is recognized, it must be replaced. The Bible calls this purifying our hearts, and it's accomplished as we obey the truth that God reveals through his Spirit and the scriptures.

God's truth is always available, but you must choose to believe it. Jesus tells us he IS the truth. As we follow Jesus, he guides us into all truth.

Journaling Questions:

- What lie did I identify yesterday?
 - What truth replaces that lie?
 - How can I remind myself of this truth today?
-
-
-

Day 3: Taking Action in Alignment

Scriptures to Read:

- Psalm 15:1-2
- James 2:17
- Galatians 5:25
- Matthew 7:24–25

God is always inviting you to take a step.

Journaling Questions:

- What step is God prompting me to take right now?
 - Is this a step of surrender or action?
 - What is one simple step I will take today?
-
-
-

Closing Thought

You are always agreeing with something.

When you agree with truth,
you begin to live in freedom.

And when truth turns into action,
your life begins to change.

MODULE #10

Following Jesus: Belief That Leads to Action

Reflect on Last Week

Take a few minutes to reflect on what God revealed to you in Module 9. You spent time identifying where your thinking may be out of alignment and learning how to agree with truth instead of lies. You may have noticed areas where God was inviting you to surrender something, shift your thinking, or take a step. That awareness matters, but eventually, truth must move beyond understanding, as it must become something you actually live and that is where this session begins.

Watch This Week's Teaching Video

This session focuses on what it really means to follow Jesus through trust, belief, and obedience.

As you watch, pay attention to where there may be tension between what you believe and how you are currently living. God often highlights these areas as invitations into deeper trust.

Teaching Highlights

Following Jesus is more than agreeing with truth intellectually.

Jesus said in Luke 9:23, "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me." Following Him involves surrender, trust, and obedience.

James 2:17 says, "Faith by itself, if it is not accompanied by action, is dead." Real belief eventually changes the way a person lives.

What you truly believe shapes your decisions, your responses, and your direction.

If you believe God is trustworthy, you will begin trusting Him. If you believe He is good, you will continue following Him even when life is difficult. If you believe He is present, you will stop living as though you are alone.

One of the hardest parts of following Jesus is trusting Him when circumstances do not change.

Second Corinthians 5:7 says, "We live by faith, not by sight." Faith is not built on visible results. It is built on the character of God.

That means you can trust Him even when life feels uncertain.

Obedience is not about perfection or performance.

It is simply responding to God one step at a time.

Galatians 5:25 says, "Since we live by the Spirit, let us keep in step with the Spirit." God rarely gives the entire roadmap. He usually shows the next step.

And as you take those steps, trust deepens.

Reflection Reading

Fix Your Eyes on God

It is easy to become frustrated with people, circumstances, and disappointment. But every time Moses shifted his focus away from God, it cost him. Moses allowed his attention to shift to the behavior of others rather than focusing on the activity of God. But if your eyes are fixed on God, you will become more gracious, patient, forgiving, and faithful like Him. When someone disappoints you, go immediately to the Lord and seek to discern what God is wanting to do rather than concentrating only on what others are doing wrong.

Take a few moments to reflect.

Where has your focus drifted? Have your eyes become more fixed on problems, disappointment, fear, or frustration than on God Himself?

Prayer & Listening Time

Take time to bring your trust and belief before God.

Write down what you sense.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- *Where do you feel tension between belief and action?*
- *What situations or people tend to pull your focus away from God?*
- *What is one area where God is asking you to trust Him more deeply?*
- *What impacted you most from the Reflection Reading?*

Your Next Step

Take a moment to reflect.

What is one step of trust or obedience you believe God is asking you to take?

Write it here:

Module #11 Preview: Clarifying Your Next Steps

In the next module, you will begin putting this into motion. As you grow in trust and obedience, God will begin to bring clarity to your next steps. This may involve serving, leading, initiating, or stepping into something new. This is where your journey becomes more outward-focused.

APPENDIX – MODULE #10

Scripture Deep Dive: Trust, Faith & Obedience

Trusting God with Your Whole Heart

Trust is foundational to following Jesus.

