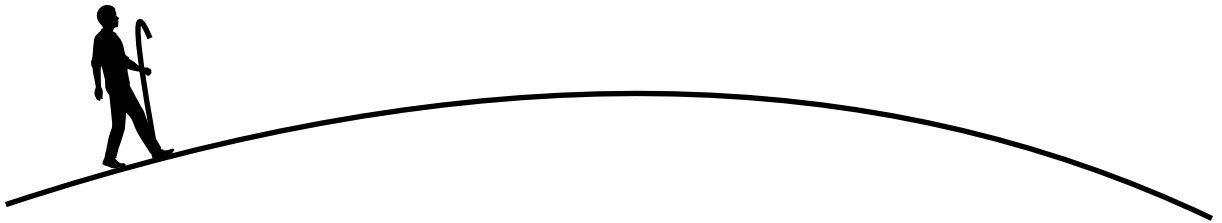


The Worship Strategy Book

Diagrams and Strategies for
Unveiling Your Purpose



By Sara Ruth Tucker

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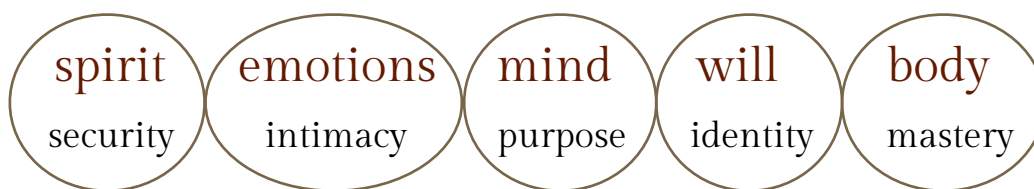
How to Use This Strategy Book

Welcome to *The Worship Strategy Book*!

This book of spiritual war strategies is meant to be placed in a spot where it will be easy to grab when temptation hits.

As you are completing the assignments of *The Worship Course* (which are also found in *The Worship Handbook*), you will be learning to target everything that steals your love, joy and peace.

This book begins with “The Purpose Strategy,” which helps you to determine which part of you is being attacked when you feel tension. The five stones of “The Purpose Diagram” correspond to the five sections of *The Worship Course*:



Attach **tape or stick-on tabs using these names** so that you can flip right to the strategy you need: **Confused (page 4), Tempted (page 14), Overwhelmed (page 21), Hurt/Exhausted (page 27), Weak (page 33)**. Choose a strategy to help you get back to joy.

Page 42 is for those who are still learning about Christianity. The “Becoming a Christian” section will get you started in your war against the devil. Then, use “The Purpose Strategy” to learn how to pray and listen to God through reading the Bible.

Page 47 will tell you how register for *The Worship Course* (if you haven’t already) so that you can get access to an instructor and community for help using this book.

It will also tell you how to find an accountability/prayer partner to help make your spiritual warfare fun. Fighting on God’s side is a blast. Enjoy!

Purpose When You're Mentally Confused

It's easy to get confused when there are so many thoughts running through our minds all of the time. Thankfully, our Father God is always ready to clear our thoughts and show us which of them are really worth thinking.

Sometimes, our emotions are buried deep inside of mental mazes. We have been taught not to trust certain ways of thinking in order to avoid getting hurt. Sometimes these walls keep us safe, but they can sometimes be deceptive.

To add to the confusion, Biblical principles are often used to build walls that lock us up. Immature preaching and parenting in our past may have caused lie-based thinking.

When God busts through these mazes with powerful truth, all sorts of lies are brought into the light. This can make us start to doubt the very foundations of our thinking. Here, we realize that we depend on our Father God for every thought that we think.

This is part of God's good plan. He created us to be thrilled with getting to know him. Thoughts that don't match his brilliant perspective are useless and dangerous.

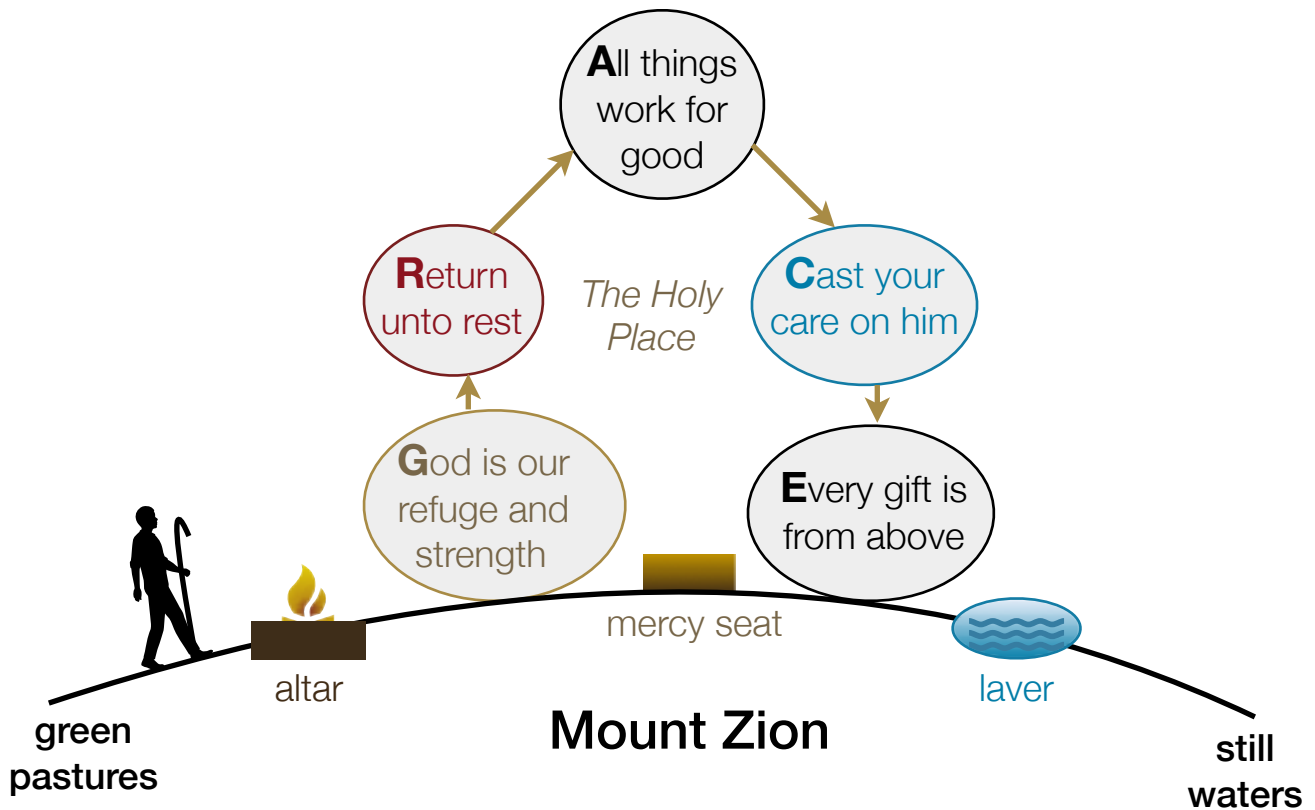
It's never okay to use a book, even the Bible, to build a thought pattern just because it makes sense. The book you're reading right now is designed to make you want to ask God what to think. We have turned this book into an [online course](#) so that you can get help from a teacher and a community to build these thoughts with God in your brain.

God has only one way of thinking. It's like a prism, always revealing breathtaking angles of colorful desire and emotion. There is only one person whose thoughts have this power, and that's Jesus Christ. As his brain developed from birth on, it began to mirror his Father God's mind. As you get to know him, yours will, too.

As you trust these new thought patterns, they grow into a temple. They give you the codes for healthy choices. They help you unlock negative emotions. They discern what will make you feel better when you are physically or spiritually weak.

The following three pages will give you the blueprint for building your living temple.

The Purpose Diagram



Description: Just as David chose 5 smooth stones for Goliath, we can use 5 verses to return our soul to joy. With the blueprint of scripture, we build a beautiful place to meet with God. We feast with him on the fruit of the Spirit in front of our enemies.

Biblical References: Solomon's temple on Mount Zion- Heb 12:22, 1 Kings 6

- five smooth stones- 1 Sam 17:40
- altars, mercy seat, laver- Ex 30-31
- pastures and waters- Psa 23:2
- G.R.A.C.E.- 2 Cor 12:9
- table and enemies- Psa 23:5
- fruit of the Spirit- Gal 5:22-25

The Purpose Strategy: Taking Your Territory

We can use The Purpose Strategy to keep our minds focused on the next right thought. Use one of the **GRACE** verses below as David used a smooth stone to end the giant's lies and take him down at the head. Target your spiritual temptation (**G**), emotional overwhelm (**R**), mental confusion (**A**), hurt and exhaustion (**C**) or physical weakness (**E**):

[G] Spiritual: Always respond to inner insecurity by asking God to show you its reason. God delights in you and his Son, and you are his rightness. (2Co 5:21, Zeph 3:14-17)
“God is our refuge and strength, a very present help in trouble.” -Psalm 46:1

[R] Emotional: If you hit an emotional pressure point, ask God for the truth of his love. Remember that the truth is always right. The truth is a person. (Jn 14:1-6)
“Return unto thy rest, O my soul.” -Psalm 116:7

[A] Mental: If your mind is thinking useless thoughts, bring it back to rest with worship. Any time you need peace, thank God for the verses he has spoken to you. (Jn 14:26-27)
“All things work together for good to them that love God.” -Romans 8:28

[C] Behavioral: Sometimes getting back to peace depends on a change of course. Confess what needs to change in yourself or someone else. (Rom 12:1-3)
“Casting all your care upon him; for he careth for you.” -1 Peter 5:7

[E] Physical: If you have physical pain, focus on the reality that it will be over in time. Everything is going to be all right and you'll feel good again. God is here. (Rev 21:1-4)
“Every good and every perfect gift is from above.” -James 1:17

(Additional directions on the next page) ➡

Your mind is responsible for finding out what you need and providing it. “Mindful” means self-aware. When you’re mindful, you notice when there’s anger and/or anxiety causing tension inside of you. That’s when you have to get away for a few minutes by yourself and talk to your Father God. (Lock yourself in the restroom if there’s nowhere else to go.) Read the list below and choose a solution. (For more detail, skip to page 9.)

