



*Encounter  
Retreat  
Guide*

© **New Life Community Church 2019**

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.

New Life Community Church  
4101 W 51st Street, Chicago, IL 60632  
[www.newlifecommunity.church](http://www.newlifecommunity.church)

## **Welcome!**

I have literally seen hundreds of women deeply impacted by their experience at these two-day encounter retreats.

I believe that you have a God-given purpose and destiny. At this Encounter Retreat we will deal with how to break free from the grip of the past and regain the influence you have been called to have as a woman made in the image of God. We have high expectations for what God will do in your life. Get ready!

### **Making the most of this retreat...**

1. You will get what you are willing to put into this weekend, so prepare yourself.
2. Honesty and openness are key to your breakthrough.
3. Each session has been designed to build on each other, so make sure you don't miss any session.
4. This retreat could change your life so expect spiritual opposition during and after the retreat.
5. You are on a retreat, so turn off your electronic devices during the sessions and enjoy. The world will survive without you for a couple hours.

Many have fasted and prayed for you on this retreat. I trust you will leave this weekend having had a breakthrough.

*Pastor Mark Jobe  
New Life Community Church*





Personal  
Spiritual  
Profile

*“Therefore, if anyone is in Christ, he is a new creation.  
The old has passed away; behold, the new has come.”  
2 Corinthians 5:17*

# Personal Spiritual Profile

This is a diagnostic tool to help you identify strongholds in your life so that you can begin the process of breaking free. Keep in mind:

- No one else will read your profile, but we will ask you to share with one other person.
- You need to be absolutely honest with your answers.
- You will need to complete the profile before the next session.
- Take some time to quietly and prayerfully fill out your profile.

## A. FAMILY

1. What is the religious background of your family and relatives?

2. Are you aware of the existence of cycles in your family that keep repeating themselves? Patterns of...

- |  |  |
|--|--|
| <input type="checkbox"/> Violence              | <input type="checkbox"/> Sexual abuse      |
| <input type="checkbox"/> Alcohol abuse         | <input type="checkbox"/> Family fighting   |
| <input type="checkbox"/> Abortion              | <input type="checkbox"/> Drug abuse        |
| <input type="checkbox"/> Depression            | <input type="checkbox"/> Suicide           |
| <input type="checkbox"/> Sexual immorality     | <input type="checkbox"/> Adultery          |
| <input type="checkbox"/> Bitterness/Resentment | <input type="checkbox"/> Deception         |
| <input type="checkbox"/> Financial Crisis      | <input type="checkbox"/> Greed/Materialism |
| <input type="checkbox"/> Materialism           | <input type="checkbox"/> Gambling          |

3. Were you exposed to any of the following patterns as a child that has affected you?

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Sexual abuse | <input type="checkbox"/> Physical abuse |
| <input type="checkbox"/> Verbal abuse | <input type="checkbox"/> Rejection      |
| <input type="checkbox"/> Abandonment  | <input type="checkbox"/> Neglect        |
| <input type="checkbox"/> Bullying     | <input type="checkbox"/> Divorce        |
| <input type="checkbox"/> Criticism    | <input type="checkbox"/> Trauma         |

## B. PERSONAL

4. What areas of obedience to God do you struggle with most?

- |  |  |
|--|--|
| <input type="checkbox"/> Praise and Worship      | <input type="checkbox"/> Generosity        |
| <input type="checkbox"/> Self-control            | <input type="checkbox"/> Living by Faith   |
| <input type="checkbox"/> Submission to authority | <input type="checkbox"/> Walking in Purity |
| <input type="checkbox"/> Forgiving               | <input type="checkbox"/> Trusting God      |
| <input type="checkbox"/> Choosing Joy            | <input type="checkbox"/> Telling the truth |
| <input type="checkbox"/> Loving others           | <input type="checkbox"/> Compassion        |

