



LIONSGATE

SCHOOL OF TRANSFORMATION

WORKBOOK



Introduction

“Each day work harder on yourself than on anything else.”
Troy Marshall

- 1. Once a caterpillar becomes a butterfly it never becomes a caterpillar again.**

Many of us are building our spiritual house using only a.) _____, the tool of preaching.

Proverbs 23:7 KJVS

[7] For as he thinketh in his heart, so is he.

You will never rise above the b.) _____ of your thinking.

Romans 12:2 KJVS

[2] And be not conformed to this world: but be ye transformed by the renewing of your mind.

"The problem I have seen with so many people is they have never taken the time to c.)_____ a life ".

No one changes until the d.)_____ of who they are becomes _____ and the hope of who they can become _____ in their spirit.

2. In order to make any progress you have to "Red Dot" yourself.

Without knowing exactly where you are, you cannot a.)_____ to your destination.

Go to Appendix 1. Worksheet: Introduction Questionnaire

You don't get your "should's" in life you only get your b.)_____.

Your expectations have to become c.)_____ or else nothing is going to change.

You have to raise the d.)_____ in your life.

Isaiah 59:19b

[19b] When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him.

You have to commit to the journey and commit to do the work.

Answers: 1. a.) One tool, b.) Level, c.) Design, d.) Pain, Unbearable, Explodes. **2.** a.) Chart a course, b.) Must, c.) Unreasonable, d.) Standards.



Session: 1 Discovering God's Purpose for Your Life

“Your life will not get better with time. Your life will change when your thinking changes.”
Troy Marshall

1. Everything God creates solves a problem and has a purpose.

Clarity is a.)_____.

Matthew 20:32 KJVS

[32] And Jesus stood still, and called them, and said, What will ye that I shall do unto you?

Most people do not know what they want because they are not asking themselves the right b.)_____.

The quality of the questions you ask determines the quality of the answer; the quality of the answer determines the quality of your life.

If you want a better c.)_____, ask better d.)_____.

2. The four questions every person must answer:

1. What really makes you happy and fulfilled?

2. What is missing from your life right now?

There is a a.)_____ only you can solve.

Go to appendix 2 at the end of the workbook

3. What is preventing me from having it?

What ungodly, b.)_____ beliefs do I have, and what low standard am I tolerating?

4. What kind of massive action am I willing to take to change my life?

3. Great people know a.)_____ they want what they want.

The Why is more important than the b.)_____ .

The Why is connected to your purpose in life.

Two most important days in a person's life:

1. The day they are born.
2. The day they discover c.)_____.

“First comes the reasons, then comes the answers”

Troy Marshall

3 Keys To Finding Your Purpose:

What makes you d.)_____.

What makes you e.)_____.

What makes you angry is a clue to the f.)_____ you are called to solve.

What is g.)_____ for you?

Your giftedness is a clue to your purpose.

John 18:37

[37] For this end was I born, and for this cause (purpose) came I into the world.

When you find your purpose you find your passion.

Purpose gives you a reason to go h.)_____.

Everything good in life is found up hill. You will always need a reason to go up hill.

“If you lack motivation in life it’s because you don’t have a strong enough ***why.***”

When you find your purpose you find your ***why.***

When you find your why you find your i.)_____.

When you find your way you find your j.)_____.

Your purpose gives you the reason to go up hill.

Your passion is the fuel.

4. Great women are willing to take massive action to change things.

Your life does not change over time, it changes in a a.)_____.

Mark 5:25-28:

[25] And a certain woman, which had an issue of blood twelve years, [26] And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, [27] When she had heard of Jesus, came in the press behind, and touched his garment. [28] For she said, If I may touch but his clothes, I shall be whole.

She got fed up and took massive action.

People are unhappy, but not unhappy b.)_____ to take action.

Mark 10:46-51

46] And they came to Jericho: and as he went out of Jericho with his disciples and a great number of people, blind Bartimaeus, the son of Timaeus, sat by the highway side begging. [47] And when he heard that it was Jesus of Nazareth, he began to cry out, and say, Jesus, thou Son of David, have mercy on me. [48] And many charged him that he should hold his peace: but he cried the more a great deal, thou Son of David, have mercy on me. [49] And Jesus stood still, and commanded him to be called. And they call the blind man, saying unto him, Be of good comfort, rise; he calleth thee. [50] And he, casting away his garment, rose, and came to Jesus.

To change we have to be willing to take off our
c.)_____.

