

LIGHTED WAY MINISTRIES'
SANCTIFIED LIVING WORKSHOP

Passover-Unleavened Bread Retreat - April 13-20, 2025

WORKBOOK

“Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our Passover is sacrificed for us. Therefore let us keep the Feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth.”

1 Corinthians 5:7-8



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“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”
2 Corinthians 5:17



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Conscience:*
Avoid a Shipwrecked Life

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and Listen so Yah will Speak:*
Pray with Power

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Session I:

How to Gain a Clear Conscience

“Avoid a Shipwrecked Life”



SESSION 1 KEY POINT:

Having a **CLEAR CONSCIENCE** before **Yahweh** and man is so important that the apostle Paul referred to it as a powerful weapon in the fight of faith. Without it, Paul warned that a life is shipwrecked! **“(Hold) faith, and a GOOD CONSCIENCE; which some having put away concerning faith have made shipwreck.”**

1 Timothy 1:19.

Scripture Reading:

“My son, let them not depart from your eyes— Keep sound wisdom and discretion; So they will be life to your soul And grace to your neck. Then you will walk safely in your way, And your foot will not stumble. When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet.”

Proverbs 3:21-24, NKJV

“But sanctify **Yahweh** God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; **having a good conscience**, that when they defame you as evildoers, those who revile your good conduct in Christ may be ashamed.”

1 Peter 3:15-16, NKJV

Warning: Don't Shipwreck!

Drawing lessons from a physical shipwreck, 1 Timothy 1:9, what areas of destruction may be visited upon us and others, if we are spiritually shipwrecked?

1.

John 15:4; Matthew 5:23-24

2.

1 Timothy 5:19-20; Prov 25:4-5

3.

2 Thess. 3:6 & 14; Romans 16:17

4.

Jeremiah 18:15; Malachi 2:7-9

5.

Deuteronomy 30:19; Isaiah 59:2

In Acts 24:16, what does it mean to have a “good conscience”?

“Good conscience”, in 1 Timothy 1:19, is from the Greek word **ayagos**, meaning:

“Pure conscience”, in 2 Timothy 1:3, is from the Greek word **kauapos**, meaning:



LESSONS FROM A SHIPWRECK:

- Extreme Disruption
- Profound Loss
- Helplessness & Isolation
- Loss of Life
- Stuck in a Harsh Reality

“And herein do I exercise myself, **to have always a conscience void of offence toward God and toward men.**” Acts 24:16

“(Hold) **faith, and a GOOD CONSCIENCE;** which some having put away concerning faith have made shipwreck.” 1 Timothy 1:19

“I thank God, **whom I serve from my forefathers with pure conscience**, that without ceasing I have remembrance of thee in my prayers night and day.” 2 Timothy 1:3

“How much more shall **the Blood of Yahshua**, Who through the eternal Spirit offered Himself without spot to God, **purge your conscience from dead works to serve the living God?**” Hebrews 9:14

What is a “Good Conscience”?

With this understanding, what must we do to gain a “good conscience” in Hebrews 9:14?

According to Matthew 5:23-24, when should we seek a good conscience with an offended brother?

What does Scripture teach about offenses? (*Matthew 18:7, Matthew 15:12 and read John 6:53-67*)

What is a legitimate offense (*one which I must repent of, and make right with the offended one*)?

What is an illegitimate offense (*does not affect my good conscience*)?

“Therefore if thou bring thy gift to the Altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the Altar, and go thy way; **first be reconciled to thy brother, and then come and offer thy gift.**”

Matthew 5:23-24

“Woe unto the world because of offences! **For it must needs be that offences come; but woe to that man by whom the offence cometh!**” Matthew 18:7

“Then His disciples came and said to Him, ‘Do You know that **the Pharisees were offended when they heard this saying?**’”

Matthew 15:12

“I only told this man the Truth from ***Yahweh’s*** Word. But he is offended. Now what should I do?”



Gaining a Good Conscience:

Yahweh takes into account our thoughts, words, actions, attitudes, and motives. Where we have done wrong to God or man in any of these five areas, we must confess it and prayerfully do all we can to make it right:

- Every _____ should be made right—*2 Corinthians 10:5*
- Every _____ will be accounted for—*Matthew 12:36*
- Every _____ will be judged—*2 Corinthians 5:10*
- Every _____ is read by Heaven—*Proverbs 6:13-14*
- Every _____ is to be established in righteousness—*Jeremiah 17:9-10*

To be effective in seeking a clear conscience with those we have offended, we need to prepare before approaching them.

Prepare to Seek a Clear Conscience:

1. Pray for the right









2. Recognize and repent for

3. Make a

Use Matthew 5:3-8 as the guideline for having the right attitude towards those you have offended. **What are the right attitudes for gaining a good conscience?**

THE BE-ATTITUDES:

(Matthew 5:3-10)

5:10	<input type="text"/>	→	
<i>for theirs is the Kingdom of Heaven</i>			
5:9	<input type="text"/>	→	
<i>for they shall be called sons of God</i>			
5:8	<input type="text"/>	→	
<i>for they shall see God</i>			
5:7	<input type="text"/>	→	
<i>for they shall obtain mercy</i>			
5:6	<input type="text"/>	→	
<i>for they shall be filled</i>			
5:5	<input type="text"/>	→	
<i>for they shall inherit the earth</i>			
5:4	<input type="text"/>	→	
<i>for they shall be comforted</i>			
5:3	<input type="text"/>	→	
<i>for theirs is the Kingdom of Heaven</i>			

“Blessed are the poor in spirit: for theirs is the Kingdom of Heaven. Blessed are they that mourn: for they shall be comforted. Blessed are the meek: for they shall inherit the earth. Blessed are they which do hunger and thirst after righteousness: for they shall be filled. Blessed are the merciful: for they shall obtain mercy. Blessed are the pure in heart: for they shall see God. Blessed are the peacemakers: for they shall be called the children of God. Blessed are they which are persecuted for righteousness’ sake: for theirs is the Kingdom of Heaven.” Matthew 5:3-10

Session 1 - Plan of Action:

List the name of the person you have offended **the most**, below (*Pray claiming Psalm 139:23-24*). Continue this pattern on a separate piece of paper, listing the names of all the people whom you have offended, **in order from the greatest offense to the least**.

1. Name:

My wrong attitude(s):

My wrong words:

My wrong behaviors:

Do I need to make restitution?

Y N

If, so, what restitution should be made (*See Exodus 22:1-7*)?

START MAKING YOUR OFFENSES RIGHT WITH YAHWEH:

After you have prayerfully listed every name of all people you have offended (over your lifetime), which you have not worked to make right, start with repenting for these offenses before **Yahweh**:

“Dear Heavenly Father, I confess that I have sinned against You. You have said in Matthew 25:40 that when I do something to offend another person, I have done this offense against You, first and foremost. I confess the sin of _____ (*name your offenses*), which I have done against You and _____ (*name the offended person*). I repent of this sin and thank You that You have promised to forgive and cleanse me from all unrighteousness through the Blood of *Yahshua Messiah*.

Now, Father, please help me to make this offense right with _____ (*name*). Help me to make the needed restitution and to speak to them with Your Spirit, and no pride. Please use this to bring them healing and deliverance from any bitterness...”

PLAN WHAT TO SAY:

“God has convicted me that I was wrong in _____ (*list your wrong attitudes, behaviors, and words*). I am sorry that I have hurt you in this way. Would you forgive me?”

PREPARE FOR YOUR APOLOGY:

- Pray for the person and your contact
- Make a plan of what to say before going
- Get your restitution together (*if needed*)
- Go to the offended person (*in person*)

Session 1 - Discussion:

Getting the Point of Reference:

—Read Matthew 18:21-22; Matthew 12:34; and Ephesians 4:31-32.

Discussion Questions:

—Usually offense is a two-way street. This means that if you have offended someone, it is likely that they have also offended you. It is human to balance guilt with blame. Why should we deal with the person's offenses towards us, before making our apology?

What can go wrong if we forget this vital step?

Consider Matthew 12:34. Why is it important to identify your wrong attitudes towards the person, in addition to wrong words/actions?

What should be the two goals of a godly apology? Why does accomplishing these goals require preparation?

Discussion Scriptures:



“Matthew 18:21-22 “Then came Peter to Him, and said, Lord, how oft shall my brother sin against me, and I forgive him? Till 7x? Yahshua saith unto him, I say not unto thee, Until 7x: but, until 70x7.” Matthew 18:21-22

“...Out of the abundance of the heart the mouth speaketh.” Matthew 12:34

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you.” Ephesians 4:31-32

Session 2: How to Engraft Scripture

“Find True Success”



SESSION 2 KEY POINT:

Living a **SUCCESSFUL LIFE** is what *Yahweh* wants for each of His children. The Biblical key to being successful (*in Heaven's Eyes*) in all our endeavors is to meditate upon, obey, and engraft the Word of *Yahweh*, especially *Torah*.

“This Book of the Law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”

Joshua 1:8

Scripture Reading:

“My son, if thou wilt receive My Words, and hide My Commandments with thee; So that thou incline thine ear unto wisdom, and apply thine heart to understanding; Yea, if thou criest after knowledge, and liftest up thy voice for understanding; If thou seekest her as silver, and searchest for her as for hid treasures; Then shalt thou understand the fear of *Yahweh*, and find the knowledge of God. For *Yahweh* giveth wisdom: out of His Mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous: He is a buckler to them that walk uprightly. He keepeth the paths of judgment, and preserveth the way of His saints. Then shalt thou understand righteousness, and judgment, and equity; yea, every good path.”

