

## **35 Days of Spiritual Healing**

**This is your season for the Greatness of God to be reflected in your life. It is time for you to be healed of all the things that have caused you to have delays in any area of your life. I am so excited to have you take part in this time of Spiritual Healing. I promise you once you complete these 35 days, your life will never be the same again.**

**This is not the kind of 35 days of Spiritual actions that cause you to dread waking up each day, but rather you will find that each day you will arise with joy expecting and anticipating great things to happen.**

**Purpose: The purpose of the 35 days of Spiritual Healing is to heal you from any visible or hidden things in your life that have caused you pain. The main purpose is to build up the character of the Spirit of God in you.**

***You know you've been Spiritually healed when the character of the Holy Spirit is IN YOU and exemplified THROUGH YOU.***

**Instructions: Each day you will wake up with a daily prescribed plan to help you fulfill your quest towards total Spiritual Healing. The 35 days of Spiritual Healing is broken up into 7 weeks. You will only have a daily plan for 5 days of the week, Monday through Friday. The weekend will be your time to see how the 5 days have totally changed your character in the area of focus for that week.**

**The focus of the plan is to help you find Spiritual Healing in dealing with yourself, your family, your workplace or school, your neighbors, and church people/ Associates.**

**Remember you are not in this by yourself, 100's maybe even 1000's of others will be joining you in this journey of receiving your Spiritual Healing. Failure is not an option and running a close 2<sup>nd</sup> in the race is not you. You are the head and not the tail, and you are above only and not beneath. Whatever you start, you finish it. This time of 35 days is not for anyone else, it's for you. You deserve to be healed and to start truly living a life of liberty and joy in God.**

**In Luke 9:62, "Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God." What the Lord is saying is, "if you start it, make sure you finish it."**

**Enjoy the journey and we will meet you on the other side after these 45 days. Expect to be totally and completely Spiritually Healed.**

## **Day 1 - Welcome to the beginning of the 35 days of Spiritual Healing.**

**I am proud of you for starting this journey, and now let's finish it. Remember, no turning back and at all cost we fight to the finish. Each day you will be assigned a daily routine that is broken up into 3 times of the day. These times are Morning, Midday, and Evening. I will prescribe you action plans that you just have to follow exactly. Remember this is FOR YOU. I want the focus on you for the first time in a long time, and let others focus on themselves. You deserve to have a great LIFE. Say this with me, "I DESERVE TO HAVE A GREAT LIFE". Say it again, "I DESERVE TO HAVE A GREAT LIFE".**

**Action Plan: For each day of each week you will focus either on yourself or the group of people for that day, that are involved in your quest for receiving Spiritual Healing. There will be a theme for the week and the theme will work in alignment with how you receive Spiritual Healing in the 5 areas of your life, which are: yourself, your family, your workplace or school, your neighbors, and church people/ Associates.**

### **Let's start:**

# Day 1 – Monday, April 4, 2016

Theme for Week 1: **LOVE**

**Morning Activity:** It's time to love you. You don't realize it, but your actions, decisions, struggles, and pain are many times self inflicted. You ask how this is possible. Well, whenever you make decisions and choices that cause you to experience some sort of negative emotion or outcome it shows how you really feel about yourself. Wise choices come from wise counsel or decisions that are well thought out. It's time to **LOVE YOU AGAIN**. You may say I Love myself, but let's do the exercises and see if you can love yourself a little more.

**1. Read The Following Scripture out loud to yourself:**

**Jeremiah 31:3**

Amplified Bible (AMP)

<sup>3</sup> The Lord appeared from of old to me, saying, Yes, **I have loved you with an everlasting love**; therefore with loving-kindness have I drawn you *and* **continued My faithfulness to you.**

2. It's hard to love oneself, when you feel unloved. You have given out so much love and many times don't feel the love given back to you. God confirms that unlike others whose love is conditional and have unfaithful love, God says He has everlasting love for you and He will continue to be Faithful to you.
3. This morning I want you to write down 3 things that God has done for you throughout your life that prove He loves you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

God's love for you is so great that He gave up His very best to save you and give you everlasting life with him forever.

1 John 4:9-10 Easy-to-Read Version (ERV)

<sup>9</sup>This is how God showed his love to us: He sent his only Son into the world to give us life through him. <sup>10</sup>True love is God's love for us, not our love for God. He sent his Son as the way to take away our sins.

God is not like others, He loves you with an eternal and unchanging love. His love is so great that He didn't wait for you to love Him first, but rather He loved you first.

1 John 4:16, 18, and 19 Easy-to-Read Version (ERV)

<sup>16</sup>So we know the love that God has for us, and we trust that love.

<sup>18</sup>Where God's love is, there is no fear, because God's perfect love takes away fear.

<sup>19</sup>We love because God first loved us.

Your heavenly Father loves you so much that He claimed you as His, even in the state you were in where others treated you as less desirable. He loved you and claimed you as His child without hesitating. His love is so great towards you that He is not embarrassed to call you His child.

1 John 3:1 Easy-to-Read Version (ERV)

## You Are God's Child

**3** The Father has loved us so much! This shows how much he loved us: We are called children of God. And we really are his children. But the people in the world don't understand that we are God's children, because they have not known him.

One of the ways we don't love ourselves is when we withhold moving forward in our lives out of fear of outcomes, and worrying about succeeding. The Apostle John reminds us that, #1 God is love. Repeat that with me, "GOD IS LOVE". John then writes **there is no fear in love, and love<sup>[al]</sup> turns fear out of doors and expels every trace of terror!** God is saying to you right now that I love you so much, that you don't have to fear anymore, my guaranteed love for you should make you know I always will have your back and your front. God says my perfect love for you casts out all fear. Stop fearing, you have a God who loves you and wants you to mature in perfect love. God's love for you is one that assures you that you don't have to fear.

God's love conquers everything that could seem terrifying or unachievable. You are tormenting yourself with all this fear!!! Love yourself enough to put everything in the hands of a God who loves you enough to handle it, and relieve yourself from always trying to figure out what God has already worked out.

I know sometime you say Pastor Turner I have felt like God has forgotten about me, sometime I feel like He is hiding His face from me. Pastor sometime I feel like He is letting my enemy triumph over me. Child of God these are the same words rehearsed by King David in Psalm 13:1-2. Read it.

Psalm 13:1-2, 5

<sup>1</sup>How long, LORD? Will you forget me forever?

How long will you hide your face from me?

<sup>2</sup>How long must I wrestle with my thoughts  
and day after day have sorrow in my heart?

How long will my enemy triumph over me?

Then David came to himself and wrote verse 5 to tell God, no matter how tough it gets and how I may feel that you have left me, I know your love for me will never fail and this means you have to eventually come to my rescue. Read verse 5.

<sup>5</sup>**But I trust in your unfailing love;**

my heart rejoices in your salvation.

You have to know child of God no matter how bad your life may seem right now, God's unfailing love toward you is about to bring back restoration, hope, and joy in Jesus' name. Have a blessed day and God loves you.

# Day 2- Tuesday, April 5, 2016

## Spiritual Healing for Me

### Theme for Week 1 : Love

Introduction: Who better for the devil to use to hurt or frustrate you, than the people who are suppose to love and support you the most. He knows that the closer the person is to you the more it hurts. As you are reading this, there may be someone in your family (spouse, ex-spouse, children, mother, father, sister, brother, uncle, aunt, or cousin) that has done something to you that really hurt.

How do you know it still affects you? When you see or think about them and start feeling angry, hurt, disappointed in them, resentment, offended, mishandled, used, or abused then it's still there. Some of these feelings may be deeply rooted and some may have surfaced recently. Either way you need to get beyond this. This is not for them, but this is FOR YOU.

Today you are going to be free from the pain you've held inside.

The biggest question that bothers people the most is, why did they do this to me? You can't always figure out other's madness in their own lives that causes them to bring madness into yours. These are the majority of the reasons why they hurt you:

- A. It was done to them, and to get through their own sickness and hurt they wanted to pass the pain. HURT PEOPLE, Hurt People.
- B. They never felt loved (hard to show love if they never felt loved) or were hurt from relationships with others. So their sense of bitterness makes them not want others to be happy. MISERY, loves company.
- C. They couldn't stay or hang around because they were fighting their own demons. Runners have had others run out on them.
- D. Illusiveness and deception are traits of someone who during the early stages of life had feelings of being abandoned and not affirmed by someone. They then construct a character that prohibits them from being the first one to be hurt in a relationship. It's the idea of getting before being gotten.

- E. Their jealousy and envy of you is due to their lack of being able to have or accomplish what you have. They are used by the devil to come against you because they leave the door of jealousy open and give the devil the right to come into them and hurt you. He uses them to get to you.

These are just 5 of the 100's of reasons why that loved one hurt you. The biggest reason is that they were used by the enemy, was to cause you to be hurt by the closest people to you. The devil's plot was to try to cause a lifestyle of fear of trusting and loving to now reside in you.

4. Read the Following scripture out loud: Romans 13:8 which says, "Owe no man anything, but to love one another: for he that loveth another hath fulfilled the law."
5. You don't owe this person anymore of your life. You have allowed their actions toward you to rob you of the blessings that the enemy has kept you from, through your inability to forgive. The Bible says you owe them LOVE. You ask, why do I owe them that. Because it's NOT REALLY FOR THEM, IT'S FOR YOU. You can't move forward without forgetting those things which are behind you.

**a.** Paul wrote in Philippians 3:13-14 in the God's Word Translation, "Brothers and sisters, I can't consider myself a winner yet. This is what I do: **I don't look back, I lengthen my stride,** and<sup>14</sup> **I run straight toward the goal to win the prize** that God's heavenly call offers in Christ Jesus.

- 6.** Do you believe that if we don't follow God's word, it can cause us to miss out on some blessings God has in store for us? Circle Yes or No.

Nobody is worth you missing your Reward and right now blessings. That family member has made you lose enough, forgive and love them through the eyes of God and get ready for your blessed season!



Matthew 5:43-48 says, “<sup>43</sup>You have heard people say, “Love your neighbors and hate your enemies.”

<sup>44</sup>But I tell you to love your enemies and **pray for anyone who mistreats you. (You don't know how God is paying them back for hurting you)**

<sup>45</sup>Then you will be acting like your Father in heaven. He makes the sun rise on both good and bad people. And he sends rain for the ones who do right and for the ones who do wrong.

<sup>46</sup>**If you love only those people who love you, will God reward you for that?** Even sinners love their friends. <sup>47</sup>If you love only your friends, what's so great about that? Don't even unbelievers do that? <sup>48</sup>But you must always act like your Father in heaven.

1. Please read the following scripture out loud.

Ecclesiastes 3:1 says, “To everything there is a season, and a time for every matter *or* purpose under heaven: Verse 8 – A Time to love, and a time to hate.”

2. Now you have given enough time to hate, let's now give time to love.

Remember forgiveness is not for them, it's for you. Matthew 6:14-15 (Amplified version) says, “<sup>14</sup>For if you forgive people their trespasses [**their reckless and willful sins, leaving them, letting them go, and giving up resentment**], your heavenly Father will also forgive you.

<sup>15</sup>But if you do not forgive others their trespasses [**their reckless and willful sins, leaving them, letting them go, and giving up resentment**], neither will your Father forgive you your trespasses.

I am a friend of God. Are you a friend of God? You ask, well how do I know if I am. Jesus says in John 15:12 as a commandment, “<sup>12</sup>This is My commandment: **that you love one another [just] as I have loved you.** <sup>13</sup>No one has greater love [no one has shown stronger affection] than to lay down (give up) his own life for his friends. <sup>14</sup>**You are My friends if you keep on doing the things which I command you to do.**

3. It's time to transform your life right now and release you into the refreshing presence of the divine authority of God. I release you in the name of Jesus Christ into the divine love of God's arms and speak over you that you are now the express image and representation of the forgiving, merciful, and caring love of the Almighty God. You are now free to love everybody, even all the family who have hurt you. Be healed, be delivered, and be set free!

Please read the following scripture out loud: 1 Corinthians 13:4-8, “<sup>4</sup> Love endures long *and* is patient and kind; love never is envious *nor* boils over with jealousy, is not boastful *or* vainglorious, does not display itself haughtily.

<sup>5</sup> It is not conceited (arrogant and inflated with pride); it is not rude (unmannerly) *and* does not act unbecomingly. **Love (God's love in us) does not insist on its own rights or its own way,** *for* it is not self-seeking; it is not touchy *or* fretful *or* resentful; **it takes no account of the evil done to it [it pays no attention to a suffered wrong].**

<sup>6</sup> It does not rejoice at injustice *and* unrighteousness, but rejoices when right *and* truth prevail.

<sup>7</sup> **Love bears up under anything and everything that comes,** is ever **ready to believe the best of every person,** its hopes are fadeless under all circumstances, and it **endures everything [without weakening].**

<sup>8</sup> **Love never fails** [never fades out or becomes obsolete or comes to an end]. As for prophecy (the gift of interpreting the divine will and purpose), it will be fulfilled *and* pass away; as for tongues, they will be destroyed *and* cease; as for knowledge, it will pass away [it will lose its value and be superseded by truth].

See child of God true love does all of this for the people who we are suppose to love. God actually has a big problem with people who don't have a natural affection toward their kinsfolk. This is found in Romans 1:31. If we let love have its way we will stop getting in the way we our emotions.

# Day 3- Wednesday, April 6, 2016

## Spiritual Healing for Me

**Theme for Week 1: LOVE**

Introduction: Individuals that work with you or attend your school, are people who you don't have an intimate relationship with like family. Pastor wants you to know that we can't expect them to have genuine love and appreciation for us, because actually they don't have to. We expect our family members to have some responsibility to love and support us. These people who work with us are people who have their own lives; we don't know what they have to deal with in their own personal lives before they deal with us on a daily basis.

I had a co-worker in the past, who I personally felt like she woke up each day to literally ruin my day. She made it a point to always irritate me, speak rudely to me, and make my life difficult at work. I use to pray about her, and almost got to the point where I hated her. I know that's not the Christian thing to say, but we need to be honest and stop acting like we never have that feeling. Each day I tried to avoid her, and she made it a point to make sure she found me. Finally, I asked someone about her who I knew was more intimate with her than anyone else at the workplace. They shared with me that she was beat almost everyday by her husband when she got home. She was miserable and since her and I were in direct contact each day, she took out her anger on me to just get through the day without going insane. I came to realize that it wasn't about me, she needed to act out the anger in her heart, and she couldn't take it out on the one who really deserved it. Her husband deserved it, but her fear of him made her refunnel that animosity somewhere else and that was towards me. You never know the madness that people have to deal with before they see you at work or school.

They may have to deal with :

1. Spousal or Parental abuse
2. Traffic horror
3. Serious financial hardship
4. Death of parent, spouse, or loved one
5. Own low self worth and esteem
6. All other types of things

Now begin your journey to overcome the daily attacks from people who you work with or attend school with. Can we first agree that they are not responsible to show you love or be nice to you? These are people who just work with you. Now yes people should be cordial, but I realize that they are not there to be my friend. They are there to work or go to school. So now I have to realize the purpose of why God has me at this job or school. Is it possible that I was placed at this job, this department, this floor, this school, or this class for this person who obviously is having emotional issues? People who are secure in themselves and have joyful and peaceful lives don't have time to bring chaos to others. So the person/people attacking you obviously have some serious personal problems going on in their personal lives, to have to find the need to wreak havoc on your life. Remember you are God's ambassador, God's representative, and the love of God is exemplified through you.

For some reason this person was sent into your life by the Lord either to teach you how to walk in love, or for you to help them overcome their life's struggles. Before you see them as the devil, see them as someone who is miserable and needs a man named Jesus who can bring peace and joy into their life. You are the one that will lead them to that one who can bring peace. People know what they are doing to you. When they see that their attacks are not getting to you, and you keep saying God bless you, they realize you have help from God. Then as you keep showing them the love of God while they keep displaying the hatred of the flesh, God will send a serious storm in their life and they will have turn to the you the one who has peace. God will have them turn to you because they know you have something they don't, and that is a relationship with the Prince of Peace whose name is Jesus Christ.

- A. Read 2 Corinthians 13:11 which says, "Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace, (do your part and be peaceful with those that offend you), and the God of love and peace shall be with you."
- B. Paul encourages the believer that if we do our part and stay peaceful with them, God will be with us and give us enough love and peace in our hearts so what they do to you won't affect you. The love of God in you, will laugh at the childish ways of hate that are in them. They don't even know that they are being used by the enemy to try to hurt you. When you show them love you are literally laughing in the face of the devil.

C. Read this Romans 12:17-21, “Recompense or pay back no man evil for the evil he has done to you. Provide things honest in the sight of all men, (Your response or reactions towards them is on display to others, so be careful how you represent the Lord.) 18. If it be possible, as much as lieth in you (as much as you have in you), live peaceably with all men. 19. Dearly beloved, avenge not yourselves (don’t try to pay them back for the harm they did to you), but rather give place unto wrath (let God deal with them), for it is written, Vengeance is mine, I will repay (or deal with them), saith the Lord. 20. Therefore if thine enemy hunger, feed him; if he thirst, give him drink; for in so doing thou shalt heap coals of fire on his head. (If you do right to them, God will burn their minds with guilt). 21. Be not overcome (overtaken) of evil, but overcome evil with GOOD.

Ephesians 3:17-20 says, “That Christ may dwell in your hearts by faith [in Jesus Christ], that ye, **being rooted and grounded in love**, 18. May be able to comprehend [come into the knowledge of] with all saints what is the breadth, and length, and depth, and height; 19. And to know the love of Christ, which passeth knowledge, that ye might be filled with all he fulness of God. 20. Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.

- A. Paul is giving you a sure guarantee of a today blessing. He tells you in the above scripture 5 things that if you do the blessing is coming. He says:
1. Make sure Jesus Christ is in your heart.
  2. Christ in you will make you rooted and grounded in love.
  3. By Christ being in you, there will be a growth of the knowledge of the extent of the great height, depth, length, and breadth of His LOVE.
  4. Just by letting Jesus Christ rule in your heart, you will know the Love of Christ which is beyond comprehension, and this love will have you filled with the FULNESS and COMPLETE wholeness of God in you. This is just by submitting yourself to let the love of God fill your heart with no reservations.
  5. Now most Christians jump to Ephesians 3:20 which says, God will do for you exceeding abundantly above what you ask or think, without looking at the condition.

The condition is that when we allow the fullness of the love of God to overtake us and we treat others with that love, that power of Love in us will bring blessings in your life that are beyond what you asked or even thought of.

This is why right now you can't let what they do to you, and how they treat you affect how you show them love. They are not worth you losing your exceeding abundant blessing, are they? Say this, "I choose to love \_\_\_\_\_ (their name(s)) because my love for \_\_\_\_\_ their name(s) brings in God's blessings for me. So I choose to love and not hate or dislike starting right now."

1. Let them see or hear no evil from your mouth or from your actions.
2. Read Romans 13:10 which says, "Love worketh no ill (no evil ways) to his neighbor: therefore love is the fulfilling of the law."
3. To fulfill the whole law, the bible says to not work an evil or ill toward the people who work with you.

Matthew 5:44 says, " But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and **pray for them which despitefully use you,** and persecute you;"

So this evening I want you to truly pray for that person(s) that work or go to school with you that's been hard to deal with. I really need you to pray for them as if you are praying for yourself. Above you see that when you do this you will receive blessings from just being obedient. Your blessings are tied to this activity.

Pray for the following things to happen for them:

1. Lord save them and give them a real relationship with you.
2. Lord wherever there is confusion, chaos, and trouble in their life, please provide peace.
3. Lord please bring true joy, love, and peace into their home and family.
4. Lord remove anything in their life that is causing them to have bitterness, anger, clamor, deceit, and malice in their heart.
5. Lord somehow and someday I ask you to please bless our relationship and that we will find cohesiveness in our daily interaction.
6. Lord bless them spiritually, mentally, physically, and financially in Jesus Christ name Amen.

# **Day 4- Thursday, April 7, 2016**

## **Spiritual Healing for Me**

**Theme for Week 1: LOVE**

**Introduction:** In today's society unlike the days of old, the average person does not know their neighbor intimately. You may know their name, but most people don't know where they are from, their childrens' names, their hobbies, what makes them mad, their favorite sports, etc. A seldom wave or hello in most cases is the only conversation most people have. We then have the faithful few who do know their neighbors quite well, and even have a relationship with them. For some odd reason though, we have never invited them to church, shared a meal with them, or do something special for them.

Sometime we ask well who is our neighbor? Your neighbor doesn't have to only be the person right next door, but anyone who lives on your street, in your apartment complex, or even someone who lives in close proximity to where you live. Some of us have neighbors who we are feuding with right now. We don't talk to them, can't stand them, roll our eyes at them, and even have had verbal and even physical altercations with them.

**Well today, we start a new chapter in the relationship between you and your neighbor.**

Today is the day we do our part to help mend or start that relationship. We never know what goes on behind someone's closed doors. The man next door may be so mean because he has lost both his parents recently, or lost his career job, or struggling financially, or have marriage problems, or has received notice from doctor of a life threatening illness. We never know why they are the way they are.

It's not your place to judge, but it is your place to show the Love of Christ to them. They may not accept it, but that does not give you the right to not show it. You represent Jesus Christ, and as a Christian a person will not see the love of God, except through you.

1. Please read Matthew 22:36-39 where a man ask Jesus which is the greatest commandment in the law. It reads, “<sup>36</sup> Master, which is the great commandment in the law?<sup>37</sup> Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

<sup>38</sup> This is the first and great commandment.

<sup>39</sup> And the second is like unto it, Thou **shalt love thy neighbour as thyself.**

2. The two greatest commandments in the bible is to Love God, and to Love your neighbor as yourself. Now the first one may seem easier when it comes to loving God, but the second one really proves your relationship with God.

Today is now time for you to fortitude or strengthen your mindset on being a great neighbor to all. It all starts in your attitude on being the example to all who are around you of how to be neighborly, caring, and have heartfelt concern for all people. You need to realize that being a neighbor is not just one that you see everyday in your neighborhood. Jesus gives us a clear picture of who our neighbors are in Luke 10:25-37.