5. Do you have any of the following patterns in your life?

- |  |   |
|--|---|
| <input type="checkbox"/> Gossiping                     | <input type="checkbox"/> Illegal drug use     |
| <input type="checkbox"/> Critical Attitude             | <input type="checkbox"/> Dirty language       |
| <input type="checkbox"/> Envy/jealousy                 | <input type="checkbox"/> Stealing/Cheating    |
| <input type="checkbox"/> Alcohol addiction             | <input type="checkbox"/> Eating disorders     |
| <input type="checkbox"/> Breaking promises             | <input type="checkbox"/> Self Pity            |
| <input type="checkbox"/> Violence                      | <input type="checkbox"/> Negative attitude    |
| <input type="checkbox"/> Lying/Deception               | <input type="checkbox"/> Fits of Anger        |
| <input type="checkbox"/> Compulsive Gambling           | <input type="checkbox"/> Isolation Tendencies |
| <input type="checkbox"/> Manipulation                  | <input type="checkbox"/> Pornography          |
| <input type="checkbox"/> Selfishness/greed             | <input type="checkbox"/> Lack of self-control |
| <input type="checkbox"/> Being argumentative           | <input type="checkbox"/> Obsessive fears      |
| <input type="checkbox"/> Obsessive indulgences         | <input type="checkbox"/> Seductive behavior   |
| <input type="checkbox"/> Prescription/Medication abuse |   |

6. Do you habitually experience any of the following emotions, thoughts, feelings, or dispositions?

- |   |   |
|---|---|
| <input type="checkbox"/> Anxiety/Fear             | <input type="checkbox"/> Bitterness           |
| <input type="checkbox"/> Anger/Rage               | <input type="checkbox"/> Confusion            |
| <input type="checkbox"/> Being critical of others | <input type="checkbox"/> Apathy               |
| <input type="checkbox"/> Perfectionism            | <input type="checkbox"/> Loneliness/isolation |
| <input type="checkbox"/> Feelings of inferiority  | <input type="checkbox"/> Pride/superiority    |
| <input type="checkbox"/> Indecisiveness           | <input type="checkbox"/> Discontentment       |
| <input type="checkbox"/> Periods of depression    | <input type="checkbox"/> Racism/Prejudice     |
| <input type="checkbox"/> Hatred of someone        | <input type="checkbox"/> Rebellion            |
| <input type="checkbox"/> Unforgiveness            | <input type="checkbox"/> Suicidal thoughts    |

## **C. RELATIONSHIPS**

7. Give a one or two word answer to describe the following relationships (good, bad, not applicable).

Your relationship with your mother:

Your relationship with your father:

Your relationship with your children:

Your relationship with your spouse (if married):

Your relationship with extended family:

8. What are the top 3 negative attitudes, behaviors, or patterns you want to break free from in your life?

# Prayer of Renouncement

*Lord Jesus Christ, I believe that you are the Son of God and that you are the only way to God. I believe that you died on the cross for my sins and rose again from the dead.*

*I give up all my rebellion and independence, my pride and self-centeredness, my harboring of rejection and inferiority, and my bitterness and unforgiveness. I give up all my sin and submit myself to You.*

*I confess all my sins before you and ask for your forgiveness. Release me now from the power of the enemy of my soul.*

*By a decision of my will, I forgive those who have harmed me or wronged me, just as I want You to forgive me. In particular, I forgive...*

*Lord Jesus, I believe that on the cross you paid the price for me to have a life of victory and freedom. I receive your gift of forgiveness and deliverance now.*

*Through Christ Jesus my Savior I chose to renounce the strongholds of (write and name them below):*

---

---

---

---

---

---

---

---

***IN THE NAME OF JESUS CHRIST, I expose these strongholds and bring them to the light. I renounce my involvement and ask for power to genuinely repent and leave these practices behind.***

# Session 1

## RESTORING FREEDOM

You may be frustrated because you are stuck. You want to move forward spiritually, but keep struggling with the same patterns year after year. The unseen spiritual chains that keep you stuck are called “Strongholds”.

### A. What is a stronghold?

A “stronghold” is a fortified place or a fortress that is hard to tear down. Spiritually speaking it is a place of resistance in your life. It is your fortress of \_\_\_\_\_ that leads to behavior difficult for you to break.

Definition: 1. a well-fortified place; fortress. 2. a place that serves as the center of a faction or of any group sharing certain opinions or attitudes.

The enemy hides behind the walls of a fortress that we cannot seem to conquer.

**It is not our past that holds us bound, but rather the lies we believe because of our past that holds us back.**

*2 Corinthians 10:3-5 - “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God. And we take captive every thought to make it obedient to Christ.”*

### B. How are strongholds built?

Strongholds are built upon \_\_\_\_\_ that were planted in us through bad life experiences and have become deeply rooted in our thinking and personality.

These lies become a part of our default thinking and we play them over and over in our heads. They are not our lies, but we have learned them and adapted them as our own.