Proverbs 2:1-9

Blessings for Meditating Upon the Word

When we meditate upon the Scriptures, especially *Torah*, **Yahweh** promises the following blessings:

- Whatever you do will... (*Psalm 1:1-3*)

- You will be... (*Psalm 119:97-100*)

- Your heart will be... (*Psalm 63:5-6*)

- Your life will be... (*1 Timothy 4:15*)

- You will have power... (*Ps 119:9-11*)

- You will be able to... (*Prov. 22:17-21*)



WHAT ENGRAFTING DOES:

“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. **But his delight is in the Law of Yahweh; and in His Law doth he meditate day and night.** And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and **whatsoever he doeth shall prosper.**” Psalm 1:1-3

“**O how love I Thy Law! It is my meditation all the day.** Thou **through Thy Commandments hast made me wiser than mine enemies:** for they are ever with me. **I have more understanding than all my teachers:** for Thy Testimonies are my meditation.” Psalm 119:97-100

“**My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips:** When I remember Thee upon my bed, and meditate on Thee in the night watches.” Psalm 63:5-6

“**Meditate upon these things;** give thyself wholly to them; **that thy profiting may appear to all.**” 1 Timothy 4:15

“Wherewithal shall a young man cleanse his way? By taking heed thereto according to Thy Word. With my whole heart have I sought Thee: O let me not wander from Thy Commandments. **Thy Word have I hid in mine heart, that I might not (will have strength to not) sin against Thee.**” Ps. 119:9-11

Engrafting is for your Whole Being:

Engrafting a Scripture passage is much deeper than simply memorizing a Bible verse. The goal of engrafting Scripture is to have the Life of Christ live through us by the power of His Word in us. It is a process of making His Word so much a part of us that it is like engrafting a limb into a tree.

The engrafted Scripture actually becomes ours in every aspect of our being. Humanity is made up of three parts, which are:

1  
Psalm 139:14

2  
Revelation 18:14

3  
Psalm 35:9 and 42:6

“Marvelous are Thy Works; and that **my SOUL KNOWETH** right well.” Psalm 139:14

“And the fruits that **thy SOUL LUSTED after** are departed from thee...” Revelation 18:14

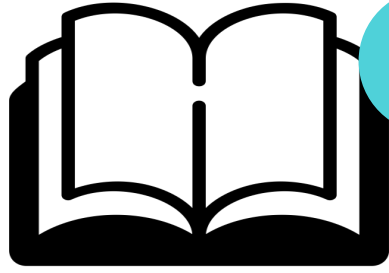
“And my **SOUL SHALL BE JOYFUL...**” “**My SOUL IS CAST DOWN** within me.”
 Psalm 35:9 & Psalm 42:6



THE STEPS TO ENGRAFTING SCRIPTURE ARE FOUND IN PROVERBS 2:

“My son, if thou wilt **(1) RECEIVE MY WORDS**, and **(2) HIDE MY COMMANDMENTS WITH THEE**; So that thou incline thine ear unto wisdom, and **(3) APPLY THINE HEART TO UNDERSTANDING**; Yea, **(4) IF THOU CRIEST AFTER KNOWLEDGE**, and liftest up thy voice for understanding; If thou seekest her as silver, and searchest for her as for hid treasures; Then shalt thou understand the fear of **Yahweh**, and find the knowledge of God. For **Yahweh** giveth wisdom: out of His Mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous: He is a buckler to them that walk uprightly. He keepeth the paths of judgment, and preserveth the way of His saints. Then shalt thou understand righteousness, and judgment, and equity; yea, every good path. When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul; **(5) DISCRETION SHALL PRESERVE THEE**, understanding shall keep thee.” Proverbs 2:1-11

How to Engraft Yahweh's Word (Proverbs 2:1-11):



1

"If thou wilt receive My Words..."

- Accept **Yahweh's** Word as the Truth.
- Read the Bible daily
- Select a Passage to engraft.

"Wherefore lay apart (cast off) all filthiness (moral filth) and superfluity (great abundance) of naughtiness (wickedness), and receive with meekness (humility) the engrafted Word, which is able to save (heal, protect, preserve, and save) your souls."

James 1:21-22

2

"Hide My Commandments with thee..."

- Write out the Passage.
- Highlight key words to investigate.
- Get a memorizing buddy.

3

"Apply thine heart to understanding..."

- Write your questions down.
- Look up the words to get meaning.
- Check cross-references.
- Take notes on all you learn/find.

4

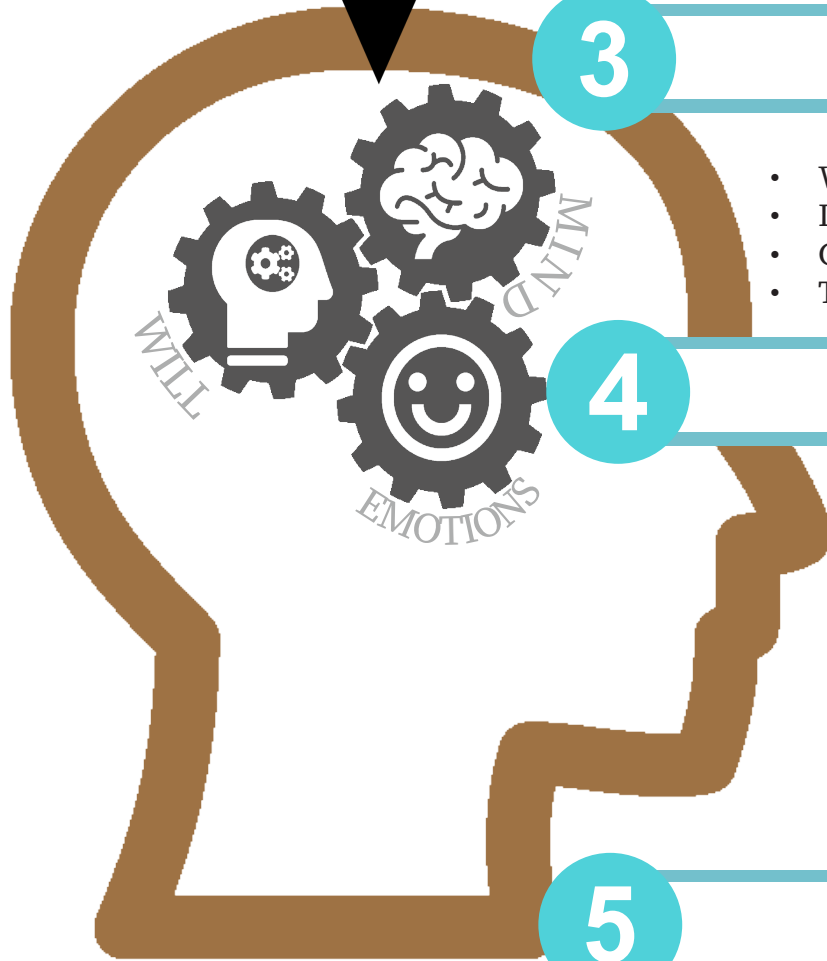
"If thou criest after knowledge..."

- Personalize the Passage (*put your name in it*).
- Picture the concepts.
- Pray the Passage for your life.



5

"Discretion shall preserve thee..."



Session 2 - Plan of Action

Choose the Scripture(s) to begin engrafting is based upon your own personal situation. All Scripture is worthy of engrafting, of course. But, the order in which you do it should be determined by which passages will be most beneficial to your current needs. The following is a list of suggested Scriptures for engrafting. Check the boxes next to the Scriptures that you find most timely in your own life:

ACCEPTING YAHWEH'S DESIGN—

Psalm 139

Do you struggle with accepting God's physical design in making you? This is a good Scripture to engraft to help you appreciate God's plan in designing you just as He did.

SUBMISSION TO AUTHORITY—

Romans 13:1-7

Ephesians 5:22-6:10

1 Peter 5:1-11

Do you battle with internal rebellion and willfulness? Are you "independent" and even "resistant" to authority? These are excellent verses to engraft to help you discover the protection of God which only comes through proper submission to God's "chain of command."

GAINING A CLEAR CONSCIENCE—

Psalm 51

Does gaining or keeping a clear conscience, by God's grace elude you? This is a wonderful chapter to help you claim the purifying power of God in your life.

CONQUERING ANGER—

Philippians 2:1-16

Anger is usually born out of unyielded "rights." This Passage helps to conquer anger at its root cause -unsubmitted rights.

MORAL PURITY—

Romans Chapter 6

Romans Chapter 8

Are you struggling with sinful habits and tendencies over which it seems you cannot win? **Yahweh** promises the victory. Discover how to find victory over every bad habit, sinful behavior, or ungodly thought. The keys to victory are found in these powerful Bible chapters.

SUCCESS—

Psalm 1

Would you like to succeed in life, not in terms of earthly success, but in the Heavenly sense, with Eternal value? God's formula is in this chapter.

OTHER?—

Scripture: _____
What other Scripture Passage would you like to engraft? Write it here...

STEPS TO ENGRAFTING:

1) **Memorize your chosen Passage—**

Psalm 119:11 Here are some tips:

- **WRITE**—Write the verse in outline form on a 3x5 card.
- **REPEAT**—Repeat the verse over and over, emphasizing a different word each time.
- **SING**—Sing the verse...

2) **Meditate upon the Memorized Passage—**Deuteronomy 6:7...

Meditating upon Scripture is filling your thoughts with God's Word. Personalize.

3) **Study the key words to understand—**Colossians 2:8, 2 Peter 1:20...

Look up key words in your Passage to find the deeper meaning.

4) **Pray-Apply—**pray it and live by it.

Session 2 - Discussion:

Getting the Point of Reference:

—Read Ephesians 6:18; Luke 21:36; Ephesians 5:25-27, Jeremiah 15:16; John 15:7-8; and Isaiah 50:4

Discussion Questions:

- How does engrafting Scripture impact one's prayer life and his/her Spiritual Life, in general?
- How does engrafting Scripture impact one's witnessing ability?



Discussion Texts:

“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.” Ephesians 6:18

“Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of Man.” Luke 21:36

“Christ also loved the church, and gave Himself for it. **That He might sanctify and cleanse it with the washing of water by the Word.** That He might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.” Ephesians 5:25-27

“**Thy Words were found, and I did eat them;** and Thy Word was unto me the joy and rejoicing of mine heart: for I am called by Thy Name, O Yahweh God of hosts.” Jeremiah 15:16

“If ye abide in Me, and My Words abide in you, ye shall ask what ye will, and it shall be done unto you...” John 15:7-8

“**Yahweh** God hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: **He wakeneth morning by morning, He wakeneth mine ear to hear as the learned.**” Isaiah 50:4

Session 3:

Protection in Submission
to Godly Authority

“Shelter Under Yahweh’s Wings”



SESSION 3 KEY POINT:

YAHWEH’S PROTECTION is a gift which He longs to give to each of His children. The Bible reveals the key to having His guidance and protection, continually. In this lesson we will discover that key.