1. Please read Luke 10:25-37 which says:

<sup>25</sup> And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life?<sup>26</sup> He said unto him, What is written in the law? how readest thou?

<sup>27</sup> And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; **and thy neighbour as thyself.**

<sup>28</sup> And he said unto him, Thou hast answered right: this do, and thou shalt live.

<sup>29</sup> But he, **willing to justify himself,** said unto Jesus, And **who is my neighbour?**

<sup>30</sup> And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead.



<sup>31</sup> And by chance there came down a **certain priest** that way: and when he saw him, he **passed by on the other side.**<sup>32</sup> And likewise **a Levite**, when he was at the place, came and looked on him, and **passed by on the other side.**

<sup>33</sup> But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him,

<sup>34</sup> And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.

<sup>35</sup> And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.

<sup>36</sup> Which now of these three, thinkest thou, **was neighbour unto him that fell among the thieves?**

<sup>37</sup> And he said, He **that shewed mercy on him.** **Then said Jesus unto him, Go, and do thou likewise.**

Above we learned that being a neighbor is not just showing compassion for someone who just lives next door or in close proximity to your home, but being a neighbor is showing compassion and concern for a stranger. This also is the same type of compassion that you should have for the neighbor who lives next to you. They may be in need of food, clothes for their new baby, or just compassion due to some tragedy that has happened in their lives.

1. Please read Songs of Solomon 8:6b;  
“**For love is strong as death;** jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame.”
2. Believe it or not Love always will overpower hate. Concern and compassion will always overpower jealousy and cruelty. God is Love and so when we operate in Love, we operate in God. Don't forget God is All Powerful, and so Love is All Powerful.
3. You may say, well I don't have any true friends, and my neighbor doesn't want to be friends. Well Solomon in Proverbs 18:24:  
“**A man that hath friends** **must shew himself friendly:** and there is a friend that sticketh closer than a brother.

You must show yourself first friendly child of God. Yes I know you smile, but that's not enough. You have to actually speak and make a concerted effort to be friendly. The bible says, if you show yourself friendly you will make friends. Your neighbor may be the friend that the latter part of that verse says when it says, "there is a friend that sticketh closer than a brother." Believe it or not that neighbor you finally reach out to may end up being your best friend. Remember best friends don't start out being best friends. They are initially strangers that meet for the first time, and then start developing friendship.

4. 1 Cornithians 16:14 tells us, "Let all things be done with Charity or Love."
5. Come on now, you can do it.

# Day 5- Friday, April 8, 2016

## Spiritual Healing for Me

**Theme for Week 1: LOVE**

**Introduction:** When we let people in our hearts and we categorize them as friends and associates, we are really letting them know that we have raised our expectation for them in trust, love, and commitment. We make them aware that we don't give this type of opportunity to everyone, and that by you extending this to them you are really saying, I open my heart to trust you not to hurt or betray me.

As stated above and in same like manner, it is the same when it comes to church people. We join churches with the expectancy that we are all Christians and that Christians know how we are suppose to love one another, not judge one another, not gossip about one another, not speak evil of one another, lift up one another, and not hurt one another. The only problem is that we forget that the Church is a hospital, where the sick come to GET WELL. We are not all well, and some of us are sicker than others. When people hurt you in the church, talk about you for no apparent reason, hate on you, speak evil or gossip about you, and personally attack you, what they are really showing you is how sick they really are and how they need more doses of the Word of God.

Now this one may be one of the toughest areas in showing love, because you are about to be asked to move past the hurt that you suffered by someone who you trusted with your friendship. Yes, they were wrong, yes they were underhanded, yes they were unbelievably inconsiderate, and yes they were evil.

Let's first deal with the friend. When a friend hurts you Solomon said in Proverbs 27:6, "**Faithful are the wounds of a friend**; but the kisses of an enemy are deceitful." In other words you can count on friends hurting you. When they do the wounds hurt much more. I need you to know that you aren't the first and only person to ever be hurt by a close friend. In your bible many people were backstabbed by Friends:

1. In Judges 14:20 Samson's good friend stole his wife.
2. In Job 19:14 – Job said his Family failed him and his friends forgot him when he needed them the most.

3. In Psalm 41:9, David said his closest friend who he trusted, and who even ate the food from his house, came after him to intentionally hurt him bad.
4. Jesus Himself, was betrayed by his friend in Matthew 26:50. Judas betrayed him and had Him killed.

So the questions is if Samson, Job, David, and Jesus all who are anointed men of God were allowed to be hurt by their closest friends, what makes you think you won't be hurt.

Now read Matthew 6:14-15 and as you read it remember forgiveness is not for them, forgiveness is for you.

### **Matthew 6:14-15**

<sup>14</sup> For **if ye forgive men their trespasses**, your heavenly Father will also forgive you:

<sup>15</sup> But **if ye forgive not men their trespasses**, neither will your Father forgive your trespasses.

REMEMBER YOU WILL NEVER BE ASKED TO FORGIVE MORE THAN YOU'VE BEEN FORGIVEN.

Say this with me, " I will never be asked to forgive more than I have been forgiven.

Church people can really hurt you. Sometime we expect them to be the examples of love, forgiveness, compassion, second chances, and concern. Sometime it feels like people in the world have more compassion and commitment to brotherhood than people in the church. I have learned that titles and how long a person has been in church, doesn't mean they really got it together. Some of the most mean and hateful people I have ever met, were in the church.

The Lord helped me deal with this some time ago. He first shared that everyone in the church is not apart of the real church. Satan places some people in the church to try to scare you from the church and make you stop walking in the fruit of the Spirit. Jesus said quite a few times in the bible that just as God has brought people into the church, Satan has to.

1. Please read Matthew 13:24-30 and 36-43:

<sup>24</sup> Another parable put he forth unto them, saying, The kingdom of heaven is likened unto a man which sowed good seed (good people) in his field:

<sup>25</sup> But while men slept, his enemy came and sowed tares (evil people) among the wheat (good people), and went his way.<sup>26</sup> But when the blade was sprung up, and brought forth fruit, then appeared the tares also.

<sup>27</sup> So the servants of the householder came and said unto him, Sir, didst not thou sow good seed in thy field? from whence then hath it tares?

<sup>28</sup> He said unto them, An enemy hath done this. The servants said unto him, Wilt thou then that we go and gather them up?

<sup>29</sup> But he said, Nay; lest while ye gather up the tares, ye root up also the wheat with them.

<sup>30</sup> Let both grow together until the harvest: and in the time of harvest I will say to the reapers, Gather ye together first the tares, and bind them in bundles to burn them: but gather the wheat into my barn.

Explanation of the Parable:

<sup>37</sup> He answered and said unto them, He that soweth the good seed is the Son of man;

<sup>38</sup> The field is the world; the good seed are the children of the kingdom; but the tares are the children of the wicked one;<sup>39</sup> The enemy that sowed them is the devil; the harvest is the end of the world; and the reapers are the angels.

<sup>40</sup> As therefore the tares are gathered and burned in the fire; so shall it be in the end of this world.

<sup>41</sup> The Son of man shall send forth his angels, and they shall gather out of his kingdom all things that offend, and them which do iniquity;

<sup>42</sup>And shall cast them into a furnace of fire: there shall be wailing and gnashing of teeth.

<sup>43</sup>Then shall the righteous shine forth as the sun in the kingdom of their Father. Who hath ears to hear, let him hear.

Jesus confirms that the devil puts bad people in the same place that God puts good people. Their job is to choke the love, peace, and joy out of you. You can now deal with people like this better because you know their purpose and who they were planted by. The best way to make the devil and evil people mad is by showing them that what they are doing to you doesn't affect you. Love the hell (the depths of hell) out of them.

Paul confirms this when he says in Ephesians 6:12, “<sup>12</sup>For we wrestle not against **flesh and blood** (it's not people), but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. (it's devils using people to frustrate you)”

1. Repeat after me. It's not people who are trying to hurt me, but it's the devil using people who have their own failures that he uses to try to affect my love and joy. I will wage war on the devil with love versus hate.

Remember they are human. I'm going to say it again, remember they are human. That preacher, 1<sup>st</sup> Lady, deacon, choir director, choir member, mother, usher, and church member are all human. Jesus said there is none good but God in Luke 18:19. We all fall short, we all fail, we all have our shortcomings. Sometime God has to show us others imperfections so we stop idolizing or expecting more from them. God is your God and only he died for your sins. Everyone else just like you, are a recipient of His mercy and grace.

1. Please write down what that church person did to you that hurt you.

a. (Name)\_\_\_\_\_

(What they did to you)\_\_\_\_\_

b. (Name)\_\_\_\_\_

(What they did to you)\_\_\_\_\_

c. (Name)\_\_\_\_\_

(What they did to you)\_\_\_\_\_

d. (Name)\_\_\_\_\_

(What they did to you)\_\_\_\_\_

2. Are the above people God? (Circle right one) Yes or No

3. Are they Perfect? (Circle right one) Yes or No

4. Are you Perfect? (Circle right one) Yes or No

5. Were you forgiven by God (Circle right one) Yes or No

6. Does God expect you to forgive them (Circle right one) Yes or No

7. Read Galatians 6:1 from the Message bible says, "**If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out.**"

# 35 Days of Spiritual Healing

Congratulations achiever!!! You have achieved completing the 1<sup>st</sup> week your 35 days of Spiritual Healing. Most people either never start a challenge, can't endure a challenge, or never finish a challenge. You are showing YOUR commitment to YOURSELF, and proving to God that you are ready to have complete wholeness in your life. Congratulations again.

Now as we start this 2<sup>nd</sup> week, I want you to be able to reach down in the crevices of your heart and get ready to pull out an inner quality that the Holy Spirit has placed inside of you. This quality or fruit of the Spirit is the type that once YOU really get a hold of it, your life will never be the same again.

I know with anticipation you are saying, what is it. Come on Pastor spit it out, what is this quality that will make me whole, and will make my life completely better?

It is one of the most powerful 3 letter words of all time, and the word is **JOY**.

Joy is not a word that is associated with words like failure, unsuccessful, sadness, defeat, animosity, anger, clamor, evil speaking, and deceit. Instead joy is more associated with words like, happiness, peace, enthusiasm, courage, and steadfast. Now even though I do want you always happy, be mindful that happiness is based on what happens. Joy on the other hand is an inner quality that says inspite of what's happening in my life good or bad, I have assurance that God is in control, and since He is in control, I can live life with JOY knowing everything is happening for my good.

Are you ready? Let's get started!!!

Say with me, "JOY, JOY, JOY". Say it again, "JOY, JOY, JOY".



**Monday, April 11, 2016**

**Theme for Week 2:**

**JOY**

**Day 1 of Week 2 Focus Area:**

**YOU**

**Morning Activity:** At this time of your life, God wants you to walk in the fulness of Joy. God is tired of the enemy and people causing you to have days of roller coaster emotions. One day you are happy, and another day you are troubled. Life's circumstances will in many cases throw you a curve ball. You won't be able to always anticipate a storm or trouble that will come in your life. Our Bible warns us in Psalm 34:19 that, "Many are the afflictions of the righteous, but the Lord delivers him out of them all." King David reminds us that being a child of God does not mean that you are exempt from troubles. He actually says you will have many troubles in this life, but then he gives us a true confidence that we can hang our hat on. He says, but the Lord delivers us **OUT OF THEM ALL**. We can shout praises to God now, because trials come to show you the all powerful nature of God. Paul says in 2 Corinthians 2:14 that we ought to give thanks to God right now because, He always makes sure we triumph or win.

What may look like a setback or a loss is God's divine plan for your life to have an ultimate victory.

Look up and receive the promise of Protection, Provision, and Prosperity. Child of God in all these things (trials, troubles and afflictions), we are **MORE THAN CONQUERORS** through Christ Jesus. God has your back and your front.

Fret not yourself (Don't worry about) evildoers, neither be thou envious of the workers of iniquity, for they soon shall be cut down like the grass, and wither as the green herb. Finally, Paul reminds us as that he himself being one of God's faithful servants went through some serious troubles, hatred from haters, and even life threatening circumstances. Look at what Paul said in 2 Timothy 3:11-12. Paul said, "Persecutions, afflictions, which happened to me in Antioch, in Iconium, in Lystra; all these persecutions I endured (survived with perseverance): but out of them all (all my persecutions and afflictions) **THE LORD DELIVERED ME**. Yea, and all that will live godly in Christ Jesus shall suffer persecution."

**Exercise:** Happiness depends on our circumstances and moods, which has to do with our emotions or station in life. The joy of the Lord on the other hand is constant; it is from within us, because He lives within. One can have the same Joy in terrible circumstances that he has when all is well. You can have the same attitude being on top of the mountain that you have being in the lowest valley when you choose to have God's joy in your heart. With Joy my circumstances don't dictate my attitude. Actually my confidence in God assures me, God has my circumstances handled so I can walk through life with a positive no stress attitude. Whatever I can not handle, He has already handled.

1. Write down 3 things that you trusted God to fix and He did right on time.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. Now I need you to also write down 3 things that have waged war on your joy. Things that have caused you to question God being with you, or that have made you weary.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
3. Now I want you to lay them before God this morning, and tell God exactly what I say here. "God you said in your Word in John 16:24 that Hitherto or up to now have ye asked nothing in my name: Ask, and ye shall receive, that your JOY may be full."

Well Lord I hold you to your Word, and I am now asking that you please work out these 3 things I am worried about. You said if I ask it in your name, you would work it out so MY JOY will be full. So in the name of Jesus I cast these cares before you and ask that you make everything alright in the name of Jesus Christ my Lord. I thank you for working it out, and I receive the Joy of the Lord, and I release the stress of trying to figure these things out.

**Now go forward child of God. Your best days are just ahead!**

# Spiritual Healing for Me

**Day 2 – Tuesday, April 12, 2016**

**Theme for Week 2: JOY**

There was a story about a man going to a well to retrieve water. He went there day after day for several days to draw water, but whenever he brought up the pail it was dry and no water was in there. He was now extremely thirsty. Desperate for a drink he prayed and asked God for water, and none was given. He began cursing and was infuriated due to the lack of help from God. He walked over to a friend who he runs into and complains about how God has not given him water to drink for over 5 days, and how he has lost his faith and joy in God for forsaking him.

His friend then looks at him with astonishment and ask him, “how long have you been without water?” The man replies over 5 days. His friend said, “do you know that a human can only survive 3 days without water before dying or having major health issues. You are saying God isn’t with you because He hasn’t given you water, but I say He has to be with you for you being able to survive all this time with NO WATER.” The man then began to cry and praise God for perserving him. As soon as he praised God his friend called him over to the man’s well and said I hear a moving of water in your well. The man looked and lo and behold after he had given thanks for where he was, he received the blessing from God.

1. Child of God before you complain anymore about what you don’t have in your WELL, praise God for preserving you all this time with the little or nothing that you had.
2. Read Isaiah 12:3 which says, “Therefore with joy shall ye draw water out of the wells of salvation.” The fact that you are saved and have a relationship with the Lord allows you to walk with JOY because you have the right to draw waters of life, strength, and refreshment out of the well of salvation.
3. God wants you to have the fulness of Joy. He wants your joy to be so full, that you won’t have room for any mood changes, emotional setbacks, or heartaches.
4. Read the following scriptures and the commentary with each:
  - a. Job 41:22 – “In His neck remaineth strength, and sorrow is turned into joy before Him.”

Commentary: Wrap your arms spiritually around Your Father's neck, and He will pour out strength in you. (Try it now – close your eyes and wrap you arms around your Father- He is giving you strength right now) Job also said sorrow is turned into joy. Once you put God as the focal point and not the sorrow you are experiencing, God will exchange your sorrow for Joy. You are making your sorrow an idol when you think about it instead of thinking about God solving it.

- b. Read Nehemiah 8:10 – “Then he said unto them, Go your way, eat well, drink sweet drinks, and send portions unto those who have nothing to eat: For this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength.

Commentary: Nehemiah is encouraging Israel that since God has fought against their enemies, since they have been able to reconstruct what their enemies tore down, and because God's Word has been restored to them, they should now eat, be merry, and give out of their abundance to those who have need. He also tells them to no longer be sorrowful, for the Joy of the Lord is your Strength.

What is the Joy of the Lord. The word Joy in the Hebrew is this word Chedvah which means to make glad by being joined. In other words the MAKE GLAD power of God won't come into your life until you are joined to the Lord.

- c. The above makes since because Psalm 16:11b says, “in the presence of The Lord is the fulness of joy”. Commentary: So Joy or His Make Glad power is in His presence. So if I can get into His presence, God's going to give me His JOY or Make me glad. You ask how do I get into His presence? In prayer or your secret closet, just start praising Him by lifting your hands and saying Hallelujah over and over again and say Lord I love you. You will feel His overwhelming presence fill the room.

- d. You ask Pastor, how do I get into His presence. Well by right or privilege since you have already accepted Jesus Christ as your personal Lord and Savior, your body automatically became the temple of God. 1Corinthians 3:16 says, “Know ye not that your body is the temple of God and the Spirit of God dwells in you?” So if I am His temple or the Place where He inhabits, how do I get Him to inhabit or take residence in me, so I can have this JOY.
  - e. Psalm 22:3 tells us where God inhabits. It says, “But thou art holy, O thou that inhabitest the praises of Israel.” Commentary: If you want God to take residence in you start Praising Him right now and watch His Joy start filling you up and dismissing all anxiety, stress, worry, sadness, and pain.
1. Take a moment and jot down 3 things you know He brought you out of or did for you.
    1. \_\_\_\_\_
    2. \_\_\_\_\_
    3. \_\_\_\_\_
  2. Let me help you. He always provided shelter over your head, He woke you up this morning, He woke you up this morning. You still don't get it, He woke you up this morning.
  3. Now start saying, “Thank you Lord, Thank you Lord, Thank you Lord. Say Thank you for each of the 3 things you listed above.
  4. OMG (Oh My God) He is Here!!! He is taking residence in you right now. Praise Him.

Jesus makes a very profound statement in John 16:21-24 about his transition from the cross dying, to His resurrection. He makes a comparison of a woman giving birth in pain and how much anguish and sorrow she is in during the travail or pain. The Lord then says that once she has the baby, all the pain she had prior is totally feeling pain when Jesus is taken from them to die on the cross. The Lord then tells them that once He comes back after His resurrection their hearts will be filled with JOY and no one will be able to take this JOY from them ever again because The Lord will always be with them. Wherever The Lord is His JOY is there also.

John 16:21-22 New King James Version (NKJV)

<sup>21</sup>A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been born into the world. <sup>22</sup>Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you.

Jesus then tells the disciples that once the day of His resurrection has come and they see Him again, there will also be a change for them for the better. He tells them in verse 23 on that day you will no longer ask me anything. From that day forward all your prayer requests and needs will be prayed to the Father in my name and He will give it to you. The Lord is saying my death, burial, resurrection, and ascension has cancelled the sin you did, it also has broken down the wall of partition between man of God, and it has made reconciliation between man and God by His blood. Jesus blood also justifies us which means makes it as if we never sinned before in the eyes of God. Jesus tells His disciples that all He will do on the cross will give them the right to do what is written in Hebrews 4:16 which says:

Hebrews 4:16 New King James Version (NKJV)

<sup>16</sup>Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Now since we have peace with God through Christ, He tells the disciples and us you now can come boldly to your Father since I have made peace between you and the Father. You can now ask your request of Him in my name and He will give it to you.

In John 16:24 Jesus says before now you have asked nothing of the Father in my name, because you didn't have the right to, but now since the price of sin has been paid and the relationship between man and God is reconciled, you need to starting asking request in my name and watch the Father bless you, so you will have **EXTREME JOY**.

John 16:24 New King James Version (NKJV)

<sup>24</sup>Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

# Spiritual Healing for Me

**Day 3 – Wednesday, April 13, 2016**

**Theme for Week 2: JOY**

**Introduction:** Joy is something that the world didn't give and so the world can't take it away. There is a familiar song which says, "This joy that I have the world didn't give it to me, this joy that I have the world didn't give it to me, the world didn't give it, and the world can't take it away." There is a lot of truth to that song when it said the world can't take it away. The songwriter forgot to mention that family surely will give it a run for our money. It is an amazing reality that the people who can hurt us the most are the ones who say they love us the most. Today, we are going to learn how to remove the pain and thoughts of everything our family members did to us to encumber our JOY. After you have conquered this obstacle, we want you to be prepared to share with others, so families are not living in disarray and confusion.

The devil is after the unity of families, because he knows that a family who prays together stays together. Families included spouses, siblings, cousins, and every extension of family.

God has designed your life to have a designated goal and end for each season of your life. Each season brings new goals, new hurdles, new obstacles, and new accomplishments. In order for you to have a successful season, it is imperative that you stay motivated and keep a positive attitude. In this season of your life you may face some tough obstacles, but the key to the journey is keeping your JOY through it all. The enemy knows that if you have JOY, you will have STRENGTH, thereby achieving all that God has planned for you. The devil needs to weaken you, and the only way he can, is by taking away your Joy which will make you lose your strength.

So he needs a vehicle or a person he can hitch hike a ride with, and drive his Mobilehome of distractions into your driveway of life to try to get a reaction of disgust and dismay. Today we are putting a stop to this! We are putting a safeguard in place so when people like family do things to discredit, disgust, dishonor, and disrespect you, it will not bother you as much anymore.

1. Please read Ecclesiastes 2:9-10 which says, “So I was great, and **increased more than all that were before me** in Jerusalem: also my wisdom remained with me.

<sup>10</sup> And **whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy**; for my heart rejoiced in all my labour: and this was my portion of all my labour.