[G] There may be a **spiritual** source (path #1) of **temptation** to believe the enemy’s lies that you have to do certain things in order for God to accept you. God wants to delight you with his unconditional love in the presence of your enemy, the accuser. If God says that you’re in Christ and you’re his rightness, it’s true. **Let go of the trying and just be.**

[R] There may be an **emotional** source (path #2) of **overwhelm**: a trigger and core lie. Ask yourself: is this just a weed (maybe an idea from a song or movie that stuck with me), is it a single tree (a bad feeling that entered during a past experience which needs forgiveness), is it a structured stronghold (pain coming from the way I live my life based on faulty beliefs, like poverty) or is it a fortified wall (a pressure point that triggers deep emotion, guarded by excuses for my pain)? **Let God unlock the lie with a verse of truth.**

[A] There may be a **mental** source (path #3) of **distraction** from your main focus of loving God. Worship him by letting go of lesser fascinations and asking him to engage your mind with who he is. Celebrate him by **enjoying his creation and noticing his gifts.**

[C] There may be a **behavioral** source (path #4) of **unrest** due to a wrong choice you (or someone else) made. Once you **admit that it was wrong**, God the Holy Spirit will show you how to make it right. You may need to write someone a note or make a call.

[E] There may be a **physical** source (path #5) of **discomfort**. (This can make us grumpy and rude to those around us. If the pain becomes unbearable, you may need others to help you make wise medical decisions.) First, communicate your pain level on a scale of 1 to 10 so that others can understand why you are acting stressed. If you need to wait out some extreme discomfort, estimate how many minutes or hours it will take for your body to return to comfort. Ask God for help imagining the relief that will come

soon. **Imagining the feeling of healthiness that will come** minimizes the pain in the moment.

Sometimes we have opportunities to help others in our family or community with problems in their lives. Our own children may be in serious situations that require outside help from time to time. **Knowing what each source of help is intended for will help you to choose the right one.**

[G] **Spiritual** solutions: You can make an appointment for someone to see a local pastor if there is spiritual bondage. The pastor will know where to go in the Bible when their temptation becomes unbearable. If using scripture in prayer isn't strong enough to resolve the temptation, realize that devils can have permission to attack us due to sin or occult activities in the past (such as astrology or false religion). A good pastor can help to discover these bondages from the past and renounce them for freedom.

[R] **Emotional** solutions: It can be good to seek professional counseling for someone who has emotional bondage. A good counselor will listen carefully to your story and help you to identify what is triggering your bad feelings. They will know whether you need more boundaries in your relationships. They specialize in circling pressure points and uncovering roots of unforgiveness.

[A] **Mental** solutions: A psychiatrist can be helpful if you sense mental instability. Depression can have multiple causes with a variety of solutions, such as exercise and sunlight. Personality disorders can be treated with medication or herbs while the patient is receiving Christian therapy to recover from past trauma and abuse.

[C] **Behavioral** solutions: Sometimes you might need a boost in order to make healthy choices. A life coach can help you to see all of your different possibilities and hold you accountable for the one you choose. Behavioral problems in children can be caused by hyperactivity and distractibility. Adults can also suffer harmful effects from an inability to organize their thinking. This may be caused by artificial ingredients in food. A behavior **chart** will help you to hold your child accountable for impulsive choices.

[E] **Physical** solutions: People in pain need herbs or medication. Someone suffering from chronic pain or addiction must be willing to get help. Detox, exercise and eating pure foods are the first steps. Support from church family is essential.

To summarize, **your mind is your control center**. Its job is to keep you happy and healthy. Imagine your hand gripping a round stone with the fingernail of your middle finger facing you at the top of the stone. Your five fingernails look like five smooth stones that you can use to protect your spirit, emotions, mind, will and body. **Train** your **kids** and your **brain** to use these:

[G] When you're **tempted**, The Security Strategy (page 14) to **break free from bondage**.

[R] When you're **overwhelmed**, The Intimacy Strategy (page 21) to **level your emotions**.

[A] When you're **confused**, The Purpose Strategy (page 4) to **set your mind at rest**.

[C] When you're **exhausted**, The Identity Strategy (page 27) to **do a spiritual reset**.

[E] When you're **weak**, The Mastery Strategy (page 33) to **enjoy living your life**.

Like a fist, your mind can only grip **one of these stones at a time**. The strategy-stone you choose must be accurately launched in order to take down the giant in your promised land. David practiced with his slingshot and gained experience with dangerous animals before scaling up to fight the Philistines.

To accurately launch a worship strategy, place it in the sling of your **mental conversation** with God. The Holy Spirit is your phone; choose God as your contact and reach out to him in prayer. Sometimes it's easiest to speak out loud on your prayer phone. Other times, you might want to text with him in a prayer journal.

Imagine that God answers his phone with a warm, "Hi, how are you?" Tell him exactly how you are doing. Then, be still and notice what comes into your mind. Any idea moving through your thoughts could be a clue that God is swinging a slingshot. This could be an image, song, scripture, dream or idea. Use this clue to **search** in the Bible.

Designing a beautiful life for yourself and your family will require that you master the art of worship. Remember to keep your thought pathway flowing from your spirit through your soul to your body. (When the body is in charge, it likes to sit in front of a screen with junk food, ignoring the spirit. When the soul is in charge, it tends toward workaholicism. The body and the soul both need leadership from the Holy Spirit.)

How to Use Your Prayer Phone:

1. Let God know that you're thinking about him. Activate your prayer phone by saying hello to God out loud, or writing "Hi God" in a prayer journal (or on paper). Imagine that God grins and asks, "Hi! How are you?" Speak to him out loud or write out how you're feeling. It's good to be self-aware. Be totally honest. You can tell him everything you're going through because he understands you perfectly.
2. When you're ready to pause, let God answer you. He speaks silently. Say or write the words or images that are in your mind, even if you don't know their meaning. Once you've got something, ask God for a verse about it. You may have an idea or symbol to look up in the Bible. (Enter it [here](#).) You may have a song in your head. You might have an issue to discuss with him. (If so, get verses at [GotQuestions.org](#).)
3. Imagine that Father God is sitting with you in a special place. Now, listen to him speak to you in your imagination. Don't try to figure out how to make him speak, just let the words come. Soak them up. When you're ready, open the [Bible](#). He may lead you to one of your verses from step 3 above, or to another place in your Bible. If you're not sure where to start reading, you can open up to a random place (maybe [Romans 8](#)) and read until you understand what's going on in that section.
4. When you've collected and responded to a few scripture seeds, check yourself to see how you're doing. You may feel ready to move on to the next thing in your day with God. If you still feel tension, ask God where it's coming from. **Spiritual tension** feels like something is happening that you don't feel completely right about. **Emotional tension** feels like a nagging (or overwhelming) anxiety, sadness or anger. **Mental tension** feels like you're confused or can't decide about something. **Behavioral tension** feels like something has happened that's keeping you from feeling at peace. **Physical tension** feels like discomfort, hunger or thirst in your body. Talk to God out loud or write down what might be causing this tension.

5. Listen to what he wants and then write it down. You can use the next page to help you unlock God's desires in the Bible. Let his desire be your desire for yourself and those he leads you to pray for. Stay in prayer until you are at rest without tension.

How to Pray for God's Desires in Your Life:

1. Ask God to lead you. Open to whatever part of the Bible you like. Read it.
2. Mark the words and verses that pop out to you. You can write in your Bible.
3. Ask God what he wants to show you directly through these words. Journal it.
4. Place the words into a historical context using the list on the next page.
5. Figure out if these words are story, **poetry**, **prophecy**, or **communication**.
6. Ask God, "What is the purpose of these words in this context?" Journal this.
7. Ask God, "What does this say to me about who you really are?" Journal this.
8. Look for similarities between your life and the action happening in the text.
9. Ask God, "Do you want for me what you wanted for these characters?"
10. Use his answer to pray for yourself and others.

Study tools are available for free at [Studylight.org](https://www.studylight.org):

In order to **find a verse you remember**, use a concordance. At Studylight, use "**General Search**" with your Bible version. Or, just Google any phrase you remember.

In order to find out what the Bible says **about a topic**, use a topical Bible (or [click here](#)). Nave's search bar (in right sidebar): <https://www.studylight.org/concordances/ntb.html>

In order to understand the **meaning of a word**, use a Bible dictionary.

Easton's search bar (in right sidebar): <https://www.studylight.org/dictionaries/ebd.html>

In order to understand the **meaning of a passage**, use a commentary.

Henry's navigator: <https://www.studylight.org/commentaries/mhm.html>

Remember that study tools are sometimes wrong, but the Bible is never wrong.

The Twenty Contexts of His Story

Find your chosen book here and then connect the number in parentheses to the list:

(story, **poetry**, **prophecy**, or **communication**): Gen (1-5), Ex-Deut (5-6), Jos-1 Sam (7-8), 2 Sam-2 Chron (8-9), Ezra-Est (10), **Job** (4), **Psa-Song** (8), *Isa-Dan* (8-9), *Hos-Zeph* (8), *Hag-Mal* (10-11), Mat-Joh (11-13), Acts (14-15), *Rom-Phi* (15), *Heb-Rev* (16-20) -from *Ham's 7 Cs*

1. **Creation**, in Genesis 1 - 2, humanity is **innocent** from sin.
2. **Corruption**, in Genesis 3:1 - 6:8, humanity **becomes sinful**.
3. **Catastrophe**, in Genesis 6:9 - 10:32, humanity is **purged** from sin.
4. **Confusion**, in Genesis 11 & **Job**, humanity is **judged** for sin.

5. **Covenant**, Gen. 12 - Exodus 19, God **creates a Hebrew culture**.
6. **Commandments**, Exodus 20 - Deut. 34, God **teaches** his culture.
7. **Courts**, Joshua 1 - 1 Samuel 8, God **trains** his culture.
8. **Crown**, 1 Samuel 9:1 - 2 Kings 17:5, God **establishes** his culture.
(also 1 Chron. 1 - 2 Chron. 28, **Psalms 1-Isaiah 35**, *Hosea-Zephaniah*)

9. **Captivity**, 2 Kin. 17:6-25:30, 2 Chr. 29-36, God **disciplines** his culture.
(also *Isaiah 36-66* and *Jeremiah-Daniel*)
10. **Comeback**, Ezra-Esther, *Haggai-Mal. 4:4*, God **restores** his culture.
11. **Calm**, *Malachi 4:5* - Matthew 1:15, God **cleanses** his culture.
(also Mark 1:1-8, Luke 1:1-25 and John 1:1-28)
12. **Christ**, Matthew 1:16-25:46, God **coaches** his culture.
(also Mark 1:9-13:37, Luke 1:26-21:38 and John 1:29-9:36)

13. **Cross**, Matthew 26:1-28:20, God **saves** his people from sin.
(also Mark 13:38- 16:20, Luke 22:1 - 24:53, John 9:37-21:25)
14. **Community**, Acts 1:1 - 9:14, God **continues calling** his culture.
15. **Commission**, Acts 9:15 - *Philemon 25*, God **perfects** his people.
16. **Collection**, *Hebrews 1* - *Revelation 3*, God **preserves** his culture.