“Let every man be subject unto the higher powers, For there is no power but of God; the powers that be are ordained of God,”

Romans 13:1

Scripture Reading:

“He found him (Jacob, who represents the saved)... He kept him as the apple of His eye. **As an eagle stirreth up her nest, fluttereth over her young, spreadeth abroad her wings, taketh them, beareth them on her wings, So God alone did lead him...**” Deuteronomy 32:10-12

"Hide me under the shadow of Thy Wings," Psalm 17:8

"Our trust is under the shadow of Thy Wings." Psalm 36:7

"In the shadow of Thy Wings will I make my refuge." Psalm 57:1

"In the shadow of Thy Wings will I rejoice." Psalm 63:7

Yahweh's Wings of Protection

According to Job 1:9-10, what does **Yahweh** do for His people?

“Eagle’s wings” is a Hebrew idiom which appears twenty times in Scripture. It is associated with God’s protection of His people.

In Psalm 17:8, what can we do under the “shadow” of **Yahweh’s** Wings?

In Psalm 57:1, what can we do when we are under the “shadow” of **Yahweh’s** Wings?

In Psalm 36:7 and 63:7, what can we do when we are under the “shadow” of **Yahweh’s** Wings?

But this Promise is conditional. We sing, “***Under His Wings I am safely abiding,***” without realizing our part in partaking of this blessing. In Psalms 91 we find this symbol is used to express the promise for our abiding: “He who dwells in the Secret Place of the Most High shall abide under the Shadow (*Protection*) of the Almighty.”



“Then Satan answered **Yahweh**, and said, Doth Job fear God for nought? Hast not **Thou made an hedge about him, and about his house, and about all that he hath on every side? Thou hast blessed the work of his hands, and his substance is increased in the land.**” Job 1:9-10

“Keep me as the apple of the eye, **hide me under the shadow of Thy Wings.**”

Psalm 17:8

“Be merciful unto me, O God, be merciful unto me: for my soul trusteth in Thee: yea, **in the shadow of Thy Wings will I make my refuge, until these calamities be overpast.**” Psalm 57:1

“How excellent is Thy lovingkindness, O God! **Therefore the children of men put their trust under the Shadow of Thy Wings.**” Psalm 36:7

“Because Thou hast been my **help, therefore in the Shadow of Thy Wings will I rejoice.**” Psalm 63:7

Coming Under His Wings:

We must choose to come under the Protection and Authority of our Heavenly Father, Who is the “Secret Place”, represented also as the Eagle. Only when this condition is met can we abide under ***Yahweh’s*** Protection...

In Hebrew, what does the root of “His Feathers” mean (*from Psalm 91*)?

What does it mean to be “under” His Wings?

Under ***Yahweh’s*** Authority (*wings*), we will not trust the arm of flesh, but will abide in the —Shadow of the Almighty. When facing temptations and trials, we will find refuge under His Wings, as we submit to His Authority in our lives. In other words, by remaining in submission to His Authority, we abide —in the Shadow of the Almighty.

When we resist the leadership of a person in a position of authority, who Authority are we rejecting?

“So God created man in His own image... male and female created He them. And God blessed them, **and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion...** over every living thing that moveth upon the earth.” Genesis 1:27-28

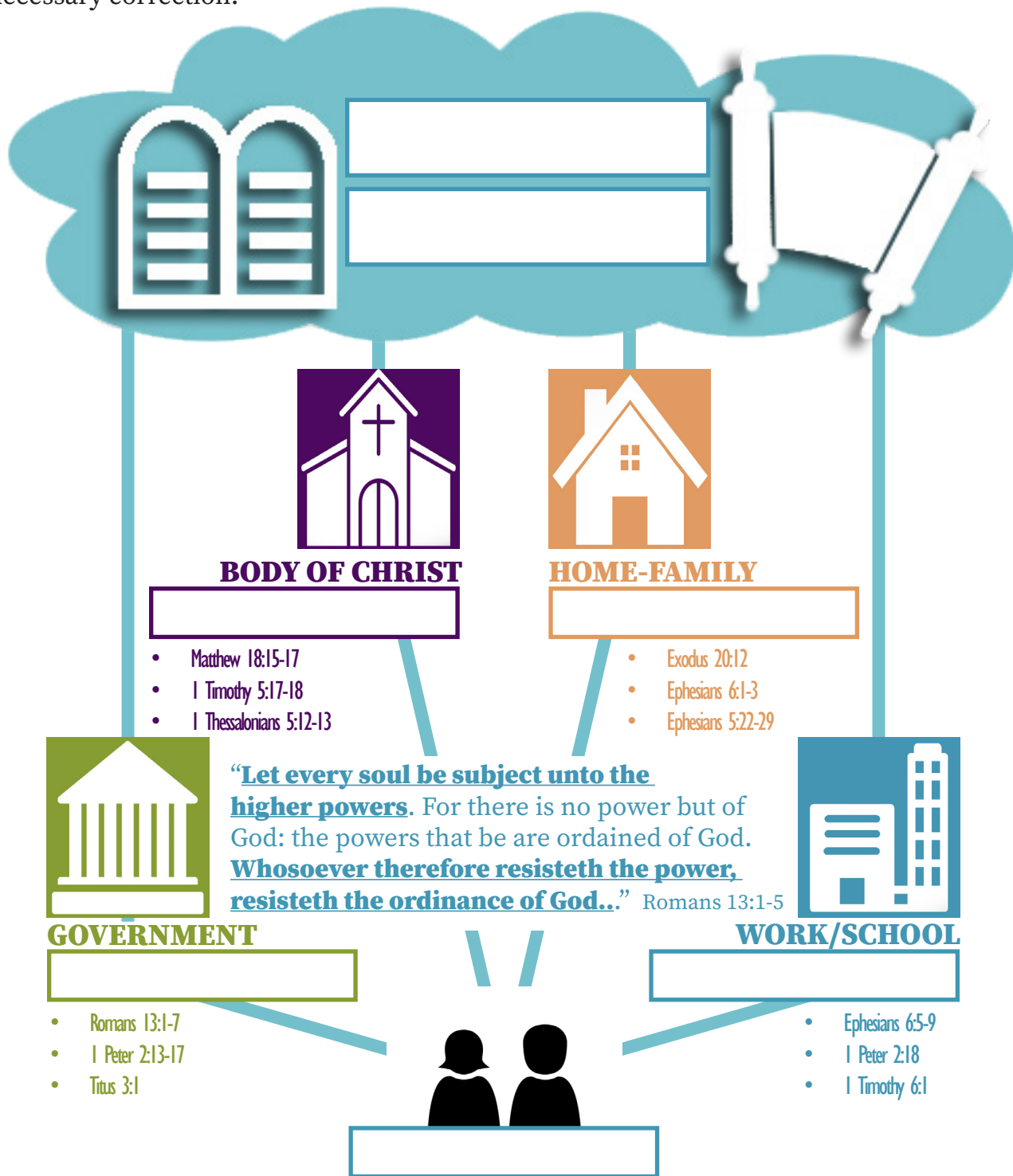
“**Let every soul be subject unto the higher powers.** For there is no power but of God: the powers that be are ordained of God. **Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation...** Wherefore **ye must needs be subject, not only for wrath, but also for conscience sake.**” Romans 13:1-5



**WHO ARE WE SUBJECT TO?
(GEN 1:27-28; ROM 13:1-5)**

Session 3 - Plan of Action

Use the following chart to identify **Yahweh's** Authority Structure in your life. Also, take this time to prayerfully evaluate whether you have been in godly submission under the Father's Authority in each area. If not, take a moment to repent and make a plan for necessary correction.



Continued... EVALUATION & APPEAL

Do I honor and align myself under the **Torah**-observant wishes of my **Yahweh**-given leaders in my FAMILY, in the BODY OF CHRIST, in GOVERNMENT, & in WORK/SCHOOL?

Y N

If you answered "NO", what instruction have you disregarded? And/or in what way have you failed to treat your leaders with honor? What change(s) should you make?

Have my leaders stated personal wishes or have they given me commands which go against **Torah** and the Will of **Yahweh**?

Y N

If you answered "YES", what wishes or commands have you been given by this authority that are counter to **Scripture**?

PREPARING YOUR APPEAL:

As you complete the following steps to prepare a righteous appeal, which remains under authority (*no rebellion*) while putting **Yahweh** first, check the steps below:

- PRAY FOR THE LEADER**—Pray for **Yahweh** to turn the heart of this leader to His Will (*Proverbs 21:1*)
- PRAY FOR YOURSELF**—Pray for **Yahweh** to help you have a humble and respectful attitude, never straying from Heaven's Protection during the entire process.
- STUDY THE BIBLE**—Search the Scriptures to be **certain** your point-of-view is correct. Write the verses.
- ALTERNATIVE PLAN**—Seek to understand the leader's purpose behind the command. Pray to have a creative suggestion to meet his purpose without disobeying **Yahweh**.
- PRESENT YOUR APPEAL**—state your Scriptural conviction & alternative idea.

WHAT IF YOUR HUMAN AUTHORITY'S "COMMANDS" DISOBEY YAHWEH?

The answer is found in the experience of the Apostles after the Day of Pentecost. When arrested for obeying the Authority of Heaven, we read:

*"Then Peter and the other apostles answered and said, **We ought to obey God rather than men.**" Acts 5:29*

Human authorities are supposed to encourage righteousness and punish evil (*1 Peter 2:13-14*). If they fail of these duties, or over-step, believers must do the following, **respectfully**:

- 1) **Appeal** - *Wise Woman of Abel*
- 2a) **Refuse & Suffer** - *3 Hebrew Worthies*
- 2b) **Refuse & Flee** - *Children of Israel-*

Session 3 - Discussion:

Getting the Point of Reference:

—Read 2 Samuel 20:14-20; Daniel 1:1-20; and 1 Samuel 15:23

Discussion Questions:

—Many believers operate as “islands”, acting as if they only need to “submit” to **Yahweh**. Why is only submitting to the Authority of **Yahweh** actually rebellion against Him?

—Why does the Bible equate rebellion with witchcraft? What happens to us when we rebel against Yahweh’s Authority?

—What lessons can we learn from the Wise Woman of Abel, Daniel, Shadrach, Meshach and Abednego about remaining under godly authority without disobeying **Yahweh**?

—Under what circumstances does a human leader lose our respect?