2. Sometime family no matter how much they say they love you can not stand to see you do better than them. This is the case between siblings, cousins, even parents and their children, and even between spouses. Some spouses can't handle their spouse making more money or doing better on the job than they. Some cousins can't stand the fact that you graduated from college and they didn't, or that you have a successful job and family and they don't. There are many other scenarios and examples of family betrayal.
3. Solomon said I increased more than all them that were before me. In other words I can't explain why God favored me as such, but I have accomplished more than all the family and loved ones before me. You don't have to apologize or feel bad because God has blessed you. When family can't handle your success, tell them to take it up with God. He's the one that's opening doors for you daily. Solomon also said, whatever I set my eyes upon I accomplished it and received it. You have to get to a point where you set your mind and heart on the things you want to achieve and stop letting the opinions of family members hinder your forward progress.
4. Finally Solomon **said I withheld not my heart from any JOY**. Solomon is saying I learned that I deserve to be JOYFUL. I work hard for all that I have and I don't owe anyone anything but God. He is saying I got tired of allowing others to get me to stop having Joy in my heart. I deserve to have Joy and I labor hard for what I have. So inspite of how family feels about me or treat me, I have decided to show them that I will no longer keep my heart from experiencing the JOY that I deserve.



Write down 3 family members from the past or present who at some time or another did something to you that caused your joy to be threatened. Maybe they said or did something that made you feel less appreciated, less honored, or just plain left out.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now I want you to think about what they did and how they were used by the enemy to extinguish your JOY. This attack tried to or succeeded in weakening your strength, and thereby making you fail or have harder labor in achieving your goals.

Now I want you to say this after me. "I will no longer give you the opportunity to make me lose my JOY. I will fight against the attacks the enemy uses you to bring against me , by keeping my JOY, thereby making the devil and possibly you more disappointed. I know it's not you, but the devil using you to get to me. I must have a great destiny for my life. You prove to me that I must be anointed, because the devil doesn't waste his time with people who don't have greatness in them. Thank you for proving to me that there must be something special about me."

You have achieved more today than some people in a lifetime. You ask how. There are many people from all walks of life who have not been able to get over the hurt caused by family members. Some of those family members are dead and gone and they still have a hold on our JOY. This afternoon I want to help you get rid of the deep pain caused by a blast from the past in your family.

This person may have really hurt you, disowned you, gave you away, or abused you to no end. Some of them are dead, and some are still living and to you are dead.

Today is your day to move past what they did for good and start walking in the fullness of joy. You may say I'm joyful even though they hurt me. You may have some joy, but you will never have the fullness of joy until you get past the pain of them all.

Please read Ecclesiastes 9:5-7 which says, “<sup>5</sup>For the living know that they shall die: but **the dead know not any thing**, neither have they any more a reward; **for the memory of them is forgotten**.

<sup>6</sup> Also their love, and **their hatred**, and **their envy, is now perished**; **neither have they any more a portion for ever in any thing that is done under the sun**.

<sup>7</sup> **Go thy way now, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works**.

Solomon points out a few points I would like to lift from the text:

1. The dead no longer know anything. Since they are dead they can't remember what they did to you. So you holding on usually is so you can approach them or expect them one day to pay for or repent of what they did. That is gone, so you need to move on and take your JOY back.
2. Their hatred and envy are now perished. Whatever hatred, envy, jealousy, and strife they caused you is perished. That means their feelings about you have totally been wiped away. So don't let a dead man's opinion about you anymore haunt or affect your feelings or plans for this season of your life.
3. Now since the dead are gone and those living will one day move on, Solomon says GO THY WAY (Move on – Move Forward). Enjoy your life, eat bread with JOY, and drink water with a merry heart. Start living a joyful life, you deserve it. He finishes by saying God has accepteth your works. In other words as long as God is pleased with you, others opinions don't matter.

Today I am free.

# Spiritual Healing for Me

**Day 4 - Thursday, April 14, 2016**

**Theme for Week 2: JOY**

**Introduction:** Being able to go to work or school with a great spirit of JOY can in some cases be tough. Driving in traffic, dealing with road rage, getting children off to school, and other types of things can make it a little difficult to keep a great attitude and have good emotions when walking through the front entrance of your job or school. Outside hindrances are one thing, but in most cases our biggest challenges of keeping a great attitude of joy are not challenged before work, but in most cases it's challenged at work or school. Disgruntled co-workers, mean managers, lazy employees, hard to deal with partners or board members, unhappy teachers, and jealous classmates all can make keeping a spirit of joy a challenge while being at work or school.

Today we are going to conquer this challenge. Every time you show up to work or school, YOU have to control your attitude and not them.

I am ready to see you have the strength to not allow others to run your emotional remote control. They will no longer be able to push a button on you and change your emotional channel. You will hold the remote and will only flip the stations of your emotions to more positive stations and never negative stations.

Let us all remember that the people you work with and go to school with us some time come to work or school with baggage that they bring from home. We don't know what all goes on in their lives prior to coming to work or school. Mean and angry people are in most cases this way because they had a brutal childhood, or they are really unhappy at home. They come to work and take all of this anger out on people like you and me.

We are not going to allow them to any longer control our emotions by their uncontrollable distraught emotions. Today we control our own day by learning to allow you to be you, while I learn how to always keep my day positive, JOYFUL, and great. How do we do this?

1. Please read Isaiah 51:12-16 which says, “I even I, am He that comforteth you: who art thou, that thou shouldest be afraid of a man that shall die, and of the son of man which shall be made as grass.  
 13. And forgettest the Lord thy maker, that hath stretched forth the heavens, and laid the foundation of the earth; and you have feared continually every day because of the fury of the oppressor, as if he were ready to destroy? And where is the fury of the oppressor?  
 15. But I am the Lord thy God that divided the sea, whose waves roared: The Lord of hosts is his name.  
 16. I have put my words in thy mouth, and I have covered thee in the shadow of mine hand, that I may plant the heavens, and lay the foundations of the earth, and say unto Zion, Thou art my people.
  
2. In this scripture God is giving you the greatest reason why you shouldn't allow the people on your job and at your school the opportunity to affect your joy. God gives us 5 quick reasons why you should be in control:
  1. In verse 12 – God will always comfort you, just ask him to give you comfort in the midst of troubles.
  2. In verse 12 – He ask why are you afraid of any man or woman that is able to die and wither like grass. In other words he or she can die at any moment by His hand. Don't let them have a minute of enforcing their negativity on you. Remember they could die today.
  3. Verse 13- He says you are forgetting your Maker. You are focusing to much on them and not the one who is controlling them and you. Your God laid the heavens and the earth, so if he can do that, don't you think He can control them.
  4. Verse 13- Every day you fear their oppression like they have the power to destroy you. He ask where does this fury they have come from. God is asking you why do you fear them as if they have the power to hurt you. God wants you to know today that the Creature can never do more than the Creator allows. Where does there fury come from? It doesn't matter as long as God is in control. If God is allowing them to oppress me, He is giving me the learning opportunity of how to KEEP JOY in the face of adversity. They can't hurt me, and can't fire me unless He allows them. If they ever do, God controls my destiny which means it was meant for me to

leave. As long as you show up on time and do your part each day, walk in JOY and let that hater deal with their own instabilities.

5. Finally God reminds us that He is the Lord who made everything, and so everything is under His control. God has everything and everyone under His control. He reminds you in Verse 16- that you are under the shadow of His hand. In other words He is covering you. Stop worried about how they feel about you, or even treat you, because you are under the shadow of God's hand. God got you.

Write the name(s) of the person(s) who give you hard times throughout your day at work, school, or your daily routine.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now look at the name and I want to ask you a few questions. Please circle the correct answer.

- a. Do they have more power than God? Yes or No
- b. Does God have them under His control? Yes or No
- c. Can God be using them as a tool to teach me to have joy in the face of adversity? Yes or No
- d. Is it possibly the devil using them to affect your day? Yes or No
- e. Does it make the devil and people more angry when they try to affect you to have a negative emotion and instead you keep in positive? Yes or No

Today child of God, the Lord wants you to KEEP your joy. He is in control of them. You just keep control over you, and let Him deal with them. While He is doing this, suprisingly they are going to start noticing how they aren't able to affect you anymore. When that starts happening they will wonder what has changed in your life. Tell them I give everything to God to fix.

Watch God send a storm in their life and they will run to you to get this JOY you have in the face of their own challenges. God wants to use you to show them that you can have JOY in the midst of adversity. Go forward child of God and take the day!!!

# Spiritual Healing for Me

**Day 5- Friday, April 15, 2016**

**Theme for Week 2: JOY**

**Introduction:** I know this is strange that we are talking about your friends and fellow church members trying to take your JOY. I have unfortunately learned through past experiences that these two groups of people have in some way affected my joy more than others.

We are affected to a greater extent with these two groups of people. We in most cases drop our guard around them, because there is this certain expectation we have for them since they are fellow Christians and good friends. Today I want you to see them for who they are in your life, and also see how they have played a part in God growing you to have unaffected JOY. This JOY is the type of JOY that even when people who you expect to have your back turn their back on you, it doesn't affect your attitude towards them nor your outlook on life. You have to always ask yourself the question, "What is God teaching me in this?"

These Groups will not affect the JOY you have anymore.

Church people and friends can really hurt you bad. You in most cases trust that they will operate in the Spirit of Christ and treat you with love, concern, and compassion. Instead you may have been hurt by these same people and felt betrayed or let down. Today, we choose to forgive and revive the JOY of the Lord in your heart. Remember to have the fullness of JOY. Your heart has to be totally filled to the rim with this JOY. There can be no room for anything else.

1. Please read James 1:2-3 which says, “My Brethren, count it all JOY when ye fall into divers temptations, knowing this that the trial of your faith worketh patience.”
2. Child of God, The Lord speaks through the writer James to tell us to count it all JOY (meaning number or keep a tally of each trial that teaches you how to have JOY in the face of being backstabbed or hurt). James said knowing that the trial of your faith worketh patience. When you go through the trial or hurt of being mistreated or mishandled by friends or church people, God is teaching us to learn how to be patient with people who obviously have some serious personal issues that would cause them to turn on someone like you who has never done anything to them but love them.
3. You have to know Child of God that friends and/ or fellow church members’ actions of betrayal or deceit towards you, really shows you how much disfunction is going on in the heart of that person.
4. So in a way God is teaching you how to keep JOY after being hurt by people close to you, and those who should be praying for you. He is also showing you their own sickness and condition, so you can pray for them.

I want you to write down the names of the old or present friends and church members who have hurt you or affected your JOY. Also write next to their name what they did.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Remember that when friends or church people hurt you, it is not them but the enemy using them to affect your JOY. There is an open door in them of jealousy, envy, emulation, or deceit somewhere in their heart. That open door allows the enemy to come in and use them to affect you.

1. Please read Jeremiah 15:16 which says, "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 Lord God of hosts."

The enemy's biggest trick is to get you to be hurt by Church people and leave the church. If you leave then you won't receive good teaching to help you grow in the Word of God. You just read that the Word of God is JOY and REJOICING in your heart. So you have to stop allowing church people to scare you from the place that you are being fed the Word of God. I am not here at this church for social networking, I am here to learn the Word of God and grow spiritually and morally so I can be a more JOYFUL and peaceful person.

Today I want you to locate the phone number, email, facebook, or twitter of the person(s) who in the church have done something to you that caused you to have your JOY affected. Now before you reach out to them, think about how they affected your JOY and make sure it was about you and not someone else who influenced you to have a problem with this person.

I want you to reach out to them and say to them these words. Good afternoon, I need to apologize for holding an aught against you. The Word says is Matthew 18:15 that if I had something against you, I was supposed to come to you first and talk to you about it. I neglected to do so, and for this I am sorry. The Word also warns us in Matthew 6:15, that if we don't forgive men their trespasses, our heavenly Father will not forgive us of our trespasses. So today I called to say I was offended when you \_\_\_\_\_, but now I have moved past it and need to reconcile with you so I can receive the blessing of JOY that God has promised me if I keep His Word.



Psalm 126:5 which says, “They that sow in tears, shall reap in Joy.”

1. This scripture is a promise of blessing to a certain type of people. Did you know in Genesis God set up this process called sowing and reaping? In Genesis 8:22 it says, “WHILE THE EARTH REMAINETH, THERE WILL BE SEEDTIME (SOWING) AND HARVEST (REAPING), COLD AND HEAT, SUMMER AND WINTER, AND DAY AND NIGHT SHALL NOT CEASE.”
2. So God says there will never come a ceasing of seedtime and harvest or sowing and reaping. So in life we are either in a time of sowing or in a time of reaping. Whichever time we are in, there is an assurance that if you do the 1<sup>st</sup> (sowing), you will have to experience the 2<sup>nd</sup> (reaping).
3. So Psalm 126:5 says “They that sow in tears shall reap in joy”. This scripture gives an assurance that anyone who has ever sowed a tear, or anyone who has ever cried over anyone or anything is a blessed somebody. You ask why? The scripture says anyone who has ever cried a tear, is about to reap a harvest of JOY. Yesterday was your season of tears, and Child of God The Lord wanted me to let you know the season has changed. You are in reaping season now, so JOY time is here.
4. David wrote in Psalm 30:5b, “weeping may endure for a night, but JOY cometh in the morning.

In the Bible God instituted two seasons of rain in order to ensure the seeds planted by the people, would have enough rain to produce a harvest in the Harvest season.

These two seasons of rain are called, “THE FORMER RAIN and THE LATTER RAIN”.

Sometime due to sin or lack of faith God withheld the former or the 1<sup>st</sup> season of rain to teach the people. Then if they had repented, or trusted in God again, He would send in the 2<sup>nd</sup> season which is the Latter rain both the Former and Latter Rain all in one season.

The prophetic word for you child of God is that your season of tears have caused you to miss the 1<sup>st</sup> rain (former rain), but in this season if you can have faith that God is about to turn things around for you, God is about to send you both the Former and Latter rain in this season of your life. You are about to receive the superabundance blessing from the Lord.

Repeat after me, “My best days are still ahead, God is not through blessing me, and I believe God for my former and latter rain season to be here now.”

Say, “Lord I make room for my showers of blessings”.

# 35 Days of Spiritual Healing

There is a sense of victory in the air. Satan is mad because he can sense you totally breaking off every yoke, every chain, and every piece of bondage he had on you. You are ready to step over into the season of the overflow. There is an overflow of renewed blessings and transformation heading your way, and you can not afford to lose your focus. The word focus is a very strong word right now for you because, a focused mind is a determined mind, and a determined mind is a relentless mind, and a relentless mind is an insistent mind, and finally an insistent mind is a never lose, never fail, and never changing mind. You have to say nothing is about to come into my life and change the course of greatness that I am stepping into. I will not allow anyone or anything to speak or bring negative conversation or ideas of defeat into the realm of my mind. I am on a path for victory and with God I can do all things. This week that needs to be your focus and mentality. You must have a never give up, always victorious, always persevering attitude.

Now this week we are studying the next fruit of the Spirit which is longsuffering. I know you may be saying right now, oh no. Actually when you conquer this area in your life, you will be able to deal with the irritation that life's challenges and people can bring into your daily schedule. Longsuffering is a word that means something pretty strange from a biblical standpoint. As we enter this week be ready to learn a different lesson and understanding about this great word longsuffering.

**Monday, April 18, 2016**

**Theme for Week 4:**

**LONGSUFFERING**

**Day 1 Focus Area:**

**YOU**

**Morning Activity:** As you hear the word longsuffering, let us view what this word really means according to the Word of God. Longsuffering in the Hebrew or Old Testament gives us a Hebrew word called (aph). The word aph has a strange meaning. It actually means the nose or nostril, representing rapid breathing in passion. It is said from a Hebrew connotation that to have length of nose, is to be slow to wrath; and to have shortness of nose is to be quick tempered.

Oftentimes when God spoke of his wrath, He spoke of the smoke or fire from his nose or nostrils. So the nostril or nose of God is said to reveal His anger or wrath. A few scriptures that prove this are:

2 Samuel 22:9 – As David speaks of God coming to his rescue to deliver him from his enemies. David says, “**There went up a smoke out of His nostrils**, and fire out of His mouth devoured: coals were kindled by it.

Job 41:20 it speaks of God devouring wrath. It says, “**Out of His nostrils goeth smoke**, as out of a seething pot or caldron.

So when you hear of God’s wrath toward people it speaks of his wrath being displayed by a smoke from His nostrils. So when we see the meaning of longsuffering as being a long nose, it speaks of the wrath or smoke taking longer to be displayed due to the time it takes to get through the longer nose.

In the New Testament in the Greek the word longsuffering is the word ***Makrothumia*** which means forbearance or being patient when others attack or makes our lives difficult. This week we will be strengthened and overcome our challenge of not having the gift of longsuffering.

**Morning Exercise:** Child of God you must understand that God has truly been longsuffering and merciful towards us all. You truly are a blessed person because God truly could have destroyed and annihilated you based on our sins.

David said in Psalm 103:10, “He hath not dealt with us after our sins, nor rewarded us according to our iniquities.” David said God truly hasn’t disciplined us how He should of, nor has He blessed us based on how we have done Him. If God would base our blessings on how good we are, we would be in trouble. If He punished us based on our sins, we would be in Hell and tormented. Thanks be unto God that He is truly merciful and gracious. So today while the devil is trying to make you complain about how bad your situaion may be, or how you are not where you want to be, please remind him that I have nothing to complain about. I can’t complain because what I have and where I am is still a blessing because, if God was to only bless me based on my faithfulness to Him I would be in a far worse state.

Please write down 5 things you have done over the last 5 years that you know the Lord was not pleased with. Then write down 5 blessings that the Lord has granted you over the last 5 years that you know His grace and mercy afforded you.

**5 Things God wasn’t so pleased with**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **5 Blessings the Lord has given you inspite of your wrong**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I want you to first see how longsuffering, forbearing, and merciful God has been to you. It is so hard to be longsuffering and patient with others when you truly don't realize the magnitude of how longsuffering and patient God has been with you. Truly God is good. I'm going to say it again, "truly God is good"!

You truly don't understand how longsuffering He has been toward us until you read Romans 2:4 in the Voice Version which says, "**Do you take the kindness of God for granted? Do you see His patience, longsuffering, and tolerance as signs that He is a pushover when it comes to sin? How could you not know that His goodness and kindness is guiding our hearts to turn away from distractions and habitual sin to walk a new path?**"

There truly is a determinate factor in the view of God's blessing versus our sins and faults. The factor is God's longsuffering and forbearance. Peter says in 2 Peter 3:15, "And account that the longsuffering of our Lord is salvation." In other words the main reason why we are saved from Hell and are called a child of God is because of God's longsuffering.

If God would have closed the door and called it quits before we got saved, we would have been destined for Hell. Thank God He kept the door to Heaven open long enough for us to make it in. Atheist and scoffers speak evil about God's coming by saying that it will not come because it hasn't happened already. Peter says you need to stop questioning when He is coming, but rather be thankful that he waits for us to receive the gift of salvation before coming back again. That's why Peter also said in 2 Peter 3:9, "The Lord is not slack concerning His promise as some men count slackness; but is **longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.**" God took His time to give you an opportunity to be saved and miss Hell. How about praising Him now for being saved? I know we are so accustomed to praising Him for what He gives us materially, but you truly will be grateful when you stand before Judgement and hear the Lord say welcome home thou good and faithful servant.

There is a gratitude that we all owe God for His longsuffering towards us. You are valuable and wanted by God. Paul said in Ephesians 1:4a, “According as **He hath chosen us in Him before the foundation of the world**”. God chose you to be His before He even created the world. You were His first choice. Remember this next statement. You are not a mistake, you are not an afterthought, your sins were not a surprise to God, and He has always had his eyes on you. Your salvation was preplanned and there was nothing you could do to outrun God’s love for you.

Greater love hath no man than this, that a man lay down His life for his friends. For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish; but have everlasting life. But God commendeth His love toward us in that while we were yet sinners, Christ died for us.

Below I want you to remind yourself of how far the Lord has brought you from. Below list how far God has brought you and remind yourself of how you got saved. This is called a Comparative Analysis, whereby you will be comparing how you used to be versus how you are now. Please list on the left your past lifestyle prior to you being saved and then list how you have changed in that specific area on the right. For example, you may say I had bad anger problem on the left, and on the right, now I am more mannerable and nicer for last 5 years.

### **Comparative Analysis**

<b><u>Past Lifestyle or Ways</u></b>	<b><u>How you are now</u></b>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

It must be clear and you have to understand the reason why God is so longsuffering and patient toward us is because, longsuffering is apart of His name and His character. Moses asked God to reveal Himself to him, and the Lord gave him a revelation of who He is. In Exodus 34:5-6 Moses says, “And the Lord descended in the cloud, and stood with him there, **and proclaimed the name of the Lord.** And the Lord passed by before him, and proclaimed, THE LORD, THE LORD GOD, MERCIFUL AND GRACIOUS, **LONGSUFFERING**, AND ABUNDANT IN GOODNESS AND TRUTH.

God says here that the very nature of who He is in defined in His character. One of the names of His name is LONGSUFFERING. In other words God says, if you want to know why I am able to be so longsuffering and gracious is because the very nature of who I am is be to longsuffering because I AM longsuffering. His name is longsuffering which means longsuffering’s beginning is in God and ends in God. The reason why God can be patient with the sinner and wait until the fullness of the world comes to The Lord Jesus Christ and be saved is because, His very being is to be longsuffering or to withhold His wrath until the time is far spent. For this reason God is saying to you child of God since my very being is longsuffering, even when you feel like everyone else is not patient with you being all that they think you should be, God says I am longsuffering and patient with you.

You don’t have to worry about God pushing the fast forward button in your life and not being patient in waiting for you to be all that you are suppose to be. God says I can wait on you because I wrote your end from the beginning as written in Isaiah 46:10 (Declaring the end from the beginning, and from the ancient times the things that are not yet done, saying My counsel shall stand, and I will do all My pleasure.). God knows your future and what He has planned for you is to be all that you desire to be. Remember without faith it is impossible to please God. So step out on faith and be that which you strive to be.

**Day 2-** Tuesday, April 19, 2016

## **Spiritual Healing for Me**

**Theme for Week 4:**

**LONGSUFFERING**

**Day 2 Focus Area:**

**YOUR FAMILY**

**Morning Activity:** When we ask ourselves the question about Longsuffering the question is do we have enough God in us to be able to walk in this trait. Yesterday we learned that Longsuffering is God and is His name. The very essence of God is to be longsuffering and patient with us and others. Now today we are going to work on what God expects from us, as it pertains to how we should be longsuffering or patient toward our family. Remember the word longsuffering in the Hebrew means to have a long nose or to be slow to breath out wrath and anger.