Ephesians 4:22-24 Put d.)_____ *the old man and* Put e.)_____ *the new man.*

Answers. **1.** a) power, b) questions, c) life, d) questions. **2.** a) problem, b) limiting. **3.** a) why, b) what, c) why, d) excited, e) angry, f) problem g) easy, h) up hill, i) way, j) will. **4.** a) moment, b) enough, c) beggars coat, d) off, e) on.



Session: 2 Creating Lasting Change

“Once a caterpillar turns into a butterfly it never becomes a caterpillar again.”
Troy Marshall

Your life will not get better with a.)_____. Your life will change when your b.)_____ changes.

Romans 12:2 KJVS

[2] And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God

For your life to get better c.)_____ have to get better.

Many are after d.)_____ and not real change. So they will get relief and eventually return to the pain of their problem.

Mark 5:25-28 KJVS

*[25] And a certain woman, which had an issue of blood twelve years,
[26] And had suffered many things of many physicians, and had spent
all that she had, and was nothing bettered, but rather grew worse.*

Make a decision that this is e.) _____ for you.

1. You have to take a.) _____ to change your life.

No one changes until the pain of who they are becomes

b.) _____.

No one changes until they have a c.) _____ reason to change.

“Change happens when the hope of who
you can become explodes in your spirit.”

Troy Marshall

What you are going to do is really what you d.) _____.

There was a expectation in Heaven when you where born of what you would do and who you would become.

Ephesians 1:18 KJVS

[18] The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints.

The key thing that has created lasting change in great people is they are e.)_____ for more.

2. You have to have a strategy to create lasting change.

A goal without a a.)_____ is just a dream.

In your strategy you have to plan for the b.)_____, _____, and _____ its going to take to complete your plan.

Nothing changes without c.)_____ and sacrifice.

God is never going to do what you can do.

Acts 12:8 KJVS

[8] And the angel said unto him, Gird thyself, and bind on thy sandals. And so he did. And he saith unto him, Cast thy garment about thee, and follow me.

3. Set yourself up for small victories to create momentum.

You have to build momentum by creating small victories in areas of your life.

You don't decide your future you decide your a.)_____ and your habits decide your future.

An unrealistic blueprint will cause b.)_____ and your life will lack joy and meaning.

4. You have to break patterns.

Mark 10:46-50 KJVS

[46] And they came to Jericho: and as he went out of Jericho with his disciples and a great number of people, blind Bartimaeus, the son of Timaeus, sat by the highway side begging. [47] And when he heard that it was Jesus of Nazareth, he began to cry out, and say, Jesus, thou Son of David, have mercy on me. [48] And many charged him that he should hold his peace: but he cried the more a great deal, Thou Son of David, have mercy on me. [49] And Jesus stood still, and commanded him to be called. And they call the blind man, saying unto him, Be of good comfort, rise; he calleth thee. [50] And he, casting away his garment, rose, and came to Jesus.

If you are struggling in an area of your life then you have to break

a.)_____.

Your brain does not know a good habit from a bad habit.

If you have created this b.)_____, you can _____ it.

What you believe determines c.)_____ your going to take.

How much action you are going to take determines your results.

In the Kingdom of God there is no such thing as failures only

d.)_____.

Proverbs 23:7 KJVS

[7] For as he thinketh in his heart, so is he:

My Personal Mission Statement:

Answers: Intro a) time, b) thinking, c) you, d) relief, e) bottom, **1.** a) massive action, b) unbearable, c) compelling, d) believe, e) hungry, **2.** a) plan, b) pain, set backs, discipline, c) pain, **3.** a) habits, b) disappointments **4.** a) patterns, b) pattern, uncreate, c) how much action, d) results.



Session: 3 Removing Obstacles to Growth

“Stop waiting for the person you want to become and start being the person you want to be.”

Troy Marshall

1. You need to have a strategy for growth.

Your circumstance won't get better until a.)_____.

If you are not growing you are b.)_____.

If you don't have a c.)_____ to grow, you will not grow.

No one grows by accident.

Proverbs 24:3 KJVS

[3] Through wisdom is an house builded; and by understanding it is established:

The enemy of execution is d.)_____.

The harder you make your plan the more difficult it will be to execute.

Why do we need to grow? So that e.)_____ and be a greater blessing to world around us.

Go to Appendix Section 3 Spiritual Action Plan.

2. Focus removes obstacles.

What you a.)_____ on determines how you feel, and how you feel determines the b.)_____ of your life.

Whatever you **FOCUS** on **GROWS**.

Matthew 2:1-2 KJVS

[1] Now when Jesus was born in Bethlehem of Judaea in the days of Herod the king, behold, there came wise men from the east to Jerusalem, [2] Saying, Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him.