SCRIPTURE REFERENCES:



“For rebellion is as the sin of witchcraft, and stub-bornness is as iniquity and idolatry...” 1 Samuel 15:23

Session 4:

How to Conquer an
“Anger Problem”

“Overcome Wrath”



SESSION 4 KEY POINT:

Learning to **OVERCOME WRATH** is a vital part of living a truly changed life by the Grace of **Yahweh**. Believers are told in the Scriptures to put away all anger (*see Ephesians 4:31*). We are even warned against having close friendships with angry people, lest we become like them (*see Proverbs 22:24-25*).

**“Cease from anger, and forsake wrath:
fret not thyself in any wise to do evil.”**

Psalm 37:8

Scripture Reading:

“Let all bitterness, **and wrath**, and anger, and clamour, and evil speaking, **be put away from you, with all malice.**” Ephesians 4:31

“Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul.” Proverbs 22:24-25

Righteous Indignation vs Ungodly Wrath

Ungodly anger is centered around self and is characterized by a loss of self-control. Righteous indignation, on the other hand, is in defense of the things of **Yahweh** and is characterized by Spirit-control and vindication of holiness. **Yahshua** never ceased to be controlled by the Holy Spirit, even when He cleansed the Temple and drove out the money-changers (*John 2:13-17*). His attitudes and actions never ceased to exhibit the Fruit of the Holy Spirit (*Galatians 5:22-23*). During true righteous indignation, the Holy Spirit's rule in the heart continues.

In Bible times, a city had a high, stone wall surrounding it. **What was the purpose of this wall?**

In Proverbs 25:28, a city is a metaphor for the human soul. **What is the "wall" of our heart-city?**

See 2 Corinthians 10:12-13, Ephesians 4:26-27 and John 2:13-17. **How can we be "angry and sin not"?**



WHAT IS OUR "WALL"?

"He that hath no rule over his own spirit is like a city that is broken down, and without walls." Proverbs 25:28

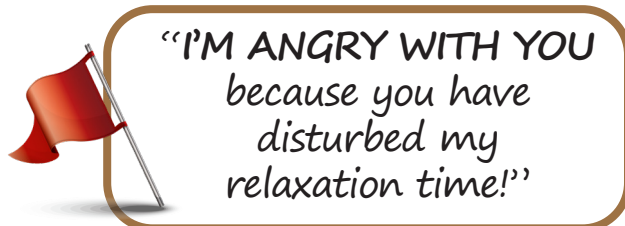
"For we dare not... compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise... But according to the measure of the Rule which God hath distributed to us..." 2 Corinthians 10:12-13

"Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil." Ephesians 4:26-27

"...And Yahshua went up to Jerusalem, and found in the Temple those that sold oxen and sheep and doves, and the changers of money sitting: And when He had made a scourge of small cords, He drove them all out of the Temple... and overthrew the tables; And said unto them... Take these things hence; make not My Father's House an house of merchandise... It was written, The zeal of Thine House hath eaten Me up." John 2:13-17

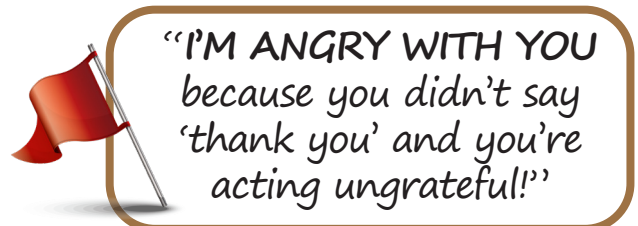
Ungodly Wrath is Rooted in Unsurrendered Rights

While righteous indignation isn't about self at all, ungodly wrath is all about self. In fact, such anger is so closely linked to the unsurrendered "old man of sin" that one can use temper flares or personal "hot buttons" to identify areas of unyielded rights. Anger is like an alarm system, revealing areas where we feel our rights have been violated. Think about some common triggers for ungodly wrath. **Note how each is really centered around selfishness and unyielded personal rights:**



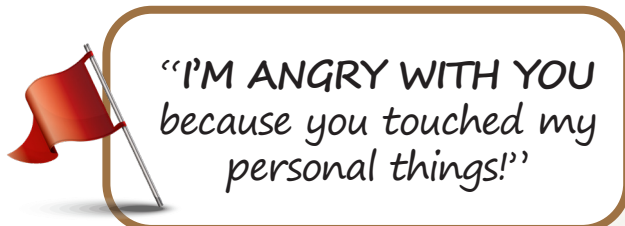
UNDERLYING BELIEF:

I HAVE THE RIGHT TO:



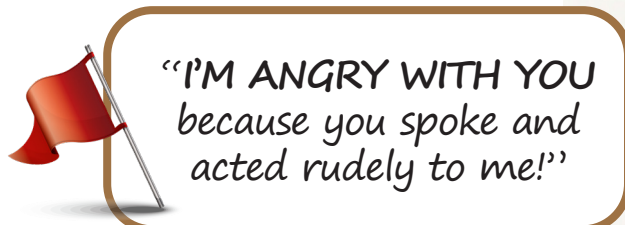
UNDERLYING BELIEF:

I HAVE THE RIGHT TO:



UNDERLYING BELIEF:

I HAVE THE RIGHT TO:



UNDERLYING BELIEF:

I HAVE THE RIGHT TO:



Realities for Yielding Rights

Every believer is called to follow His lovely Example of full submission of all rights. When we submit, we are finally acknowledging the truth. Because of Who He is, **Yahshua** had rights to all the things He laid aside, when He manifested in the Flesh. *We do not.* Consider the following realities:



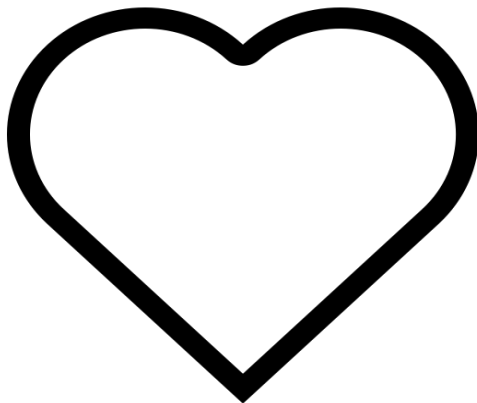
JOB 27:3; GENESIS 2:7

I DO NOT OWN



MATTHEW 25:14-29

I DO NOT OWN



HAGGAI 2:8

I DO NOT OWN



1 PETER 4:10

I DO NOT OWN



1 CORINTHIANS 6:19

I DO NOT OWN

Session 4 - Plan of Action

The Bible says that when we are fully walking under the unction of the Holy Spirit, we will always demonstrate **Yahweh's** Fruit. One of these fruits is love. As the Bible tells us in 1 Corinthians 13:5, love never behaves itself unseemly (*loses its temper*). Love never seeks its own (*is selfishly motivated*). And love is not easily provoked (*exasperated*). If you want to overcome anger and ungodly wrath, start by discovering your areas of stolen rights by identifying “hot spots” or areas, which—when infringed upon—incur your anger. Then pray and specifically surrender these rights to **Yahweh**.

Complete the Personal Reflection below. Think back over the last times you became angry. Check the boxes next to the picture(s) showing the areas over which you were angry. In sincere prayer, confess, repent and submit these areas fully to **Yahweh**:

PERSONAL REFLECTION: *I have gotten angry over _____ (check all that apply)*



SURRENDER THESE AREAS TO YAHWEH:

Dear Heavenly Father, I confess and repent for living outside of Your Will in _____. I have been living as if I were the owner of _____. This is sin. I humbly ask for the precious Blood of **Yahshua** to be applied to my life record for every time I manifested unsubmitted areas of my life. I ask You to cleanse me from anger and unsubmission.

From this point onward, I choose to live as Your faithful steward. All that I “have” is truly Yours. Help me to live and to use it for Your honor and glory. Help me to daily die to self. If I begin to feel angry in the future, over these areas, please help me to remember to use your Heavenly Weapons against that temptation. Help me to keep my full submission to You.

In **Yahshua's** Name I ask it, Amen

- I choose to “die daily” - 1 Cor 15:31
- I will engraft 1 Cor. 13 to replace anger with love

STEPS TO YIELDING RIGHTS:

- 1) **Identify “your” rights**—recall the times you were angry and use your “rights” violations to identify unsubmitted areas in your life.
- 2) **Pray in Repentance**—Confess and repent for your unyielded rights. State your choice to surrender these rights to **Yahweh** one-by-one.
- 3) **Die to Self Daily**—Resubmit all areas of your life to **Yahweh** each day, dying daily to your rights and will in every area of your life.
- 4) **Live as a Steward of Yahweh**—identify your legitimate, **Yahweh**-given responsibilities in all areas of former rights. Prayerfully carry out your responsibilities to the glory of **Yahweh**.

Session 4 - Discussion:

Getting the Point of Reference:

—Read John 8:28-29; Luke 22:42; Matthew 8:20; Philippians 2:5-7; and John 13:3-5 & 15-17

Discussion Questions:

Ungodly anger allows the wrathful spirit of the enemy to pour through you inflicting spiritual, emotional, and sometimes even physical wounds on others. But, the devil possessed no “ground” in the Saviour’s heart. This is because **Yahshua** was completely submitted to the Will of the Father. He did not react in ungodly wrath because He had no unyielded rights!

In the Bible, we find that **Yahshua** was always fully submitted and lived a life of total submission and perfect obedience, as an Example to all who follow Him (*1 Peter 2:21*).

- What legitimate rights did *Yahshua* have, that He laid down to demonstrate submitted son-ship?**
- What lessons or guidelines for submission can be found in the Example of Messiah?**

Session 5:

How to Have Lasting Victory
Over Bitterness

“Overcome Bitterness”



SESSION 5 KEY POINT:

We first partake in **CHRIST'S SUFFERING** before we may have the joy of full fellowship with Him or partake in His Glory.

The Scriptures also assure us that “all things work together for good” in the lives of those who love God (*Romans 8:28*).

This means that **Yahweh** allows suffering into our lives only when it is for good.