You have people in your family in whom you have not been able to withhold your emotional outburst or ill feeling towards. Their actions and words cause you to make harsh statements towards them that make your relationship with them uneasy and filled with tension. I know what they are doing towards you make you want to tell them things that represent your anger and frustration with them, but you must make a decision to think how God thinks towards you.

Read Romans 9:22-23 which says, “<sup>22</sup> Does not God have a perfect right to show his fury and power against those who are fit only for destruction, those **He has been patient with for all this time?** <sup>23-24</sup> And he has a right to take others such as ourselves, who have been made for pouring the riches of his glory into, whether we are Jews or Gentiles, and to be kind to us so that everyone can see how very great his glory is.



**Morning Exercise:** I know that that family member's (spouse, mother, father, child, uncle, aunt, cousin, or granparent's) actions have caused you to be irritated, perturbed, and upset, but I want you to read the next 2 scriptures. While you are judging them, remember how God should have judged you. I know you feel like what they are doing to you are no where near how you have done others, but remember you have done more to God than they have done to you.

1. Read Romans 2:1-3, "Wherefore thou art inexcusable, O man, **whosoever thou art that judgest:** for **wherein thou judgest another, thou condemnest thyself;** for thou that judgest does the same things.
2. But we are sure that **the judgment of God is according to the truth** against them which commit such sins.
3. And thinkest thou this, O man, that judgest them which do sinful things, and **doest the same, that thou shalt escape the judgement of God?**

Read Colossians 3:12-13 which says, "Put on therefore as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering:

**Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.**

Above the Word of God admonishes and warns every believer right now to put on mercy and longsuffering. It also warns you to forgive that family member. The Word of God cautions us that if you have a quarrel (fallout, disagreement, and/or fight) against any family member, just like the Lord forgave you, forgive them.

List 5 people who you need to be more patient or longsuffering with; especially ones you don't even talk to.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

As you are waiting on God to change, deliver, or save that loved one who constantly comes against us, annoys us, disrespects us, and ridicules us, God has a Word for you to strengthen you in your journey or dealing with these people.

**Romans 2:4** - Or despisest thou the riches of his goodness and **forbearance** and longsuffering; not knowing that the **goodness of God leadeth thee to repentance?**

The word repentance means to turn away from the sin or wrong done towards God. Amazingly as you are called a child of God, that means you should walk and act like your Father in Heaven. The Bible confirms what gets a person to repent and start doing better towards God. You know what that is? It is God's goodness which the Bible says that since God is so good and blesses us inspite of how we treat Him, it's by that act by God that causes us to start saying, "I have to do better after how good God has been to me." You see after we think of how good God has been to us even after how unfaithful we have been to Him, it causes us to repent or change our ways.

So as a child of God if we walk in the same character and example of God, once we decide to be good to people who treat us wrong, it will cause them to repent and do better. You may ask, Pastor how long do I have to be good before I can stop if they don't change? My answer to that is how long did God wait on you, before pulling the plug on you.

Please read Ephesians 4:1-2 which says, "I therefore the prisoner of the Lord, beseech that ye walk worthy of the vocation (calling) wherewith ye are called. With **all lowliness and meekness with longsuffering**. Forbearing one another in love.

You see child of God, God sees longsuffering as holding back wrath and reserving judgement. I know your actions and responses that are not so merciful are not because you haven't been merciful in the past. I realize that those loved ones may have already been extended mercy and forgiveness and yet still have not changed. I also realize that this may not be the 1<sup>st</sup> time you have given them a second chance. This may be the 4<sup>th</sup>, 5<sup>th</sup>, or maybe even 6<sup>th</sup> chance, but the real question is how many times has God given you another chance.

Remember you are not above reproach and discipline and be careful and make sure you extend mercy, especially when you know you also need mercy.

Remember always where the Lord has brought you from. That's why the Apostle Paul wrote in 1 Corinthians 6:9-11, "9 Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: **neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind,**

**<sup>10</sup> Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.**

**<sup>11</sup> And such were some of you** (did you forget where you came from): but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

With the measure of forgiveness and longsuffering that you have received, you are expected to measure the same back to those who have done or are doing you wrong.

Remember, God will never ask you to forgive more than you've been forgiven.

**Day 3- Wednesday, April 20, 2016**

## **Spiritual Healing for Me**

**Theme for Week 4:**

**LONGSUFFERING**

**Day 3 Focus Area:**

**YOUR WORKPLACE**

**(Co-workers, Supervisors, and Classmates)**

**Introduction:** It takes a very strong person in God to be patient with a person whom you have no genuine interest in, and who in no ways is involved in your life other than just working with them. You must understand it is a lot easier to be longsuffering and patient with a family member, neighbor, or church member, but with someone on your job where it's only business, that's when the challenge comes. We many times talk about being saved, born again, and walking in the footsteps of Christ. All of this is all dandy and good, but when you are not willing to step up to the plate and live out the true creed of Christ, you are just all about words and no action. I know that there is a person whom either you work with, that you do business with, go to school with, or who works on your case that you may not especially like, but guess what, you're not the first nor will you be the last to have to learn how to deal with difficult people.

The Lord gives us His expectations when it comes with dealing with people we have no love relationship with. In Matthew 5:43-48, <sup>43</sup>Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.<sup>44</sup> But I say unto you, ***Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;***<sup>45</sup> That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.<sup>46</sup> ***For if ye love them which love you, what reward have ye? do not even the sinners the same?***

<sup>47</sup>And if ye greet (say hello) to your brethren only, what do ye more than others? do not even the sinners so?<sup>48</sup> Be ye therefore perfect, even as your Father which is in heaven is perfect.

**Morning Activity:** Challenges are opportunities for you to thrive and grow inspite of the attack and weight of the opposition or adversity. Every person you face at your school, job, or anything that pertains to your income, success, or destiny all play apart in your overall growth. It's easy to overcome a 1<sup>st</sup> grade test when you are a 6<sup>th</sup> grader, but it's challenging to pass a 6<sup>th</sup> grade exit exam with a 1<sup>st</sup> grade mentality. You have to grow in the Spirit so that when you face challenges from people who are used by Satan to mess with you, they will not stress you out or disturb your peace. You have to realize that God is using them to assist in transforming you into His image.

Jesus was in the business of saving souls, and his counterparts the Pharisees and Sadducees who should have been doing their job, were more busy using their time to try to disrupt Jesus' job. Just like Jesus you have classmates, teachers, co-workers, managers, clients, etc. who should be focused on doing their work right, but instead are more focused on disturbing your day.

Examples of them trying are found in the following scriptures:

Matthew 16:1 - The Pharisees also with the Sadducees came, and tempting desired him that he would shew them a sign from heaven.

Matthew 19:1-3- And it came to pass, that when Jesus had finished these sayings, he departed from Galilee, and came into the coasts of Judaea beyond Jordan;<sup>2</sup> And great multitudes followed him; and he healed them there.

<sup>3</sup>The **Pharisees also came unto him, tempting him** (harrassing him), and saying unto him, Is it lawful for a man to put away his wife for every cause?

Matthew 21:23 - <sup>23</sup>And when he was come into the temple, the chief priests and the elders of the people came unto him as he was teaching, and said, By what authority doest thou these things? and who gave thee this authority?

So if Jesus had people harrassing him as He was doing his job each day, why do you think you are exempt from the devil using people to harrass you.

Remember longsuffering is just as it states, long suffering. You ask the question, “Lord why do I need to learn longsuffering?” You need to learn it because once you master it; people will not be so easy to get on your nerves. You will have learned how to be patient with simple childish games that people play against you. The things they are doing for you (not to you) are strategically ordered by God so you can learn the fruit of the Spirit called longsuffering. See we always say we want to be a better Christian, but to be one it means you have to be placed in predicaments that teach you how to manage the fruit of the Spirit.

Today I want you to write down the name of the person(s) at your school, job, business, or any place where you have conducted business that do things to you or others that really frustrates you.

**Antagonist (Person causing you trouble)**

**What they do**

- |          |       |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

Now that we have identified these people and what they do let’s thank God in a quick prayer for using them to teach you the fruit of the Spirit called longsuffering.

Pray this prayer: Father God in Heaven in the name of Jesus Christ my Lord I thank you for all that you are teaching me. You are truly transforming me into your image so that I may be a better Christian, person, and example to others. I may be the only Bible that someone is reading, and I need to be better for myself and everyone around me. I know the devil wants me to act out hostile in reply to how the person offended me, but I refuse to destroy my witness. Thank you for using (person(s) name(s) to help me learn the fruit of the Spirit longsuffering. Give me the strength to see the purpose of their ways and to be joyful because I now understand why they are doing what they do. They can’t help it because it is in your divine plan to use them to make me better. Hallelujah and thank you for being an awesome Father in Jesus name. Amen.

You have really made a major step forward in your progress in being a truly well rounded saint of God. I am proud of what you have accomplished. Never said it would be easy, but once you prevail over these obstacles you will be a better example to all.

### **Please read Colossians 1:11-13**

Easy-to-Read Version (ERV)

<sup>11</sup> That ***God will strengthen you with his own great power, so that you will be patient and longsuffering and not give up when troubles come.***

**Then you will be happy** <sup>12</sup> and give thanks to the Father. **He has made you able to have what he has promised to give all his holy people, who live in the light.** <sup>13</sup> God made us free from the power of darkness. And he brought us into the kingdom of his dear Son.

God's purpose of using the people at your school, job, business, or place where you conduct any sort of business, is so He can show you that He gave you this strength to overcome their attempts to frustrate you. You will testify that only God was able to give you the strength to not give them a piece of your mind. God gives you this strength the Apostle Paul says, in order for you to learn patience and longsuffering and to not give up when attacks, hurt, and troubles come.

Paul then says that once we officially learn these lessons through the test we take in dealing with these types of people, Paul says, "Then you will be happy and give thanks to the Father". Why because you are now acting like his Holy people who always walk in the light and never allow others to pull you out of the light into the darkness they're in. You see when you react in anger you actually have allowed them to pull you into their darkness, but when you show them that what they are doing doesn't affect you, now you have set the standard that I will not come down to your level.

Training and conditioning are always good ways of building endurance for a long race. Longsuffering is a long distance race. It is not a sprint, it's not a 50 yard dash, but instead it is a long distance run. You can't try to sprint it the whole way because you will wear yourself out, but instead you have to walk and jog it until your master it. As we have earlier above listed the name and actions of the people who are antagonizing or bothering us daily, now it's time to put the icing on the cake.

Now below I want you to write the name of the person again and then write the action you will take or do, to always show them the light of Christ in you rather than cooperate with the darkness that is in them by acting out like them.

<u>Name of Person</u>	<u>New Actions to show the light of Christ in you</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Remember maturity is not based on age, but yet maturity is based upon growth in character and in the Spirit.

Please read Titus 3:2-5 which says, “<sup>2</sup> Inform the saints not to say cruel things or argue. They should be gentle and kind to everyone. <sup>3</sup> We used to be stupid, disobedient, and foolish, as well as slaves of all sorts of desires and pleasures. We were evil and jealous. Everyone hated us, and we hated everyone.

<sup>4</sup> God our Savior showed us how good and kind he is.

<sup>5</sup> He saved us because of his mercy, and not because of any good things that we have done.

God washed us by the power of the Holy Spirit.

He gave us new birth and a fresh new beginning.

Paul reminds Titus to tell us that as mature Christians we should not be cruel, yell, or argue with anyone. Instead we should remember the days before we got saved and how we weren't so easy to deal with. We were changed by the Power of God through our Lord and Savior Jesus Christ, and the power of the Holy Spirit. Those in whom we have problems with who are showing the evil side, are not mature as you are. Remember many of them are not even babies in Christ and some haven't even been born again. In other words they haven't even had a start in having God change them. So be patient with them and let God show His love through you.



I have had many people ask me, “Pastor when is God going to move me away from these crazy people on my job or at my school, because they are really getting under my skin.” My response to that is, “When you have finished your assignment in the place He has placed you. Don’t you realize you were placed in that department, that unit, that class, that area, because God needed some light in that dark place.

He assigned you to be that light. You can’t leave that place nor will God move them away until you have completed your assignment.

**The devil’s job is to scare you away by using intimidating tactics through people, in order to get you to forfeit your assignment.**

**Paul tells us this in 2 Corinthians 2:10-11 -Easy-to-Read Version (ERV)**

<sup>10</sup> If you forgive someone, then I also forgive them. And what I have forgiven—I forgave it for you, and Christ was with me. <sup>11</sup> I did this so that ***Satan would not win anything from us***. We know very well what his plans are.

Paul says that we must understand that Satan’s ultimate plan is to get us to not forgive people who have done us wrong. Why because Matthew 6:15 says, “If you don’t forgive men for their trespasses, neither will your Heavenly Father forgive you of your trespasses.”

So Satan’s plan is to make you not forgive them and then miss out on your blessings. Your promotion and blessings are tied to 2 things:

1. Forgiving those who do you wrong
2. Showing others the light of Christ so your assignment is complete.

**When you do this Psalm 75:6-7 says,**

King James Version (KJV)

<sup>6</sup> For ***promotion cometh neither from the east, nor from the west, nor from the south.***

<sup>7</sup> But God is the judge: ***he putteth down one, and setteth up another.***

When you finish your assignment expect a Promotion to another place.

**Day 4- Thursday, April 21, 2016**

## **Spiritual Healing for Me**

**Theme for Week 4:**

**LONGSUFFERING**

**Day 4 Focus Area:**

**YOUR NEIGHBORS**

**Introduction:** The Holy Spirit who is God according to 1 John 5:7 is an intelligent being. 1 Corinthians 6:19 says that your body is the temple of the Holy Spirit who dwells within you. Since the Holy Spirit dwells within you and since we are talking about the fruit of the Spirit, please be mindful that it's not your duty to make the fruit of the Spirit longsuffering come out of you. It's the job of the Holy Spirit to bring out of you at the time needed, the fruit out of your heart. It's our job to be available and be willing to let the Holy Spirit have His way in our lives versus letting our flesh rule over us. There is a transformation happening in your life even now after these last 3 days. You are getting a better sense of how patient God has been with us, while also learning the expectation God has for us as it pertains to our patience towards others.

As we now move into day 4 we now will learn and grow in how we should show the fruit of the Spirit called longsuffering towards our neighbors. You ask again, who is my neighbor? Jesus said in Luke 10:25-37 that our neighbor is anyone who we see has a need or anyone who is in distress. You actually have your next door neighbor, neighbors on your street or in close proximity to your home, and anyone who lives in your city or community.

**Morning Activity:** Whenever you live nearby someone, there will at some time be a disagreement or something done by a neighbor or person in your community that you will not like so much. This may be bad children who disrespect you and your property, or a neighbor who has no sense of keeping the noise down so you can rest, or a neighbor who doesn't respect your property line or space, or a neighbor or person who is just rude and disrespectful. In all of these types of things they do or even other things they do, we must understand that gives you no right to come down to their level.

Remember that whatever you do to men, do it as if you are doing it for the Lord. It is imperative that we don't forget that God is watching. Philippians 4:5 says, "Let your moderation (appropriate ways, patience) be known unto all men. The Lord is at hand." Paul admonishes us to make sure we keep the mindset of being patient with ALL MEN, for God is watching. As we interact with our neighbors we have to be mindful that God is watching how we treat them.

When you measure the amount of tolerance and patience you have given that neighbor, I guarantee you it doesn't even get close to the amount of patience and longsuffering God has had to have for you. This morning please do the following exercise:

<b><u>Neighbor name or identity</u></b>	<b><u>How You feel about them</u></b>	<b><u>Why?</u></b>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

You have been able to identify how you feel about that neighbor and also why. By doing this you actually now can work at being able to pray for the fruit of longsuffering and patience for that neighbor in that area.

I know forgiveness is not an easy thing to do, but it speaks of the inner strength of a person when you are able to fight through another person's immaturity and be the bigger person and lead by example in how to be forgiving and mature.

Colossians 3:12-13 to show you what the character of a Christian should be. Remember child of God that you are God's choice and you represent Him. The type of person you are and the character you exemplify, speak of your personal relationship with Him.

### **Colossians 3:12-13**

Common English Bible (CEB)

<sup>12</sup>Therefore, **as God's choice, holy and loved**, put on compassion, kindness, humility, gentleness, **longsuffering** and patience. <sup>13</sup>**Be tolerant with each other** and, **if someone has a complaint against anyone, forgive each other**. As **the Lord forgave you, so also forgive each other**.

Believe it or not your blessings can be cut off or hindered by how you treat your neighbor. Please read Mark 11:24-26.

### **Mark 11:24-25**

Common English Bible (CEB)

<sup>24</sup> Therefore I say to you, whatever you pray and ask for, believe that you will receive it, and it will be so for you. <sup>25</sup> And whenever you stand up to pray, if you have something against anyone, forgive so that your Father in heaven may forgive you your wrongdoings.

Mark admonishes us that whatever you pray for believing you will receive, but the stipulation is while praying if there is so sort of problem between you and your neighbor go make it right. You have to forgive them or either our Heavenly Father won't forgive us and now our blessings are tied up.

No matter how they decide to treat you, never expect a non-Christian or even a carnal Christian to treat you right. We all have a conscience (saved or unsaved) according to Romans 2:14-15. So what they are doing to you, they know better, but chose to act childish and like a devil. So inspite of their actions we are going to counter hate with love, anger with joy, and deceitfulness with integrity. We will be the shining light in their world of extreme darkness.

Choose to be the bigger person. Choose to teach rather than be the student. You are saved and remember as Jesus said to His disciples and us in Matthew 5:13-16 (Amplified Version) when he said, “<sup>13</sup> You are **the salt of the earth**, but if salt has lost its taste (its strength, its quality), how can its saltiness be restored? It is not good for anything any longer but to be thrown out and trodden underfoot by men.

<sup>14</sup> **You are the light of the world**. A city set on a hill cannot be hidden.

<sup>15</sup> Nor do men light a lamp and put it under a peck measure, but on a lampstand, and it gives light to all in the house.

<sup>16</sup> **Let your light so shine before men that they may see YOUR <sup>[a]</sup> moral excellence and YOUR praiseworthy, and YOUR good works and deeds** and <sup>[b]</sup> recognize and honor and praise and glorify **YOUR Father** Who is in heaven.

Read 1 Timothy 6:11 (Living Bible version) which says, “<sup>11</sup> O Timothy, you are God’s man. Run from all these evil things, and work instead at what is right and good, learning to trust him **and love others and to be patient and gentle**. <sup>12</sup> Fight on for God. Hold tightly to the eternal life that God has given you and that you have confessed with such a ringing confession before many witnesses.

Child of God remember that you represent the Lord and not the devil. I know it may not always be easy to be the stronger person and sometime you want to let your flesh act out. The only problem with that is you don’t give God any glory when you play on the devil’s side. Those fleshly or worldly actions are all geared toward glorifying Satan and not God.

Remember whose side you’re really on. That neighbor needs Jesus, that neighbor needs the Lord. You may be the only one they can see Jesus through. Don’t mess up your assignment on showing that neighbor the path to Christ by showing them your steadfast longsuffering and patience for their wrong ways. They know when they are trying to aggravate you. The difference this time is that they are going to see a new reaction from you that will be consistent and never changing, no matter what they do.

**Day 5 - Friday, April 22, 2016**

## **Spiritual Healing for Me**

**Theme for Week 4: LONGSUFFERING**

**Day 5 of Week 4 Focus Area: YOUR FRIENDS AND CHURCH PEOPLE**

We are less longsuffering and patient with church people and friends because we have built a certain expectation for them, that unfortunately they can't always measure up to. Remember the Church is a hospital where sick folk go to get well. All including the preacher/Pastor are still in need of Grace and Forgiveness. Nobody is perfect but Jesus. As we look throughout the Bible many saints struggled and missed the mark:

Abraham was a liar, Jacob was a thief, Moses was a murderer, Samson was a whoremonger, David was an adulterer and murderer, even Paul said to the Church of Galatia in Galatians 4:14, "And my temptation which was in my flesh ye despised not, nor rejected me; but received me as an angel of God, even as Christ Jesus". Paul thanks the church and says even though I yielded to the temptations of the flesh, thank you for still treating me as a man of God. You did not condemn me for my failures and shortcomings, but instead forgave me and told me to keep preaching to you the Truth of the Gospel.

It is that type of Church or Christian that you should be as being a child of God. You should be patient and longsuffering with church folk and friends who at some time or another fail you.

As we close out this week on the lesson on Longsuffering, I think it's good we are closing out with the focus on being longsuffering and patient towards church folk and friends. I know that it's these two groups whose failures and let downs toward you hurt the most. Why because we feel like they operate at a different level of integrity and honor towards you. Remember though they are still flesh, they are not God, and they are subject to make mistakes.

In 2 Corinthians 11:23-29 Paul says to us Christians today who complain about church folk and friends hurting us to the point we can't forgive or be patient with them, Paul says read this. 2 Corinthians 11:23-29:

<sup>23</sup>They say they serve Christ? But I have served him far more! (Have I gone mad to boast like this?) I have worked harder, been put in jail more often, been whipped times without number, and faced death again and again and again. <sup>24</sup>Five different times the Jews gave me their terrible thirty-nine lashes. <sup>25</sup>Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked. Once I was in the open sea all night and the whole next day. <sup>26</sup>I have traveled many weary miles and have been often in great danger from flooded rivers and from robbers and **from my own people, the Jews**, as well as from the hands of the Gentiles. I have **faced grave dangers** from mobs in the cities and from death in the deserts and in the stormy seas and **from men who claim to be brothers in Christ** but are not. <sup>27</sup>I have lived with weariness and pain and sleepless nights. Often I have been hungry and thirsty and have gone without food; often I have shivered with cold, without enough clothing to keep me warm.