17. **Coalition**, [Revelation 4 - 18](#), God **punishes** the evil on earth.
18. **Consummation**, [Revelation 19](#), God **destroys** the evil on earth.
19. **Chiliasm**, [Rev 20](#), God **rules** the earth and ends evil.
20. **Change**, [Revelation 21 - 22](#), God makes earth and heaven **new**.

How to Know What God is Saying

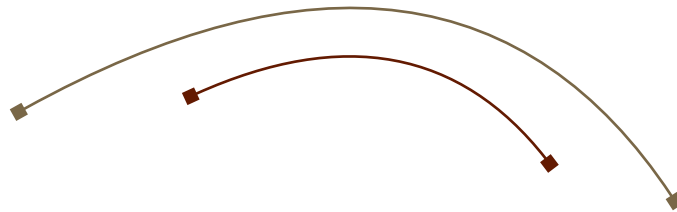
God designed our relationship with him to be like a treasure hunt. More than anything else in our lives, he wants us to be thrilled with getting to know him. The author of his story (history) wants his love relationship with us to be more exciting than any other drama that exists. So, he adds intrigue: everything that happens between God and us is in another dimension. We can't see him, hear him or feel him with our five senses. Yet, we'd give our lives for this relationship. Why?

Ever since he created humanity in the garden of Eden, God tantalizes us with something called glory. Only his private group of born-again followers can recognize what his glory feels like. His book (the Bible) reveals concepts that are impossible to understand unless we die and are reborn. But this death is in his other dimension, too.

So, if our deepest pains and pleasures come through this mysterious communication with an unseen author, what's the key to this secret communication with God? How does he thrill us with these "words" (rhema Bible verses) that are to die for?

1. **Resonation.** As we get to know what true spiritual satisfaction feels like, we can tell if a concept runs through our mind the right way. When an idea in scripture answers our desire for truth and rightness, it could be a personal message to us.
2. **Repetition.** God allowed a competitor into our love story. Satan's number-one strategy is deception. To help us filter God's ideas out from the lies in our mind, God may make a certain verse or symbol show up "coincidentally" in our life, sometimes several times. This is to show us that he's highly involved in everything that happens.
3. **Resolution.** God enjoys solving our problems. This increases our affection for him. When the right idea solves our problems, we take notice.

4. **Re-evaluation.** The ideas that he shares with us are meant to be treasured (enjoyed). If we stop treasuring the relationship with him and start treasuring these ideas by ourselves, deception creeps in. But, if we evaluate these ideas with him, in light of the whole Biblical story, we can be confident that God has sent us a message.



Security When You're Spiritually Tempted

As God's children, we are sometimes insecure. We grow and change. Like Adam and Eve, we crave God's glory. Like them, we are tempted to fill this desire in other ways.

Here's what we can learn from their story: God has only one way for us to fill our desire for him. That's knowing him. This relationship with him matters more than any other desire that we feel. If we operate outside of his love, we end up outside of our territory.

The key to beating temptation is to know that your deepest desire is to experience God's love. When you notice that you're being tempted toward wrongness, you can remind yourself that God's love is better than whatever you're craving.

Then, you have to actually experience that love. If not, you'll just follow your craving. (Or, you'll remind yourself that following your craving is dangerous, and you'll live without God's love, always fighting that unfulfilled craving.)

How do you get God's love when you're craving something else?

You ask him for his love. Then, you feel it. (Remember when he saved you?)

It doesn't have to feel a certain way. Just let it sink in. Other cravings fade away.

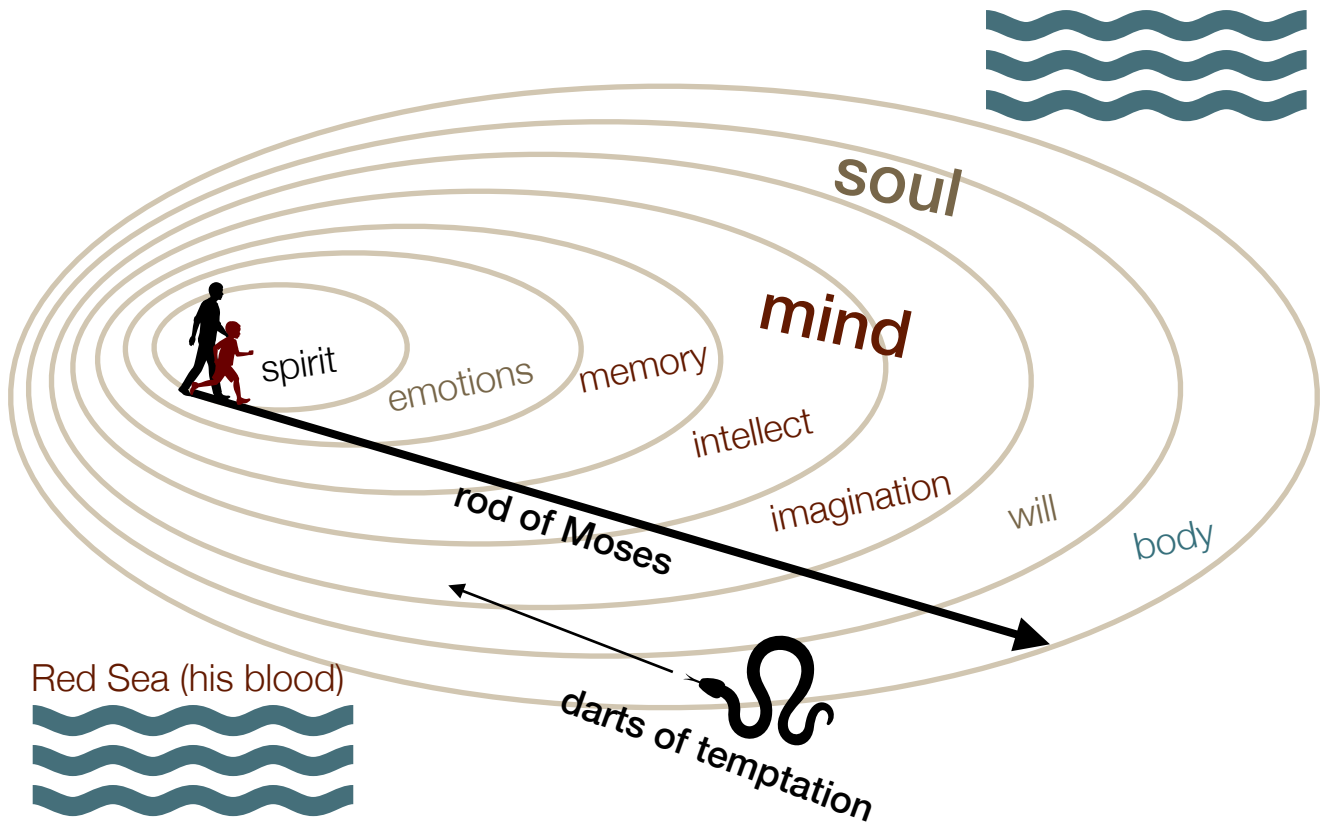
Try this yourself. Think about something you really crave. Now, realize that God knows you crave it. He's either going to take away the craving or fill it his way. Why? Because he loves you! In this moment, you are with him and that other desire doesn't matter.

The next two pages show you how to handle these cravings when they keep coming back. The key is to get used to asking God for his love and then taking it.

The diagram on the next page shows how the darts of temptation flow from the bodily, physical realm that we can see, hear, touch, smell and taste. Our **will** allows our **mind** to **imagine** fulfilling that temptation. Then, we **remember** what it feels like **emotionally**. This leads to **spiritual** bondage (fulfilling the craving, or resisting it with self-rightness).

Or, it can trigger us to ask God for **spiritual** freedom.

The Security Diagram



(**Note:** The “soul” bracket includes emotions, mind and will. “Mind” is a bracket, too.)

Description: Like the Hebrew slaves crossed the Red Sea to freedom, we were saved by the “washing of regeneration” in Christ’s blood. Where the Lord lives in the spirit, there is liberty to control our own body (flesh) and soul (emotions, mind and will). God’s love flows the opposite direction of Satan’s temptation in our lives.

Biblical References: the example of the Hebrew slaves for us- 1 Co 10:1-15

- washing of regeneration- Tit 3:5
- spiritual liberty- 2 Cor 3:17
- spirit, soul & body- 1 Thes 5:23
- rod & parting of the sea- Ex 14:16, 21
- snake turns into a rod- Ex 4:3-4
- darts of Satan- Eph 6:16

The Security Strategy: Breaking the Bondage

We can use The Security Strategy to break through the devil's influence when a bad **feeling, thought** or **choice** comes along to tempt us. First, we notice that this desire is threatening to steal our freedom. Instead of giving in, we can open our heart to Christ who is living in us. His spiritual energy of love will now begin flowing from our spirit through our soul and into our physical actions. This is how we can make the mature choice when a mistake threatens our worship. (See an overview in the bolds below.)

1. The moment you were saved, the spirit of Jesus moved into your spirit and lives there because his Ghost was “shed on [you] abundantly” (once and for all, Tit 3:6).
2. Oh no! Your soul **is influenced (tempted)** with either [1] a sin, or [2] a desire to do the right thing in order to be better than other people (*I'm-rightness*).
3. Now, **you notice** that you are being influenced in your feelings, mind and will to sin.
4. Your intellect (the part of you that controls your thoughts) **asks Jesus Christ** to use his rod (his love for you) to split the situation and make a way for you to escape it.
5. Instantly, you are spiritually energized to **move away** from the temptation (enemy).
6. (See “The Security Diagram” on page 15.) Power flows from your **spirit** into your **emotions**. Your **memory** recognizes this feeling of power and prompts your **intellect** to **imagine** yourself using it. Your **will** connects this power to your **body**. You're now free to do the right thing for the right reason.
7. **You realize** that you just defeated an overwhelming temptation with God's power! You admire this new freedom. You tell God he's amazing. You ask him to help you out of this temptation again, whenever it happens next.