“Sow a thought; reap an action. Sow an action; reap a habit. Sow a habit; reap character. Sow character; reap a destiny.” - Stephen Covey

*John 8:44 - “...the devil...was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”*

*Ephesians 4:26-27 - “In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.”*

Strongholds lead to ongoing failure in our spiritual lives. Habitual failure can lead to:

- Inhibiting our God given personality
- Doubting our salvation
- Hardening of our hearts
- Acceptance of many lies
- Shame and condemnation
- Losing our joy
- Living double lives
- Neglecting our spiritual gifts

### **C. How do we tear down strongholds?**

In 2 Corinthians 10:3-5 we are told that we have **divine power** to demolish strongholds with the weapons that God has provided. We also have the capacity to take lies that turn into thoughts and make them obedient to Christ.

**Some people are hopeless because they think it is impossible to change.**

There is a three-part process to tearing down a stronghold built by lies:

**1. \_\_\_\_\_ the lie.**

*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."*

What lie do you struggle with the most?  
What lie fuels the behavior you want to break?  
We cannot heal what we conceal.

**2. \_\_\_\_\_ the lie.**

Confess To God:

*Proverbs 28:13-14 - "He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. Blessed is the man who always fears the Lord, but he who hardens his heart falls into trouble."*

Confess to Others:

*James 5:16 - "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."*

**3. \_\_\_\_\_ the lie.**

*Romans 12:22 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

Renew your mind with **who** God is, **what** He has done for you through Christ, and your identity. You are called to walk in freedom!

Our real authority (power to accomplish what God has called us to) comes via our submission to God and his established authority.

## **Group Discussion Time**

Give the group a summary of your spiritual history:

1. What is your religious background?
2. Who influenced you most growing up?
3. When and how did you come to God?
4. What positive changes have you seen in your life?
5. What strongholds still need to be destroyed in your life?  
(Be as specific and honest as possible).

# Session 2

## BREAKING CYCLES

### A. Understanding Generational Cycles

Just as your family's physical history tells us a lot about your physical tendencies, so your family's spiritual history tells us a lot about your spiritual tendencies.

*"You shall not bow down to them or worship them; for I the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments." Exodus 20:5-6*

*"Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. You show love to thousands but bring the punishment for the father's sins into the laps of their children after them." Jeremiah 32:17-18*

#### Four Generations

Great-Grandparents -> Grandparents -> Parents -> Children

You are not \_\_\_\_\_ for your ancestors' sins, but you are \_\_\_\_\_ by them.

#### The Example of Abraham

Genesis 20:1-6:12	Abraham / Sarah	Partial lie
Genesis 26:7	Isaac / Rebekah	Full lie
Genesis 27:18-29	Jacob / Isaac	Lie and thief
Genesis 37:19-33	10 Sons / Joseph	Lie and slavery

## **B. Three Steps To Breaking Generational Cycles**

### **1. \_\_\_\_\_ Admit and confess any binding cycles in you and your family.**

- What are the binding tendencies in my life?
- Is there a pattern in my family's past?
- Do my siblings or children struggle with the same tendencies?

*"Oh Lord, we acknowledge our wickedness and the guilt of our fathers; we have indeed sinned against you."*  
*Jeremiah 14:20*

### **2. \_\_\_\_\_ Be willing to repent and renounce binding patterns in you and your family.**

*"Therefore say to the people of Israel, 'This is what the Sovereign LORD says: Repent! Turn from your idols and renounce all your detestable practices!'"* Ezekiel 14:6

Repentance: A willingness to acknowledge my sin, turn away from it, and embrace God's way.

Renounce: Severing ties and declaring something to no longer be a part of your life.

You are not responsible for Adam's sin but you have been affected by it.

*"When I heard these things I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven... I confess the sins we Israelites, including my Father's house and myself have committed against you."*  
*Nehemiah 1:4, 6b*

*"But if they will confess their sins and the sins of their fathers - their treachery against me and their hostility towards me..."* Leviticus 26:40

**3. \_\_\_\_\_ Take bold steps of obedience to create a new culture and break the existing pattern.**

*“Before we start a new cycle we must renounce the old cycle and be willing to build an altar to God on our family’s old cycle.” Judges 6:25-27*

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” 2 Corinthians 5:17*

God wants to turn your past weakness into a testimony to his glory and build your strength on your weakness.