Scripture Reading:

“Beloved, think it not strange concerning the fiery trial which is to try you... But **rejoice, inasmuch as ye are partakers of Christ's sufferings;** that, when His Glory shall be revealed, ye may be glad also with exceeding joy.” 1 Peter 4:12-13

“That I may know Him, and the power of His resurrection, and **the fellowship of His sufferings...**” Philippians 3:10

"But thou hast fully known my doctrine, manner of life, purpose, faith, longsuffering, charity, patience, persecutions, afflictions, which came unto me at Antioch, at Iconium, at Lystra; what persecutions I endured: but out of them all **Yahweh** delivered me. Yea, and **all that will live godly in Christ Yahshua shall suffer persecution.**" 2 Timothy 3:10-12

"Behold, I have refined thee, but not with silver; **I have chosen thee in the furnace of affliction.**" Isaiah 48:10

Therefore I endure all things for the elect's sakes, that they may also obtain the Salvation which is in Christ **Yahshua** with eternal glory... For if we be dead with Him, we shall also live with Him... **If we suffer, we shall also reign with Him...**" 2 Timothy 2:10-12

The Toxicity of Bitterness

Bitterness is the carnal response to suffering. Someone has wounded us and/or “done us wrong”. We are especially vulnerable to becoming embittered when someone wrongs us and we did not warrant it. A sense of injustice or betrayal often causes bitterness.

Hurt and/or the desire for “justice” to be meted out to our offender, allows negative feelings to fester. These feelings turn into resentment and bitter animosity towards those who have hurt us.

But Scripture warns us that bitterness is a toxic poison, which kills our spiritual life. **What does the Bible say about bitterness?**

ACTS 8:23

EPHESIANS 4:30-32

HEBREWS 12:14-15

PROVERBS 17:9



The Antithesis of Forgiveness

EVERY TIME WE REPLAY SOMEONE'S SIN IN OUR MINDS, WE WATER THE SEED OF BITTERNESS IN OUR HEARTS—AND IT GROWS...

“For I see that you are in the poison of bitterness **and in the bondage of iniquity.**” Acts 8:23 (World English Bible)

“**Don't grieve the Holy Spirit of God**, in Whom you were sealed for the Day of Redemption. **Let all bitterness, wrath, anger, outcry, and slander, be put away from you, with all malice.** And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.” Ephesians 4:30-32 (WEB)

“Follow peace with all men, and holiness, **without which no man shall see Yahweh:** Looking diligently lest any man fail of the Grace of God; **lest any root of bitterness springing up trouble you, and thereby many be defiled.**” Hebrews 12:14-15

“**Whoever covers** [to plump up and fill in the holes] **an offense seeks love**, but he who repeats a matter [which includes mentally rehashing the offenses] separates close friends.” Proverbs 17:9

Prevent Bitterness by Finding the Blessings in Suffering

Romans 8:28 tells us that “all things work together for good” in the lives of those who love **Yahweh**. This means that God allows suffering into our lives only when it is for a good purpose. Suffering produces several good results:

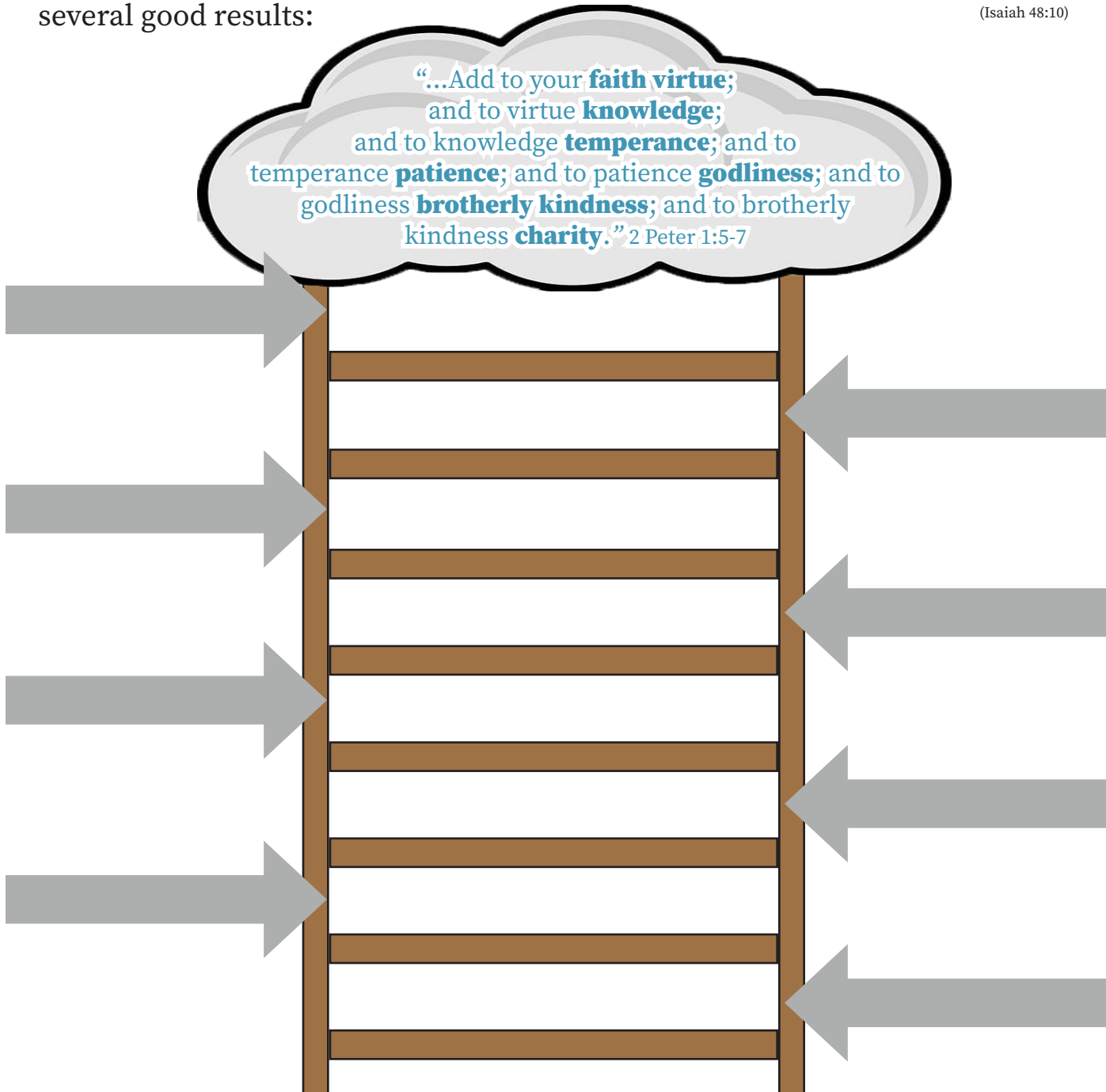
Suffering perfects our... _____
(1 Peter 5:10)

Suffering delivers us from... _____
(Philippians 3:8)

Suffering destroys our... _____
(1 Peter 4:1)

Suffering is how **Yahweh**... _____
(Isaiah 48:10)

“...Add to your **faith virtue**;
and to virtue **knowledge**;
and to knowledge **temperance**; and to
temperance **patience**; and to patience **godliness**; and to
godliness **brotherly kindness**; and to brotherly
kindness **charity**.” 2 Peter 1:5-7



A G.R.E.A.T. Response to Suffering

In times of suffering, if we focus our attention on the human instrument who “caused” our suffering, instead of looking with humble submission to God, we will become angry and embittered towards the “offender.” As we respond to suffering in this carnal way, we fail **Yahweh’s** test and cannot taste His promised Triumph over it.

When fiery trials come our way, like Job of old, we have an opportunity to pass through the experience of suffering in a way that pleases and glorifies **Yahweh**. This is what it means to suffer with Grace. To suffer with Grace rather than becoming embittered, we need to respond to trials by using the acronym G.R.E.A.T.

Suffering with Grace = G.R.E.A.T.

	G.R.E.A.T.	WHAT THIS MEANS:
G		
R		
E		
A		
T		

Our characters are made up by our thoughts, feelings, and actions. In our natural state, our characters are self-centered and ungodly. We exhibit the “works of the flesh” (*Galatians 5:19-21*), which are all part of the “old man of sin.” In this state, we are like a diamond in the rough. We cannot reflect the Light and loveliness of the Saviour when our “natural man” is still alive and unsundered. Through trials and suffering, **Yahweh** cuts away our unlovely character traits. Like a jeweler shaping a diamond, He uses suffering and trials to perfect us until we fully refract the Light of His Truth and His Loveliness in Character.





Session 5 - Plan of Action

If you wish to be fully unleavened from sin, it is necessary that all bitterness be fully removed from the souls. Has any root of bitterness sprung up in your soul? You cannot answer this question with the first thought that pops into your mind. When someone is embittered, he/she is the last to know it! Bitterness is described as “a root”, in Scripture. Roots are hidden beneath the surface. This means that bitterness has to be exposed, in order to be seen. **Complete the following questions to determine whether a root of bitterness is present in your soul:**

- 1) **Has someone hurt you, or done some offense against you?** **Y** **N**
2) **Do you believe you did anything wrong to cause this offense?** **Y** **N**

Note: if you answered “yes” to the first question, and “no” to the second question, you are in a situation that is likely to cause bitterness... Now check all that apply from the following list:

SEVEN SIGNS THAT BITTERNESS IS CONTROLLING YOU:

- YOU HAVE IMAGINARY CONVERSATIONS IN YOUR MIND**
—you rehearse what you would like to say to your offender, or what you wish you would have said to them, in your mind (*Philippians 3:13*).
- YOU TELL PEOPLE WHAT HAPPENED TO GAIN VALIDATION AND ALLIES**
—you tell people how this person offended you, not because they need to know, but because you want to feel validated and get others to take your side. Maybe this is an indirect way to get back at the person who hurt you (*Proverbs 17:9*).
- YOU REPLAY AN EXPERIENCE OVER AND OVER IN YOUR MIND.**
—you replay a past conversation or experience over and over in your mind, reliving the offense (*Philippians 3:13*).
- YOU FEEL SATISFACTION WHEN YOUR OFFENDER FAILS.**
—you feel satisfaction when your offender comes into hardship of some kind (*Ephesians 4*).
- YOU FEEL UPSET AT THE MENTION**

...OF YOUR OFFENDER'S NAME

—you have a strong, negative response when you hear your offender's name or when they come up in conversation.

- YOU DO NOT BEHAVE NATURALLY AROUND THE OFFENDER**
—you struggle to behave normally, or engage your offender in conversation.
- YOU COMPLAIN OFTEN**
—you complain about your circumstances and how you were wronged (*1 Thessalonians 5:18*).