Proverbs 3:5–6

“Trust in the Lord with all your heart and lean not on your own understanding...”

Psalms 9:10

“Those who know your name trust in you...”

Isaiah 26:4

“Trust in the Lord forever, for the Lord... is the Rock eternal.”

Living by Faith, Not by Sight

Faith is not based on what you see, but on who God is.

2 Corinthians 5:7

“For we live by faith, not by sight.”

Hebrews 11:1

“Faith is confidence in what we hope for...”

Hebrews 11:6

“Without faith it is impossible to please God...”

God Is Faithful, Even When Life Is Uncertain

Your circumstances do not define God’s character.

Lamentations 3:22–23

“His compassions never fail. They are new every morning...”

Deuteronomy 7:9

“He is the faithful God...”

Hebrews 13:5

“Never will I leave you; never will I forsake you.”

God’s Ways Are Higher Than Ours

You won’t always understand, but you can still trust.

Isaiah 55:8–9

“My thoughts are not your thoughts...”

Romans 11:33

“How unsearchable his judgments...”

Job 42:2

“I know that you can do all things...”

Faith Leads to Obedience

What you believe is revealed by how you live.

James 2:17

“Faith by itself, if it is not accompanied by action, is dead.”

John 14:15

“If you love me, keep my commands.”

Luke 11:28

“Blessed rather are those who hear the word of God and obey it.”

Obedience Is Step-by-Step

God leads one step at a time.

Psalms 119:105

“Your word is a lamp for my feet...”

Hebrews 11:8

“By faith Abraham... obeyed and went, even though he did not know where he was going.”

Proverbs 16:9

“...the Lord establishes their steps.”

God Gives Strength to Obey

You are not expected to do this on your own.

Philippians 2:13

“For it is God who works in you to will and to act...”

2 Corinthians 12:9

“My grace is sufficient for you...”

Isaiah 41:10

“I will strengthen you and help you...”

Obedience Brings Growth and Clarity

Clarity often comes after you act, not before.

James 1:22–25

“...whoever looks intently... and continues in it... will be blessed...”

Luke 16:10

“Whoever can be trusted with very little can also be trusted with much...”

John 7:17

“Anyone who chooses to do the will of God will find out...”

Peace Comes Through Trust

As you trust God, He gives peace even in uncertainty.

Philippians 4:6–7

“The peace of God... will guard your hearts...”

Isaiah 26:3

“You will keep in perfect peace those whose minds are steadfast...”

Psalms 56:3–4

“When I am afraid, I put my trust in you.”

Key Truth for Module #10

Trust leads to faith, faith leads to obedience and obedience, step by step, leads you into the life God has for you.

MODULE #10

Homework

Following Jesus in Everyday Life

This week is about moving from belief into action.

Day 1: Identifying Where Trust Is Needed

Scriptures to Read:

- Proverbs 3:5–6

Journaling Questions:

- Where do I feel uncertain or out of control right now?
- What fears or doubts are present in this situation?

Day 2: Choosing Daily to Believe Truth

Scriptures to Read:

- Romans 10:17
- 2 Corinthians 5:7

Journaling Question:

- What would change if I fully believed it?

Day 3: Taking a Step of Obedience

Scriptures to Read:

- James 1:22
- Galatians 5:25

Journaling Questions:

- What step is God prompting me to take?
- When will I take this step?

Closing Thought

Following Jesus is not about knowing more.

It's about trusting Him enough to live what you know is true.

And when belief turns into action,
your life begins to reflect Him.

MODULE #11

Listening for Your Next Step: Responding to God's Voice

Reflect on Last Week

Take a few minutes to reflect on what God revealed to you in Module 10. You spent time considering what it really means to follow Jesus. You may have sensed areas where God is asking you to trust Him more deeply, surrender something, or take a step forward. Now the focus becomes more personal, not just what is true, not just what you believe, but what God is asking *you* to do next. This is where your journey begins.