The 30 Battlegrounds

10 Areas of Weak Character:

Selfishness: Not giving my time, money and talents as God leads me to. (Eph 4:28)

Distraction: Not using a plan for wise time and money management. (Prov 12:24)

Disrespect: Not honoring others, whether I am respected or disrespected. (1 Cor 13:4-5)

Complaining: Not speaking positively, even when the atmosphere is negative.
(Php 2:14)

Provocation: Taunting or avoiding others instead of resolving conflict responsibly.
(Prov 18:6)

Hurtfulness: Being hurtful with my words or actions instead of serving others. (This includes speaking about myself with put-downs, neglect of my physical or spiritual nutrition, addictive behavior, talking down to my family and neglecting my children's nutrition.) (Psa 37:8)

Lying: Not giving others an accurate picture of the truth. (Prov 12:22)

Rebellion: Choosing not to do the right thing at the right time. (Col 3:25)

Foolishness: Letting yourself or others stumble when it would be wise to intervene.
(Prov 1:7)

Messiness: Not taking good care of your personal space. (2 Cor 13:11)

Other:

10 Areas of Religious Hypocrisy:

Pride: Looking down on a person or group of people, even if only in your thoughts. (2 Tim 3:2-4)

Hypocrisy: Pointing out someone else's weakness while ignoring the same weakness in yourself. (Luk 6:42)

Neglect: Wanting to do the right thing, but neglecting to do it. (This includes procrastination and self-care, including reasonable health care.) (Jam 4:17)

Prayerlessness: Avoiding your mental dialog with God, especially when you notice that your thoughts are quenching his voice because you're anxious (or angry) and not thankful. (1 Thes 5:17-19)

Control: Trying to control or manipulate people (or God) for your benefit, but not theirs. (For example: "We're not visiting your mother again until you do more work around here." (Rom 16:18)

Error: Refusing to trust the Scriptural, Holy-Spirit-revealed truth as the basis for my thoughts, words and actions. (1 Tim 3:16-17)

People-Pleasing: Making a wrong decision or taking the wrong side, in order to avoid offending an individual or social group. (Mat 23:28)

Guilt-Tripping: Withholding unconditional love or trying to motivate others through guilt or obligation. (For example: "Sally, be a good girl now. Put your toys away." She should be motivated to do good work out of feeling loved and wanting to return that love, not to "be good.") (Mat 23:4)

Heaviness: Having a negative outlook even though God wants me to rejoice and give him thanks in everything. (For example, "Really? Another mess for me to clean up?") (1 Thes 5:18)

False Teaching: Using a leadership platform of any kind (including parenting) to spread or promote wrong teaching. (For example, allowing your child to believe in Santa Claus.) (Rom 16:17)

10 Areas of Moral Compromise: (Based on the Ten Commandments)

False Religion: Being involved in false religions, including occultism (astrology, fortune telling, witchcraft, wizardry, communicating with spirits or ghosts, channeling, etc.), New Age (yoga, karma, hypnotism, dreamcatchers, nature worship, etc.), atheism (evolution, relativism, existential philosophy, agnosticism, etc.), Freemasonry, Mormonism, Scientology, Jehovah's Witnesses, paganism, Islam, Buddhism, Hinduism, etc. This includes watching videos, listening to music or reading materials that present these things as morally neutral or favorable (except for research purposes). (2 Cor 11:14-15)

Idolatry: Treating visible symbols as holy or lucky (saints, statues, crucifixes, rabbit's foot, fortune cookies, Buddhas, etc.). (Gal 5:20)

Profanity: Thinking or speaking the words "God, OMG, Lord, Word, holy, Jesus or Christ" without an attitude of reverence. Misusing the words, "damn" and "hell," or appearing to misuse those words by saying "darn" or "heck." (Ex 20:7, 1 Thes 5:22)

Conditional Christianity: Trying to earn or keep salvation from hell by doing something besides receiving and resting in what Jesus has done for you. (Col 2:16-17 addresses sabbath keeping.) (Heb 4:3/Eph 2:8-9, Col 2:16-17)

Dishonor of Parents: Honoring the companionship, obligations and requests of parents of any age, whether or not the Holy Spirit wants you to comply with them. (Ex 20:12)

Violence: Letting yourself think about wanting to harm yourself or others. This includes swearing (especially with forms of the "f" word), joking about killing or hurting someone, and viewing violence for pleasure (whether live or on a screen). This also includes using forms of birth control which carry a risk of abortion. (Some forms, like the diaphragm, are safe for fertilized eggs.) Sometimes harm is not wrong when it is done in justice to create peace. This includes spanking your children (with a calm, loving attitude), and police or military activity. (Mt 5:21-22)

Unfaithfulness: Allowing yourself to think thoughts of being romantically attracted to (or of romantically attracting) anyone with whom you are not ready to pursue marriage (or are married to). Allowing misplaced romantic attitudes or behaviors (including fornication and LGBTQ agenda) into your home through television. Dressing immodestly or allowing your children to dress immodestly. (Mt 5:27-28)

Stealing: Taking something without permission, except when you know the owner would normally allow you to borrow it. This includes digital information. (Eph 4:28)

Gossip: Allowing people to think badly of someone based on your words or actions (or lack of words or actions. Check with the Holy Spirit to know if it's right to speak or to be silent.) (Eph 4:29)

Jealousy: Wishing you had someone else's belongings (except when you are thinking about purchasing one for yourself), or their physical appearance or talents. (Rom 13:9)

Other:

(Additional battlegrounds can be found on the “Put-On” chart. [Click here](#) and then scroll down to view the chart.)

Intimacy When Emotionally Overwhelmed

There are times when we aren't sure if we're being tempted or not. We can't connect with God to find out what he's thinking because of our bad feelings (like frustration or anxiety). The answer is to imagine ourself coming into the arms of Father God anyway.

Here, we remember that God cares about every detail of our life. He knows why we feel this way. But, not even this can stop his perfect destiny for us as Christians. Not the devil, not the past, not the future or even our sin or confusion can cut us off from God.

Have you ever stopped to think that your normal frame of mind usually filters out the fantastic thoughts that God is constantly thinking about you? Here's what God's thinking right now. Everything is going perfectly according to his plan for you to end up in a rich mansion in the perfect society with fun stuff to do all the time. That's heaven.

There is never a moment when you can't stop and let this sink in. God will eventually get rid of everything bad, 100% guaranteed. Everything good that we do is his miracle.

Ironically, we must know that everything is already taken care of so that we can relax enough to make right choices. Look on the next page to see the four ways to handle the devil's lies. These are your thoughts that God won't right whatever's wrong in your life.

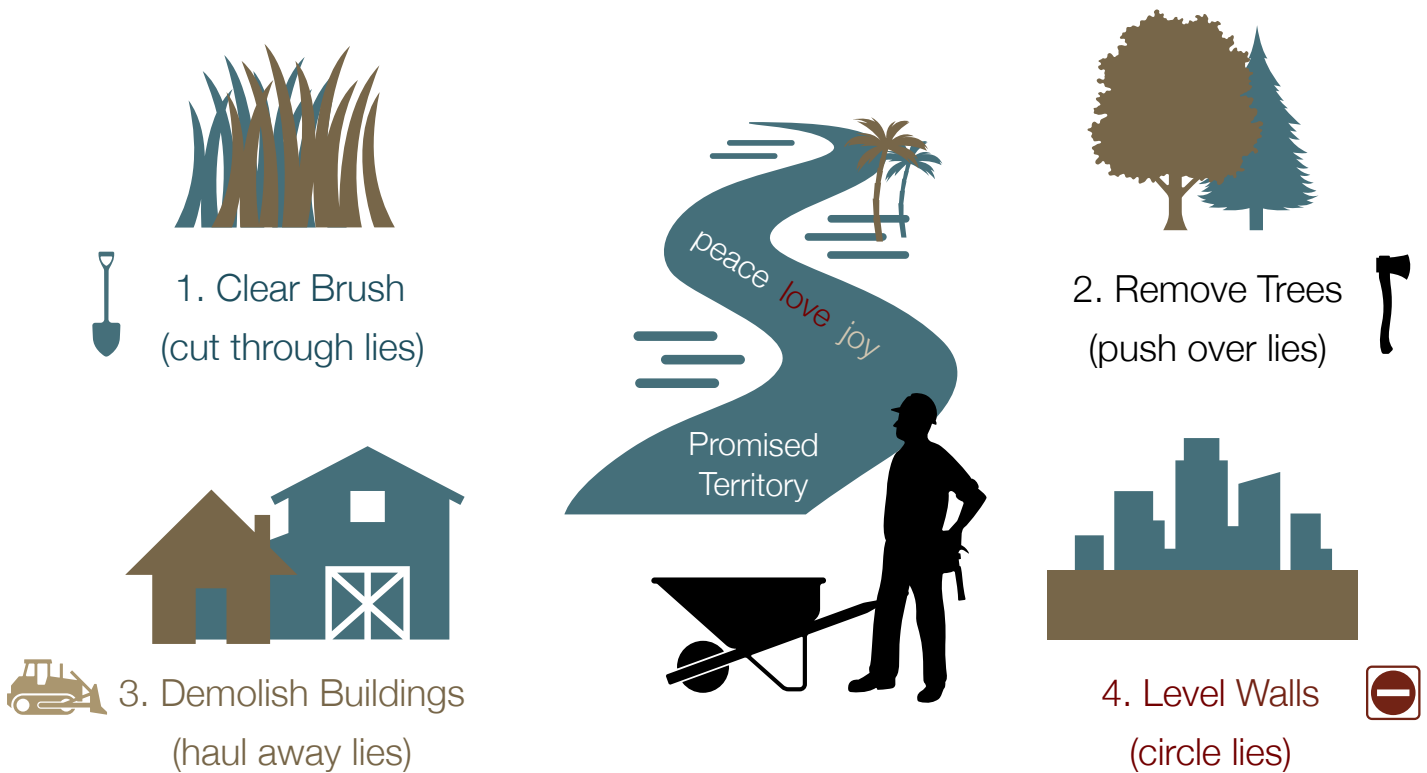
At level 1, there's a weed in your garden (mind). Let Father God dig up the bad feelings that are blocking out his point of view. Let his thoughts root you in his acceptance.

At level 2, there's a deeply-rooted set of lies that you can't just dig up. Read over the scripture verses that he's been using to speak to your heart. Let him expose and remove the fruitless lies that you believe so that worship can flow in your heart again.

At level 3, there are structured misconceptions that were built into your mind by your teachers, your parents, songs, movies, etc. God will tear these down piece by piece.