Jesus was born King of the Jews; not the Africans, Asians, or Europeans.

He focused on the Jews, but Jesus also focused on c.)_____ men.

11 men, who did not have printed Bibles, TV, printing press, internet, and airplanes, were able to take the message of Christ around the world.

When we focus we become very d.)_____.

“The enemy does not have to stop you, he just needs to steal your focus and then you are neutralized.”

Troy Marshall

Matthew 15:24 KJVS

[24] But he answered and said, I am not sent but unto the lost sheep of the house of Israel.

Luke 9:51 KJVS

*[51] And it came to pass, when the time was come that he should be received up, he **steadfastly** set his face to go to Jerusalem.*

Life is still going to happen, even when we try to focus.

*Focus= **Mental stability about the destination.***

When you are disoriented (unfocused) and confused you are

e.)_____.

Focus requires f.)_____.

Luke 15:18

[15] And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine. [16] And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him. [17] And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger!

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[18] I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee.

We all have the ability to g.) _____ at a low point in our life.

We can get into a cycle of focusing, breaking our focus and then

h.) _____, and live a life of ups and downs.

Hebrews 12:2 KJVS

[2] Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

“The cross was not the focus of Jesus, it was the joy of all of us coming into the family of God.”

Troy Marshall

We never focus on i.) _____.

Our focus determines the j.)_____!

Focus Exercise: **Put aside the workbook now.**

Answers: 1. a) you get better, b) dying, c) plan. d) complexity, e) we can give more. **2.** a) focus, b) quality, c) 11, d) powerful, e) easy to control, f) discipline, g) refocus, h) refocusing, i) obstacles, j) destination



Session: 4 Developing Your Hour of Power Prayer Time

“What’s really missing from our life is time.
Time to think, feel, reflect, and be.”
Troy Marshall

- 1. Prayer is one of the most talked about things, but**
a.) _____ **in the body of Christ.**

Luke 11:2 KJVS

[2] And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth.

Jesus did not say if you pray, He said b.) _____.

“We will always take care of others better than we will take care of ourselves.”

Matthew 14:23 KJVS

[23] And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

What is really missing in your life is c.)_____.

When you give your self the d.)_____ of time everything begins to change.

Prayer is not something you should do, it's something you

e.)_____ do.

You have to place an f.)_____ on yourself to cultivate a prayer life.

What has been taught in Christianity is that this time of prayer is a

g.)_____.

We are hardwired to move away from things that are h.)_____ in our life.

You have to design your “Hour of Power” as something you

i.) _____ into.

The greatest gift we can give ourself is j.) _____.

Mark 12:31 KJVS

[31] And the second is like, namely this, Thou shalt love thy neighbor as thyself. There is none other commandment greater than these.

“The WHY is more important than the what.”

Implication of Mark 12:31 is that you are suppose to
k.) _____.

2. The master key to creating a dynamic prayer life is that you have to be make it about your well-being.

Your prayer time has to be about a.) _____, on some level. Building yourself up and showing some care about yourself.

Stress is a code word for b.) _____.

You have to create a c.) _____ and a d.) _____ to be refreshed in.

“We give meaning to the things that happened to us.”

Go to Appendix: 4 in Workbook

You have ask yourself e.) _____ are you feeling these negative emotions?

It is impossible for you to be fearful and f.)_____ at the same time.

Fear is one of the most g.)_____, negative emotions we face everyday.

Fear creates an anxiety that we are never truly winning and never on top of things.

“If you can focus on being grateful for one thing a day for 21 days, you can rewire your brain to be happy.”

3. Cultivating your personal “Hour of Power”

Problems are a.)_____ in life. Problems mean you are going up hill and that you are progressing.

The pain of not praying is what’s producing the feeling of being

b.)_____ in your life.

Step 1: You Have to Move. Motion Creates Emotion.

What you do with your body will effect your mind.

Your c.) _____ creates a mindset and effects the way you feel.

Acts 3:3-5 KJVS

[3] Who seeing Peter and John about to go into the temple asked an alms. [4] And Peter, fastening his eyes upon him with John, said, Look on us. [5] And he gave heed unto them, expecting to receive something of them.

There is a posture to begging and brokenness. Before God can move, you have to move.

Step Two: Speak Life Over Yourself

Proverbs 18:21 KJVS

[21] Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

We confess the Word and the scriptures that God is speaking to us. What is your confession about yourself for this season of your life?

What you say with d.) _____ over yourself is what you will have.

Faith is **Believing** and **Speaking**, not just believing.