Watch This Week's Teaching Video

This session focuses on learning to recognize and respond to what God is asking you right now. As you watch, pay attention to recurring thoughts, nudges, desires, or invitations that continue surfacing in your heart. God often speaks more simply than we expect.

Teaching Highlights

God is already speaking. Jesus says in John 10:27, "My sheep listen to my voice; I know them, and they follow me." The question is not whether God is speaking. The question is whether we are slowing down enough to listen and willing enough to respond.

Isaiah 30:21 says, "Your ears will hear a voice... saying, 'This is the way; walk in it.'" God is not trying to hide His will from you. He is guiding you, often through simple next steps. God rarely reveals the full picture all at once.

Psalms 119:105 says, "Your word is a lamp for my feet, a light on my path." A lamp does not show the entire road. It simply shows the next step.

Many people delay obedience because they are waiting for complete clarity, but oftentimes, clarity often comes through movement and discernment grows over time.

Romans 12:2 reminds us that as our minds are renewed, we begin to discern God's will more clearly. Spiritual discernment is not about perfection. It develops as you continue walking with God. Obedience unlocks clarity.

James 1:22 says, "Do not merely listen to the word... do what it says." Many people are waiting for certainty while God is simply asking them to take one step.

Small steps matter and those steps often lead to more clarity and confidence.

Reflection Reading

When Dreams Feel Dangerous

“I will restore to you the years the locusts have eaten.” — Joel 2:25

It’s hard to dream when your last dream died in your arms. You lower expectations. You become ‘realistic.’ You protect yourself from disappointment. But survival is not your final identity.

Resurrection is. The dream that burned you didn’t bury you, as God is the God of restoration — not replacement. You will dream again — not as the same person, but as one I refined in fire.

Take a few moments to reflect.

Have disappointment, pain, fear, or discouragement caused you to stop dreaming, hoping, or stepping forward? What might God be inviting you to trust Him with again?

Prayer & Listening Time

Take time to quiet your heart and listen.

Write down what you sense.

Group Conversation

Spend time sharing your experience with others.

Discussion Questions:

- *What do you sense God putting on your heart right now?*
- *What fears or disappointments may be holding you back?*
- *What feels like your next step, even if it’s small?*
- *What impacted you most from the Reflection Reading?*

Your Next Step:

*Use this QR Code
for the Activate Questionnaire:*



Module #12 Preview: Activate – Living It Out

In the final module, you will begin stepping into what this looks like in real life.

This includes:

- *continuing your growth*
- *stepping into community*
- *serving and leading*
- *or going deeper where needed*

This is not the end of the journey, but the beginning of living it out.

APPENDIX – MODULE #11

Scripture Deep Dive: Hearing God & Taking Your Next Step

God Is Always Speaking and Leading

God is not silent. He is actively guiding you.

John 10:27

“My sheep listen to my voice; I know them, and they follow me.”

Isaiah 30:21

“Your ears will hear a voice... saying, ‘This is the way; walk in it.’”

Jeremiah 33:3

“Call to me and I will answer you...”

God Leads One Step at a Time

You are not meant to have the whole plan, just the next step.

Psalms 119:105

“Your word is a lamp for my feet, a light on my path.”

Proverbs 16:9

“...the Lord establishes their steps.”

Hebrews 11:8

“...he obeyed and went, even though he did not know where he was going.”

God Gives Wisdom When You Ask

You are invited to seek Him for direction.

James 1:5

“If any of you lacks wisdom, you should ask God...”

Psalms 32:8

“I will instruct you and teach you in the way you should go...”

Proverbs 3:6

“In all your ways submit to him, and he will make your paths straight.”

Discernment Grows Over Time

You learn to recognize God's voice through practice.

Romans 12:2

"...you will be able to test and approve what God's will is..."

Philippians 1:9–10

"...so that you may be able to discern what is best..."

1 Thessalonians 5:21

"Test everything. Hold on to what is good."

Obedience Unlocks Clarity

Clarity follows obedience, not the other way around.

James 1:22

"Do not merely listen to the word... do what it says."

Luke 16:10

"Whoever can be trusted with very little..."

John 7:17

"Anyone who chooses to do the will of God will find out..."