**C. Breaking Unhealthy Generational Cycles**

The weapons we fight with are not the weapons of the world. On the contrary they have divine power to demolish strongholds.

*“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:3-5*

- a. Repentance of present sin
- b. Renunciation of past sin
- c. Repossession of what had been lost
- d. Replacement of lies with truth

Set in motion a life giving cycle. Become a Cycle Breaker and a Legacy Maker.

# Breaking Cycles Worksheet

Take the next 10 minutes to reflect and answer the following questions. Share your bold step with your group.

1. What are the top three generational weaknesses in my family line?

2. How have I been affected by them?

3. What new cycle do I want to see in motion?

4. What bold steps will it take for me to reverse these generational cycles?

**Take a look at the Bold Steps Worksheet on page 24 and begin to identify your bold step from this retreat.**

# Session 3

## UNLOCKING FORGIVENESS

### A. How do I know if I hold unforgiveness in my life?

A sense of disconnect with God's forgiveness and love.  
(Matt. 6:14-15)

When thinking about a certain person stirs negative feelings inside of you.

Feeling like this person owes you something. (Mark 11:25)

Experiencing conviction of the Holy Spirit about your attitude and actions toward this certain person.

*"If you forgive anyone, I also forgive him. And what I have forgiven - if there was anything to forgive - I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes." 2 Corinthians 2:10-11*

Unforgiveness = Satan's WEB of BONDAGE

### B. How can I overcome unforgiveness?

First you must receive God's forgiveness.

*"Therefore, I tell you, her sins, which are many, are forgiven - for she loved much. But he who is forgiven little, loves little" Luke 7:47*

#### 1. He clears the record of wrong doing and sin.

*"Come now, let us settle the matter," says the LORD.  
"Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool." Isaiah 1:18*

*“As far as the east is from the west, so far has he removed our transgressions from us.” Psalm 103:12*

## **2. He covers over sin, to not count it against you.**

*“Blessed is he whose transgression are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit.” Psalm 32:1-2*

## **3. He chooses not to remember sin.**

*“I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.” Isaiah 43:25*

In the Old Testament, the cost of forgiveness was a high price—the life blood of a lamb.

*“For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one’s life.” Leviticus 17:11*

In the New Testament, forgiveness costs an even higher price—the life blood of Jesus Christ.

*“In him we have redemption through his blood, the forgiveness of sins.” Ephesians 1:7*

*“To him who loves us and has freed us from our sins by his blood...” Revelation 1:5*

Forgive others as God (through Jesus) has forgiven you.

*“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:30-32*

Extending forgiveness is a worship response to being forgiven by Jesus. It is a faith decision, not a feeling. Extending forgiveness is obedience to Jesus, not an option. Walking in forgiveness results in relationships of freedom and love.

## **C. What are the steps to forgiveness and releasing?**

### **1. Confess and \_\_\_\_\_ . (I John 1:9)**

- Recognize your sin of unforgiveness
- Stop excusing it
- Agree with God about it - that it falls short of His glory, dishonors the cross of Christ

### **2. Choose to forgive and \_\_\_\_\_ the person completely.**

- State the wrongs in writing or verbally that you have held against them.
- Declare that by God's grace and in obedience to Him you release the person from debtor's prison. You forgive them.
- Remember your forgiveness does not erase their sin; it erases the debt you hold against them.

### **3. Ask God for the \_\_\_\_\_ to persevere in forgiveness. (I John 1:7)**

- If needed, let the person know you've forgiven and released them.
- Stop bringing up the record of their past wrongdoing. (Jeremiah 31:34; Isaiah 43:25)
- Trust God to work all things for His good as you walk in faith (Romans 8:28-30)

## **Prayer of Forgiveness**

*Dear God, because You have forgiven me by the blood of Jesus Christ, I choose to forgive \_\_\_\_\_.*  
*By faith, I now forgive the wrong of \_\_\_\_\_ done to me. This sin is behind me, this person is released from any debt. Give me Your grace to free and love others.*

## Session 4

# THE DAUGHTER FACTOR

Many women are unable to give love and affection because they struggle in receiving it from their heavenly Father. Women unable to experience the love of the Father tend to struggle with:

- A lack of inner joy
- Insecurity in their relationships
- The tendency to feel inadequate
- Inability to express love to others freely
- Unexplained feelings of rejection
- A distorted self image

Why can't women experience the Father's love?