“You don't have what God wants you to have, you have what you think you deserve.”

What you tell yourself *long* enough and *strong* enough is what you are going to have manifest in your life.

What is the mission statement for your life? Speak that out.

Step 3: Focus on Gratitude

What I focus on is what I will believe, and what I believe will begin to create a new reality in my life.

What I see on the inside is what I will e.) _____ on the outside.

When we take time to be grateful, the love of God can come to us and then through us to others.

The presence of God is the most powerful tool God has given us to

f.)_____ our life.

Step 4: Pray for Others First Before I Pray For Myself.

The quality of peoples' lives, especially those we love, effects our life. Their trouble is our trouble.

You make a distinction between a need and a want.

Everything we want, we want it because of the way it will make us feel.

Step 5: Reflect.

Ask questions. Questions determine g.)_____.

The quality of the question determines the quality of the answer. The quality of your answer determines the quality of your life.

Don't waste time with lousy questions.

When we h.)_____ in a way that cannot be answered, we don't get answers.

Answers: 1. a) least done thing, b) when you pray, c) time, d) gift, e) must, f) unreasonable demand, g) chore, h) painful, i) escape, j) time, k) love yourself. **2.** a) you, b) fear, c) time, d) space, e) why, f) grateful, g) destructive **3.** a) signs, b) overwhelmed, c) posture, d) authority, e) manifest, f) transform, g) focus, h) frame a problem.



Session: 5
4 Barriers to an Extraordinary Life

“We don't get to choose the family we're born into, but we can choose to come out of the negative effects of the family we're in.”

Troy Marshall

Many us have not taken the time to

a.) _____ **a life.**

The pain of what we have been through has established

b.) _____ in our life.

The map you have for your life is c.) _____.

The first key to overcoming barriers in your life is

d.) _____.

As long as you are calling your life barriers by the wrong names you can never remove them.

What is really e.)_____ me from becoming that person and the word (100 Word Challenge) I discovered?

Barrier 1: Family Trauma

All of us were raised in families that were a.)_____.

Some of our parents created a scenario by which we could never feel

b.)_____.

Family barriers are difficult to identify because we

c.)_____.

Some of the barriers in our life came because of the d.)_____ of e.)_____ in our life.

Barrier 2: Soul/Spirit Hurts

How many have been a.)_____ by people that where supposed to take care of us?

No matter what has happened to you, there is place for you at the

b.)_____ table.

As Christians we don't like to admit when we have

c.)_____.

Hurt people always hurt other people.

Every relationship that you are in is either a d.)_____ or a

e.)_____.

One of our basic human needs is to f.)_____ and be
g.)_____.

Barrier 3: Shame

All of us have a a.)_____ in our life.

Shame always causes b.)_____ in our life.

Shame has a way of getting into us and causing us to live a
c.)_____.

Shame always produces fear and the fear causes us to want to
d.)_____ everything and everyone in the life.

Shame=Fear=Control

We have to break the shame, fear, control e.)_____ if we are
ever going to see lasting change.

We deal with shame by f.)_____ that this
g.)_____ in our life.

When you stop controlling everything you get back all your
h.)_____ and _____.

“When you choose not to forgive, you open the door for oppression and torment in your life.”

Troy Marshall

Barrier 4: Unforgiveness

The Bible defines unforgiveness as a a.)_____.

Unforgiveness is like you eating b.)_____ and expecting the other person to die.

Unforgiveness can be like a c.)_____ we rap ourselves in and say “we will never let anyone close to us again.”

In order to deal with unforgiveness we have to break d.)_____.

Unforgiveness creates what is called a **Double Bind** in our life.

Answers: Intro a) design, b) barriers, c) fake, d) identifying them, e) preventing, **1.** a) imperfect, b) good about ourselves, c) love them, d) words, e) authority figures, **2.** a) hurt in our soul, b) King’s, c) really been hurt, d) triangle, e) circle, f) love, g) loved, **3.** a) secret, b) fear, c) shame based life, d) control, e) cycle, f) admitting, g) happened, h) energy, life, **4.** a) sin, b) rat poison, c) warm blanket, d) patterns



Session: 6 Uprooting the Pain of Your Past

“Nothing changes until the pain of remaining the same becomes unbearable.”
Troy Marshall

Nothing in life changes until you have a
a.) _____ **to change.**

Unforgiveness is not something you can b.) _____ for
one minute in your life.

The Pain of who you are is taking all of your energy and life.

Your life does not change over a long process of time, it changes in a
c.) _____.

Unforgiveness holds others to an unfair standard that God is not holding toward us.