At level 4, you have been taught to defend your deception with a structured wall of belief. Your culture, denomination, family and friends keep these lies strong. Instead of trying to attack this Jericho wall, let God take you step by step until it crumbles down.

The Intimacy Diagram



Description: Like the Israelites circled Jericho, we can identify the enemy's strongholds in our lives and circle each weak area in prayer. With God's Word, we cut through, push over and haul away the deception from our souls. This clears our emotional territory for occupying our personal promised land of peace, love and joy.

Biblical References: the walls of Jericho fall- Josh 6:14, 15, 20, Heb 11:30

- clearing the branches- Jn 15:2-3
- fruit of love, joy, peace- Gal 5:22
- fruitless tree destroyed- Mat 21:21
- demolish strongholds- 2 Cor 10:4

The Intimacy Strategy: Entering the Land

We can use The Intimacy Strategy to enter God's promised peace, love and joy whenever our worship hits an emotional wall. If you're not feeling connected to God's love when you worship, use one of the following tactics (either alone or with a mentor).

1. **Clear the weeds and brush** by anchoring your emotions in God's caring emotions. Think of the moments in your life when you felt totally content and at peace in him. Ask him to remind you right now that he will turn all of your problems into pure goodness. Use The Security Strategy (page 11) to resist negative thoughts.
2. **Remove fruitless trees** that keep draining your love, joy and peace. Notice the problems (from page 14) that keep blocking your path. Write a letter to God in your journal about the biggest one. Then, let God use the underlined words in your Bible to cut, like a saw, through the devil's half-truths. This will expose the core lie. Let God's truth knock it over, then clear it away by resisting it every time it pops up.
3. **Demolish buildings and strongholds** by noticing any rotten structures of belief that don't fit God's viewpoint. (Examples: atheism, porn, the occult, poverty, etc.) The core beliefs that hold these up are like fruitless trees. Use #2, above, to remove them. Then, let God remove the **walls** (fear of rejection), **doors** (social pressure to go along with the lies) and **rubble** (the leftover skeletons in your closet, like bad music, magazines, books or relationships.) Ask a trusted mentor for help if needed.
4. **Level defensive walls** by forgiving yourself and others. Whenever you feel exposed or vulnerable to being hurt, circle gently around this pressure point by facing the excuses (the smaller lies that hide the core lie). Ask the Lord to give you directions for healing, then watch these walls crumble. (A trained counselor may be needed.)

Notes:

Core lies are the main lies at the center of an emotional wound. (Like, “I’m no good.”) These often come from childhood, when an adult failed to show us God’s love. Abuse and neglect can cloud a child’s perception of God. (S)he feels, deep down inside, that God is angry, hurtful or neglectful. By paying attention to these deceptive feelings, we can let God remind us of the situation when these lies were planted. Whether or not this person realized what they were doing to us, we can admit that [1] what they did was wrong and [2] it hurt us. But, God was never emotionally distant, resentful, rageful, abusive or neglectful. Instead, he wanted us to feel his good parenting. Knowing this, we can forgive that person and go to God, our true Father, for the love that we missed.

In order to forgive someone, we must admit that they were wrong and that it hurt. God doesn’t want people to hurt us, but he can work all of our pain out for our good. We must let him protect us from being hurt again. That means we have to let go of the pain and learn from it. The person who hurt us needs to earn back our trust in small ways before we can trust them in larger areas. Talk to God, the judge, and ask him to forgive the person. Ask him to give you his eyes to love the person that he has created. If the hurt is ongoing, the Holy Spirit may lead you to talk to the person and let them know that what they’re doing is hurtful to you. If they are in your church, Matthew 18:15-17 will show you how to take care of problems with other believers in Christ. If you’re in a family situation under emotional abuse, pray and seek God’s counsel privately from Christian counselors. Any time there is physical or sexual abuse happening, go to the police. (Disclaimer: We are not mental health professionals. Seek appropriate care.)

If you have trouble forgiving someone, remember that God forgave each of us personally for everything wrong in our past, present and future. The torture that he experienced on the cross paid the spiritual debt for the wrongs of every Christian. You may have to choose to forgive someone for one hurt in many different prayer times before your emotions are ready to release built-up anger. Bitter anger can cripple our

emotions if we don't keep choosing forgiveness. We must let God's crucifixion pay for all other people's sins against us. (See Matthew 18:21-35.)

If you're a parent, please realize that your children will naturally feel about God the way that they feel toward you. He put you in their lives knowing that you would be an imperfect picture of his love. When you notice yourself repeating your parents' mistakes, he can help you to pause and deeply forgive your parents for what they did wrong. God created parenthood to give you a peek inside his heart. It flows with unconditional joy over you during each moment of your life. Be free to show great joy and tenderness to your children, celebrating them for who they are and launching them into their unique destinies. When they make mistakes or rebel against you, it's not right to use shame or manipulation to correct them. This will veil their true identity and their freedom from wrongness. Instead, firmly enforce reasonable consequences.

"The rod and reproof give wisdom: But a child left to himself bringeth his mother to shame."

-Proverbs 29:15

Charting your children's consequences will help you to stay firm with a good attitude when you feel frustrated by bad behavior. It's your job to stay positive and encouraging when they show weakness, fear and even anger. You can show your child how to listen to the Holy Spirit through scripture verses about their problems. This will help them to develop healthy emotional patterns. Help them to use their anger to notice and solve their problems. After times of grief and tears, bring your child back to a smile before leaving their presence. They should think of God as smiling and joyful.

If you're a child or young person, please realize that your parents are God's creation just like you are. They try their best to take care of you as well as they know how, but God is your only true, forever Father. He never makes mistakes in loving you. When your parents fail to love you the way that you need to be loved, find that special place where you can go to talk to God. Go there and pour out your heart to him. He always cares much more than anyone else about how you're doing. He wants you to feel his

real love more than anything. Use the five strategies in this handbook to connect with him. God will show you a safe way to tell the adults how you feel.

The Roots of Our Emotions

Here are some common root causes of our

negative emotions:

Anger: I happen was hurt and I'm afraid it will again. Justice must be served.

Rage: Justice was never served and I believe the problem will continue.

Hatred: I have an unsolved problem with another person who hurt me.

Fear/Anxiety: Something bad could happen if I don't fix my problem.

Grief/Sadness: Something bad happened to me. I need to take some time to heal.

Depression: Bad things keep happening to me and I can't take the time to heal.

Laziness: I am not motivated to accomplish the goals that will improve my life.

Impatience: I am afraid that I will run out of time to meet my goals.

Greed/Selfishness: I don't have enough, so I can't share what I have with others.

Jealousy: What that person has is better than what I have.

The art of worshipping means asking God to make right whatever's wrong when you notice these feelings. **The whole point of faith and trust is believing that [1] God wants total good for you, and [2] he will work everything out for you alongside of you.**

Without this shield against Satan's lies, true worship is almost impossible. The Bible

exists to show us that we can trust God with all of the wrongness, everywhere. Whether or not the Holy Spirit shows you how to solve your problem right away, he can take your bad feelings on his cross and return your love, joy and peace. That's why Jesus called him the Comforter (John 14:26-27).

Identity When You're Hurt or Exhausted

John the Baptizer realized that the people in his local area needed to do a spiritual reset. He invited people to take off the blindfold and just be real with God.

The Pharisees weren't happy. It just wasn't their style to depend on God's Spirit in their ministry. It was easier for them to control their own ministry than to stop and ask God what he thought about it. Sadly, this was also keeping their followers from going to God for his thoughts. John brought these people hope, in the form of revival.

There will be times when you'll fall into this trap, too. You may be in survival mode when you could be in revival mode. You might be exhausted from trying to fix things for other people. You could be distracted by what God's doing in other people's lives. You'll lose your focus and wonder why you're not in the same season as someone else.

The Bible calls Satan "the accuser of the brethren." He influences us with tiny little accusing thoughts every day, which make us feel like we're not pleasing God.

When John baptized Jesus, the Father's voice said that he was very pleased with Jesus. When we hear God's voice assuring us that he's very pleased with us, too, we come out of survival mode. As he told John the Baptist, we let Jesus tell us: "You need to be baptized? Here, let me do it for you to show you that I'm your rightness."

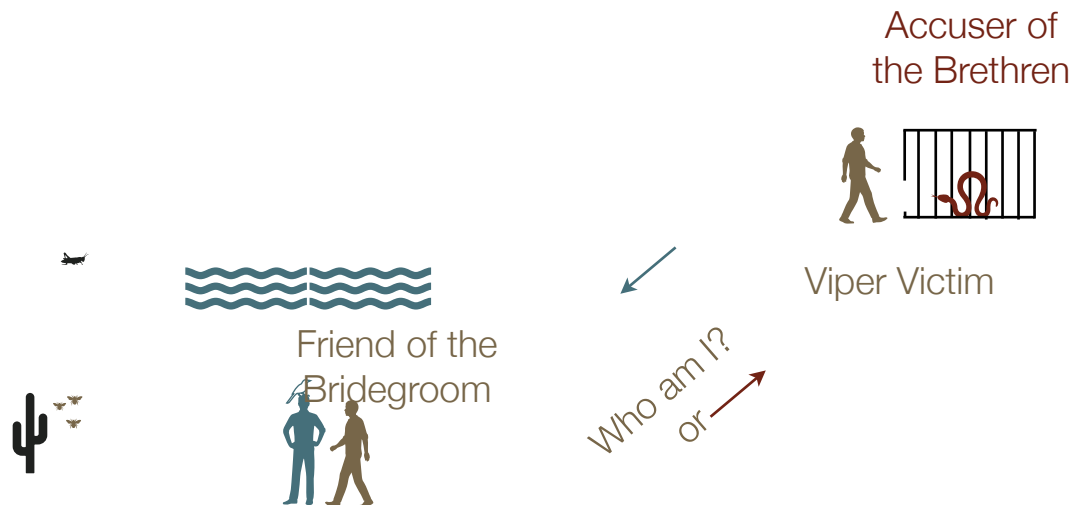
We know that he's the holy one. But, he says that it's us. So, we exchange identities.

When Jesus was hurt, he forgave. That's who he was. That's who we are, now. When we hurt others, we ask for forgiveness. This has become who we are because of who he is.

The next five pages will give you instructions for re-setting your identity whenever you feel pressure to strive for God's approval. He wants you to become aware of the moments when you're holding back love.

He wants you to start realizing when you're missing his gifts because you're trying so hard to get things right. That's not the kind of leadership that he's forming inside you. When he looks at you, he sees a relaxed, joyful example of his bride, resting in his love.