God Strengthens You to Take the Step

You are not doing this alone.

Philippians 2:13

"For it is God who works in you..."

Isaiah 41:10

"I will strengthen you and help you..."

2 Timothy 1:7

"...power, love and self-discipline."

Key Truth for Module #11

God is already leading you and you don't need the whole plan, you just need the next step. As you take it, clarity will follow.

MODULE #11

Homework

Taking the Next Step With God

This week is about listening carefully and responding faithfully.

Day 1: Creating Space to Listen

Scriptures to Read:

- John 10:27
- Isaiah 30:21

Take time to slow down and create space.

God's voice is often missed when life is busy and distracted.

Journaling Questions:

- What distractions tend to pull my attention away from God?
- Where is my heart divided?
- What helps me slow down and listen?
- Are there certain places or circumstances that help me hear God more clearly?
- What keeps me from waiting quietly for God to speak?
- What do I sense God may be saying right now?

Day 2: Identifying Your Next Step

Scriptures to Read:

- Proverbs 16:9
- Hebrews 11:8

Journaling Questions:

- What do you want me to know about your good plans for my life?
 - Do I trust that your plans are good?
 - What have you placed in me that I delight to do?
 - What is my purpose in this season of life?
-
-
-

Day 3: Responding in Obedience

Scriptures to Read:

- James 1:22

Obedience is where faith becomes real.

Journaling Questions:

- Is there something God has asked me to do that I have not obeyed?
 - Is there something right in front of me that I am hesitant to walk forward in? What is my hesitation? What does God say about it?
 - What can I ask God for to help me obey? Be specific.
-
-
-

Closing Thought

God is not asking you to figure everything out.

He is asking you to take the next step, trusting in His good plans for your life.

And as you walk with Him, clarity will come.

And as you obey Him, your faith will grow strong and confident.

MODULE #12

Activate: Living It Out and Taking Your Next Step

Reflect on the Journey

Take a few minutes to reflect on everything God has done over the course of this journey. You've spent time learning to hear God, identifying lies, receiving truth, walking through forgiveness, healing deeper areas of your heart, and taking steps of trust and obedience. This is a moment to pause and recognize that God has been at work in you, not perfectly, not all at once, but faithfully, with a promise to complete the work he started. Psalm 77:11 says, *"I will remember the deeds of the Lord."* Reflection helps you see what God has done, even when it wasn't obvious in the moment.

Watch This Week's Teaching Video

This final session focuses on moving forward. Not just finishing something, but beginning to live this out in a real and practical way. As you watch, think about what God has shown you and where He is leading you next.

Teaching Highlights

You are not finished. You are sent. Jesus says to go and make disciples. That means this journey was never meant to stop here. Everything you've learned is meant to be lived out. Ephesians 2:10 reminds us that you were created for good works that God prepared in advance for you. Philippians 1:6 assures you that God will continue the work He has started. Growth happens in community.

Hebrews 10:24–25 reminds us to stay connected and encourage one another. Ecclesiastes 4:9–10 shows that we are stronger together.

You were never meant to do this alone. Serving activates your growth.

Galatians 5:13 calls us to serve one another in love. 1 Peter 4:10 reminds us to use our gifts to serve others. Jesus Himself said in Mark 10:45 that He came to serve.

When you step out and serve, your faith becomes active and real.

Leadership begins with willingness.

2 Timothy 2:2 calls us to pass on what we've learned. God does not wait for perfection. He looks for availability.

You don't need to have all the answers. You just need to be willing.

What God has done in you is meant to multiply.

As you grow, you are invited to begin walking with others. Listening, encouraging, pointing people to truth, and helping them hear God.

For those ready, the next step is **Multiply**, a 4-week experience designed to help you:

- *grow in confidence praying with others*
- *walk with people one-on-one*
- *lead a table or group*
- *become a stronger spiritual influence*

This is not about being ready, it's about being willing.

Prayer & Listening Time

Write down what you sense.

Group Conversation

Spend time sharing together.