God wants to heal you from all the d.)_____ of your past.

Once a caterpillar becomes a e.)_____ it never becomes a caterpillar again.

Romans 12:2 KJVS

*[2] And be not conformed to this world: but be ye **transformed** by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

Transformed= Greek = Metamorphoō = Metamorphosis

The key to your lasting f.)_____ **is your ability to**
g.)_____.

What constitutes real, mature h.)_____ is how quickly we can forgive.

The System of How We Forgive.

1. Don't stop blaming, just blame intelligently.

You would not be as strong, wise, and compassionate as you are unless you went through the pain you have experienced.

So if you are going to a.)_____ people, you have to blame them for the b.)_____ as well as the bad.

**“No one can turn you into a victim without
your permission.”**

Troy Marshall

2. You have to give up the idea of victimhood.

When you are focused on blaming you are looking at things through the
a.)_____ of a victim.

You have to turn what happened to you into something
b.)_____.

3. You give meaning to what happens to you in your life.

If you give things the a.)_____ meaning then they lose power
or they b.)_____ power in your life.

People do the best they can with the c.)_____ that they
have.

We d.)_____ what happens to us and what meaning we want
to give to it.

Things have happened to you that you have not e.)_____ and
given to it the proper meaning.

f.)_____ will make it easier for you to forgive.

4.The power prayer.

Faith-filled prayer has the power to change everything.

Forgiveness is a a.)_____ you give to people.

The action of b.)_____ is powerful enough to set in motion a spiritual dynamic that will c.)_____ you from the pain of your past.

Answers: Intro a) compelling reason, b) tolerate, c) moment, d) pain, e) butterfly, f) freedom, g.)forgive, h) spirituality, **1.** a) blame, b) good, **2.** a) lens, b) powerful, **3.** a) proper, b) gain, c) tools, d) determine, e) stopped, f) Perspective, **4.** a) gift, b) forgiveness, c) release.



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Session: 7 Changing Your Story

“Where forgiveness goes,
healing flows.”
Troy Marshall

What's keeping us from God's best is

a) _____ **about why we can't have it.**

If we can change the story in our life we can change everything.

What we believe is based upon what has happened to us, and what has happened to us has helped form b) _____.

Many of us are where we are in life because our belief system is c) _____.

Proverbs 23:7 KJVS

[7] For as he thinketh in his heart, so is he:

Thinketh= the estimate of yourself.

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You will never go d) _____ your self-estimate.

You will only go and grow to the e) _____ of your beliefs.

Proverbs 4:23 KJVS

[23] Keep thy heart with all diligence; for out of it are the issues of life.

Issues= Boundaries.

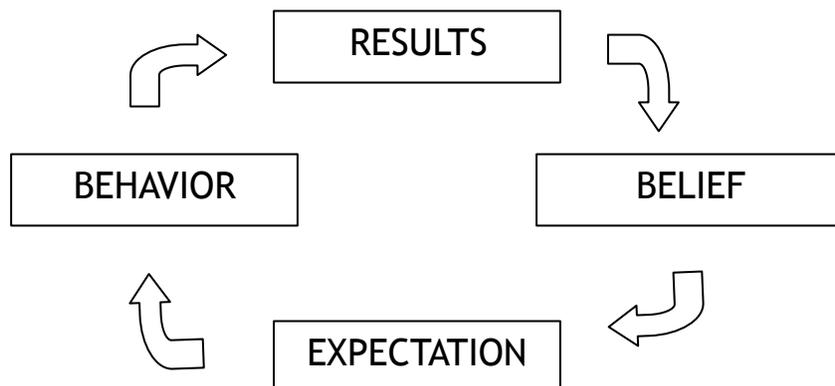
Beliefs that come into our hearts will create f) _____ boundaries in our life.

What ungodly, limiting beliefs do you have right now, that has created false g) _____?

Ephesians 4:22-24 KJVS

[22] That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; [23] And be renewed in the spirit of your mind; [24] And that ye put on the new man, which after God is created in righteousness and true holiness.

You have to h) _____ your story and i) _____ the truth.



Intimacy and closeness with God does not take time, it takes

j) _____.

What gives us our belief system is the k) _____ we give to what happens to us in our life.

When the Children of Israel crossed over the Jordan River, they each took a stone with them to the other side and placed it on the shore to remember what they left behind.

What is the narrative or the l) _____ for your life so far?

The enemy is wanting us to keep playing the same m) _____, like in a movie or story.

Ephesians 4:23 KJVS

[23] And be renewed in the spirit of your mind.