The Identity Diagram



Description: When we operate in survival mode, we're trying to fix our own insecurity with a false identity. We must remember that our real identity is not a victim of the accuser, but a forgiven friend of Jesus. In this wounded or sinful place, we let him immerse us with the flowing love of the Holy Spirit. We arise from this love perfect because of his resurrection. Knowing this, we have the confidence to refuse bitter lies and live peacefully with those around us.

Biblical References: Being righteous agents of reconciliation- 2 Cor 5:17-21

- the Pharisee vipers- Mat 3:1-12
- the baptism of Jesus- Mat 3:13-17
- friend of bridegroom- John 3:29
- bride of Christ/snake- 2 Cor 11:2-3
- biting/dual identities- Gal 5:14-18
- accuser of the brethren- Rev 1:9-11
- refusing bitterness- Eph 4:31, 32
- wise as serpent/dove- Mat 10:16

The Identity Strategy: Avoiding Invisible Traps

When we lose God's perspective, we can fall into trying to design our own rightness. Our drive to have money to exist can cause us to slip into survival mode, where God's gifts in the present moment are overlooked as we focus on getting through the day. We can use The Identity Strategy to take off our blindfold and see how our trapped behavior is affecting those around us.

1. If you're not experiencing the present moment as a gift from God (a gift that could be a challenge as well), it's time to **stop all activity** for a minute and be still. (If you need privacy, go into the restroom to gather your thoughts.)
2. Take an **identity check**: are you operating in your royal identity as a child of the king? Are you forgiving others and receiving people's forgiveness? Are you calling on God when you're tempted to act critically toward others? Is your work about serving people, and then receiving financial provision as a result of helping them?
3. Take an **attitude check**: does your work feel like a privilege from God, or a burden of having to do what he expects you to do? Are you asking him for a gift in each moment of your day in order to enjoy it to the fullest? Does God's pruning feel like an intimate privilege that accompanies your spiritual growth?
4. Take an **activity check**: are your actions coming out of overflowing love, joy and peace? Is your prayer life fresh, even if you're in a wintertime withdrawal from fruitless activity? Are you tired of empty obligations and ready to prune away any activities that sap your energy?
5. **Discuss these results with God.** What gift is he offering you in this moment, as his friend and beloved child? His rightness is a great exchange for your survival mode. Scan your soul for any lingering venom of Satan's accusations that were aimed at your identity. Re-set your operating mode from "desperately surviving" to "the one with whom God is very pleased." Ask God for the strength of will to repeat this re-set whenever you realize that you need it (even if it's many times a day).

Forgiving When You're Wounded

When you've been bitten by someone's selfish words or actions, you can respond as one loved by God. This will neutralize the venom of Satan's accusations in your heart.

1. Realize that you've been bitten by someone with a *you're-wrong-and-I'm-right* attitude. In a loving way, **go out** of the presence of this person.
2. Remember that your identity, if you've been born again, is an adopted child of the Father and a best friend of Jesus. All of your sin is permanently removed. Ask God for the grace to be still and **rest** in his love for a moment.
3. **Elevate your love** for God and people above the pain of the snakebite. Remember that we forgive others because God forgave all of our wrongness. Bring this wrong to the cross and let the pain of Jesus pay for it. Realize that God desires this person to be a part of his bride. Your job is to show them the unconditional love that he has freely given to you. Forgive them.
4. Whenever you remember the sting of their attack, bandage the wound by focusing on your identity as one who truly pleases the Father and the Son (as his bride). Remember that you have forgiven this person and **refuse the bitterness** offered by your enemy, the accuser of the brethren.
5. **Refuse to gossip** about your wound, knowing that backbiting will just return evil for evil. Instead, ask God whether or not he wants you to confront the person who wounded you. If so, God will show you how to let them know that they hurt you. Use the pattern shown in Matthew 18:15-17.
6. Provide this person with **opportunities to rebuild your trust**. Be as wise as a serpent (the devil) but as harmless as a dove (the Holy Spirit). Realize that forgiveness is a realistic, positive attitude toward the relationship- not an offer to trust a viper. Pray for this person to know their identity as God's beloved, and to grow with their local church into the bride of Christ.

Making an Apology When You're Guilty

You can operate from your identity as one loved by God, even when you have wounded someone (either on purpose or by accident). God's love has already cleansed your sin.

1. Realize that you have bitten someone with your words or actions and they may be feeling resentful. **Stop and pray** about what you could have said or done differently. Receive God's forgiveness. Ask him how to tell them what you wish you would have done differently and request their forgiveness.
2. As you **prepare to approach** this person, remember that if you have been born again, you are an adopted child of the Father. Your best friend is Jesus. All of your sin was permanently removed from your record because of his blood payment. Ask God for the wisdom and grace to stay at peace, whether the other person responds to you lovingly or sinfully.
3. Although your sin has been removed from heaven's record by the blood of Christ, God will still show you how to handle its consequences here on earth. Whether or not people forgive you doesn't affect your unconditional right standing before God. You can, however, hurt the person you've wronged even more by not making things right with them. Ask God **what you can offer** to do for them in order to let them rebuild their trust in you. Your reputation and your relationships are very valuable things.
4. **Go make the apology** by telling them that you're sorry you didn't handle the situation in the right way. Tell them what you wish you would have done differently and ask for their forgiveness. Tell them that you want to rebuild their trust. Offer to pay for damages and/or spend time helping them.
5. **Guard your heart** with the shield of faith. If you feel guilt, use your imagination to bring it to Jesus on the cross and turn it over to him. After that, say no to the venom of shame and regret. If the person you have wounded attempts to guilt-trip or shame you, politely refuse this manipulation and then forgive them for it.

What if the Relationship Doesn't Improve?

If you feel like you're giving 100% in an important relationship, and the bad situation isn't improving, ask yourself the following questions:

Have I asked God what he wants to do about it? (See page 36 to use your prayer phone.)

Have I collected Biblical ideas for solving my problem, and read their Bible contexts?

Have I checked with a trusted Christian friend or pastor to confirm these ideas?

Have I hurt anyone by gossiping about the situation, and have I made that right?

Have I done something in this relationship to break trust that I could earn back?

Have I followed the entire process of forgiving and asking for forgiveness (last 2 pages)?

Have I asked God to search my heart for selfish or manipulative motives?

Have I considered whether I might be playing into someone else's mind games?

Have I asked Him whether I need to set healthy boundaries (like going into a separate room when I need to calm down, or someone else needs to calm down)?

Have I talked to God about what he's pruning away from me through this situation?

After doing all of that:

Have I sat down with this person and asked them to listen to my perspective?

Have I really listened to their perspective without thinking about how to defend myself?

Am I praying consistently for both of us to understand each other and make changes?

If so, you're ready to leave that seed in the ground. God will bring change in his season.

Mastery When You're Physically Weak

You were designed to live in a physical body. You were made to have a home, to work, to play and to eat. Your body desires food and shelter. You're vulnerable without them.

Why do you think God created you vulnerable? You could have had fur and claws. You could have had beaver teeth for creating your own shelter. Instead, you have hands.

What you have is worth the cost of not having something else. The hands that God gave you fit your purpose better than claws would. So it is with the events of your life.

God not only designed your body, he designed your life story. He made the earth for you and planned how you would work, play and eat on it. He lined it all up for success.

Even better than that, he set you up in multiple dimensions so that you could live with him in heavenly places while you're walking here on the earth. After your earthly body stops, your heavenly body will keep living. He coaches you through this life to prepare you for your first, face-to-face moment with him in your heavenly body (1 Cor 13:12).

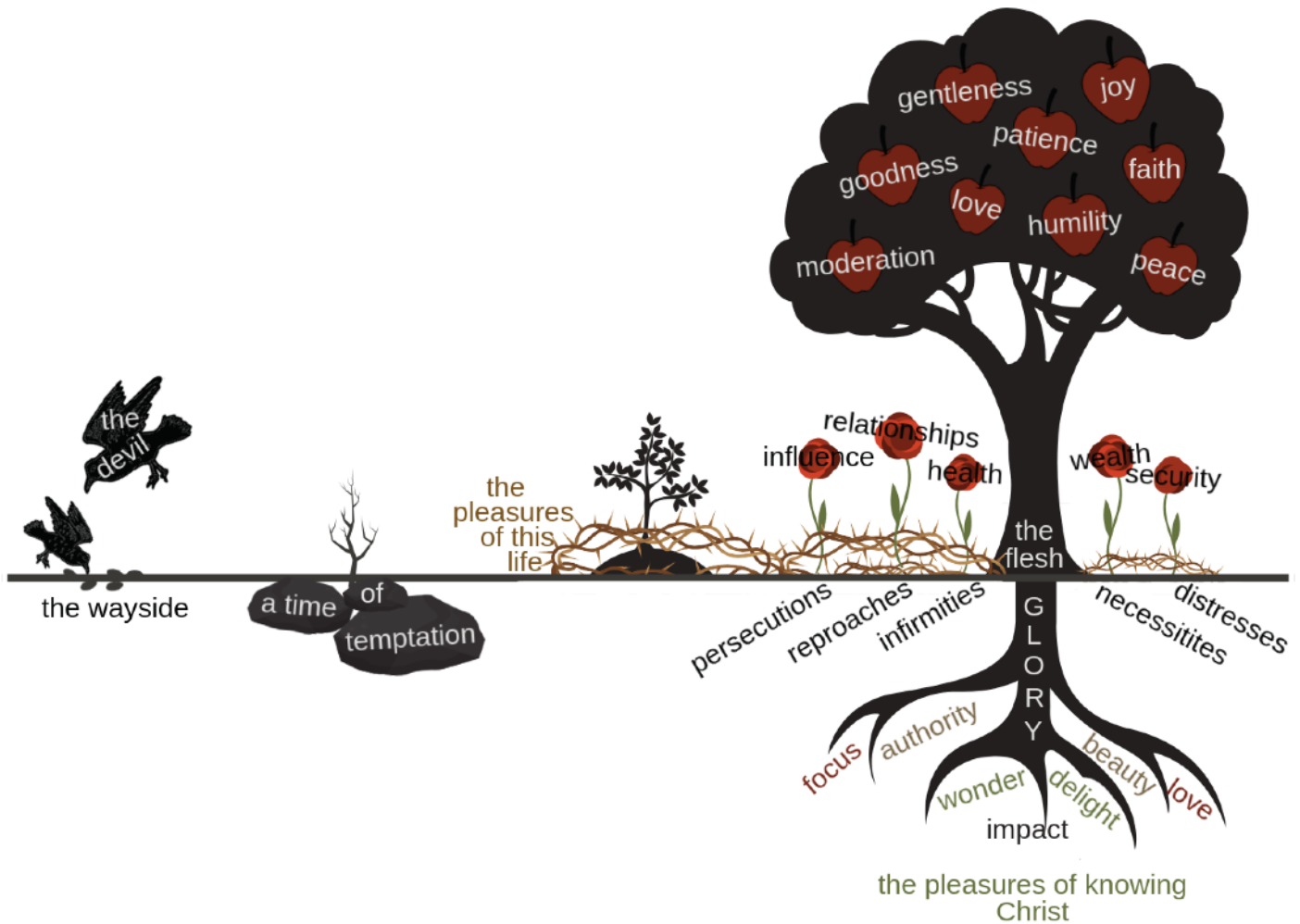
Your heavenly body was born when you received Jesus Christ as your savior from hell. Now, you're a spiritual baby. You're learning to use your spiritual eyes and ears to sense and communicate with your Father God.