Rate your level of bitterness: 1-3 items = mild, 4-5 items = moderate, 6-7 = extreme

STEPS TO OVERCOME BITTERNESS

- 1) **REPENT** for being bitter.
- 2) Do **G.R.E.A.T.**
- 3) **REMEMBER** your great sin-debt for which **Yahweh** has forgiven you and see your offender's crimes as much less.
- 4) **FORGIVE**, distinguishing the difference between forgiveness and pardon.
- 5) **PRAY** daily for your offender and your attitude towards them.
- 6) **VOLUNTEER** to go the extra mile.

Session 5 - Discussion:

Getting the Point of Reference:

—Read Matthew 18:32-35; Matthew 6:12-15; and Romans 5:8

Discussion Questions:

It is important to keep others' offenses against us in the right perspective.

—**How great are my offenses against *Yahweh*?**

—**How great are my offender's offenses against me, by comparison?**

—**What happens to my offenses against *Yahweh*, if I fail to fully forgive my human offender(s)?**

—**How are forgiveness and pardon different?**

Session 6:

How to Have Lasting Victory
Over Lust & Sexual Sin

“Live in Moral Purity”



SESSION 6 KEY POINT:

MORAL FREEDOM is having our physical drives under the full control of the Holy Spirit. Through the in-dwelling Grace of **Yahweh**, we are empowered to transform our physical drives into spiritual power. When this is accomplished, our influence and ministry on behalf of others will be a life-giving blessing, as **Yahweh** intended. This is true **moral freedom**.

“...As the Scripture hath said, out of his belly (innermost being) shall flow rivers of living water.” John 7:38

Scripture Reading:

“This I say then, **Walk in the Spirit, and ye shall not fulfill the lust of the flesh**. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.” Galatians 5:16-17

“**Flee also youthful lusts**: but follow righteousness, faith, charity, peace, with them that call on **Yahweh** out of a pure heart.” 2 Timothy 2:22

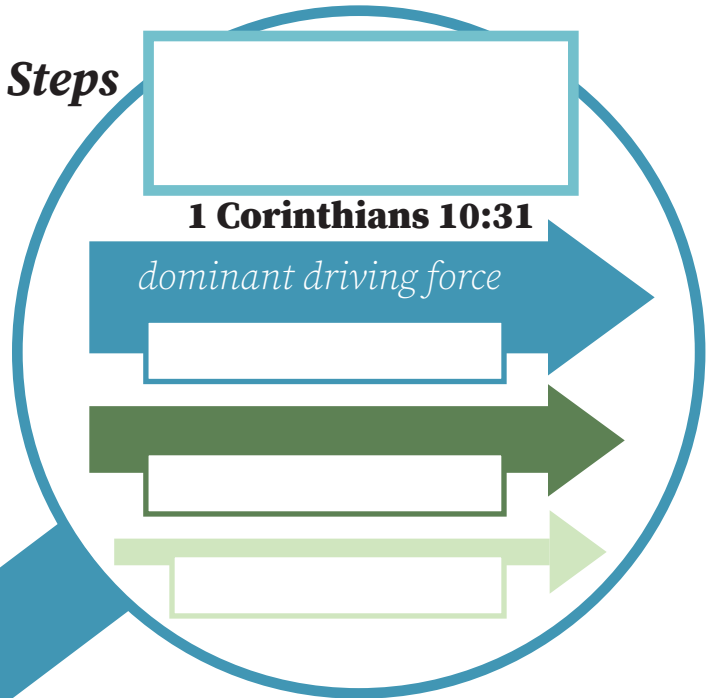
“And the very God of peace sanctify you wholly; and **I pray God your whole spirit and soul and body be preserved blameless unto the Coming of our Sovereign Yahshua Christ**.”

1 Thessalonians 5:23

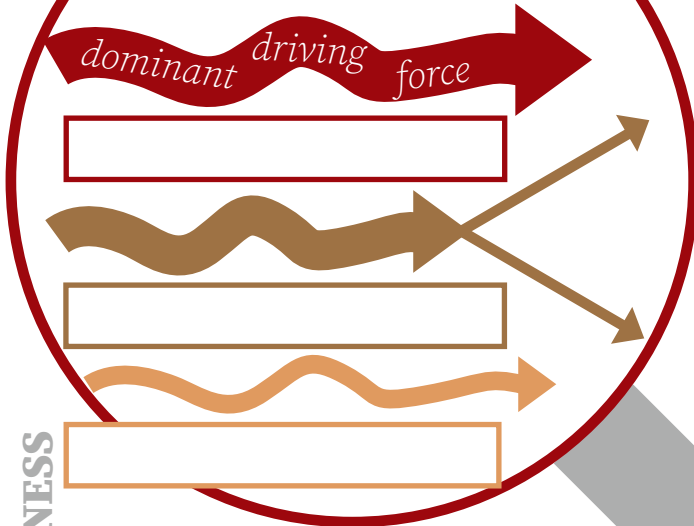
“**But I keep under my body, and bring it into subjection**: lest that by any means, when I have preached to others, I myself should be a castaway.” 1 Corinthians 9:27

Developing Reprobation in 13 Steps

Our physical drives become dominant when our three basic drives are out of balance. Our three basic drives are: (1 Thessalonians 5:23)



1 Thessalonians 4:4-5

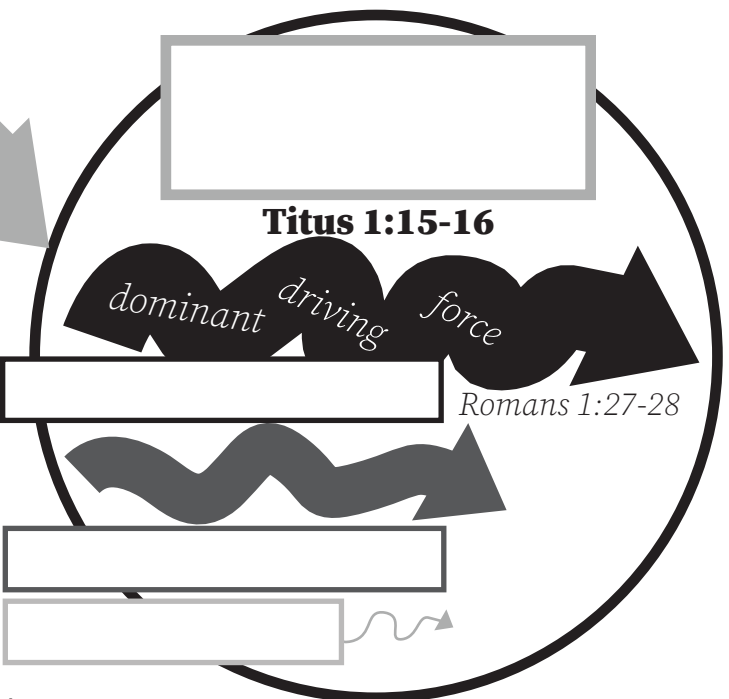


- 1** Natural _____ used for evil
- 2** Awakening of _____
- 3** _____ focus
- 4** Questioning _____
- 5** Violation of _____
- 6** Awakening of _____
- 7** Ungodly response to _____

LASCIVIOUSNESS

- 8** Failure to _____
- 9** Religious _____
- 10** _____
- 11** Re-examine _____
- 12** Justify _____
- 13** _____

REPROBATION



What is Reprobation?

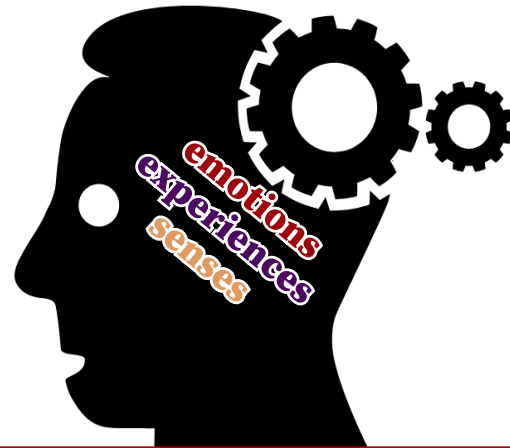
When our minds are fully reprobate, we can no longer comprehend true Spiritual things, nor discern Truth at all (see Romans 1:28). **What does the Bible mean when it uses the word “reprobate?”**

Reprobate in Greek (*New Testament*)

Reprobate in Hebrew (*Old Testament*)

In Titus 1:15-16, **what are the characteristics of being reprobate?**

“Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even **their mind and conscience is defiled**. They profess that they know God; but in works they deny Him, **being abominable, and disobedient, and unto every good work reprobate.**” Titus 1:15-16



“Reprobate silver shall men call them, because God hath rejected them.” Jeremiah 6:30

Quenching the Fire of Lust and Walking in the Spirit



When we stir up ungodly physical desires the Bible calls it **lasciviousness** (2 Corinthians 12:21 and Galatians 5:16-24) Lasciviousness becomes concupiscence, a condition about midway through in the development of reprobation. **Concupiscence** is a strong, ungodly desire, a burning lust.

Many Christians wrongly assume that if they just indulge in a little bit of lust, it will satisfy the ungodly desire. But, actually the opposite happens. The more a lust is fed, the hotter it burns, like a fire being fed with gasoline. The more it is indulged, the deeper the depravity and the further the development of reprobation.

According to John 3:5 and Ephesians 5:26, how are the fires of lust quenched?



“...I shall bewail many which have sinned already, **and have not repented of the uncleanness and fornication and lasciviousness which they have committed.**” 2 Corinthians 12:21

“This I say then, **Walk in the Spirit, and ye shall not fulfil the lust of the flesh.** For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the Law. **Now the Works of the Flesh are manifest, which are these: Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like... They which do such things shall not inherit the kingdom of God.** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no Law. **And they that are Christ’s have crucified the flesh with the affections and lusts.**” Galatians 5:16-24

“*Yahshua* answered, Verily, verily, I say unto thee, **Except a man be Born of Water and of the Spirit, he cannot enter into the Kingdom of God.**” John 3:5

“That He might sanctify and cleanse it with **the washing of Water by the Word.**”

Ephesians 5:26

HOW TO QUENCH THE FIRE OF LUST:

Session 6 - Plan of Action

We overcome the Lust of the Flesh by Walking in the Spirit. In practical terms, there are eight steps (*once a person has been baptized*) to conquering sinful habits, overcoming sinful strongholds, and living in moral purity by the indwelling Power of **Yahweh**.