<sup>28</sup>Then, besides all this, I have the constant worry of how the churches are getting along:

Paul said my own countrymen or friends tried to do me harm. Paul said the religious people or men who claim to be brothers in Christ hurt me. Paul starts that scripture off asking a question, "They say they serve Christ". In other words they are saying they are serving the Lord and walking after His footsteps, and yet can't be patient and longsuffering. Paul says to us today, to measure your troubles as a Christian up next to Paul's troubles and let's see if you have the right to complain about being hurt to the core by church folk and friends.

You ask Pastor how often should I forgive this Church member or friend who hurt me bad. Well the scripture gives us clarity about this.

Human forgiveness is to be strictly analogous or similar/parallel to Divine forgiveness. Read Matthew 6:12 for example: "and forgive us our sins, just as we have forgiven those who have sinned against us."

Christ law of forgiveness has no limitations and you ask why, because He is constantly forgiving us for our failures and shortcomings.

Read Matthew 18:21-22- “<sup>21</sup> Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?

<sup>22</sup> Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

Has that friend or church member passed that  $70 \times 7 = 490^{\text{th}}$  sin against you yet. Then you have more patience, longsuffering, and forgiveness to give.

Please read this next story the Lord gave regarding patience and longsuffering.

Matthew 18:23-35- “<sup>23</sup> Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants.

<sup>24</sup> And when he had begun to reckon, one was brought unto him, **which owed him ten thousand talents.**

<sup>25</sup> But forasmuch as he had not to pay, **his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.**

<sup>26</sup> The **servant therefore fell down, and worshipped him,** saying, **Lord, have patience with me,** and I will pay thee all.

<sup>27</sup> Then the **lord of that servant was moved with compassion, and loosed him, and forgave him the debt.**

<sup>28</sup> But the **same servant** went out, and **found one of his fellowservants, which owed him an hundred pence: and he laid hands on him, and took him by the throat, saying, Pay me that thou owest.**

<sup>29</sup> And his fellowservant fell down at his feet, and besought him, saying, **Have patience with me,** and I will pay thee all.

<sup>30</sup> **And he would not:** but went and cast him into prison, till he should pay the debt.

<sup>31</sup> So when **his fellowservants saw what was done, they were very sorry, and came and told unto their lord all that was done.**



<sup>32</sup> Then his lord, after that he had called him, said unto him, O thou wicked servant, *I forgave thee all that debt*, because thou desiredst me:

<sup>33</sup> *Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee?*

<sup>34</sup> And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.

<sup>35</sup> So *likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.*

After reading the above story there should be a conviction in your heart on forgiveness and being longsuffering and patient toward that church person or friend that let you down.

As we end this week of learning about Longsuffering I want to leave you with this:

### **2 Corinthians 2:5-10**

Common English Bible (CEB)

<sup>5</sup> But if someone has made anyone sad or hurt, that person hasn't hurt me but all of you to some degree (not to exaggerate). <sup>6</sup> The punishment handed out by the majority is enough for this person. <sup>7</sup> **This is why you should try your best to forgive and to comfort this person now instead, so that this person isn't overwhelmed by too much sorrow.** <sup>8</sup> So I encourage you to show your love for this person.

Anyone can kick a person when they are down. They know they let you down, and they know they have done wrong. This is now your opportunity to show them the law of grace and kindness. This is your opportunity to show them an example of how God forgave us and as stated in Psalms 103:12 – He has cast our sins as far as the east is from the west, never to be remembered again.

Love to forgive, and love to be merciful. It shows the greatness of God in you.

## 35 Days of Spiritual Healing

Last week we learned the understanding of walking in the fruit of the Spirit called Longsuffering. Wow wasn't it awesome to see how much patience and longsuffering God has for us. He could of given up on us, but yet has had mercy on us daily and blesses us inspite of our failures and shortcomings. I am so excited about this week!!!!!!

In the Church there is a very common saying that goes like this, "God is good all the time, and all the time God is good." Yes, God is good all the time and all the time God is good. This week we will learn about the fruit of the Spirit called goodness. This is about to be an amazing week as engulf ourselves in the goodness of God. God is about to lighten our loads and ignite the fire of excitement in us.

## DAY 1 - Monday, April 25, 2016

### Spiritual Healing

Theme for Week 5:

**GOODNESS**

Day 1 of Week 5 Focus Area:

**YOU**

**Introduction:** A popular saying was established in the Church many years ago and still is rehearsed by many Christians today. It says, “When I think of the Goodness of Jesus and all He’s done for me, my soul cries out Hallelujah thank God for saving me.” Saints God is so Good. Everytime you sit back and just look at how far He has brought you from, and how many devastating and chaotic situations you were delivered from, there should be a bubbling up of joy in your heart that makes even the cloudy day become sunny.

I often wonder why is God so good, especially when we are oftentimes so bad? I then looked up scriptures to get an understanding of why God is so good. Read Exodus 34:6, “<sup>6</sup> And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and **abundant in goodness** and truth.” When Moses asked to see God and God told him He would pass by him and allow him to see His backside, the scripture said that as God passed by He proclaimed His name as He passed by. As His name is declared it is confirmed that in His name is GOODNESS. In other words GOODNESS comes from God. Goodness itself is derived from God, and its very existence is from God. In other words when you are trying to define goodness or see its actual origin, it is found in God. God is so Good, because Goodness lies within Him. He can’t help but be Good, because Goodness is all wrapped up in Him. As we are starting off this weeks’ lesson, I want you to have the mentality that every morning God allows you to wake up you will know by waking up that you just experienced the Goodness of God. He didn’t have to allow you to wake up. We were not so good last night that He should have let us wake up this morning. Our sins from our youth to now should have disqualified us from experiencing His mercy and goodness. This is why the Psalmist wrote in Psalms 25:7, “<sup>7</sup> Remember not the sins of my youth, nor my transgressions: according to thy mercy remember thou me **for thy goodness' sake**, O LORD.”

God saw fit to give you another chance. It’s not because you have kept his commandments so well, but because he is good.

**Morning Exercise:** This morning as we focus on having a day in which the Goodness of God toward us is far greater than anything we may face, I want you to say with me:

“This is the day that The Lord has made, I will rejoice and be glad in it.”

You have a promise from the Lord about what He’s going to do for you today, and each day of your life.

### **Psalm 31:19**

Oh how great is thy **goodness**, which thou **hast laid up for them that fear thee**; which thou hast wrought for them that trust in thee before the sons of men!

God said for all who reverence my presence in each day, He has laid up for us goodness. This means when you start this day off by reverencing Him, acknowledging Him, and Praising Him first before giving thought to anything else, He has some GOODNESS waiting on you today. Expect Him to do great things today.

I know that every day isn’t a good day, and I know that we all have faced some troubled times. I just need to encourage you that God is thinking good towards you, as He said in Jeremiah 29:11. He said, “For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.”

Child of God he needs to you expect Him to provide a way out of no way, a bridge over troubled waters, and peace in stormy times. He said in Isaiah 40:31, “But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Whatever you do, don’t faint or give up. The blessing is right around the corner, and if you give up now you will miss the blessing. Look at what the Psalmist wrote to encourage you about God’s goodness.

## **Psalm 27:13**

<sup>13</sup> I had fainted, unless I had **believed to see the goodness of the LORD** in the land of the living.

You have to believe that God has goodness for you. You're not going to have to wait until Heaven either, but instead God has some goodness ready for you right now. Don't faint, don't give up too early, because you'll miss what He has planned for you. Be encouraged!!!

Praise God for His Goodness. The Bible said we ought to Praise God for His goodness.

Psalm 107:8 says, "Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!"

He has been so wonderful to us. Saved our souls from Hell, wrote our names in the Book of Life, prepared a place for us and all our loved ones to spend eternity together with him, clothes on our backs, shoes on our feet, food on the table, shelter over our heads, and so many other wonderful blessings. We have enough to Praise the Lord for.

Did you know that being a child and a servant of God, our Father **promised you GOODNESS?**

Read 2 Samuel 7:28-29 which says, "<sup>28</sup> And now, O Lord GOD, thou art that God, and thy words be true, and thou **hast promised this goodness unto thy servant:**

<sup>29</sup> Therefore now let it please thee to bless the house of thy servant, that it may continue for ever before thee: for thou, O Lord GOD, hast spoken it: and with thy blessing let the house of thy servant be blessed for ever.

Now David prayed this Prayer over his house and asked God to bless his house. David's prayer was based on the promise that God gave in His Word to give Goodness to his servant.

Look at what He wrote to you about His goodness for you.

Romans 2:4 says, “ Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing **that the goodness of God leadeth thee to repentance?**

God is so good that He said in Romans 2:4, I am going to be so good to you that it will cause you to say I need to stop doing wrong after all God has done from me. The scripture says the goodness of God leads you to repent or turn away from sin and turn to righteousness. God said I’m going to treat you like a good husband, I’m going to be so good to you that you will have to say to yourself how can I do God so wrong after He has done me so right.

Child of God, God has blessed us with so much goodness and we forget and are so unthankful. We complain about what we don’t have and are not thankful for what we do have.

Read Nehemiah 9:24-26 and see how Israel treated God after He blessed them with the abundance of goodness

Nehemiah 9:24-26 says, <sup>24</sup> So the children went in and possessed the land, and thou O Lord subduedst before them the inhabitants of the land, the Canaanites, and gavest them into their hands, with their kings, and the people of the land, that they might do with them as they would.

<sup>25</sup> And they took strong cities, and a fat land, and **possessed houses full of all goods, wells digged, vineyards, and oliveyards, and fruit trees in abundance: so they did eat, and were filled, and became fat, and delighted themselves in thy great goodness.**

<sup>26</sup> **Nevertheless they were disobedient, and rebelled against thee,** and cast thy law behind their backs, and slew thy prophets which testified against them to turn them to thee, and they wrought great provocations.

After God blessed them with houses full of goods, abundance of food and blessings, and after they delighted in God’s goodness, they turned from God and rebelled against Him.

Child of God let us not be like Israel, and not be thankful for all the blessing God has bestowed upon us. Let us be thankful for His goodness.

Remember **1 Timothy 6:7-9-**

**<sup>7</sup> For we brought nothing into this world, and it is certain we can carry nothing out.**

**<sup>8</sup> And having food and raiment let us be therewith content.**

## Day 2 - Tuesday, April 26, 2016

# Spiritual Healing for Me

Theme for Week 5:

GOODNESS

Day 2 Focus Area:

YOUR FAMILY

**Morning Activity:** What sometimes seems as one of the toughest things to do, is to be good to people who outright do wrong to you. The people that hurt us the most are our family. We bend over backwards many times to make sure they are comfortable, supported, loved, and appreciated, and the thanks we get back is being backstabbed, talked about, unappreciated, walked over, abused, and mistreated. These things in many cases causes us to have our own personal thoughts of feeling undervalued, have low self esteem, and in some cases experiencing depression.

Child of God there is a remedy for the hurt they have caused you. First of all as being a child of God, you need to know to be His child is to undergo things He goes through. Look at what our Heavenly Father goes through with us. After He has been so good to us, we mistreat Him, don't appreciate what He has done, are unfaithful to Him, we look for reasons not to serve and worship Him, and even use man as a reason not to honor God with our time, talents, and treasure.

Let's look at why we should be so good to those who are so bad.

Read Romans 15:14 which says, "And I myself also am persuaded of you, my brethren, **that ye also are full of goodness**, filled with all knowledge, able also to admonish one another.

You can't help but be good because you are full of goodness. They are so bad because obviously they are full of bad. You can't help how you are; God who is goodness dwells in you. When people aren't good to others what that really is saying is that goodness is not in them. If goodness is not in them then God is not in them.



You have to stop expecting good fruit to come from bad trees. Read Matthew 12:35 which says, “<sup>35</sup> A good man out of the **good treasure of the heart bringeth forth good things**: and an **evil man out of the evil treasure bringeth forth evil things**.”

If we stop expecting them to treat us right, we won't be let down so much when they don't.

You know child of God as I think about it, I can't help but do my family good because I have God in me. I have learned that if they do me wrong God will deal with them. I am convinced to always do good to them because I refuse to let them rob me of my blessings.

Read Romans 12:21 which says, “<sup>21</sup> Be not overcome of evil, but **overcome evil with good.**”

Today let's really make the devil mad. Evil can't stand when good is being done.

Being able to look beyond a person's wrong, and do them right is a great sign of your growth in God. You are an amazing person. Remember never let the negativity of an individual change the make up of who you are.

Romans 11:22 Good News Translation (GNT)

<sup>22</sup>Here we see how kind and how severe God is. He is severe toward those who have fallen, but kind to you—if you continue in his goodness and kindness. But if you do not, you too will be broken off.

Wow after reading that scripture I have just had a change of mind to not allow anyone to get me cut off. The scripture said God has been good toward me, and I need to continue in His goodness or doing good to others or I will be cut off. No one is important enough to me to get me cut off with God. You have to make a bold stand that no matter what they do to me, I will do them good because they are not going to make me lose my blessing.

Hallelujah!!!

Some of our family members owe us money or things we let them borrow. Child of God look at what the scripture says how we should react to that.

Read Luke 6:35 which says, “But love your enemies, do good, and lend, hoping for nothing in return; and **your reward will be great,** and you will be sons of the Most High. For **He is kind to the unthankful and evil.**”

I know they are acting ungrateful and unthankful after you helped them, but God promised you a great reward for lending to them without expecting it back. God said He will reward you. There is no comparison to what you gave them versus what God is about to give back to you. God said you are his child, and just like your Father who is kind to the unthankful and evil, you must walk in that same Spirit.

Again, it takes a strong individual to do good to those who do you wrong. I’m very proud of your growth and endurance.

Well we are at the end of the day and God has given you a heart of goodness in spite of the evil that may be done to you.

I want you to read the next scripture which I believe will empower you to walk in the anointing of God. Please read Psalms 84:11 which says, “For the LORD God is a sun and shield: the LORD will give grace and glory: **no good thing will he withhold from them that walk uprightly.**”

See child of God when you live right and are good to people, no good will God withhold from you. I don’t know about you but I don’t want God holding back any of my blessings. I refuse to allow anyone to make me lose my blessing.

My question for you is, what type of tree are you, a good tree or an evil tree?

Please read Matthew 7:17-18 which says, “<sup>17</sup> Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. <sup>18</sup> A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit.”

They can’t help themselves, evil proceeds from evil and good proceeds from good. In spite of their actions toward you, be the tree of righteousness that God made you to be.

**Day 3 - Wednesday, April 27, 2016**

## **Spiritual Healing for Me**

**Theme for Week 5:**

**GOODNESS**

**Day 3 Focus Area:**

**YOUR WORKPLACE**

**(Co-workers, Supervisors, and Classmates)**

**Introduction:** As I have stated in time past, it is quite easy to be good to those who you have a genuine interest and concern for. On the other hand it can be quite difficult to be good to those who are only in your life because work or school permit them to be. These are people who if you didn't work at that place or go to that school, or have to visit that office, you would have no dealings with in your personal life.

We always ask the question, God why did you allow him/her to work, go, or be here. Sometime it's like they wake up to be a thorn in your side. Child of God I always say, misery loves company. When a person always has a negative attitude, it is a sign that they have a negative life. I actually feel sorry for people who always have a bad attitude, because it tells me they have a lot of anguish, misery, and pain in their life. They convey or give off that negativity to you, because if it's not channeled or given off to someone, they would probably be threatening a nervous breakdown.

Let's see what Word God has for you today.

Please read Jeremiah 33:8-9 which says, “<sup>8</sup> And I will cleanse them from all their iniquity, whereby they have sinned against me; and I will pardon all their iniquities, whereby they have sinned, and whereby they have transgressed against me.

<sup>9</sup> And it shall be to me a name of joy, a praise and an honour **before all the nations of the earth**, which shall **hear all the good that I do unto them**: and **they shall fear and tremble for all the goodness and for all the prosperity that I procure unto it.**

The Lord is saying to you this morning that His plan for you is to bless you with goodness and prosperity so that all your enemies will fear the Lord as they watch Him bless you even when they are trying to curse you.

Psalm 37:14-15 says, “<sup>14</sup> The wicked have drawn out the sword, and have bent their bow, to cast down the poor and needy, and to slay such as be of upright conversation.

<sup>15</sup> Their **sword shall enter into their own heart**, and their bows shall be broken.

Repeat after me, “God is going to bring out the best in me”. Please say it again, “God is going to bring out the best in me.” This needs to be your expectation for today, and that is that God is going to bring out the best in me.

**Please read** 2 Thessalonians 1:11-12 Easy-to-Read Version (ERV)

<sup>11</sup>That is why we always pray for you. We ask our God **to help you live the good way he wanted when he chose you. The goodness you have makes you want to do good.** And the faith you have makes you work. We pray that ***with His power God will help you do these things more and more.*** <sup>12</sup>Then the name of our Lord Jesus will be honored because of you, and you will be honored because of him. This can happen only by the grace of our God and the Lord Jesus Christ.

Your prayer should be that the name of the Lord Jesus Christ be glorified in you. God should be glorified by others watching Him bring out the best in you. Does your life bring glory to God? Do your actions around your workplace, school, or place you travel bring glory to God?

Remember wickedness proceeds from the wicked, and righteousness from the righteous. You can not allow the actions of those who chose to do evil affect your actions to do good, and bring glory to God.

Please note that you don't have to do evil and do people wrong to get ahead, because God's goodness endureth continually over your life. If you do good to people, God will make the evil bow down to you.

Read Proverbs 14:19 – “ The **evil bow before the good**; and the wicked at the gates of the righteous.

God is about to make all those who have done evil against you bow, as long as you maintain your integrity in doing good. Let them show out and act out against you. Pastor needs you to maintain your good behavior. Watch God make them have to bow to you.

Please Read 1 Peter 3:13 which says, “ And who is he that will harm you, **if ye** be followers of that which is good?

God says, no one will be able to harm you, IF YOU follow that which is good. No matter what they do to you just do right and do good, nobody will be able to harm you. Doing right doesn't mean ignoring them, but doing right means to be nice, helpful, and considerate of them.

Please read the following passage of scripture and walk in authority in Jesus' name.

Matthew 5:44-45 says, “<sup>44</sup> But I say unto you, Love your enemies, bless them that curse you, do **good to them that hate you**, and pray for them which despitefully use you, and persecute you;

<sup>45</sup> That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

I want you to pray for God to bless the people who try to infuriate you in their own personal lives. Obviously, there is something going on in their personal lives that are causing them to be miserable. Remember misery loves company.

The other option is that the devil is using them to get to you as the Apostle Paul said in Ephesians 6:12, “ For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

What Paul is saying is that it's not people who are doing these things to you, but the devil using these people to come against you. So please pray for their deliverance from the hands of the devil, and for their salvation and for them to fall into the hands of God.

God promises that if we let Him use us as instruments of goodness toward the people at our workplaces, schools, etc. that cause us grief; He will make sure we have a great life.

This scripture confirms this is Psalm 34:11-13 which says, “<sup>11</sup> Come, ye children, hearken unto me: I will teach you the fear of the LORD.

<sup>12</sup> What man is **he that desireth life, and loveth many days, that he may see good?**

<sup>13</sup> **Keep thy tongue from evil, and thy lips from speaking guile (cunning or slyness).**

God promises us above that if we keep our tongue or mouth from speaking evil even against the people who are doing us wrong, and if we don't come down to their level by being cunning and sly by trying to hurt them back, then He said if we do good He will make sure we LOVE THE DAYS OF OUR LIES AND SEE GOOD.

## Day 4 - Thursday, April 28, 2016

### Spiritual Healing for Me

**Theme for Week 5:**

**GOODNESS**

**Day 4 Focus Area:**

**YOUR NEIGHBORS**

**Introduction:** Today is the day that God has made. Today is a day of new beginnings and a day of Purpose. All things in your life are prescribed by God, and He knows the things He has for you and me.

Psalms 37:23 says, “The steps of a good man are ordered by the Lord, and He delighteth in his way.” Today as we focus on the theme for this week which is Goodness, God wants to deal with us on His expectation for how we treat our neighbors.

God is so serious about how we treat our neighbors, that there are over 141 scriptures in the Bible that talk about how we should treat our neighbors. In the old days, people would help their neighbors, give to their neighbors, feed their neighbors kids, watch out for their neighbor’s children and home, and even chastise their neighbor’s kids if the child was found doing anything wrong. This all happened because of the relationship that was built with that neighbor from day one, when they or either you first moved in next to them. I know in so many cases you or your neighbor have wronged each other, or in some cases haven’t even spoken to each other since you have moved in next to each other. Child of God, this should not be saith the Lord. The Lord has set you in that neighborhood or that city to be an example of compassion, goodness, and love to all, so that they may see Christ Jesus through and in you.

Jesus shares the extreme importance of being good to your neighbor. Jesus tells us that the greatest of all the commandments in the Bible deals with how you treat YOUR NEIGHBOR. I know you are saying UH OH.

Mark 12:29-31 says, “And Jesus Answered him, The first of all the commandments is, Hear O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, THOU SHALT LOVE THY NEIGHBOR AS THYSELF. There is none other commandment greater than these”

Please read Proverbs 3:27-28 (Message Bible)– “Do not hold back from helping your neighbor who may have a need, especially when you have full ability to do it. Do not tell your neighbor I can’t help you today, come back tomorrow and I will give it to you, when you have it to give to them today.”

What the scripture is saying to us is, do not put off today the opportunity of helping your neighbor. It actually is God’s way of blessing you when He sends your neighbor over to ask your help, because when you help them you are pleasing God, and when you please God, God blesses you.

There may have been some times in which you and your neighbor didn’t get along so well. There may have even been times when you may have argued with your neighbor. Some of you are saying I’ve never argued with my neighbor, because I have never spoken to my neighbor. Well child of God that is even worse because God expects us to do good to our neighbors, and how can we do good to them if we don’t even know them.

Please read 4 scriptures on what God says we should not do to our neighbors:

1. Proverbs 11:9 - A **Hypocrite** with **his mouth speaks evil against or destroys his neighbor**: but through knowledge shall the just or righteous be delivered.
2. Proverbs 3:29 – Do not plan or devise an evil scheme against thy neighbor, seeing he should be able to dwell securely or safely by thee.
3. Proverbs 16:29 – A violent man enticeth or tricks his neighbor, and leadeth him into the way or path that is not good.
- 4. Proverbs 26:18-20-<sup>18</sup>** Like a maniac shooting flaming arrows of death  
<sup>19</sup> is one who deceives their neighbor and says, “I was only joking!”  
<sup>20</sup> Without wood a fire goes out;  
without a gossip a quarrel dies down.