You may not see your Father God with your earthly eyes, but your relationship with him is earthly, too. His strategy for your success is happening on earth right now. He has the miraculous power to write the events of reality (including your own wrong choices!) into a story where everything works out fantastically for you in the end. This is "glory."

On the following page, you will see: [1] that glory is the unseen thrusting of your roots into the pleasures of knowing God. He authors your story and coaches you through it. [2] Your body (flesh) is where your love, joy and peace become available to feed the world. [3] The flowers of your life (visible pleasures) are planted in dirty, yucky pain.

God is coaching you to master the skill of pushing your roots through this dirt. You can trust that every pain provides the moisture for a harvest of fruit to come in its season.

The Mastery Diagram



Description: The pleasures in which we glory determine our spiritual fruit.

Biblical References: Paul's thorn and glory- 2 Cor 12:1-11 (See the "f" in "flesh" above.)

- four types of soil- Luk 8:4-15
- fruit of the Spirit- Gal 5:22-25
- pleasures & growth of fruit- Song 2
- rooted in his love- Eph 3:14-21

The Mastery Strategy: Finishing Your Course

The quality of our spiritual fruit is determined by how we seek pleasure. In Luke 8:14, we see that **earthly pleasures** can be thorns that choke out our spiritual fruit. In 2 Cor 12:7-9, **earthly pains** can be thorny messengers that push us deep into God's power. When you are being buffeted (hit) by a messenger of Satan, here's the victory strategy:

1. **Ask** God to take away the enemy's earthly attack, whether it's happening through sickness, bad treatment from others, needs in your life or just plain stress. If the attack keeps happening, keep asking for wisdom to solve your problem.
2. **Listen** to the voice of God. Here's what he told Paul about his thorn: "My grace is [enough] for you, for my strength is made perfect in your weakness." -2 Cor 12:9
3. **Realize** why you keep having to deal with this issue. Because you carry God's great favor, you are being protected from pride by the enemy's direct attack. This is being allowed in order to increase your dependence on God.
4. **Commit** wholeheartedly to following God's detailed plan to make you shine. Take some time to imagine yourself impacting your society with his love.
5. This attack is your opportunity to grow in your relationship with God on a whole new level. God exalted you by showing you his strength. Now he's humbling you by showing you your weakness. Both are needed for his power to fill your life. **Thank** him for preparing you for deeper revelation of himself.
6. **Enjoy** how God is using your weakness to entice you to his power. God plans for you to greatly experience his glory, rooted in wonder, delight, beauty, power, love, focus and impact. (*See roots on the diagram.*) You will never know the sweet delight of his victory in your life until you deeply accept that you can't help it to happen.
7. **Trust** that this experience of your weakness will make his strength feel amazing when it appears. Meanwhile, rest and let him fight for you as you keep talking with him about the situation. Wait and obey his instructions until your victory comes.

The PRISM Routine

Here is a written strategy to drive your roots deep into God's love every day of your life, from now on. This spiritual warfare method creates beautiful, unique worship-art out of all of the pains and pleasures in your life. You can use **The PRISM Routine** for 30-45 minutes when you wake up every morning to defeat your enemy's attacks and exit survival mode.

[P] Begin by spiritually aligning yourself in a posture of worship:
Pause in contentment before the God who knows you and delights in you.
Praise him with psalms, hymns or spiritual songs to bring perspective.

[R] Now, position yourself in God's power for breakthrough:
Read whatever materials God is currently using to transform your life.
Request a key scripture with a strategy for achieving this transformation.

[I] Open your mind to God's detailed directions for getting these results:
Imagine yourself living a blameless lifestyle of Holy Spirit-directed success.
Invite the Holy Spirit to reveal his step-by-step plan for your transformation.

[S] Use the scripts of your personal story to grow fruit in your spiritual garden:
Scripturally counter Satan's secret angles of deception by writing answers.
Speak your written scripts when you are tempted in order to walk forward daily.

[M] Prepare yourself physically to achieve the outcome of your new thinking:
Memorize your key scripture phrases and review them to maintain victory.
Master your battle plan by staying accountable to others regularly.

Notes on the PRISM Routine

Here are some notes regarding the five steps on the previous page:

Step P: If you are not comfortable singing, speak the poetry of the lyrics or draw an illustration. Your goal is to experience God's love through the poetic art.

Step R: Choose any books, audios or videos that are transforming your mind.

Step I: To define spiritual success, think of the focus, authority, delight, beauty, wonder, impact and love that you sense when you encounter God. Knowing Christ brings glory.

Step S: Journal your good and bad secrets. Write your scripts on cards for easy access.

Step M: See Section 5 (below) for free resources for battle planning and accountability.

Although this is not a typical devotional routine, the PRISM Routine covers each type of prayer including **adoration, intercession, contemplation, confession and scripture meditation**. Experiencing how God delights in us enables us to target our wrong thoughts and choices with his strength. This renews our passion for right living. This way we can wake up to a half-hour of prayer every morning, excited to see what God is going to do with us during our day.

For **additional energy**, wake your body with 10 minutes of exercise before your 45 minutes of prayer. Combine your favorite moves (stretching, push-ups, jumping jacks, walking/jogging in place, etc.) while listening to your favorite music or podcast.

Or, for **extra encouragement**, call a friend to pray together during the first 10 minutes of your prayer time every day. Make an agreement beforehand that you will each pray for 5 minutes and then close the call without spending time on chitchat.

Realistically, you may spend most of your PRISM time (maybe 20 minutes) on just two or three of the five sections each morning. The one thing that must be done every day is to record yesterday's results on "The Battle Plan." On busy mornings, you may only have time to quickly pray through one or two worksheets. Let the Holy Spirit lead you.

Setting up your Worship Notebook:

You'll need a printer, a three-ring binder, notebook paper, 5 tab dividers, a hole punch, index cards and optional sheet protectors. (*Instead of printing*, you can use digital notebooking application such as Evernote and index cards.) Create five sections labeled "Pause & Praise," "Read & Request," "Imagine & Invite," "Scripts & Secrets," and "Memorize & Master." Use sheet protectors to hold sermon notes, printables, etc.

Click here for *The Worship Notebook* printables and instructions (email address required). If using Evernote, copy the PDF hymns and *worksheets* to five notebooks instead of printing. If you can't annotate them, just type your answers below them.

SECTION ONE: PAUSE & PRAISE

Before you do anything, take a few minutes to just think Father God's thoughts about you. His thoughts are higher than our thoughts, so you'll have to ask him what wonderful thoughts he's thinking about you. (You can start by thinking about how delighted a father feels as he watches his beautiful children, then reading Psalm 139:1-6, 17-18.) For a few minutes, just enjoy his presence with you. Let your own thoughts come into your mind and bring them to him while you practice staying at peace. Once you feel completely still and secure, choose a Psalm or hymn to read. Follow these *suggestions*. Spend some time in worship, then move on to *Section 2*.

See videos for learning hymns by clicking the orange buttons at this *slideshow*.

Search for your favorite hymn lyrics and music at hymnary.org.

The 10 most well-loved Psalms, audio version (copy the text for printing if desired):

Psalm 1, Psalm 23, Psalm 27, Psalm 37, Psalm 51, Psalm 84, Psalm 91, Psalm 119, Psalm 121, Psalm 139. You can listen to your favorite Psalm at Bible.is.

SECTION 2: READ & REQUEST

Look at your "Reading Quotes" and "Scripture Requests" worksheets to see what God has been speaking with you about recently. Add anything that needs to be added to these notes and use them to pray for yourself. Then, pray similar requests for your loved ones. (Ask God what he is doing in their lives. Remember that the purpose of intercession is to be drawn into God's desires by agreeing with his plans for your loved ones. It's not to convince him to want what you want by asking repetitiously). Once you've agreed with what he already wants to provide, all you have to do is wait for the answers. You can keep lists of your requests if that helps you to notice his answers.

For your "Reading Quotes," look for nonfiction written, audio or video material that will teach you how to take care of your body, soul and spirit.

If you enjoy reading classic literature, here are some all-time favorite devotional ebooks (with audio links) for **free download** in various formats:

- *Morning and Evening: Daily Readings* by Charles Spurgeon (PDF, audio)
- *Union and Communion* by Hudson Taylor (PDF, audio)
- *The Pursuit of God* by A.W. Tozer (PDF, audio)
- *Religious Affections* by Jonathan Edwards (PDF, audio)
- *The Pilgrim's Progress* by John Bunyan (PDF-skip the forward & preface, audio)

Here are some contemporary, well-loved books on Amazon (affiliate links):

Knowing God by J.I. Packer (about getting to know God)

Full by Asheritah Ciuciu (about eating)

Shepherding a Child's Heart by Tedd Trip (about parenting)

(See all of the top 20 books we recommend, as well as 8 movies, by [clicking here.](#))

SECTION 3: IMAGINE & INVITE

As you imagine the Lord answering your scriptural requests, think about what the devil is trying to stop you from accomplishing. The "Invitation" worksheet is not just a place where you can invite the Holy Spirit to rearrange your life for freedom. It is also an invitation from the Holy Spirit to picture your life through his eyes. Find the part of this invitation that you want to focus on today and then let yourself imagine living in this reality. How does it feel to act in your true identity as the one God loves? What will you see, hear, taste, smell and think as you walk in the Spirit today? Ask God to make this your real reality. If he gives you new actions to add to your action plan, write them on your "Investment" worksheet. Make sure that you are entering the results from your "Battle Plan" worksheets (in Section 5) on your "Investment" worksheet every week.