If you desire to overcome, complete the following steps, checking them off as you do them:

7 Steps to Walking in the Spirit and Overcoming the Flesh:

- REPENT FOR YOUR LEVEL OF REPROBATION** (*see page 34*).
—privately, in prayer, confess and repent for your moral impurity. Be specific as you claim **Yahshua's** Blood in cleansing for each sin (*1 John 1:9*).
- RECEIVE A BIBLICAL ANOINTING FOR DELIVERANCE FROM THE STRONGHOLDS AND CURSES OF THE ENEMY AND TO BE SET APART FOR HOLY USE**
—For details on how to receive a Biblical Anointing, see our booklet titled **Keys to Living Like You've Been Saved** (*James 5:13-16*).
- ENGRAFT ROMANS 6 & 8**
—For details on how to engraft these chapters, see session 2 in this workbook (*James 1:21; Psalm 119:11*).
- BE DEAD TO SIN**
—You should have as much response to seeing past lusts as a corpse. Being dead means that you do not respond to a temptation at all. There is no flirtation coming from a dead man. And sensual images cannot be in the mind of a corpse (*Romans 6:11-12*).
- BE ALIVE TO RIGHTEOUSNESS**
—Rather than simply abstaining from sin, **exercise** yourself daily to do that which glorifies **Yahweh** (*1 Cor. 10:31*).

- NAIL THE "DOOR" SHUT TO ALL SINFUL HABITS**
—Plan for victory by purposely changing your removing everything which allows you to continue the past sins. Do not go to locations where you will likely be tempted. Remove objects from your home associated with past lusts. Spiritually "nail" the "door" shut to the devil, by making no provision for the flesh (*Romans 13:14*).

Prayerfully brainstorm on how to do this in your situation. **Write your plan:**

- BE ACCOUNTABLE TO A PRAYER PARTNER**
—Choose a trusted fellow believer to be accountable to. Tell them of your area of moral weakness. Ask them to pray with you daily and give them an account of your victory & progress (*every day at an appointed time*). Plan to pray **daily** for **no less than 40 days** to fully break the prior habit (*Hebrews 3:13; James 5:16*).

Partner's Name:

Daily Prayer Time:

Session 6 - Discussion:

Getting the Point of Reference:

—Read Romans 7:21-25; Hebrews 3:13; James 5:16; Proverbs 28:13

Discussion Questions:

- What lessons on victory can you find with the comparing the Spiritual process of overcoming with the physical laws of gravity vs. aerodynamics.
- Why is finding an accountability partner vital to overcoming a difficult stronghold? Can victory be found without taking this potentially humiliating step?

SCRIPTURE REFERENCES:



“I find then a law, that, when I would do good, evil is present with me. For I delight in the Law of **Yahweh** after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death? I thank God through **Yahshua** Messiah our Sovereign. So then with the mind I myself serve the Law of God; but with the flesh the law of sin.” *Romans 7:21-25*

“He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.” *Proverbs 28:13*

Session 7:

Life-Changing Perspective

“Yahweh’s Design & Your Unchangeables”



SESSION 7 KEY POINT:

Yahweh is our **MASTER DESIGNER**. He is the Potter, and we are the “clay,” as the Bible says in Isaiah 64:8, “*But now, Yahweh, Thou art our Father; we are the clay, and Thou our Potter; and we all are the work of Thy Hand.*” When we are discontent with some unchangeable feature, we are criticizing **Yahweh’s** design.

“Nay but, O man, who art thou that repliest against God? **Shall the thing formed say to Him that formed it, Why hast Thou made me thus? Hath not the Potter power over the clay, of the same lump to make one vessel unto honour, and another unto dishonor?**”

Romans 9:20-21

Scripture Reading:

“...Thou hast possessed my reins: Thou hast covered me in my mother's womb. I will praise Thee; for I am fearfully and wonderfully made.

Marvelous are Thy works...Thine Eyes did see my substance, yet being unperfect (*unformed*); and in Thy Book all my members (*body parts*) were written... fashioned, when as yet there was none of them.”

Psalm 139:13-16

“Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee (*set you apart for holy use*)...”

Jeremiah 1:5

“And now, saith **Yahweh** God that formed me from the womb to be His servant...”

Isaiah 49: 5

“Know ye that **Yahweh He is God. It is He that hath made us, and not we ourselves.** We are His people, and the sheep of His pasture. Enter into His Gates with thanksgiving, and into His Courts with praise: be thankful unto Him, and bless His Name.”

Psalm 100:3-4

Self-Rejection and the Great I Am

Far from your life beginning with some chance encounter and random combination of cells, **Yahweh** prescribed your physical features before you were even conceived. It was He, who fashioned and formed you to fulfill His great Purpose for your life.



Many believe that self-rejection is being meek and humble. Actually it's quite the opposite! When we are busy thinking negatively about ourselves, our focus is on self instead of God. Notice the self-centered basis for the following thought patterns:

- “**I am** too sinful for...”
- “**I am** so ugly that...”
- “**I am** too stupid to...”
- “**I am** too _____ for any good purpose...”

Significantly, one of God's most powerful Names is (*Exodus 3:14*):

Moses had this problem of self-focus and self-rejection when **Yahweh** first gave him the assignment to lead Israel out of Egypt. Moses was so busy being focused on himself and his own deficiencies, that he couldn't see **Yahweh** beyond himself!

“And Moses said unto God, ‘Who am I, that I should go unto Pharaoh?’... And God said unto Moses, ‘I AM THAT I AM... Thus shalt thou say... I AM hath sent me unto you...’ And Moses said unto **Yahweh**, ...’I am not eloquent... but I am slow of speech...’ And **Yahweh** said unto him, ‘Who hath made man's mouth? Or who maketh the dumb, or deaf, or the seeing, or the blind? Have not I **Yahweh**? Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say’”

Exodus 3:11-4:12

It is only when we are focusing on ourselves, that we are unable to glorify God and perform the mighty deeds He's called us to perform. Far from being humble, being focused on our own weaknesses and defects is actually a form of idolatry. Self is on our heart-throne.

Accepting Yahweh's Design of My 10 Unchangeables:



- | | |
|--|---|
| <input type="checkbox"/> I accept Yahweh's choice of my <input type="text"/> | <input type="checkbox"/> I accept Yahweh's choice of my <input type="text"/> |
| <input type="checkbox"/> I accept Yahweh's placement in <input type="text"/> | <input type="checkbox"/> I accept Yahweh's choice of my <input type="text"/> |
| <input type="checkbox"/> I accept Yahweh's design of my <input type="text"/> | <input type="checkbox"/> I accept Yahweh's design of my <input type="text"/> |
| <input type="checkbox"/> I accept Yahweh's design of my <input type="text"/> | <input type="checkbox"/> I accept Yahweh's design of my <input type="text"/> |
| <input type="checkbox"/> I accept Yahweh's design of my <input type="text"/> | <input type="checkbox"/> I accept Yahweh's timing for my <input type="text"/> |

Perspective on Birth Defects, Challenges & Illnesses

With the entrance of sin, into our world, came death. And with death entered disease and deformity. These are direct products of sin, yet the Heavenly Father is mighty enough to lift and remove these deformities, if He sees fit (*Exodus 4:11*).

According to Paul, why doesn't *Yahweh* lift defects and deformities from His children in every case?

(*Romans 8:28; 2 Corinthians 12:7-9*)

Many great patriarchs and people of the Bible were given challenges and flaws in body or family, but *Yahweh* used them to accomplish great things. Often the “flaw” was an important “cog” in the “wheel” for accomplishing *Yahweh's* Calling.

In the table on the next page, go deeper in noting the challenges experienced by these people of the Bible. Then note your own “flaws”:

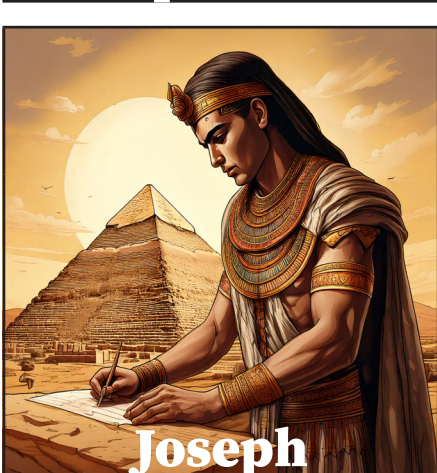


“And we know that **all things work together for good to them that love God**, to them who are called according to His purpose.” *Romans 8:28*

“And lest I should be exalted above measure through the abundance of the revelations, **there was given to me a thorn in the flesh**, the messenger of Satan to buffet me, **lest I should be exalted above measure**. **For this thing I besought *Yahweh* thrice, that it might depart from me**. And He said unto me, **My Grace is sufficient for thee: for My Strength is made perfect in weakness**. Most gladly therefore **will I rather glory in my infirmities, that the power of Christ may rest upon me**.” *2 Corinthians 12:7-9*

- **Jacob** had a pronounced limp to remind him of how he'd wrestled with *Yah*—and prevailed, by His Grace—*Genesis 32:31*
- **Paul** had an “infirmity” (sickness) which he called a “thorn in the flesh.” He learned this “thorn” was to keep him aware of his need for dependence on *Yahweh*—*2 Corinthians 12:7*
- **Moses** had a speech problem—*Exodus 4:10*
- **Zacchaeus** was too short—*Luke 19:3*

Session 7 - Plan of Action

NAME OF PATRIARCH	CHALLENGE OR FLAW THIS PERSON FACED	WHAT GREAT THINGS WERE ACCOMPLISHED?
 <p>Jephthah</p>	<p>Key Point:</p>	<p>He was made a Judge over Israel (<i>which shows he lived a holy and wise, well-respected life</i>)</p> <p>He defeated the Ammonites, delivering Israel, by the power of Yahweh (<i>evidence that Yahweh was with him</i>)</p>
 <p>Joseph</p>	<p>Key Point:</p>	<p>He was made ruler over Egypt (<i>in order to save Israel from famine</i>)</p> <p>He built monuments and led worship in Egypt (<i>saving Egypt from the famine and teaching Egypt - and the world - about Yahweh, as the true God</i>)</p>

What about you? **What challenge do you face from your “unchangeables”?**

Do you have physical deformities, or a thorn in the flesh, like Paul? Y N

Have you prayed (3x, like Paul), asking *Yahweh* to remove this flaw? Y N

If *Yahweh* did not remove it, ask Him to bring His Good out of it! Have you already experienced or noticed something good that *Yahweh* is doing with your challenges/flaws? If so, what?