It's amazing how much God's n) _____ sounds like our voice in our head.

You have to soften the voice in your head if you are going change your life.

“Your beliefs have to ability create or distort
the reality you live in.”

Wrong beliefs distort

How you see o)_____.

How you see p)_____.

How you see q)_____.

What is your r)_____ story?

We can be the s)_____ of our own story, by the Grace of God,
and turn everything around, if we choose to.

We have this great gift from God called t)_____.

**If there is something about my life I don't like I can
change it.**

Answers. a) the story we are telling ourselves, b) wrong beliefs, c) broken, d) beyond, e) level, f) false, g) boundaries, h) divorce, i) marry, j) trust, k) meaning, l) theme, m) role, n) voice, o) God, p) others, q) yourself, r) origin, s) hero, t) self-determination.



Session: 8 Ministry Steps

Receiver's Prayer:

Lord, I am here because I need Your help. I ask You to be here with me as I go through this ministry process. I ask You to heal and deliver me, and to put fresh hope in my life. I thank You for loving and accepting me just as I am, yet loving me too much to let me stay as I am.

Lord, help me take the responsibility that is mine. Open my eyes to see Your truth.

Lord, I confess my sins before You.

I confess the sin of unforgiveness. I choose not to hold people responsible for the effects of their sins on my life. I release them from any way I blamed them for my sins based on the finished work of Christ on the Cross.

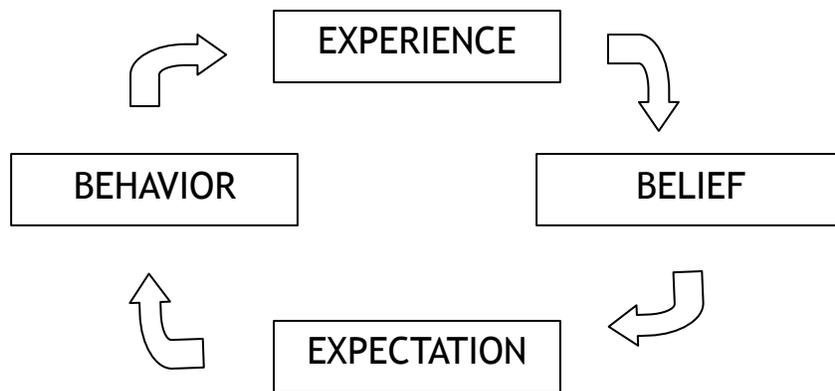
On the same basis, I break the power of every negative spiritual influence coming against me or my descendants because of my sins. I cancel all legal rights of the enemy to oppress me or my descendants. I declare that I am completely and eternally owned by the Lord Jesus Christ.

Lord, I thank You for helping me see the lies that I have believed and change my thinking. I am ready to have my mind renewed. Thank You for Your enabling Grace to carry me through the process.

Lord, I need You to go with me through my pain and hurt. Come and heal me, Lord. And if I have been upset or separated from You, help me to see where the blame should be placed, on myself or on Satan.

Lord, You are my Deliverer. Set me free from every negative spiritual influence that has tormented me in my current problem. I choose to use the authority You have given me over all the power of the enemy. I choose to be totally set free, and to continue to walk in that freedom.

Holy Spirit, be the Revealer of Truth and be my Comforter. In the precious Name of Jesus Christ I pray, Amen!



Unforgiveness Ministry Steps

1. I forgive _____ who hurt me with the spoken word and actions of _____, I release them and bless them. I also forgive myself and God.
2. I repent for unforgiveness and giving it place in my life. I ask You to forgive me, Lord. I receive Your forgiveness.
3. I renounce and break the legal rights/power of the enemy in my life based on the shed Blood of Jesus Christ and His finished work on the Cross. I appropriate the power of the Cross to cancel all judgments and to stop the work of all

The Theme of My Life So Far _____

UNGODLY LIMITING BELIEF ABOUT **MYSELF**

NEW GODLY EMPOWERING BELIEF ABOUT **MYSELF**

UNGODLY LIMITING BELIEF ABOUT **GOD**

NEW GODLY EMPOWERING BELIEF ABOUT **GOD**

UNGODLY LIMITING BELIEF ABOUT **OTHERS**

GODLY BELIEF EMPOWERING BELIEF ABOUT **OTHERS**

Changing Your Story UGLB Ministry Steps

1. I confess my sin [(if appropriate)] of believing the lie that _____ (UGLB).
2. I forgive those who contributed to my forming this UGLB (be specific).
3. I ask You, Lord, to forgive me for receiving this UGLB, for living my life based on it, and for any way I have judged others because of it. I receive Your forgiveness. On the basis of Your forgiveness, Lord, I choose to forgive myself for involvement in this sin.
4. On the basis of Your forgiveness, Lord, I choose to forgive myself for believing this lie.
5. I renounce and break my agreement with this UGB. By faith I break my agreement with the power of darkness. I cancel all agreements with demons. I will no longer believe that _____ (UGB).