- 1. \_\_\_\_\_ that have allowed lies to be planted in our view of ourselves and God.**
- 2. Rejection, abuse, or neglect that has opened the door to lack of \_\_\_\_\_.**
- 3. \_\_\_\_\_ oppression that has created a barrier to the love of God.**
- 4. Father, husband or male authority figure that has betrayed or disappointed us, thereby creating fear of \_\_\_\_\_.**

*And pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. (Ephesians 3:16-20)*

## **Spirit of Sonship vs. Spirit of Slavery (Romans 8:14-16)**

*Because those who are led by the Spirit of God are the sons of God. For you did not receive a spirit that makes you a slave again to fear, but received the Spirit of sonship. And by him we cry "Abba, Father." The Spirit himself testifies with our spirit that we are God's children.  
(Romans 8:14-16)*

### **Spirit of Slavery**

Shame based, fear driven and fear empowered.

### **Spirit of Sonship**

Grace based, love driven and Holy Spirit empowered.

*I will be a Father to you, And you shall be My sons and daughters, Says the Lord Almighty.  
(2 Corinthians 6:18 NKJV)*

*Behold what manner of love the Father has bestowed on us, that we should be called children of God!  
(1 John 3:1 NKJV)*

# **Final Session**

## **KEEPING YOUR FREEDOM**

### **Four Steps to Maintaining Your Freedom**

1. In one paragraph, write about what God has done and the steps you are choosing to take.

2. Tell 2 or 3 people what God has done or decisions you have made.

3. Follow up with at least 2 people from your small group in the next 30 days. (Group info form on page 39)

4. Write down your bold step and be prepared to share it with others if God leads you.

Over the next 30 days, take time to pray through the powerful prayer in the back of this booklet and use the included resources to help continue your spiritual growth.

# **BOLD STEPS WORKSHEET**

**BE BOLD. BE SPECIFIC. SET A DATE.**

Here are a few examples:

- *I am surrendering my life to Jesus and will connect with a mentor to take the step of baptism.*
- *I will release shame from my past and embrace God's grace and mercy in my life to walk in freedom*
- *I will talk to my children tonight and ask for forgiveness and grace to be a better mother.*
- *I will call my mother/father tonight to forgive them.*
- *I will join a women's small group this week and walk in transparency and accountability.*

**My bold step is to ...**

**By this date...**

**And I will share this with...**



*Embrace  
Retreat  
Guide*

# EMBRACING YOUR CALLING

## A. Looking Ahead - Vision

*“Let your eyes look straight ahead; fix your gaze directly before you.” Proverbs 4:25*

**As you look ahead, what is God calling you to be? What is God calling you to do? Where is God leading you to go?**

Christ-like Character Qualities

New Attitudes

New Habits

Improved Relationships

New Frontiers of Faith and Obedience

## B. Careful Thought - Evaluate and Plan

*“Give careful thought to the paths for your feet and be steadfast in all your ways.” Proverbs 4:26*

**As you think about God’s vision, what is the reality of your spiritual life today? Rate yourself from 1 (weak) - 5 (strong)**

Daily Bible reading	1	2	3	4	5
Bible study	1	2	3	4	5
Bible memorization and meditation	1	2	3	4	5
Personal Prayer	1	2	3	4	5
Prayer with others	1	2	3	4	5
Obedience	1	2	3	4	5
Community of support and accountability	1	2	3	4	5

**What are the 3 areas you sense the greatest need to grow in this coming year?**

**What are your current thoughts of specific, measurable steps to help you grow?**

**C. Avoiding Evil - Protection**

*“Do not turn to the right or the left; keep your foot from evil.” Proverbs 4:27*

**What are the 3 most prevalent ways your enemies (your sinful flesh, Satan, and the world) try to pull you off God’s path?**

- 1.
- 2.
- 3.

**What are 3 steps of protection from these pitfalls into sin?**

- 1.
- 2.
- 3.

*“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23*

















# The Lord's Prayer Outline

## I. POSITION: *Our Father which art in heaven, hallowed be thy name.*

- a. Thank God you can call Him Father by virtue of the blood of Jesus.
- b. Dwell on the fact He is your Father.
- c. Hallow the names of God and declare what is yours in Christ.

