

## Prayer Journaling

1. Date your journal entries.
2. Read Scripture for inspiration.
3. Write a key thought from your Scripture reading in your journal.
4. Write down your reactions and concerns to God.
5. Write down the thoughts or describe the pictures you receive spontaneously.
6. Share what you have heard.
7. Check out what you hear from God based on the following:

1. Know Your Bible; God does not contradict himself.

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.*

2 Timothy 3:16-17 NIV

2. Gods thoughts are usually spontaneous.

I Corinthians 2:10-11... *God has revealed it to us by His Spirit... no one knows the thoughts of God except the Spirit of God. Learn to discern between His thoughts, your thoughts and those originating from the Devil.*

Matthew 16:23

3. Check out what you see or hear with spiritually mature believers.

*Two or three prophets should speak, and the others should weigh carefully what is said.*

1 Corinthians 14:29 NIV

4. Believe, i.e. you must accept the Spirit's communication at your heart level. Give up any ungodly beliefs.

*For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.*

Romans 10:10 NIV

5. Obey and apply what you have received. That makes it real.

*Isn't it obvious that God-talk without God-acts is outrageous nonsense?*

James 2:17 The Message

6. Love, by sharing with others what God has taught you.

*He answered: "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind;" and, "Love your neighbor as yourself."*

Luke 10:27 NIV

Credit: Mark Vinkler

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## Heart Issues

1. Sins
2. Hurts
3. Ungodly Beliefs
4. Generational Sins
5. Demonic Influence

### The Power of Real and Permanent

#### 1. Conviction.

I have a problem.

John 16:7-9

#### 2. Confession.

I own my part of the problem.

Psalms 38:18

#### 3. Repentance/restitution.

I recognize the damage I have caused, the lies, and my ungodly responses. I am willing to change, change my beliefs and make amends.

2 Corinthians 7:9-10, Luke 19:8

#### 4. Forgiveness.

I choose to receive and apply Christ's payment for sin.

Psalms 103:3, I John 1:9, Luke 6:37

#### 5. Deliverance.

I renounce all ungodly behavior, lies and hurts that allow demonic influence. I embrace God's truth.

Acts 10:38, John 8:44

#### 6. Discipleship.

I want to be mentored in a loving relationship with God.

Matthew 28:19-20, John 15:15

#### 7. Real Relationship

Others experience my real change as I live out of my relationship with God and others.

John 17:21-23, Mark 12:30

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John 17:21-23, Mark 12:30

# Laws of Relationship

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Mark 12:30

## 1. The Law of Love

Love is doing God's will for yourself and others.  
Mark 12:30-31

## 2. The Law of Honor or Respect

Honoring is expressing value in relationship for

- God. Exodus 20:1-4
- Parents. Deuteronomy 5:16
- Spouse. Ephesians 5:33
- Children. Proverbs 22:6

## 3. Law of Truth

Truth is the revelation of God's perspective in a situation.

John 8:32, 14:6

## 4. Law of Agreement or Synergy

This law forms the basis of conflict resolution.

Matthew 18:19, John 5:19-20

## 5. The Law of Responsibility and Stewardship.

Responsibility is a measure of maturity.

Genesis 1:28

## 6. Law of Sowing and Reaping

Our actions have consequences.

Galatians 6:7-8

## 7. Law of Forgiveness, Repentance and Restitution

Forgiveness is clearing relational deficits or sin by an act of the will as God does. Repentance is \_\_\_\_\_.

Restitution is \_\_\_\_\_.

Luke 6:37

## 8. Law of Judgment

Judgment, when coupled with unforgiveness, is one of the primary roots of relational breakdown.

Matthew 7: 1-2, Hebrews 12:15

Credits: John and Paula Sandiford

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