SECTION 4: SCRIPTS & SECRETS

Now it's time to get down to the nitty gritty. Your enemy has secret plans that you need to be aware of. Look at your "Battle Plan" worksheets in Section 5. How did he try to stop you from doing what you intended to do yesterday? Did you give in to him, or did you call on the Lord and follow your battle plan? Celebrate God's unconditional love and approval of you, knowing that your failures will be your steps to improvement. If needed, choose a journal prompt and dig deeper into yesterday's failures or successes. After you've written what is on your heart, read back over it. Are there excuses or core lies in your neurology that are hiding the truth you need to be believing?

You may wish to write God's thoughts as scripts on index cards (or slips of paper) so that they are easily accessible to read when you need them. Look under "Exchange" on your "Investment" worksheet (in Section 3) and/or customize these general scripts. If needed, bookmark a strategy in this book to turn to when the battle gets tough.

SECTION 5: MEMORIZE & MASTER

Check over the verses and objective on your “Battle Plan” worksheet (or battle card) and write your results from yesterday. Follow the Holy Spirit to adjust any plans or cards that need adjusting. Gain mastery by completing the battle plan worksheet every weekend and beginning a new one. Ask the Holy Spirit to remind you to turn to him whenever you’re tempted by the enemy’s sneaky attacks today. Look at your **victory verses** and try to say the underlined phrases without looking. Use these phrases throughout the day to reset your thinking whenever you have useless thoughts or negative emotions. Now, go enjoy your day with God!

(A battle plan can be much more effective when it is reviewed daily or weekly with an accountability/prayer partner. Use the bonus materials in this course to find a prayer & accountability partner.)

The structure of The PRISM Routine was inspired by the writings of Hal Elrod. The content is original.

How to Be Born Again:

Receive God's Rightness Once and for All

Anyone can know God's love and acceptance who would like to. Since he is pure goodness, he had to do something to take away the blame for all of our wrongness. Because God loves his creation so much, it hurts him when we hurt each other. We can't make up for our wrongs- we have to let him take our place on the cross of pain. I'll let God explain it himself straight from the Bible:

Romans 3:10 – As it is written, There is none righteous, no, not one:

Romans 3:23 – For all have sinned, and come short of the glory of God;

Romans 5:8 – But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Romans 6:23 – For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

Romans 10:9-10 – **...If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.** For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

Romans 10:13 – For whosoever shall call upon the name of the Lord shall be saved.

Jesus Christ suffered gladly on the cross for you, personally. With all of his heart, he wants you to believe that his death paid for each of your wrong choices. Because of this, you can be just as pure in the Father's sight as he is. You never have to worry about being rejected by God again. All you have to do is receive this gift. Say "yes" to his death and resurrection in your place. This can help spark the courage to believe it.

The moment your heart says "yes," to him, you are **saved**. Your spirit has been born into a new life. You will go to heaven when you die, and nothing can **ever** take this away.

Now That You're a Christian

Welcome to Christianity! It's so simple to be born again, but it's the most important decision ever. Notice that the previous passage in bold gives two steps for being saved from hell. The first step is to thank God with your mouth for being sacrificed on the cross for you. (So if you thanked him silently, go ahead and let it out through your mouth. Add a war whoop if you want to.)

You also had to believe that God raised him from the dead. What good would it do to believe that Jesus loved you if you never got to know him (because he was dead)? He took every one of our pains, and was dead in a tomb for three days. But since he is God, death had no power over him. That's where the Trinity comes in. The one God exists in three persons: a Father, a Son and a Holy Spirit. After Jesus the Son died, the Father raised him from the dead. After living for a few more weeks on earth, he went directly to heaven. He is there now, preparing a beautiful home for everyone who is joining his family. The Holy Spirit is Jesus' way of being in a silent conversation with all of the Christians on earth at the same time.

Think about how many people believe these miracles and communicate with God daily. You can ask God for a group of Christians that will show you how to get to know him better. As you consider joining a church, look for people who are eager to talk about what God is doing in their lives. Ask them if they believe that the Bible is God's perfect word, without error. If so, and if they make friends with you, this is a good place to start growing as a baby Christian.

Remember that other Christians are often immature in their growth just like you are. As God's children, you won't always get along together. That's okay. What's important is that you look through each others' imperfect love to see glimpses of your Father God's perfect love. Becoming a Christian will not solve all of your problems. It will give you a perfect friend to go to in prayer when people let you down. Follow the instructions in this course to get to know the Trinity, and your spirit will grow. (You can download *The Worship Course* in handbook format for free at this link:

sophiculture.com/wp-content/uploads/The-Worship-Handbook.pdf)

How to Overcome Your Doubts

God speaks to us through the Bible to answer any doubts that we might have:

“What if I stopped believing or following God? Would I go to hell?”

It's normal to question whether or not you were truly saved from hell (and even to wonder if God is really real). To resolve this question, ask him for reassurance and then read what he said. Jesus said this: “And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand.” -Jn 10:28-29

The fact is that nothing and no one can get you un-born-again, not even you.

“What if I do something unforgivable and lose my salvation?”

Jesus declared all sins forgivable except one: insulting the Holy Spirit. He said this: “All manner of sin and blasphemy shall be forgiven unto men: but the blasphemy against the Holy Ghost shall not be forgiven unto men.” -Mt 12:31

That makes sense, because a non-Christian has to believe the Holy Spirit's message in order for their spirit to be born again (salvation). So if they insult and reject him, they reject this opportunity. Obviously, those who reject salvation can't get saved. That's why it's unforgivable, because you need salvation in order to be forgiven. Once you have been saved, you are forgiven, and this is irrelevant. (You can un-reject salvation.)

How do I know that heaven will really be better than life on earth?

You know this because you feel deeply that you were created for more than this life. Think about the things that bring you happiness: friendship, beauty, wonder, power and delight. If God designed you for these things, he will provide them. The Bible describes this knowing as God's Spirit being a witness to our spirit that we're his.

“The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; **heirs of God**, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. For I reckon that **the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.**” -Rom 8:16-19

We won't take the time right now to examine how the Bible describes our future home, but we know we will have new bodies (with no more pain), mansions, feasting and fun things to do as creative partners with Jesus. Considering that our beautiful earth is a tiny sample of his power, you could say that the sky's no limit.

"Am I going to feel regret in heaven because of my earthly choices?"

Each of us has our own God-given mission to use our talents to fulfill his plan for our life here on earth. Each of us also has difficulties that give us the humility we need to stay focused on partnering with God. No one else's story is comparable to yours. Each one is entirely unique.

As you live your story in conversation with God, you will begin to notice that your thoughts are improving. The Bible says to “**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.” -Rom 12:3

Your new thoughts and experiences will show you that God is changing all of the wrongness in your body, soul and spirit into the best possible outcome for you. In heaven you will never feel the pain of regretting your earthly mistakes, or of being jealous of other people's rewards. You will likely be building and creating and enjoying other people, all without any stress, boredom, drawbacks or regrets.

Other doubts will come up in your mind from time to time. This is normal. Give your doubts over to God, who knows exactly what you are struggling with. Trust that he will personally resolve them with his love as you learn and grow. The big picture that he is painting will all come together, stroke by stroke by stroke.

How to Make Your Reading Plan

Author Justin Johnson recommends starting your reading with Paul's curriculum:

1. **"Romans:** Laying a doctrinal foundation; instilling right doctrine
2. **Corinthians:** Producing good works under grace; moving people to act
3. **Galatians:** Walking in the Spirit, not under law
4. **Ephesians:** The nature and mission of the church
5. **Philippians:** The mind of Christ; instruction in maturity
6. **Colossians:** Operating complete in Christ
7. **Thessalonians:** Comfort and hope waiting for the return of the Lord
8. **1 Timothy/ Titus:** Teaching and leadership instructions
9. **Philemon:** Paul's example of charity
10. **2 Timothy:** Final words for faithful men

You can see the natural doctrinal progression as you read through Paul's epistles that ends with the man of God being thoroughly furnished (2 Timothy 3:17). Every book fits somewhere in the Pauline curriculum... **Identify where you are in your growth, and start your study there.** Don't know where you are? Start at the beginning. Do not quit, and you will be able to teach others also (2 Tim 2:2)." -Justin Johnson, *Start Rightly Dividing*, page 100

In order to get used to writing in your Bible, *get* a hard copy of the KJV and a pencil (or an app like *Logos* that lets you highlight and annotate). Read until you see something that has meaning for you and underline (or highlight) it. Underline one verse per day. Talk with God about it. Keep using this book and copy verses that interest you from its diagrams, notes and strategies.



Next Steps:

Step one: Complete all of the assignments in this course. Use the Facebook group for support.

We encourage you to **sign up** for our weekly emails, so you can be notified when our doors open for coaching. We offer group coaching through our signature program, *Illumination*, and our membership society, *The Sophiculture Society*.

Click here if you'd like to receive one-on-one coaching from me. If there are openings available, you'll be invited to book a free discovery call.

Step two: If you've completed the course, continue using the PRISM Routine each morning when you wake up. You will need to set up *The Worship Notebook* as described in "The PRISM Quickstart Guide" (one of the course bonuses).

Most people do better with prayer routines when they can have regular checkins with an **accountability/prayer partner**. Use the course bonuses to find a prayer partner. It will also show you how to create a spiritual mastermind group.

Step three: If you'd like to invite others to take this course, tell them how it has changed your life. Then, send them this link: [Sophiculture.com/The-Worship-Course](https://sophiculture.com/The-Worship-Course)

Step four: *The Sophiculture Society* is our ongoing group coaching program. A monthly membership provides all of the **instructions and live support** that you need for prayer partnerships, spiritual battle training, family discipleship and more.



Thank you for using *The Worship Strategy Book*. The worksheets in this book can be downloaded as needed from [page 5 of The Sophiculture Library](#). (Get the password for this free library at sophiculture.com/subscribe. Email required.)

If this book has helped you know how to worship God, I would love to hear about it. You can email me at sararuth@sophiculture.com. May God ignite your worship.

Sara Ruth Tucker, Blogger and Founder of Sophiculture.com

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<http://Sophiculture.com/library/5>

Please note: This is a companion workbook for *The Worship Course* at Sophiculture Academy. It is also referred to in *The Worship Handbook*. When you share this book, please consider including the links to these free resources:

Sophiculture.com/The-Worship-Course

Sophiculture.com/About-The-Handbook

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