Now these are just a few scriptures that share how God expects us not to treat our neighbors.

Please list some good and some bad things you have done to or against your neighbors on each side of your residence. If you have never spoken or rarely interact with them, please know you have failed this exercise and need to today to at least go and introduce yourself or do a kind gesture.

**Good you have done to your neighbor (RECENTLY)**

**Bad you have done**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

As we are talking about sharing the goodness of God in us with our neighbors, Pastor wants to give you some scriptures about what God says about how we 1<sup>st</sup> should not treat our neighbors.

1. **The bible warns us to not speak against our neighbor-** Proverbs 11:9 – “With their mouths the godless or **wicked destroy their neighbors,** but through knowledge the righteous escape.”
2. **The bible warns us against arguing with our neighbors-** Proverbs 11:12 (Living Bible) – “<sup>12</sup> To quarrel with a neighbor is foolish; a man with good sense holds his tongue.”
3. **The bible warns us against gossiping against our neighbor to someone else-** Leviticus 19:16 (Living bible) <sup>16</sup> “Don’t gossip. Don’t falsely accuse your neighbor of some crime, <sup>[a]</sup> for I am Jehovah.
4. **The bible warns against physically and morally injuring your neighbor’s body or reputation-** Leviticus 24:19 (New International Version (NIV))- <sup>19</sup> Anyone who injures their neighbor is to be injured in the same manner:

5. David in the Bible talks about how the old generation of people who had genuine love for their neighbors no longer exist – Psalm 12:1-3 –  
“<sup>1</sup> Help, LORD, **for no one is faithful anymore; those who are loyal have vanished from the human race.**  
<sup>2</sup> **Everyone lies to their neighbor; they flatter with their lips, but harbor deception in their hearts.** <sup>3</sup> May the LORD silence all flattering lips, and every boastful tongue

Remember you will be judged on how you treat that neighbor. Be good to them and at judgement God will reward you for your good deeds toward all men.

As long as we look out our neighbors as just being people who live next to us who we seldomly wave at or acknowledge, we truly have missed the very reason why God put them next to us. God has purposely placed near you someone who He chose to place next to you for a Divine purpose. We probably don't see the reason because many of us don't have the mind of evangelism or soul winning. We don't feel comfortable enough to even walk up to your neighbor and ask the question, “Have you heard the Good news yet?” They probably will ask, “what Good News?”. Our response should be, “That Jesus who represents God in person has come to save us all from Death and Eternal torment in Hell.” They may say I don't believe in all of that, and your response should be, “Have you ever been wrong about something that you later regretted you didn't listen to someone who tried to warn you? I know you may not want to deal with this at this time, but I just don't want you to be too late.” They will probably ask, “late for what?” Your response should be, “too late for the decision before death comes knocking at your door.”

This is an example of how you can approach your neighbors with the message of Jesus Christ. The only problem is that you can't engage them in conversation about the Lord unless you have shown the love of the Lord through your interactions with them. Please read the following scriptures to understand God's idea of how we should not treat our neighbors:

1. Who are you to judge that neighbor about how they live, and if they deserve even to be saved?

- a. Please read James 4:12

### **James 4:12**

New International Version (NIV)

<sup>12</sup> There is only one Lawgiver and Judge, **the one who is able to save and destroy. But you—who are you to judge your neighbor?**

2. It makes God mad when we despise or look down on your neighbors.
  - a. Please read Proverbs 14:21

### **Proverbs 14:21**

New International Version (NIV)

<sup>21</sup> It is a sin to despise one's neighbor,  
but blessed is the one who is kind to the needy.

Have you been kind to your neighbor by noticing they have a need or need help moving something and you went over and gave them assistance?

After you read this lesson expect God to give you an opportunity to do good deeds for your neighbor.

3. If you lend something to your neighbor and he can't pay it back or give it back because he/she can't really afford to, then give it to them or give them more time and God will bless you.
  - a. Read Deuteronomy 24:10-13

### **Deuteronomy 24:10-13**

Living Bible (TLB)

<sup>10</sup> "If you lend anything to another man, you must not enter his house to get his security. <sup>11</sup> Stand outside! The owner will bring it out to you. <sup>12-13</sup> If the man is poor and gives you his cloak or blanket as security, you are not to sleep in it. Take it back to him at sundown so that he can use it through the night and bless you; and the Lord your God will count it as righteousness for you.

Child of God as we end this lesson for the day, I want to challenge you to walk as a LIGHT of the GOODNESS of God to all people called your neighbors. Just as God has manifested or revealed His GOODNESS to you by blessing and showing mercy and kindness towards you, The Lord expects you to now show them God's type of GOODNESS by being good to them.

### **1 Timothy 6:18**

Living Bible (TLB)

**<sup>18</sup> Tell them to use their money to do good. They should be rich in good works and should give happily to those in need, always being ready to share with others whatever God has given them.**

God has blessed you to be a blessing to your neighbor. If you notice someone in your neighborhood, or on the street, or somewhere in your city that you see has a need or that you know by rumors or personal knowledge has a need, MEET IT. Don't wait on someone else to meet it, your blessing is tied to that person's need. God is letting you see the need so He can bless you for meeting the need.

### **Luke 6:38**

Living Bible (TLB)

**<sup>38</sup> For if you give, you will get! Your gift will return to you in full and overflowing measure, pressed down, shaken together to make room for more, and running over. Whatever measure you use to give—large or small—will be used to measure what is given back to you.**

Child of God did you see what I just saw!!! I see an opportunity to receive a financial blessing. My neighbor's need is my blessing.

## Day 5 - Friday, April 29, 2016

### Spiritual Healing for Me

Theme for Week 5:

**GOODNESS**

Day 5 Focus Area:

**YOUR FRIENDS AND CHURCH PEOPLE**

**Morning Activity:** Praise the Lord and know that He is good and His mercy endureth forever in your life. As you focus on God's Goodness please know that He is always faithful to keeping you blessed and favored, because you represent Him and He needs to make sure His representation always looks good in the sight of the heathen. Today our focus is on the group of people that we should expect to have no problem being good to, but unfortunately the devil knows that if he can get us to not trust these people he can isolate us and make us feel like we can trust no one. Solomon addresses the fact that you can count on friends wounding you.

#### **Proverbs 27:6**

King James Version (KJV)

<sup>6</sup> Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.

Remember no one is worth your blessing. I treat people with goodness because 1<sup>st</sup> of all God has been so good to me inspite of my wrong doings. Secondly, I treat people good because the goodness of God is in me because God is in me. I can't help but treat you good because Jesus Christ in me has crucified the old me who found pleasure in making you feel pain for the pain you caused me. Now I look at those people with pity understanding that they must be miserable people to have to try to make my life miserable in order to find a small bit of pleasure in their lives.

Scripture tells us the benefits of treating our neighbors good.

#### **Proverbs 20:7**

King James Version (KJV)

<sup>7</sup> The just man walketh in his integrity: his children are blessed after him.

Scripture tells us when we walk in the integrity of treating people good, our children will be blessed after us. Don't you want blessed children or a blessed inheritance.

## **Ecclesiastes 12:14** **King James Version (KJV)**

<sup>14</sup> For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.

I know that it may have been hard being good to those in the church who have in some way not been so good to us. The Apostle Paul warns the believers of what is expected of us from The Lord.

Galatians 6:10 King James Version (KJV)

<sup>10</sup>As we have therefore opportunity, **let us do good unto all men, especially unto them who are of the household of faith.**

Paul says those of the household of faith (Christians/ Church members) are the main ones we should be good to, no matter what they have done.

I know that there seems to be a duty we feel to ourselves to complain and be upset with how church people and friends offend us. We feel like someone needs to know what they did to us, and how they mistreated us. I felt the same way until I read this next scripture.

James 5:8-10 Easy-to-Read Version (ERV)

<sup>8</sup>You must be patient too. Never stop hoping. The Lord is coming soon. <sup>9</sup>Brothers and sisters, don't complain against each other. If you don't stop complaining, you will be judged guilty. And the Judge is ready to come!

<sup>10</sup>Brothers and sisters, follow the example of the prophets who spoke for the Lord. They suffered many bad things, but they were patient.

**Have a blessed weekend!!!**

# 35 Days of Spiritual Healing

The ultimate measure of a man is not based upon his stature, his achievements, nor his abilities, but rather the respect he or she has received based upon their love and kindness toward all. At the end of all of life's journeys and when the last words are spoken over us in this life at our Homegoing services, many who knew us will not come because of our stature, achievements, or abilities, but instead will come based on how we have treated them with respect and kindness while we lived.

You must agree that people who are not liked by people are spoken evil of when they are not around. On the other hand people that are loved by most people are always spoken well of even if they are absent. This week we will deal with a character or attribute that once you truly master, all who grace our lives with their presence will say truly it was a pleasure being in his or her company. The subject for this week is GENTLENESS.

Praise God and we will see you other the other end!!!

# Day 1 - Monday, May 2, 2016

## Spiritual Healing

**Theme for Week 6: GENTLENESS**

**Day 1 of Week 6 Focus Area: YOU**

**Morning Activity:** When the average person thinks of gentleness, we think of someone who is a pushover. We think of someone who is like the old saying, “They will take your kindness for weakness”. Actually gentleness measures the self confidence of a man. People who have to be boisterous, rude, obnoxious, and self centered are those who Psychologist say have a sense of low self esteem and need others backs to lift themselves, rather than being able to stand on their own merit. When a person has to use foul language or yell, they feel like they will not be respected unless they do so. A person with true authority and respect can just walk in a room, and his or her presence demands respect rather than their words or actions. People who have true respect for others once measured, are always said to be such a nice person. God needs the words spoken about you to always be linked with gentleness and kindness. Child of God we don’t just represent ourselves, we represent The Lord. We are instruments used by Him to win others to Christ. Do you really think rudeness and arrogance will help others see Christ in you, or rather gentleness and kindness will?

The word Gentleness in the Greek is the word EPIEIKEIA. The word epieikeia means suitableness, equity, mildness, clemency, and gentle. We will this week explore these words and their meanings.

I told you GENTLENESS speaks of the GREATNESS of a man. To confirm this, please read 2 Samuel 22:36 as King David speaks of how he became know as a GREAT man. David admits that God’s spirit of gentleness given to David has made David great among men.

### **2 Samuel 22:36**

**Living Bible (TLB)**

<sup>36</sup>You have given me the shield of your salvation;

**Your gentleness has made me great.**



**Morning Exercise:** So as we focus on developing GENTLENESS in our hearts, let's explore the other side, and that is the side of seeing God's gentleness towards us.

Please read Psalm 103:9-11 (MESSAGE BIBLE VERSION)

God is sheer mercy and grace;  
not easily angered, he's rich in love.  
**He doesn't endlessly nag and scold,  
nor hold grudges forever.**  
**He doesn't treat us as our sins deserve,  
nor pay us back in full for our wrong doings.**  
As high as heaven is over the earth,  
so strong is his love to those who fear him.

You see child of God, if the Lord was to deal with us based on how bad we have been or based on how much we have failed Him, we would be in some bad shape. Most likely homeless, broke, disease stricken, etc. Instead His mercy has been extended toward us, and we have been able to receive His blessings. All of this is not because of our goodness, but because of His love and gentleness toward us.

Please list below how the Lord has shown you kindness. List the blessings you know you rightfully don't or didn't deserve because of your sins:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

The Apostle Paul reminds us in 2 Corinthians 10:1 that God has truly been gentle toward us. Paul states this fact in order for the church of Corinth to know that the warfare they were about to face is already won in Christ. This victory is only due to the gentleness and meekness of God toward us. Paul is stating that God could have left us on the battlefield of oppression and defeat, but instead has given us the victory and the armour to sustain our rightful place as Conquerors.

## **2 Corinthians 10:1-5**

King James Version (KJV)

**10** Now I Paul myself beseech you **by the meekness and gentleness of Christ**, who in presence am base among you, but being absent am bold toward you:

<sup>2</sup> But I beseech you, that I may not be bold when I am present with that confidence, wherewith I think to be bold against some, which think of us as if we walked according to the flesh.

<sup>3</sup> For though we walk in the flesh, **we do not war after the flesh**:

<sup>4</sup> (For the weapons of our warfare are not carnal, **but mighty through God** to the pulling down of strong holds;)

<sup>5</sup> **Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;**

Paul states above that God's gentleness toward us has given us this victory. God has given us the truth of the warfare we face. It is not in the flesh but rather in the spirit and the mind. Paul tells us to not use worldly weapons of rudeness, anger, clamour, or deceit, but rather weapons in the Spirit of gentleness, love, peace, joy, etc. You ask why, because God let's us know that people are used by the enemy to try to get you to act out in the flesh, and when you combat it with the opposite of what they expect, you show them how strong you are in The Lord. Paul also tells the Christian to keep imaginations and negative thoughts out of your mind, because God's knowledge and thinking towards you are always good. So whatever negative the enemy tries to place in your mind, remember he is a liar.

John 8:44 speaks about Satan. It says, "He was a murderer from the beginning and abode not in the truth, **because there is no truth in him**. When he speaketh a lie, he speaks of his ownself: **for he is a liar and the father of it**."

The below scripture is an example of when God should have been highly upset with the prophet Elijah for running from his enemy and forsaking God's work. Instead you see God showing His gentleness instead of His wrath. Wow what an example to us of not blowing a fuse, or flying off the handle when someone lets us down.

### **1 Kings 19:11-13**

King James Version (KJV)

<sup>11</sup> And he said, Go forth, and stand upon the mount before the LORD. And, behold, The LORD passed by, and a **great and strong wind rent the mountains**, and brake in pieces the rocks before The LORD; **but The LORD was not in the wind**: and **after the wind an earthquake**; but **The LORD was not in the earthquake**:

<sup>12</sup> And **after the earthquake a fire**; but The **LORD was not in the fire**: and **after the fire, a still small voice**.

<sup>13</sup> And it was so, **when Elijah heard it**, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, **there came a voice unto him, and said, What doest thou here, Elijah?**

Notice how God who is disappointed with Elijah, does not address Elijah with a strong thunderous voice of wrath or anger even though the prophet let Him down. Instead he asks Elijah, "What doest thou here Elijah?"

Hasn't God had to ask us this sometime when we are at places we know we shouldn't be, and doing things we know we shouldn't of been doing. He could have yelled and sent thunder to get us, but even while we are in the act of doing wrong, we heard a small voice saying, "You're better than this".

This is an example of the gentleness of God who corrects us in love and gentleness even when we are operating in a spirit that is not of God.

If we can fail God and He still is gentle toward us, why then can we not be gentle and kind toward others when they fail or fall short of our expectations for them.

Please list below how the things over your life that you failed God in, and then list how He still blessed you inspite of. Now really think about this, and be specific. For example you may write, in 1989 I walked away from Him, and in the same year He still kept me on my job in the midst of a massive layoff.

**Our Failures toward God**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**His blessings toward us**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Day 2- Tuesday, May 3, 2016**

## **Spiritual Healing for Me**

**Theme for Week 6:**

**GENTLENESS**

**Day 2 Focus Area:**

**YOUR FAMILY**

**Introduction:** Today we deal with how we have treated those who are our kinfolk or family. The bible speaks about certain sins that show how dark our hearts may become when we walk away from God. God tells us that when we willfully sin, which means we sin knowing good and well we are wrong, our hearts get darker. When the heart gets darker, it causes other bad attributes to be manifested or revealed in and through us. Believe it or not one of those bad attributes is the sin Paul speaks about in Romans Chapter 1 which is, **without natural affection**. This sin is the one that refers to a person who can't be affectionate and gentle with even your own family members. Now here's an honest question which deserves an honest answer. Does it sound Christian like for a person to not like their family member, and to treat them bad and not talk to them? Be honest now. So then why are you not talking to that loved one?

Please read Proverbs 15:18

### **Proverbs 15:18**

Living Bible (TLB)

<sup>18</sup>A quick-tempered man starts fights; a cool-tempered and gentle man tries to stop them.

Do you instigate or start arguments, debates, and fights among your family, or are you the one who is known to put the fire out and be gentle. Be honest!!!!

**Morning Exercise:** I once heard a loved one say I would rather live in a shack and have peace, then live in a mansion with strife, stress, and arguing everyday. Child of God if keeping up a certain type of lifestyle causes you to lose yourself and your peace, you need to reconsider your decisions and maybe wait until you are more mature in your walk with Christ before trying to tackle giants with a childlike mentality. Anger, bitterness, arguing, and grudges speak of a childlike person who throws temper tantrums. Instead a mature person of wisdom finds peace and solutions to keep the spirit of gentleness among the family.

Do you consider yourself wise or unlearned? Please answer below by checking the box that applies to you.

Wise Person

Unlearned/ Immature Person

Now I asked you to choose prior to reading this scripture. Please read James 3:17.

<sup>17</sup> But the **wisdom that comes from heaven** is first of all pure and **full of quiet gentleness**. Then it is peace-loving and courteous. It **allows discussion** and is **willing to yield to others**; it is **full of mercy and good deeds**. It is wholehearted and **straightforward and sincere**.<sup>18</sup> And **those who are peacemakers** will plant **seeds of peace** and **reap a harvest of goodness**.

Now God makes a promise to you as you deal with your family members whoever they may be; spouse, child, stepchild, mother, father, inlaws, brother, sister, cousin, grandparents, etc.

Again I need you to change your mindset of being gentle. Most people when they hear this word they associate it with being weak or timid, but in actuality it represents strength and resilience. You have to be a strong person to look another person in the face as they are being rude, obnoxious and flat out immature and still hold your composure and be gentle. Anyone can fly off the handle, but it takes a strong individual to choose to be self controlled.

People will not want to be around you when you complain, argue, and are always in a bad mood.

Look at what Solomon the wisest man in time writes about this time of person.

**Proverbs 21:19**

Living Bible (TLB)

<sup>19</sup> Better to live in the desert than with a quarrelsome, complaining woman.

People would rather live in a desert with no substance or water than hang around you if you complain and quarrel, argue, fight, and are hard to deal with.

Read Proverbs 26:21

**Proverbs 26:21**

Living Bible (TLB)

<sup>21</sup> A quarrelsome man starts fights as easily as a **match sets fire to paper**.

God says through Solomon that if you frequently find yourself in debates and quarrels with anyone in your family, you are like a match of fire set to a paper. You are sure to light it up everytime. You can't help but start an argument with that family member everytime you all are together, because you are the MATCH. Doesn't matter if they try to argue, you look better and more in control when others see you be the one who is peaceful and you make the one arguing looking out of control.

Please list a person or people in your family that you have altercations, disagreements, or quarrels with. Remember could be spouse, child, stepchild, mother, father, inlaws, brother, sister, cousin, or grandparents. Then list what you find yourself mostly arguing or having disagreements about.

Please list every member of your family that this applies to.

**Family Member Name**

**Disagreement/ Agrument**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Always remember this scripture:

**Proverbs 27:15**

Living Bible (TLB)

**<sup>15</sup> A constant dripping on a rainy day and a cranky man or woman are much alike!**

I believe the Lord is pleased with your commitment to become a better Christian, family member, and person in general. I am so proud of the effort you are exemplifying through your resilience to finish the course you started in becoming a stronger child of God.

Today we want to hammer home the fact that your family and how you treat them, needs to be always in a GENTLE and Godly way.

You know some things are just common sense. If I want to have a peaceful, no drama, no arguing, no contentious life, all I have to do is avoid confrontations.

Read Proverbs 17:14

**Proverbs 17:14**

Living Bible (TLB)

<sup>14</sup> It is hard to stop a quarrel once it starts, **so don't let it begin.**

Please read Proverbs 20:3

**Proverbs 20:3**

Living Bible (TLB)

<sup>3</sup> It is an honor for a man to stay out of a fight. **Only fools insist on quarreling.**

Pastor didn't call you a fool, the Bible did.



If we are going to start having resolutions and peace with those family members, we need to start planning before we encounter them. When you fail to plan, you plan to fail. We have to figure out how we can resolve our matters peacefully and even think of how the other person will normally react immaturely or confrontational, and how we will combat that with a peaceful and loving way.

Read a scripture that warns us about not planning before moving forward with anything.

### **Luke 14:27-32**

Living Bible (TLB)

<sup>27</sup> And no one can be my disciple who does not **carry his own cross** and follow me.

<sup>28</sup> "But **don't begin until you count the cost**.<sup>[a]</sup> For who would begin construction of a building without first getting estimates and then checking to see if he has enough money to pay the bills? <sup>29</sup> Otherwise he might complete only the foundation before running out of funds. And **then how everyone would laugh!**

<sup>30</sup> "See that fellow there?' they would mock. 'He started that building and ran out of money before it was finished!'

<sup>31</sup> "Or what king would ever dream of going to war without first sitting down with his counselors and discussing whether his army of 10,000 is strong enough to defeat the 20,000 men who are marching against him?

<sup>32</sup> "If the decision is negative, then while the enemy troops are still far away, he will **send a truce team to discuss terms of peace**.

Remember if you fail to plan, you plan to fail.

We have to start planning how we are going to address or interact with the family member we have confrontations with. Anticipate their reactions and demeanor, and plan on how you will not respond negatively to their immature behaviors, but rather choose to engage them in a godly manner.

## Day 3 - Wednesday, May 4, 2016

### Spiritual Healing for Me

Theme for Week 6:

**GENTLENESS**

Day 3 Focus Area:

**YOUR WORKPLACE**

(Co-workers, Supervisors, and Classmates)

**Morning Activity:** Rejoice in the Lord always, and again I say Rejoice. Good morning and Happy Wednesday to you. How about you make this day a day where you expect God to do great things for you. Hebrews 11: 6 says, “Without faith it is impossible to please God: for he that cometh to God must first believe that He is, and that He is a rewarder of them that diligently seek Him.”