Discussion Questions:

- What has been the most impactful part of this journey for you?
- What is one step you feel God clearly asking you to take?
- Where do you see opportunities to begin encouraging or walking with others?
- Am I being prompted toward **Multiply** or helping others?

Your Next Step Pathways

1. GROW (Your Relationship with God)

- Continue daily time with God
- Practice CRCR prayer
- Repeat Activate (Fall or Winter)

2. CONNECT (Community)

- Join or start a Life Group
- Join a Common Interest Group

3. SERVE (Use Your Gifts)

- Join Team Life
- Serve in a ministry
- Engage with partner ministries

4. LEAD (Multiply What God Has Done)

- Join Multiply (4-week leadership track)
- Attend monthly Multiply prayer gatherings
- Engage in 1-on-1 coaching
- Lead a table or help facilitate

Important Step (For PBC Attendees):

If you call PBC home and have not completed Growth Track, this is your next step.

Your Commitment

What is one clear next step you are choosing?

Write it here:

APPENDIX – MODULE #12

Scripture Deep Dive: Activation, Community & Living It Out

You Are Called to Live This Out

Your faith was never meant to stay internal.

Matthew 28:19–20

“Go and make disciples...”

James 1:22

“Do not merely listen... do what it says.”

Colossians 3:17

“Whatever you do... do it all in the name of the Lord Jesus...”

You Are Created for Purpose

God has already prepared good works for you.

Ephesians 2:10

“We are God’s handiwork... created... to do good works...”

Jeremiah 29:11

“I know the plans I have for you...”

2 Timothy 1:9

“He has... called us to a holy life...”

Growth Happens in Community

You are not meant to walk alone.

Hebrews 10:24–25

“...spur one another on toward love and good deeds...”

Ecclesiastes 4:9–10

“Two are better than one...”

Galatians 6:2

“Carry each other’s burdens...”

Serving Activates Your Faith

Serving others is part of following Jesus.

Galatians 5:13

“...serve one another humbly in love.”

1 Peter 4:10

“Each of you should use whatever gift you have received to serve others...”

Mark 10:45

“The Son of Man did not come to be served, but to serve...”

You Are Called to Multiply

What God has done in you is meant to impact others.

2 Timothy 2:2

“...entrust to reliable people who will also be qualified to teach others.”

Matthew 9:37–38

“The harvest is plentiful but the workers are few...”

Romans 12:6–8

“We have different gifts... use them...”

God Will Continue the Work in You

This is just the beginning.

Philippians 1:6

“He who began a good work in you will carry it on to completion...”

2 Corinthians 3:18

“We... are being transformed...”

Hebrews 12:1–2

“...run with perseverance the race marked out for us...”

Faithfulness in Small Steps Matters

You don’t need to do everything. Just take the next step.

Luke 16:10

“Whoever can be trusted with very little...”

Zechariah 4:10

“Do not despise these small beginnings...”

Psalms 37:23

“The Lord makes firm the steps of the one who delights in him.”

Key Truth for Module #12

You are not finished. You are sent and what God has done in you is meant to be lived out and multiplied in others.

MODULE #12

Homework

Taking Your Next Step and Living It Out

Day 1: Reflecting on What God Has Done

Scriptures to Read:

- Psalm 77:11

Take time to look back and recognize how God has been working.

Journaling Questions:

- What has changed in my view of God?
 - What has changed in my view of myself?
-
-
-
-

Day 2: Choosing Your Next Step

Scriptures to Read:

- John 17:15-19
- Hebrews 10:24–25
- Galatians 5:13

God is always inviting you forward. As the Father sent Jesus in to the world, Jesus has sent us into the world.

Journaling Questions:

- Which pathway does God want you to choose to grow, connect, serve, or lead?

- What specific step will I take this week?

Day 3: Taking Action

Scriptures to Read:

- James 1:22
- Colossians 3:23

Journaling Questions:

- What is my next step?
- When will I take it?
- Who will help keep me accountable?

Closing Thought

This is not the end.

It's the beginning of living this out.

God has been working in you...Now He wants to work through you.

Take the next step.