Has this helped you better appreciate *Yahweh’s* Design in your life? Y N

Session 7 - Discussion:

Getting the Point of Reference:

—Read 1 Corinthians 1:27-31; Jeremiah 29:11

Discussion Questions:

— Can you think of a person who had serious flaws or challenges that **Yahweh** used to help better accomplish His good Purpose for their life?

— Share a short testimony of your own experience with your challenges and flaws. How has **Yahweh** used them for good in your life?

Session 8:

How to Speak so *Yahweh* will listen
—and listen so *Yahweh* will Speak

“Pray with Power”



SESSION 8 KEY POINT:

*Every believer needs **EFFECTIVE PRAYER**. Prayer is not only the vital link of communication between **Yahweh** and His people, it is also the Breath of Heaven. Prayer is spiritual Breathing. Understanding this helps us gain perspective on how important it is to have a vital prayer life. With it, we are truly alive in Christ! The Bible also tells us that effective prayers are strong against the enemy, accomplishing much.*

“...The effectual fervent prayer of a righteous man availeth much.” James 5:16

Scripture Reading:

“For the Eyes of **Yahweh** are over the righteous, and His Ears are open unto their prayers: but the Face of **Yahweh** is against them that do evil.” 1 Peter 3:12

“If My people, which are called by My Name, shall humble themselves, and pray, and seek My Face, and turn from their wicked ways; then will I hear from Heaven, and will forgive their sin, and will heal their land.” 2 Chronicles 7:14

“For I know the thoughts that I think toward you, saith **Yahweh**, thoughts of peace, and not of evil, to give you an expected End. **Then shall ye call upon Me, and ye shall go and pray unto Me, and I will hearken unto you.** And ye shall seek Me, and find Me, when ye shall search for Me with all your heart.” Jeremiah 29:11-13

Removing the Impediments for Effective Prayer...

In Scripture, it is clear that not all prayers are treated equally, before the Father's Throne. **According to Psalm 66:8 and Isaiah 59:2, what happens to my prayers if I have unconfessed, unsundered sin in my life?**

If you believe that you have truly confessed and repented for sin and have turned away from continuing in it; and He still is not hearing your prayers, check to make sure you are not asking amiss.

What does it mean to “ask amiss” in James 4:3?

What are three common ways that people “ask amiss”?

-
-
-

Many struggle with having an effective prayer life simply because they feel too busy to pray. Christ, our Example in all things (1 Peter 2:21), had a vital prayer life. He prioritized the time to pray. **Consider what it means to be too busy to pray:**



“If I regard iniquity in my heart, **Yahweh** will not hear.” Psalm 66:8

“But your iniquities have separated you from God; and **your sins have hidden His Face from you so that He will not hear.**” Isaiah 59:2

“**Ye ask, and receive not, because ye ask amiss,** that ye may consume it upon your lusts.” James 4:3

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How to Speak So that Yahweh Will Listen...

After observing Christ's dynamic prayer life and witnessing the power He derived from it, the disciples asked Yahshua to teach them to pray (Luke 11:1). The Saviour responded by giving them a "Prayer Recipe" in what is now called, "The Lord's Prayer." You can read this prayer in Matthew 6:9-13 or in Luke 11:2-4.

We can pray effectively by following the Master's Prayer Recipe:

 **First Ingredient:**

- Honor and praise **Yahweh** for Who He is to you (*Creator, King, El Shaddai...*)
How **Yahshua** demonstrated this:

"Our Father, Which art in Heaven, hallowed be Thy Name..."

Example of how this prayer ingredient might look in your prayer:

 **Second Ingredient:**

- Seek the Kingdom and Will of **Yahweh** to come to full fruition in you
How **Yahshua** demonstrated this:

"...Thy Kingdom Come, Thy Will be done on earth as it is in Heaven..."

Example of how this prayer ingredient might look in your prayer:

 **Third Ingredient:**

- Seek **Yahweh's** daily Provision and Forgiveness for your sins (*be specific*)

How **Yahshua** demonstrated this:

"...Give us this day our daily bread and forgive us our debts (sins)..."

Example of how this prayer ingredient might look in your prayer:


 **Fourth Ingredient:**

- Ask **Yahweh's** help to forgive and His Light to keep you from deception.

How **Yahshua** demonstrated this:

"...As we forgive our debtors. And lead us not into temptation..."

Example of how this prayer ingredient might look in your prayer:

 **Fifth Ingredient:**

- Seek **Yahweh's** deliverance from Satan's curses/plans; choose **Yah's** Glory

How **Yahshua** demonstrated this:

"...Deliver us from Evil, for Thine is the Kingdom...Power... and Glory..."

Example of how this prayer ingredient might look in your prayer:

How to Listen so Yahweh Will Speak to You...

A conversation is a “two-way street”. So is prayer. This means that we are to speak and listen to **Yahweh** speak to us. Listening and letting God talk also is a vital element to having a real, thriving **relationship** with God. Listening is the other half of the prayer experience—the most important half. The Bible talks about these parts of prayer:

(Numbers 21:7 and Exodus 25:22)

What does it mean to “commune”
(from Hebrew, H1696)?

Should you expect to hear **Yahweh** speak to you? *(John 18:37; John 10:27)*

Yahweh speaks to His people in four main ways:

1

2

3

4



“Therefore the people came to Moses, and said, ‘We have sinned, for we have spoken against **Yahweh**, and against thee; pray unto **Yahweh**, that He take away the serpents from us. **And Moses prayed for the people.**” Numbers 21:7

“And there I will meet with thee, and **I will commune with thee from above the Mercy Seat**, from between the two cherubims which are upon the Ark of the Testimony, of all things which I will give thee in Commandment unto the children of Israel.” Exodus 25:22

“...Every one that is of the Truth heareth My Voice.” John 18:37

“**My sheep hear My Voice**, and I know them, and they follow Me.” John 10:27

How can we confirm that a Message is from **Yahweh**?

Session 8 - Plan of Action

Make a plan to move into having a vital prayer life with **Yahweh**. Choose a meaningful **PRAYER STRUCTURE**, and change it up periodically, to keep your prayer life from becoming spiritually stale. Also, set the goal of bringing prayer into every part of your day, by recognizing and using the varied **FORMS OF PRAYER**. Use this form to help you grow your prayer life.

PRAYER STRUCTURE:

Choose a structure for your prayer time. Having a varied structure for your morning prayer time will help keep your prayer life meaningful and fresh. **Check a structure to use first** (or come up with your own):

- The Master's Prayer:**
—Use the “Lord’s Prayer” as a recipe to personalize and emulate.
- One Hour Prayer Chart:**
—Use the Prayer Chart on page 51 to pray for 1 hour each day.
- The Sanctuary:**
—Pray through the Sanctuary by personalizing each piece of Furniture from the Door to the Most Holy Place.
- The Proverbs:**
—In a 31-day month, read, personalize and pray through 1 chapter of Proverbs each day.
- The Life of Messiah:**
—Read, personalize and prayer through 1 chapter of a Gospel each day. Focus on the Life of Messiah and prayerfully seek to worship and emulate Him.

FORMS OF PRAYER

The Prayer Structure portion of this plan is more for your Morning Time prayer. But you will also want to increasingly bring prayer into your whole day. Here are some other ways to pray. **Check forms of prayer that you would like to start using daily:**

- Travel/Downtime Prayer:**
—In your commute and downtime, meditate upon a Scripture from your Morning time and pray.
- Daniel's Prayer Times:**
—Do like Daniel, who prayed in a concentrated way (like the Morning Time Prayer) **three times daily:** morning, noon, and evening
- Singing Praises:**
—Singing is a form of prayer. Sing when you have opportunity in your day.
- Communing:**
—In moments of scenic beauty, praise the Creator and enjoy it with Him.
- Meditating:**
—Put a 3x5 card with a Bible verse to memorize where you will see it throughout the day. Memorize and Meditate.

Session 8 - Discussion:

Getting the Point of Reference:

—Read Psalm 55:1; Genesis 22:1-3; Isaiah 8:20; Matthew 7:15-20

Discussion Questions:

— Since both God and Satan speak to mankind, it is critical to know the difference between their voices! Abraham obviously KNEW God's Voice, beyond question. For when God spoke to him and told him to offer up his only son, Isaac, Abraham recognized God's Voice and acted immediately to obey (*Genesis 22:1-3*).

Certainly Abraham would not have been willing to sacrifice his beloved son if he weren't sure he was hearing God's Voice! How was Abraham so certain of **Yahweh's** Message that he would take Isaac's life? **How can we know Yahweh's Voice unmistakably?**

— Just as there are signs to verify that **Yahweh** has spoken, **are there signs to clearly expose when a message or idea is from Satan**, even if he imitates the Father's Voice?

One Hour Prayer Chart



5 Minutes: **PRAISE!**

Praise **Yahweh** for His Names and Works—*Psalms 145:1-3*



5 Minutes: **BLESS!**

Pray for each person in your Fellowship Group—*Col. 1:2-3*



5 Minutes: **CONFESS!**

Confess your sins and claim **Yahshua's** Blood—*1 John 1:9*



5 Minutes: **PETITION!**

Claim Bible Promises as you ask for your needs—*2 Peter 1:4*



5 Minutes: **REPENT!**

Read and personalize Psalm 51—*Psalms 51*



5 Minutes: **THANK!**

Thank **Yahweh** for Blessings and Answers—*Philippians 4:6*



5 Minutes: **CLAIM!**

Personalize and pray each verse of a Psalm—*Psalms 19:14*



5 Minutes: **READ!**

Read from **Torah**. Look up key words—*Psalms 1:1-3*



5 Minutes: **LISTEN!**

Be still & invite **Yahweh** to Speak to you—*Isaiah 30:21*



5 Minutes: **MEDITATE!**

Meditate upon the **Torah** verse(s). Apply it—*Ps. 119:97*



5 Minutes: **INTERCEDE!**

Pray for your family. Warfare pray as needed—*Job 1:4-5*



5 Minutes: **SING!**

Praise **Yahweh** in singing—*1 Chronicles 16:8-10*