Session: 9

Creating Abundance and Financial Freedom

“Poverty is defined as the absence of choices.”

Troy Marshall

1. The definition of prosperity can be found in the definition of a)_____.

The definition of poverty is the absence of b)_____.

The definition of c)_____ is the presence of choices.

3 John 1:2 KJVS

*[2] Beloved, I wish above all things that thou mayest prosper and be in health, even as thy **soul** prospereth.*

Proverbs 10:22 KJVS

[22] The blessing of the Lord , it maketh rich, and he addeth no sorrow with it.

Real, Godly prosperity comes with **joy** and **life**.

Before the d) _____ comes the prosperity comes.

Improper priorities will kill your wealth.

I have never seen a man who has money, but not e) _____ ever really become prosperous.

People with money know the truth "that money cannot buy f) _____."

You can be in a million dollar house and have a g) _____ soul.

Mark 8:36-37 KJVS

[36] For what shall it profit a man, if he shall gain the whole world, and lose his own soul? [37] Or what shall a man give in exchange for his soul?

Everything that God created, He left h) _____ out of. So nothing we could purchase could ever fulfill us without Him.

To have true success we have to have i) _____.

Six Basic Human Needs

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

2. Contribution is the only need we have that can help

a)_____ all of our other needs.

Success without fulfillment is the ultimate b)_____.

What gives life meaning is when your life is c)_____ others.

“Don't climb the ladder of success and find it leaning against the wrong building.”

Troy Marshall

When we are changing lives there is no better d)_____ in this life.

You can not have a purpose that is not e)_____ to helping other people.

You can have the money, but not the f)_____.

What makes you angry is a g)_____ to the problem you are called to solve.

Don't chase money. If you h)_____ God and contribute, money will i)_____ you.

How is this idea, business model, or ministry going to
j)_____ to someone else life?

God has k)_____ us for contribution.

Jude 1:21-22 KJVS

[21] Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. [22] And of some have compassion, making a difference:

Deuteronomy 8:18 KJVS

*[18] But thou shalt remember the Lord thy God: **for it is He that giveth thee power to get wealth**, that he may establish his covenant which he swore unto thy fathers, as it is this day.*

Answers: 1. a) poverty, b) choices, c) prosperity, d) money, e) soul-prosperity, f) real happiness, g) one dollar, h) Himself, i) soul-prosperity. **6 Basic Needs:** The need for Certainty, Uncertainty, Love, Growth, Significance, Contribution. **2.** a) meet, b) failure, c) impacting, d) feeling, e) connected, f) wealth, g) clue, h) obey, i) chase, j) contribute, k) wired.



Session: 10

The Science of Momentum

“Statistics show that only 3% of people feel like they are winning in life.”

Troy Marshall

1. Only 3% of people feel they are successful.

- a) _____ % believes they are moderately successful.
- b) _____ % are just surviving.
- c) _____ % have no direction, job, and are on welfare.

Only 3% of the population writes down their d) _____.

You cannot fall into the category that has no e) _____ or strategy for their life.

You set goals when you know what it is you f) _____ out of life.

Clarity is g) _____.

What is the most important goal?

You can set correct goals when you are living out of your
h) _____ purpose for your life.

When you are living an i) _____ life you can set real goals.

****What is your word _____?**

You have to set **S.M.A.R.T.E.R.** goals.

S _____ goals, not general goals.

M _____ goals are easy to track.

A _____ plan. What are the steps and hindrances to the goal?

R _____ goals give you small victories & help keep your focus.

T _____ sensitive goals have a deadline.

E _____ management. Take stock and know what you have.

R _____. What is it that God really wants you to do?

People set goals that have nothing to do with their
j) _____ in life.

Trying to fulfill wrong goals will take all your k) _____ in a
wrong direction.

Success without fulfillment is the ultimate

l) _____.

Your purpose has to m) _____ lives.

You have to be realistic about n.) _____ your purpose to the
things we want in life.

“People always have time and money for
what is important to them.”

Troy Marshall

2. You have to a) _____ to growth.

You have to have a b) _____ to grow.

You have to make growth a c) _____ for you.

Growth is a science not an d) _____.