Are you seeking God this morning and is He your first thought. Have you thanked Him yet and gave Him His due Praise. How about before we get started, let’s just praise Him, let’s just magnify Him, and let’s just exalt His name. Take a moment and reflect on His goodness and gentleness toward us, even when we fell short.

Today we will focus on how to learn to be gentle with the people we actually spend more time with than even our family. These are people in our workplaces, schools, and places where we do business. The Bible speaks of these places as being a representation of the World, and you being a representation of Jesus Christ.

Look at what the Lord says about people of the World and you and me.

#### **John 15:17-19**

King James Version (KJV)

<sup>17</sup>These things I command you, that ye love one another.

<sup>18</sup>If the world hates you, ye **know that it hated me before it hated you.**

<sup>19</sup>If ye were of the world, the world would love his own: but because ye are not of the world, but **I have chosen you out of the world, therefore the world hateth you.**

**Morning Exercise:** So as Christ warned us above that the reason why people at our schools, workplaces and places of business seem to come against us and try to irritate us, is because they are of the World. Remember Satan is the little god of this world, which now means he uses this world and the people in it to try to get us to act out, and thereby lose the opportunity to show the Light of Christ in us in order to save those who are in darkness.

Are you a servant of the Lord, or are you a servant of the devil?

Please read 2 Timothy 2:24.

**2 Timothy 2:24**

Living Bible (TLB)

<sup>24</sup>**God's people** must not be quarrelsome, debative, or argumentative; **they must be gentle**, patient **teachers of those who are wrong.**

Believe it or not you are teaching others not by your words, but by your actions. People are watching and even learning from you as you interact with difficult and hard to deal with people. You represent God and your actions need to resemble those of Christ and not of Satan.

Please below list people at your job, school; place of business, or in your community that seem to try to irritate you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Now pray and ask the Holy Spirit to guard and lead you as you interact with them today. This will give you time as we transform your mind to walk in a gentle way

Remember that the strength of a person is to look in the face of opposition and know that God has already given you the victory over it, so you can rejoice in the face of it. They are instruments the enemy is using to try to get you to lose your character. Don't give the enemy power over you, Greater is Jesus Christ is you, that he that is in the world.

I want you to read a few scriptures:

### **Proverbs 26:17**

Living Bible (TLB)

<sup>17</sup>Yanking and pulling at a dog's ears is no more foolish than **interfering in an argument that isn't any of your business.**

As you are at work, school, or wherever, sometime you are being attacked because you are involving yourself in someone else's drama. When you go to work or school, do what you are there to do with excellence and go home. Stop involving yourself in other people's matters. Pray for them and leave it alone. Sometime you are bringing on yourself attacks from others, because you are trying to defend a friend, peer, or co-worker. You don't know the whole story and some time the one you are defending is not telling you all they did. Let God help them and you keep out of it.

### **Proverbs 26:20**

Living Bible (TLB)

<sup>20</sup>Fire goes out for lack of fuel, and **tensions disappear when gossip stops.**

Make sure you don't share with anyone at your job or school something negative about anyone. Child of God you never know who is connected in secret, and also sometime even your closest friend will turn on you once you get promoted. Keep your conversation to a minimum. Speak about work, school, and that's it. Stop gossiping and do what you are there for.



You are really moving to a new level in gentleness. Now these practices that we are doing this week can not stop after the week is over, but rather must be a lifestyle. God is growing you to have better self control and to be the ruler of your own destiny in God. You don't realize it maybe, but your attitude can affect your altitude. You can only go as high as your character and attitude take you.

Please read how God expects you to deal with ALL MEN!!!!

### **Titus 3:2**

Easy-to-Read Version (ERV)

<sup>2</sup> Tell them **not** to speak evil of anyone but to live in peace with others. They should be gentle and polite to everyone.

Whenever you speak evil of a person, you defy the Word of God. The old folk said, "If you can't find nothing good to say, don't say anything at all".

The Bible says we need to live in peace with others and be always GENTLE, and watch the other word, POLITE. In spite of how they act or treat you, YOU have to raise the standard. You have to show them how a lady or gentlemen are supposed to act. Let them act immature and childish, while you continue to please God as He continues to elevate you.

### **Psalm 37:1-3**

Easy-to-Read Version (ERV)

<sup>1</sup> A song of David.

**37** Don't get upset about evil people.

Don't be jealous of those who do wrong.

<sup>2</sup> They are like grass and other green plants that dry up quickly and then die.

<sup>3</sup> So trust in the LORD and do good.

Live on your land and be dependable.

Now that you have moved from drinking milk to eating meat as the Bible states, it is time to turn up the heat. You are an amazing person who deserves the best God will give. I want you to receive all the promises of God and walk in authority over all your adversaries. Read these scriptures and you will prosper:

### **Proverbs 28:25**

Living Bible (TLB)

<sup>25</sup> Greed and debate causes fighting; **trusting God leads to prosperity.**

### **Philippians 2:3**

Living Bible (TLB)

<sup>3</sup> Don't be selfish; don't live to make a good impression on others. Be humble, thinking of others as better than yourself.

Give GENTLENESS, give COMPASSION, give COURTEOUSNESS, give LOVE. For whatsoever a man soweth, that shall he reap. If you sow these, you will reap these.

### **Galatians 6:8-10**

King James Version (KJV)

<sup>8</sup> For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

<sup>9</sup> **And let us not be weary in well doing:** for in due season we shall reap, if we faint not.

<sup>10</sup> **As we have therefore opportunity,** let us **do good unto all men,** especially unto them who are of the household of faith.

DO GOOD!!!!!!!!!!

**Day 4 - Thursday, May 5, 2016**

## **Spiritual Healing for Me**

**Theme for Week 6:**

**GENTLENESS**

**Day 4 Focus Area:**

**YOUR NEIGHBORS**

**Morning Activity:** Good morning Child of God. Have you noticed the change of heart you have been experiencing as you learn not only the gentleness of God towards us, but also the gentleness of God through us toward others? I can not tell you how proud I am of you for progressing towards holiness and godliness in the Holy Ghost. You may not see it yet, but God is changing you!!!

You are being transformed into the image of Jesus Christ from glory to glory. New heights are being accomplished and new depths in God are being explored in you. When God gets through with you this week, nothing shall be able to separate you from the blessing our God has in store for you. Amen.

This morning as I stated in day 1 referring to the definition of gentleness, I want to focus in on one of the words that define gentleness, which is clemency.

Clemency is defined as showing patience, forbearance or tolerance, compassion, and forgiveness in judging or punishing someone. It means to have leniency or mercy upon someone. God is speaking to each of us this morning about the gentleness we should be showing towards our neighbors.

The real question we have to ask ourselves this morning is, “Are we being a true example of clemency towards our neighbor?” If God was to use you as a model of clemency towards a neighbor to show others of how to be, would you be a good example? Now remember when it comes to your neighbor, not talking to them at all is just as bad as having an attitude towards them.



So in our morning exercise we need to ask the essential question to be able to determine our growth in how we deal with our neighbors. In using clemency as a standard of how we should treat our neighbors, let's see how we measure up with God's expectation for us.

When it comes to you and how you treat your neighbor **please place a check** next to the word that you show towards all your neighbors:

- \_\_\_\_\_ Patience
- \_\_\_\_\_ Forebearance or tolerant
- \_\_\_\_\_ Always Forgiving
- \_\_\_\_\_ Compassionate or concerned about
- \_\_\_\_\_ Merciful
- \_\_\_\_\_ Lenient or leaving room for fault without judgment
- \_\_\_\_\_ don't punish them for faults by using words or abrupt actions of rage

Romans 2:8-10 is God's promise to those of us who remember to show gentleness towards our neighbors.

### **Romans 2:6-10**

King James Version (KJV)

<sup>6</sup> Who will judge or render to every man according to his deeds:

<sup>7</sup> To them who by **patient continuance in well doing** seek for glory and honour and immortality, eternal life:

<sup>8</sup> But unto them that are contentious (tending to argue, have strife, and quarrel and fight), and do not obey the truth, but obey unrighteousness, indignation and wrath,

<sup>9</sup> **Tribulation and anguish, upon every soul of man that doeth evil**, of the Jew first, and also of the Gentile;

<sup>10</sup> But **glory, honour, and peace, to every man that worketh good**, to the Jew first, and also to the Gentile:

I don't know about you, but I want the glory, honor, and peace part, so I will do good towards my neighbor.

When you consider gentleness the next word that should form in your mind that is a synonym of gentleness is mildness.

Mildness means to be temperate or self restrained, and to not be extreme in opinion or statement. To be a mild person means you have a gentle feeling or behavior towards others. A person who walks in gentleness has a mild voice, mild attitude, and a mild spirit. They are controlled and not soon to be blazing, angry, or ill mannered. Child of God you have to purposely watch your tone and use of language. Believe it or not your words and choice of words can fuel abrasiveness.

Are you the type of neighbor who honestly tries to infuriate, intimidate, or irritate the other person? Do you use words that will make them keep calm, or do you honestly every once in a while act out.

Please read Proverbs 15:1:

### **Proverbs 15:1**

Easy-to-Read Version (ERV)

**15** A gentle answer makes anger disappear, but a rough answer makes it grow.

Are you known around your neighborhood as being a gentle, kind, considerate, and helpful person, or do people see you as a troublemaker, or possibly, even unapproachable, rude, self centered, arrogant, or non-Christian like person. Before you answer that now, remember this is not how you see yourself, but how your neighbor does. A good measuring stick on this answer is, do people go out of their way to speak or say hello to you, or do they rarely wave at you. That will let you know how they really see you.

Read 1 Corinthians 3:3

### **1 Corinthians 3:3**

Easy-to-Read Version (ERV)

<sup>3</sup>You are still not following the Spirit. You are jealous of each other, and you are always arguing with each other. This shows that you are still following your own selfish desires. You are acting like ordinary people of the world.

I need you to realize child of God that Heaven is attained by God's grace towards us and through faith and belief in the death, burial, and resurrection of Jesus Christ in our hearts. So a believer is not kept out of heaven because of sin because Jesus died for our sins. One way though to help determine that Jesus Christ is in your hearts is to read the next two scriptures:

### **1 John 4:7-21**

Easy-to-Read Version (ERV)

#### **Love Comes From God**

<sup>7</sup> Dear friends, we should love each other, because love comes from God. **Everyone who loves has become God's child.** And so **everyone who loves knows God.**

<sup>8</sup> **Anyone who does not love does not know God, because God is love.** <sup>9</sup> This is how God showed his love to us: He sent his only Son into the world to give us life through him. <sup>10</sup> True love is God's love for us, not our love for God. He sent his Son as the way to take away our sins.

<sup>11</sup> That is how much God loved us, dear friends! So we also must love each other. <sup>12</sup> No one has ever seen God. **But if we love each other, God lives in us.** If we love each other, God's love has reached its goal—it is made perfect in us.

<sup>13</sup> We know that we live in God and God lives in us. We know this because he gave us his Spirit. <sup>14</sup> We have seen that the Father sent his Son to be the Savior of the world, and this is what we tell people now. <sup>15</sup> Anyone who says, "I believe that Jesus is the Son of God," is a person who lives in God, and God lives in that person. <sup>16</sup> So we know the love that God has for us, and we trust that love.

**God is love. Everyone who lives in love lives in God, and God lives in them.** <sup>17</sup> If God's love is made perfect in us, we can be without fear on the day when God judges the world. We will be without fear, because in this world we are like Jesus. <sup>18</sup> Where God's love is, there is no fear, because God's perfect love takes away fear. It is his punishment that makes a person fear. So his love is not made perfect in the one who has fear.

**<sup>19</sup> We love because God first loved us. <sup>20</sup> If we say we love God but hate any of our brothers or sisters in his family, neighbors, or anyone, we are liars. If we don't love someone we have seen, how can we love God?** We have never even seen him. <sup>21</sup> God gave us this command: If we love God, we must also love each other as brothers and sisters

Read Philippians 2:3-5

### **Philippians 2:3-5**

Living Bible (TLB)

<sup>3</sup> Don't be selfish; don't live to make a good impression on others. Be humble, thinking of others as better than yourself. <sup>4</sup> Don't just think about your own affairs, but be interested in others, too, and in what they are doing.

<sup>5</sup> Your attitude should be the kind that was shown us by Jesus Christ,

Child of God if you want to make sure you are apart of God's Kingdom show gentleness and kindness to that neighbor

# Day 5 - Friday, May 6, 2016

## Spiritual Healing for Me

Theme for Week 6:

**GENTLENESS**

Day 5 Focus Area:

**YOUR FRIENDS AND CHURCH PEOPLE**

Good morning child of God. God truly has been gentle, kind, gracious, loving, and compassionate to us. Last night He placed his darling angels around our bedside and protected us from all hurt, harm, and danger, and for that we say thank you. Well, we are at the last day of the week in studying the subject on gentleness. Pastor prays that you have been encouraged, admonished, and edified through this lesson. God has dealt with us on having a gentle behavior towards our family, towards our co-workers, peers, and classmates, towards our neighbors, and now towards our friends and church people.

One of the words from DAY 1 when we defined gentleness was the word mildness. The word mild means to be gentle and not easily provoked. In other words a person who can be provoked by others has not mastered the gift of gentleness. Mildness is also defined as:

1. softhearted (understand that people who treat us bad have their own personal issues)
2. tenderhearted (having mercy on those who do us wrong because they don't understand the consequences of hurting a child of God)
3. sensitive (having an understanding heart towards those who have such a miserable life that they have to try to affect yours to have peace)
4. sympathetic – (realizing the other person(s) true need to find God to work out their issues)
5. warm – (having a father or mother like spirit towards those who by their actions show their immaturity)
6. placid – (realizing that God uses those who hurt you to help you measure your strength in having self control)
7. calm – (learning to hold your peace and let God fight your battle)
8. tranquil – (not allowing others to disturb your peace because your peace comes from God)
9. serene – (having a God-like composure and never allowing people to ruffle you)
10. peaceable – (avoiding arguments and violent conflict and not allowing others to lower your standards)
11. good-natured – (having a deep root of kindness that fathoms others understanding because they don't know how you can treat them so good when they have treated you so bad)
12. mild-mannered - (not giving in to extreme emotions that others try to draw out of you to upset you)

Child of God it is so easy to talk as if we have been operating in a gentle spirit, but words without action are nothing in the eyes of God. Look at what James says in the Bible:

### **James 2:17-20**

Living Bible (TLB)

<sup>17</sup> So you see, it is not enough just to have faith. **You must also do good to prove that you have it. Faith that doesn't show itself by good works is no faith at all—it is dead and useless.**

<sup>18</sup> But someone may well argue, "You say the way to God is by faith alone, plus nothing; well, I say that good works are important too, **for without good works you can't prove whether you have faith or not; but anyone can see that I have faith by the way I act.**"

<sup>19</sup> Are there still some among you who hold that "only believing" is enough? Believing in one God? Well, remember that the demons believe this too—so strongly that they tremble in terror! <sup>20</sup> Fool! **When will you ever learn that "believing" is useless without doing what God wants you to?** Faith that does not result in good deeds is not real faith.

You know as we look at the ways of people and why they do what they do it all stems from the root of jealousy. Satan who was jealous of God in Isaiah 14:11-16 is the same devil who uses people to act out in a jealous rage toward you. Friends who in some way hurt you, once you analyze their actions, you realize it was out of jealousy. When Church people do harm to you or speak against you, that is not anything else but the root of jealousy.

As we identify the root of why people do what they do, author Karla McLaren who authored a book called "The Language of emotions" stated that, "If your friend has acted badly, recognize that she is feeling hurt and insecure. Gently broach the subject of your friendship and ask if there is something you can both do to strengthen it."

Remember HURT PEOPLE, HURT PEOPLE.

Please read the Following scriptures:

**Ephesians 4:32**

And be ye **kind** one to another, **tenderhearted**, forgiving one another, even as God for Christ's sake hath forgiven you.

**Proverbs 16:32**

Amplified Bible (AMP)

<sup>32</sup> He who is slow to anger is better than the mighty, he who rules his [own] spirit than he who takes a city.

It speaks volumes about you having the Holy Spirit in you, when you are able to control your reaction and use gentleness instead of a rage of anger which eventually leads you no where.

If you just operate in the law of gentleness and kindness inspite of others actions towards you, God will bless you.

**Proverbs 10:6**

King James Version (KJV)

<sup>6</sup> **Blessings are upon the head of the just**: but violence covereth the mouth of the wicked.

**Pastor Turner wants you to walk in the blessed life. In spite of how others treat you, you have a choice you can make to choose to act in a godly way. Your choice will yield you blessings from God that will reward your good choices to choose to be gentle instead of wicked and mean.**

**Have a blessed weekend and we love you.**

# 35 Days of Spiritual Healing

Transforming the mind of a man to believe in something he can not see, is like making a person walk on a ledge with blindfolds and telling him it will never run out. Faith is believing that which is unseen, while knowing that it is there as you have spoken or believed. Hebrews 11:1 says, “Now Faith is the substance of things hoped for, the evidence of things not seen.” When we break down this scripture there are a few words which make the whole clearer.

Faith – (Greek word – ‘pistis’) which means to have a firm persuasion, abstract constancy in profession, belief in the truth of someone or something, to trust, and to have a solid ground of confidence.

Substance (Greek word – ‘hupostasis’) which means to have a setting under support, a concrete essence, something that stands under or is set under to ensure support to eliminate falling through, firmness, and confidence.

Things hoped for (Greek word – ‘elpizo’) which means to expect, to abide still, to wait for as knowing it will come, to anticipate, and to have a full expectation without debate in the confines of your mind.

Evidence (Greek word – ‘elegchos’) which means the proof, conviction, and the sense of refuting or proving wrong all the adversaries.

As we study true faith this week I want you to be persuaded, constant in profession, and trust that you have a strong support set under your belief that will allow you to expect and know for sure what you believe will come because there is proof that you have that refutes and challenges all the nay sayers that say it is impossible. The Bible says, Faith comes to a person by hearing, and hearing by the Word of God. I want to give you so much Word this week, which will give you so much FAITH.



**Day 1 - Monday, May 9, 2016**

## **Spiritual Healing**

**Theme for Week 7:**

**FAITH**

**Day 1 of Week 7 Focus Area:**

**ABIDING FAITH**

**Morning Activity:** Good morning child of God, there is a sense of freedom I feel on the horizon of your life that you will experience this week as you tap into the true meaning of a right now faith, that produces a right now miracle and blessing. As we explore God's true meaning of faith and trust, we need to be able to see ourselves in the position of receiving versus pleading, action versus complacency, and trusting versus doubting.

Have faith that each morning God is faithful to provide first of all new mercies that make you able to receive each new day's blessings. Read Lamentations 3:22-24.

### **Lamentations 3:22-24**

Living Bible (TLB)

**<sup>22</sup> his compassion never ends. It is only the Lord's mercies that have kept us from complete destruction. <sup>23</sup> Great is his faithfulness; his loving-kindness begins afresh each day. <sup>24</sup> My soul claims the Lord as my inheritance; therefore I will hope in him.**

Do you believe that God can do what you need? He will do it only according to your faith. There is a faith He has given you for every storm in your life. You're not waiting on God, but rather He is waiting on you to use what He gave you to receive the blessing and that is FAITH. Read Matthew 9:28-30

### **Matthew 9:27-30**

Living Bible (TLB)

<sup>27</sup> As Jesus was leaving her home, two blind men followed along behind, shouting, "O Son of King David, have mercy on us."

<sup>28</sup> They went right into the house where he was staying, and Jesus asked them, "**Do you believe I can make you see?**"

"Yes, Lord," they told him, "we do."

<sup>29</sup> Then he touched their eyes and said, "**Because of your faith it will happen.**"

<sup>30</sup> And **suddenly they could see!** Jesus sternly warned them not to tell anyone about it,

Now as we looked at the preceeding scripture in Matthew 9:27-30 Jesus ask 2 blind men do you believe I can make you see again. He didn't ask for anything but their faith and trust, and based upon their response which was birthed out of the belief in their heart, they received their sight.

God needs a response out of your mouth that is birthed out of the faith in your heart that He can do what you believe He can do.

You need to be persistent in your belief until your change comes. You need to have the attitude of, "I'm not leaving the throne of My God until the King gives me what I came for. Matthew 15:22-28 gives insight of this idea.

### **Matthew 15:22-28**

Living Bible (TLB)

<sup>22</sup>A woman from Canaan who was living there came to him, pleading, "Have mercy on me, O Lord, King David's Son! For my daughter has a demon within her, and it torments her constantly."

<sup>23</sup>**But Jesus gave her no reply—not even a word.** Then his disciples urged him to send her away. "Tell her to get going," they said, "for she is bothering us with all her begging."

<sup>24</sup>Then he said to the woman, "I was sent to help the Jews—the lost sheep of Israel—not the Gentiles."

<sup>25</sup>But **she came and worshiped him and pled again**, "Sir, help me!"

<sup>26</sup>"It doesn't seem right to take bread from the children and throw it to the dogs," Jesus said.

<sup>27</sup>"Yes, it is!" she replied, "for even the puppies beneath the table are permitted to eat the crumbs that fall."

<sup>28</sup>"Woman," Jesus told her, "**your faith is large and persistent**, and your request is granted." And her daughter was healed right then.

When God does not respond that does not mean give up, no it means be persistent. He has the blessing, He's just stretching you in order to produce patience and trust in everything.

I feel a wave of favor coming your way that your faith is producing. Once Faith is ignited nothing can withhold or hold back what your Faith says you can have. One thing experience teaches us, is the belief that if God did something before, He can do it again. Experience gives us history with God of His undying Faithfulness to those who believe against all odds, hopes beyond all despair, and trust beyond all doubt.

Did you forget how He provided the last time? Then why reason about Him being able to do it this time? Read Matthew 16:7-10

### **Matthew 16:5-10**

Living Bible (TLB)

<sup>5</sup> Arriving across the lake, the disciples discovered **they had forgotten to bring any food.**

<sup>6</sup> "Watch out!" Jesus warned them. "Beware of the yeast of the Pharisees and Sadducees."