Jehovah - tsidkenu	The Lord My Righteousness
Jehovah - m'kaddesh	The Lord Who Sanctifies
Jehovah - shalom	The Lord Is Peace
Jehovah - rophe	The Lord Who Heals
Jehovah - jireh	The Lord's Provision Shall Be Seen
Jehovah - nissi	The Lord My Banner
Jehovah - rohi	The Lord My Shepherd

## II. PRIORITIES: *Thy Kingdom come. Thy will be done on earth as it is in heaven.*

- a. Yourself (seek first the kingdom).
- b. Your family (mate, children, other family members).
- c. Your church (pastor, leadership, faithfulness of the people, harvest).

## III. PROVISION: *Give us this day our daily bread.*

- a. Be in the will of God (prayer, church, work habits, in giving).
- b. Believe it is God's will to meet your needs.
- c. Be specific. Be persistent.

## IV. PEOPLE: *And forgive us our debts as we forgive our debtors.*

- a. Cleanse your heart before the Lord, especially in the area of relationships. Forgive and release others in your life.
- b. Set your will to walk in love, humility and acceptance.
- c. Pray for relationships in the church to be healed and protected. Marriages especially.

## V. PROTECTION: *And lead us not into temptation, but deliver us from evil.*

- a. Pray against any areas of weakness in your own life.
- b. Put on the whole armor of God, the Lord Jesus Christ.
- c. Pray against any schemes of the enemy that hinder the work of the kingdom.

## VI. PRAISE: *For thine is the kingdom, and the power, and the glory, for ever.*

- a. Exalt Jesus as head over all things.
- b. Declare in faith what God has called you to do in His authority.
- c. Conclude with thanksgiving and praise.

## 4 Keys to Successful Devotions

1. **Set a Time:** Make an appointment with God that you intend to keep.
2. **Set a Place:** Find a place free from distractions that allows you to focus on God.
3. **Set a Plan:** Have an intentional strategy of what you will do during this time.
4. **Choose a Partner:** Find someone who will ask you about how you are doing so that you can encourage one another and share what God is showing you.

## How to Study the Bible

We read the Bible for more than just information. In order for God's Word to transform us we must reflect and meditate on what we are learning. S.O.A.P. is a simple approach to use when reading the Bible.

### ***Scripture - What did I read?***

Write down the date and passage you read from God's Word each day.

### ***Observation - What did I see?***

Write down a few notes of what impacted you from the passage.

### ***Application - What will I do?***

Write down a sentence for how you will take action on what you read.

### ***Prayer - Ask God for help.***

Write a short prayer asking God to help you put into practice what you learned.

# **My Prayer List**

True and lasting change can only be accomplished by the power of God. Prayer is our direct connection and communication with God. Through prayer we access God's infinite power and allow his power to change us from the inside out. Only God can change a life. Use this prayer section to pray for each area of your life.

**MY LIFE**

**MY CHURCH**

**MY CITY**

**MY WORLD**

# Group Leader Preparation

## **A. Expect God to use you in remarkable ways this weekend. We have been praying that:**

- God will use you in ways you may not be used to.
- God will release empowerment of the Holy Spirit to help you minister.
- God will grant you great love and authority to help set the captives free.

## **B. It is normal for a leader to be nervous and feel inadequate.**

- Invite God's equipping presence to come and grant confidence.
- With every responsibility we take on, there is always a corresponding anointing and impartation of grace that God gives.

## **C. It is vital for the leader to show a desire to love and serve the members of their group.**

- Memorize the names of each group member.
- Be attentive and focused when any group member is sharing.
- Remember you will be used as a channel of God's healing and liberating power in these lives.

## **D. The leader must guarantee their group member's absolute confidentiality from the beginning.**

## **E. Leaders need to express love, forgiveness, and acceptance to those they minister to.**

## **F. Leaders need to be good listeners, slow to speak and tactful in your responses.**

Remember that those sharing their hurts, wounds, bondages, and disappointments are sharing their most intimate feelings and experiences. Handle this responsibility carefully and allow God to use you to bring healing, hope, and restoration.

# Group Contact Information

We want to encourage you to stay in touch with your group over the coming months. Pray for one another by name, call to encourage each other, and plan a follow up meeting one month from now.

Name                      Phone/Email

---

---

---

---

---

---

---

---

---

---

When and where will your group meet in one month?

---

---

*“May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.”*  
*1 Thesalonians 3:13*

For further information and resources, visit our website at [www.newlifecommunity.church](http://www.newlifecommunity.church) or you call our main office at 773-838-9470.