3. You have to develop a strategy to keep growing.

Some things have to a) _____ in order for other things to live.

Make asking the right question a priority in your life.

What keeps people from forming a strategy is they don't feel they have the b) _____ to solve their problems.

You have to keep getting c) _____ in order to build a great spiritual house.

The more tools you have, the more problems you can solve.

You can look at your life in two ways. It's either a d)_____ or a bed.

4. You have to keep dealing with your negative beliefs.

If you don't keep dealing with your beliefs you will not get a)_____.



“The goal is not perfection, the goal is progress.”
Troy Marshall

5. You have to maintain focus.

We have to be self-actuating to reach your target.

Maintain focus on the a)_____ you set for yourself.

6. You have to anticipate pain and obstacles.

When you a)_____ the price you have to pay for things it can be the greatest source of discouragement in your life.

Luke 14:28 KJVS

[28] For which of you, intending to build a tower (house), *sitteth not down first, and counteth the cost*, whether he have sufficient to finish it?

There is a price to be paid for greatness.

Growth is not an event it is a lifestyle.

Remember why you are doing this.

If you lose motivation on this journey then you need a stronger
b)_____.

Write me at troy@troymarshall.org with your testimonies and feedback about this School.

Answers: 1. a) 10, b) 60, c) 27, d) goals, e) plan, f) want, g) power, h) core, i) authentic, j) core purpose, k) energy, l) failure, m) impact, n) connecting. **2.** a) commit, b) conviction, c) priority, d) art. **3.** a) die, b) tools, c) tools, d) ladder. **4.** a) good results. **5.** a) finish line. **6.** a) underestimate, b) why.
S.M.A.R.T.E.R : Specific, Measurable, Action, Realistic, Time, Expectation, Revelation.

Transforming Your Life

Introduction Questionnaire

In what areas of your life do you need breakthrough?

What do you want out of this time?

What is great about your life?

What is missing from your life?

What is preventing you from having this?

Appendix 1

Appendix 2

School of Transformation

100 Word Challenge

1.	27.	53.	79.
2.	28.	54.	80.
3.	29.	55.	81.
4.	30.	56.	82.
5.	31.	57.	83.
6.	32.	58.	84.
7.	33.	59.	85.
8.	34.	60.	86.
9.	35.	61.	87.
10.	36.	62.	88.
11.	37.	63.	89.
12.	38.	64.	90.
13.	39.	65.	91.
14.	40.	66.	92.
15.	41.	67.	93.
16.	42.	68.	94.
17.	43.	69.	95.
18.	44.	70.	96.
19.	45.	71.	97.
20.	46.	72.	98.
21.	47.	73.	99.
22.	48.	74.	100.
23.	49.	75.	
24.	50.	76.	
25.	51.	77.	
26.	52.	78.	

Appendix 3.

My Spiritual Action & Growth Plan

Step 1:

Important goals that I want to achieve:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Step 2:

Of all the goals, this one is the most important to me:

Step 3:

How long will it take me to achieve this goal? _____

Do I commit 100% to achieve this goal and to pray everyday? _____

YES NO

Reward I will give to myself once I achieved this goal:

Step 4:

What gifts or talents do I have that can help me to achieve this goal:

- 1.
- 2.
- 3.

Step 5:

Things I choose to start doing and stop doing which will help me to achieve my goal:

<u>START DOING</u>	<u>STOP DOING</u>
1.	1.
<u>2.</u>	<u>2.</u>
<u>3.</u>	<u>3.</u>
<u>4.</u>	<u>4.</u>
<u>5.</u>	<u>5.</u>

Step 6:

What new skills/knowledge will help me to achieve my goal?

- 1.
- 2.
- 3.
- 4.
- 5.

Step 7:

What actions, spiritually and naturally, do I need to take to achieve this goal?

Action 1:

Action 2:

Action 3:

Action 4:

Action 5:

Step 8:

Who can help me to achieve this goal faster?

Step 9:

My progress:

<u>What's working well (my accomplishments)</u>	<u>What do I need to change (improve)</u>

Step 10.

What 5 new, spiritual and natural habits to do I need to cultivate to reach my goals?

1. _____
2. _____
3. _____
4. _____
5. _____

**Appendix 4:
Hour of Power
5 Negative Emotions We Experience Everyday.**

1.

2.

3.

4.

5.

Appendix 4: Hour of Power 5 Areas of Gratitude

1. Relationships and Love

My Story:

2. Spiritual Life

My Story:

3. Finances

My Story:

4. Career and Calling

My Story:

5. Future

My Story:

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