<sup>7</sup> They thought he was saying this because they had forgotten to bring bread.

<sup>8</sup> Jesus knew what they were thinking and told them, "**O men of little faith! Why are you so worried about having no food?** <sup>9</sup> **Won't you ever understand?** Don't you remember at all the five thousand I fed with five loaves, and even after feeding them all the basketfuls left over? <sup>10</sup> Don't you remember the four thousand I fed, and after feeding them all that was left? You should know by now that me providing what you need is no problem.

Remember child of God, you can do and receive as much as your faith believes.

Read Matthew 17:19-21

### **Matthew 17:19-21**

Living Bible (TLB)

<sup>19</sup> Afterwards the disciples asked Jesus privately, "Why couldn't we cast that demon out?"

<sup>20</sup> "**Because of your little faith,**" Jesus told them. "For if you had faith even as small as a tiny mustard seed, you could say to this mountain, 'Move!' and it would go far away. **Nothing would be impossible.**

Child of God it now time to put Faith to action. No more doubting, only Faith. Pray believing and start saying out of your own mouth, “Mountain of \_\_\_\_\_ (whatever it is) I command you to move in the name of Jesus Christ the Son of the Most High God. Speak to your situation to change, and Pray to God before to give you the strength to believe. Read Matthew 21:19-22

### **Matthew 21:19-22**

Living Bible (TLB)

<sup>19</sup>and noticed a fig tree beside the road. He went over to see if there were any figs, but there were only leaves. Then he said to it, “Never bear fruit again!” And soon<sup>[a]</sup> the fig tree withered up.

<sup>20</sup>The disciples were utterly amazed and asked, “How did the fig tree wither so quickly?”

<sup>21</sup>Then Jesus told them, “Truly, if you have faith and don’t doubt, you can do things like this and much more. You can even say to this Mount of Olives, ‘Move over into the ocean,’ and it will. <sup>22</sup>**You can get anything—anything you ask for in prayer—if you believe.**”

Jesus tells the disciples and us that now since He has reconciled us back to The Father, we need to no longer pray to Him but to the Father in Jesus Christ name. He promised that if we pray to the Father in His name, the Father will give us our request.

John 16:23-25 King James Version (KJV)

<sup>23</sup>And in that day ye shall ask me nothing. Verily, verily, I say unto you, **Whatsoever ye shall ask the Father in my name, he will give it you.**

<sup>24</sup>Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

I want you to go in Prayer right now, and speak what you believe the Father to do on your behalf. Remind Him you are asking in Faith and believing He can do exactly what you ask in the name of Jesus Christ.

We need to start trusting God to provide all our needs. He knows how to make tomorrow's supply be there waiting on you to arrive. Be thankful today that tomorrow's already worked out. Read Luke 12:22-29, 31

### **Luke 12:22-31**

Living Bible (TLB)

<sup>22</sup>Then turning to his disciples he said, "**Don't worry about whether you have enough food to eat or clothes to wear.**" <sup>23</sup>For life consists of far more than food and clothes. <sup>24</sup>Look at the ravens—they don't plant or harvest or have barns to store away their food, and yet they get along all right—for God feeds them. **And you are far more valuable to him than any birds!**

<sup>25</sup>"And besides, **what's the use of worrying?** What good does it do? Will it add a single day to your life? Of course not! <sup>26</sup>And **if worry can't even do such little things as that, what's the use of worrying over bigger things?**

<sup>27</sup>"Look at the lilies! They don't toil and spin, and yet Solomon in all his glory was not robed as well as they are. <sup>28</sup>And if God provides clothing for the flowers that are here today and gone tomorrow, don't you suppose that he will provide clothing for you, **you doubters?**<sup>29</sup> And don't worry about food—what to eat and drink; don't worry at all that God will provide it for you. <sup>30</sup>All mankind scratches for its daily bread, but your heavenly Father knows your needs. <sup>31</sup>**He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.**

Put God and His Kingdom first. Focus on pleasing God, saving souls, and taking care of God's people even before you focus on the cares of your own life. If you take care of God's business, God will take care of your business.

When you have little, be faithful in taking care of it. You show God how you will take care of the Big Blessing by how you treat the little blessing. See the little is the not so desirable car, the not so desirable house or apartment, etc. Even make sure you tithe on the little income. Why should God bless you with BIG if He can't trust you with the LITTLE? Read Luke 16:10-11

### **Luke 16:10-11**

Living Bible (TLB)

<sup>10</sup> **No! For unless you are honest in small matters, you won't be in large ones. If you cheat even a little, you won't be honest with greater responsibilities.** <sup>11</sup> And **if you are untrustworthy about worldly wealth, who will trust you with the true riches of heaven?**

## **Day 2 - Tuesday, May 10, 2016**

### **Spiritual Healing for Me**

**Theme for Week 7:**

**FAITH**

**Day 2 Focus Area:**

**ABIDING FAITH**

**Introduction:** As faith is our focus subject this week, we must understand that real Faith believes that whatever we hope for and speak from our mouth, it will come to pass. As we walk by Faith we walk by assurance that what we believe and speak, we can have. Today God wants to take your faith to another level.

Remember the devil's job is to take your life, your peace, and your joy. Remember Jesus Prayed for us in John chapter seventeen. So you have a great prayer undergirding your Faith. Your faith will ignite today. Jesus prayed that you won't give up. Please read Luke 22:31-33.

Luke 22:31-32 says, "And the Lord said, Simon, Simon, behold Satan hath desired to have you, that he may sift you as wheat: But I prayed for thee, that thy FAITH fail not: and when thou art converted strengthen thy brethren".

Jesus warns Simon that Satan not only plans to attack him but to also destroy him. Jesus tells Simon don't worry about him destroying you because I've already prayed for you, but remember he will still come against you to test your faith. Jesus warns him whatever happens, don't let your Faith fail or lose hope. Child of God that same message applies to us. You may be under attack, but don't let the attack get you to lose faith in your deliverance and power to overcome whatever comes against you.

Faith in the name of Jesus gives your Faith the foundation to put your trust in, so you will have perfect completion and success in your circumstances.

Please read Acts 3:16 which says, "And His name through Faith in His name hath made this man strong, whom ye see and know: yea the faith which is by him hath given this perfect soundness in the presence of you all."

Peter tells the elders of the Jews who are questioning them about a lame man who had been sitting on the side of the road begging since birth and now is totally healed and walking because of the name of Jesus Christ in whom he believed. They are wondering how because whenever a person has never walked they at least need rehab to teach them how to walk. Not only did this man get healed, but he also was given supernatural knowledge to walk. So child of God when you walk by Faith and trust God, not only will He provide a miracle to be able to do something, but He will also endow you with knowledge to do something you have never had experience doing before.

God is looking to see you have Faith today for your miracle and blessing. Is it in you? Then here comes the blessing. Tell the Lord, Lord I do believe I will receive \_\_\_\_\_. The Blessing of \_\_\_\_\_ comes to me now in the name of Jesus Christ the Son of the Living God.

Read Acts 14:8-10 which says, "And there was a certain man at Lystra, impotent and crippled in his feet, being a cripple from his mother's womb, who never walked: The same heard Paul speak: And Paul who steadfastly and continuously looking at him, and **perceiving that he had faith to be healed**, said with a loud voice, Stand upright on thy feet. And he leaped and walked.

See when you hear preaching or read the Word of God your faith is increased, and challenges you to believe and get ready for miracle. How is this possible? Well scripture confirms it when it says in Romans 10:17, "*So then Faith cometh by hearing, and hearing by the Word of God.*"

Now since you have faith, if you want to use Faith to make things happen in your life you have to speak what you believe and it will come to pass. God operate this way as found in Romans 4:17 which says, "*(As it is written, I have made thee a father of many nations,) before him whom he believed, **even God**, who quickeneth the dead, and **calleth those things which be not as though they were.***"

See Child of God, our God speaks and calls things into existence from the invisible to the visible and even things that have not yet appeared He speaks as if they already are. He called Abraham a Father of many nations while he yet was without child. God sees your end from your beginning and knows greatness is still in you.



Any sign of trouble is implications that triumph and victory is near. When hope looks dim and your problem seems bigger, I want you to hope yet the more to prove you don't look at the impossibility of your circumstance but at the Power of God through your Faith. When it looked impossible for Abraham, and hope looked quite dim for him and Sarah to have a child at 100 years old scripture spoke of what Abraham did as an example to us. Please read Romans 4:18-20.

### **Romans 4:18-20**

Living Bible (TLB)

<sup>18</sup> So, when God told Abraham that he would give him a son and would have many descendants and become a great nation, **Abraham believed God even though such a promise just couldn't come to pass!** <sup>19</sup> And because **his faith was strong**, he didn't worry about the fact that he was too old to be a father at the age of one hundred, and that Sarah his wife, at ninety, was also much too old to have a baby.

<sup>20</sup> But **Abraham never doubted.** He believed God, for his faith and trust grew ever stronger, and **he praised God for this blessing even before it happened.**

I don't care how bad your situation may look when you don't operate in Faith, you are sinning. God said you are supposed to walk by faith every second, minute, hour, day, week, month and year. You have to believe for the better. Read Romans 14:23

### **Romans 14:23**

King James Version (KJV)

<sup>23</sup> And he that doubteth is damned if he eat, because he eateth not of faith: **for whatsoever is not of faith is sin.**

Remember when you don't walk in faith or believe instead of doubting you are sinning before God. In other words keep a positive attitude and press your way to believe against all odds, hope beyond all despair, pray instead of cry, and praise instead of sulking.

Did you know God expects you to speak your blessing into existence?

Please read 2 Corinthians 4:13.

### **2 Corinthians 4:13**

Living Bible (TLB)

<sup>13</sup> We boldly **say what we believe, trusting God to care for us,**<sup>[a]</sup> just as the psalm writer did when he said, "**I believe and therefore I speak.**"

It's not what you see, it's what you believe. It may look bad, but what do you believe God to do. Stop walking by sight, Walk by Faith. Read 2 Corinthians 5:7.

### **2 Corinthians 5:7**

King James Version (KJV)

<sup>7</sup> (For we walk by faith, not by sight:)

# Day 3 - Wednesday, May 11, 2016

## Spiritual Healing for Me

Theme for Week 7: FAITH

Day 3 Focus Area: YOU

**Introduction:** As The Lord has given us His Amazing Grace to see another day, we need to focus on His faithfulness towards us. I promise you child of God, there is someone out there who would trade their right arm to have even half of what you have. Remember to be content and thankful for what you have. The Apostle Paul said in 1 Timothy 6:7-8:

### 1 Timothy 6:7-9

King James Version (KJV)

<sup>7</sup> For we brought nothing into this world, and it is certain we can carry nothing out.

<sup>8</sup> And having food and raiment let us be therewith content.

Please make sure you are thankful that you have food and clothes on your back.

Today as we talk about having the Faith that God designed us to have, we must understand that we need to have Faith that God has given us the armor and the protection to overcome any attack. We are given the whole armour of God to fight off the attacks of the devil. One of the pieces of our armour is the Shield of Faith. No weapon will be able to get by your Shield as long as you walk in Faith and assurance that as an heir of God, He will protect you as long as you believe He is. Believe the enemy can't hit you with the attempts to hurt or destroy your Peace and Joy.

### Ephesians 6:16

King James Version (KJV)

<sup>16</sup> Above all, **taking the shield of faith**, wherewith ye shall be able to quench **all** the fiery darts of the wicked.

As long as you walk in Faith and not doubt ALL the fiery darts the enemy throws at you will not work.

God is Faithful, who promises that if you just have Faith, He will keep you from all evil. I know this is radical and you say Pastor, are you saying I can have the type of faith that will ward off all evil from me? My answer to that question is a definitive yes.

2 Thessalonians 2:2-3 confirms that God is faithful to keep us from all evil.

### **2 Thessalonians 3:2-3**

Living Bible (TLB)

<sup>2</sup> Pray, too, that we will be saved out of the clutches of evil men, for not everyone loves the Lord. <sup>3</sup> **But the Lord is faithful**; he will make you strong and **guard you from satanic attacks of every kind**.

Are you aware that your faith in God has been the glue that has kept your life intact? In order to move God their must first be a confession that He is God. This is important because when a person really believes in the awesome presence of the Almighty God in their lives they really then can't fear once they know He is right there.

Hebrews 11:6 says that we must believe that God can do anything once we know who He is.

### **Hebrews 11:6**

King James Version (KJV)

<sup>6</sup> But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Don't expect anything from God without using Faith.

### **James 1:6-7**

King James Version (KJV)

<sup>6</sup> But let him **ask in faith, nothing wavering**. For he that wavereth is like a wave of the sea driven with the wind and tossed.

<sup>7</sup> For **let not that man who asks not in faith think that he shall receive any thing of the Lord**.

Put your faith to work. Action with Faith produces miracles. Faith without action is dead.

### **James 2:14, 17, and 26**

King James Version (KJV)

<sup>14</sup> What doth it profit, my brethren, though **a man say he hath faith**, and **have not works**? can faith save him?

<sup>17</sup> Even **so faith, if it hath not works, is dead**, being alone.

<sup>26</sup> For as the body without the spirit is dead, **so faith without works is dead also**.

### **Ephesians 2:4-6**

King James Version (KJV)

<sup>4</sup> But God, who is rich in mercy, for his great love wherewith he loved us,

<sup>5</sup> Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

<sup>6</sup> **And hath raised us up together**, and **made us sit together in heavenly places in Christ Jesus**:

You now have access to God through Christ and are seated in heavenly places at the right hand of the throne of God in Christ. So when you pray you are spiritually at the right hand of God. You have to start praying and acting that way and believe you are not far away as you are praying, but instead you are right at the throne.

### **Romans 5:1-2**

King James Version (KJV)

**5** Therefore being **justified by faith**, we have peace with God through our Lord Jesus Christ:

<sup>2</sup> By whom also **we have access by faith** into this grace wherein we stand, and rejoice in hope of the glory of God.

Once Jesus rose from the dead, He then ascended up to the Father and offered His blood for us for the atonement for our souls and to make us now have peace with God. This allows us to now come boldly before the Throne of God without hesitancy and fear.

### **Hebrews 4:15-16**

King James Version (KJV)

<sup>15</sup> For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

<sup>16</sup> **Let us therefore come boldly unto the throne of grace,** that we may obtain mercy, and find grace to help in time of need.

This evening Pastor wants you by Faith to go in prayer to God and see yourself right at the throne sitting at the right hand of the Father in Christ. Don't treat the Father like He is so far away, but rather treat Him as if He is so near and close to you.

### **Hebrews 10:19-25**

The Message (MSG)

<sup>19-21</sup> So, friends, **we can now—without hesitation—walk right up to God,** into "the Holy Place." ***Jesus has cleared the way by the blood of his sacrifice, acting as our priest before God.*** The "curtain" into God's presence is his body.

<sup>22-25</sup> So let's *do* it—full of belief, confident that we're presentable inside and out. Let's keep a firm grip on the promises that keep us going. He always keeps his word. Let's see how inventive we can be in encouraging love and helping out, not avoiding worshiping together as some do but spurring each other on, especially as we see the big Day approaching.

Please prepare a list of request that you are believing God to do for you. Write them down and then lay them before God in prayer and act like you are handing them right over into His hands in prayer, and believe He is answering them right now and you shall receive your blessing.

## **Blessings You Need**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Day 4 - Thursday, May 12, 2016

### Spiritual Healing for Me

Theme for Week 7: FAITH

Day 4 Focus Area: YOU

We all know that God tremendously blessed Abraham who the bible calls the Father of Faith. I always thought that the seed of Abraham were just the Jews, which explained why they own most banks, all communication and TV, are successful professionals, etc. Then I found out it's because they truly believe that as being descendants of Abraham, they have a right to all these blessings and so they believe they have a right to all the possessions they have. Then I read a scripture that let me know I can actually tap into their faith and belief because I also am a seed of Abraham. As God was with Abraham, dealt with all his enemies, blessed him with abundant blessings, blessed his children, and brought a living child out of a dead womb. You have access to all these same blessing by Faith. Just as your earthly father leaves his children an inheritance, you receive the inheritance of Abraham by faith in God. Read Galatians 3:7, 9, 14.

#### **Galatians 3: 7, 9, 14**

King James Version (KJV)

<sup>7</sup> Know ye therefore that **they which are of faith, the same are the children of Abraham.**

<sup>9</sup> So then **they which are of faith are blessed with faithful Abraham.**

<sup>14</sup> That the **blessing of Abraham might come on the Gentiles through Jesus Christ;** that we might receive the promise of the Spirit through faith.

By Faith in Christ we receive the Holy Spirit as stated above who creates the blessings for us by what we speak out of our mouths by Faith.



You are a child of God by Faith in Jesus Christ as stated in Galatians 3:26.

### **Galatians 3:26**

King James Version (KJV)

<sup>26</sup>For ye are all the children of God by faith in Christ Jesus.

By this relationship your Father takes good care of His kids- Read Matthew 7:11 which say, “<sup>11</sup>**if you then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?**

For this reason God says this is all my children have to do to get me to move in their favor.

Read Matthew 7:7-10.

### **Matthew 7:7-10**

King James Version (KJV)

<sup>7</sup>**Ask and it shall be given you; seek, and ye shall find; knock and it shall be opened unto you:**

<sup>8</sup>**For every one that asketh receiveth;** and he that seeketh findeth; and to him that knocketh it shall be opened.

<sup>9</sup>Or what man is there of you, whom if his son ask bread, will he give him a stone?

<sup>10</sup>Or if he asks a fish, will he give him a serpent?

You have not because you ask not!!!!

# Day 5 - Friday, May 13, 2016

## Spiritual Healing for Me

Theme for Week 7: FAITH

Day 5 Focus Area: YOU

**Introduction:** Child of God today we are focusing on 2 principles of faith. They are the power of moving BY FAITH and the power of THROUGH FAITH. This comes from the book of Hebrews 11:1-15. Please read and see the highlighted areas focusing on BY FAITH and THROUGH FAITH.

Hebrews 11:1-15 King James Version (KJV)

**11** Now faith is the substance of things hoped for, the evidence of things not seen.

<sup>2</sup>For by it the elders obtained a good report.

<sup>3</sup>**Through faith** we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.

<sup>4</sup>**By faith Abel** offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.

<sup>5</sup>**By faith Enoch** was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.

<sup>6</sup>But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

<sup>7</sup>**By faith Noah**, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.

<sup>8</sup>**By faith Abraham**, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.

<sup>9</sup>**By faith** he sojourned in the land of promise, as in a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise:

<sup>10</sup>For he looked for a city which hath foundations, whose builder and maker is God.

<sup>11</sup>**Through faith also Sara** herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised.

<sup>12</sup>Therefore sprang there even of one, and him as good as dead, so many as the stars of the sky in multitude, and as the sand which is by the sea shore innumerable.

<sup>13</sup>These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth.

<sup>14</sup>For they that say such things declare plainly that they seek a country.

<sup>15</sup>And truly, if they had been mindful of that country from whence they came out, they might have had opportunity to have returned.

When you see the above highlighted areas you see BY FAITH and THROUGH FAITH highlighted. BY Faith means that the person who is believing God for the miracle used their faith to produce the miracle themselves. In verse 3 and verse 11 we see the words Through faith being used. Through faith means that God in His all powerful hand created or caused a miracle to happen without the faith or help of the object or person. For example in verse 3 the worlds didn't have to provide faith but instead God just spoke over the world for things to be created and it just happened by His Word without the help of faith being produced by the world.

We also see in verse 11 when Sara received strength in her body which was now 89 years of age to be able to have a baby.

Sara didn't have the faith in order for BY FAITH to be used as shown in Genesis 18:10-15.

<sup>10</sup>And he said, I will certainly return unto thee according to the time of life; and, lo, Sarah thy wife shall have a son. And Sarah heard it in the tent door, which was behind him.

<sup>11</sup>Now Abraham and Sarah were old and well stricken in age; and it ceased to be with Sarah after the manner of women.

<sup>12</sup>Therefore **Sarah laughed within herself, saying, After I am waxed old shall I have pleasure, my lord being old also?**

<sup>13</sup>And the LORD said unto Abraham, **Wherefore did Sarah laugh, saying, Shall I of a surety bear a child, which am old?**

<sup>14</sup>Is any thing too hard for the LORD? At the time appointed I will return unto thee, according to the time of life, and Sarah shall have a son.

<sup>15</sup>Then **Sarah denied, saying, I laughed not; for she was afraid. And he said, Nay; but thou didst laugh.**

Sarah didn't have the faith, and so she didn't not operate BY FAITH. God had to bring the pass the miracle that He promised Abraham that his wife Sarah would bare a son. So since Sarah didn't have the faith in order for the miracle to be produced BY FAITH, God had to make it happen THROUGH FAITH. This is when God applies His power to an object or person and performs the miracle without the influence of the person or object.

In this season of your life God needs to accomplish His plans for you. Now whenever God has predestined a plan for you, His sovereign will has to be accomplished. He even says one way or another He will accomplish what He started in your life one way or another.

Philippians 1:6 King James Version (KJV)

<sup>6</sup>Being confident of this very thing, that **He which hath begun a good work in you will perform it until the day of Jesus Christ:**

God will accomplish in your life all that He has planned to happen in your life either BY your FAITH or THROUGH FAITH. The benefit of BY FAITH is that it can happen as soon as you believe. Rather THROUGH FAITH is whenever God decides to allow you to have it.

As Jesus healed a blind man He tells him that his healing of sight is coming to him BY his FAITH and now he will receive it.

Matthew 9:28-30 King James Version (KJV)

<sup>28</sup>And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.

<sup>29</sup>Then touched he their eyes, saying, **According to your faith be it unto you.**

<sup>30</sup>And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.

Child of God we need to believe God and starts putting our faith to work and start moving out BY FAITH. We need to apply ur faith by applying for that job or home, pray for healing in our own bodies by laying hands on ourselves, and by building our lives over again.

**You have completed the 35 days of Spiritual Healing.**

**What a major accomplishment for you, and I believe you have grown in The Holy Spirit. God has strengthened you to be that true light of the world.**

**Pastor Turner loves you, but God loves you more.**