

The Confident Woman

Teacher's Guide

A note from Anabel . . .

My dear One, thanks for being my partner in sharing the beautiful truths taught in *The Confident Woman*. I pray that this supplementary material and the suggested teaching procedures will assist you and be a blessing to you as you teach. You will probably find—as I have discovered—that *you* will profit more than any of your students will from your own teaching. Wonderful!

The audio portion of this study should be helpful. Abe Martinez, our Broadcast and Creative Coordinator, assists me as we discuss each chapter, giving suggestions to aid you in your preparation and pointing out some of the “sticky” things that just will come up. You’ll want to listen to the material, read the suggested plans in your *Teacher’s Guide* for each individual chapter, and look over the **SUGGESTED TEACHING PROCEDURES** before you begin your lesson preparation. You’ll also find the student’s workbook, the **STUDY GUIDE** included, so their study questions will be at your fingertips for reference during preparation and teaching.

I would also recommend my book, *A Stillness in the Storm*, for those little “extras” that we like to throw in—the first thought as you begin your session, or the last thought to take home. In the audio files, there is a selection of stories with Abe and myself. I think you would enjoy them. You will, of course, have your own teaching style and that’s great! That’s the way God planned us, isn’t it?

We have also recorded Patrick’s story, Mason’s story and Shotzie’s story. You may want to use these for variety in your presentations. You’ll also hear Abe reading the wedding vows for Chapter 13—he does a wonderful job. The soft music continues as background for the women as they read their vows. This can be such a tender, personal, life changing experience.

What an incredible treasure we have to offer! God has given us *His answer* for our perplexing, painful world. We believe it is THE answer and it is the deep desire of our hearts to share that answer with others. May the Lord guide you and make you very aware of His presence with you constantly. May you come to know and understand that only as you allow Him to live through you will true teaching take place.

Lovingly,
Anabel

The Confident Woman

Teacher's Guide

Copyright Information

Thank you for purchasing The Confident Woman Teacher's Guide. We at Lifetime Guarantee want you to be able to use this Teacher's Guide and all other support materials to effectively minister to the Body of Christ. However, due to the unfortunate reality that some people misuse materials written in this format, Lifetime Guarantee Ministries has found it necessary to copyright this material. What that means is that we retain the right to be the only entity that can copy and distribute, or grant permission to copy and distribute, any of these materials. By purchasing this resource, you are granted permission by Lifetime Guarantee Ministries to copy and distribute the working diagrams in the "Diagrams" section of the teacher's guide to aid you as you teach *The Confident Woman*. The student *Study Guides* will be purchased through our office. You may also reproduce in printed form the electronic versions of these diagrams.

We appreciate you and want to support you in teaching this material. Please feel free to contact us if you have questions regarding duplicating any of the related supplementary materials.

All materials presented in this document are provided as supplements to *The Confident Woman*, by Anabel Gillham. If you would like to obtain a Teacher's Guide, a copy of the book, or additional copies of the study guides, please contact Lifetime Guarantee Ministries:

1-888-395-LIFE
lifetime@lifetime.org
www.lifetime.org



Supplementary Materials for

The Confident Woman

This is a list of suggested supplementary materials. The (*) designates the materials included in your teaching guide. Other materials are available through our office. www.lifetime.org for other information and individual prices for resources.

Introduction and Chapter One: Where Horses Belong

Study Analysis *
Hints for Maximum Retention *
General Instructions for Lesson Preparation *
Ministry Letter: 1/92: *Guilty as Charged!*, Anabel *
SUGGESTED TEACHING PROCEDURES *
Book: *Lifetime Guarantee*, Dr. Bill Gillham, Harvest House

Chapter Two: Somebody Loves Me

Recording on Disc III: *Patrick* *
Recording on Disc III: *Mason's Story* *
Ministry Letter: 4/96: *Love Set in Concrete*, Pres *
SUGGESTED TEACHING PROCEDURES *

Chapter Three: The Simple Truth

Just Who Are You Anyway? *
Figure 1 *
Figure 2 *
Cut outs: Women & Scriptures *
Ministry Letter: 2/96: *Show Your ID*, Bill *
SUGGESTED TEACHING PROCEDURES *

Chapter Four: Reprogramming Your Computer

Worksheet: *Thinking Through our Thinking Processes* *
The Worm With Wings *
SUGGESTED TEACHING PROCEDURES *
Book: *Lifetime Guarantee*, Bill Gillham, Harvest House
Audio Album: *Your Unshakable Identity*
Audio Album: *Overcoming the Flesh*
A Stillness in the Storm, Harvest House

Chapter Five: Steps and Exits

Scripture Verses Pertaining to Satan *

Ministry Letter: 11/90: *The Struggle*, Anabel *

Ministry Letter: 4/95: *Amy's Story*, Anabel *

SUGGESTED TEACHING PROCEDURES *

Audio Album: *Defeating Sin*

Audio Album: *The Building Up and Tearing Down of Strongholds*

Audio Album: *Forgiveness*

Audio Album: *Depression*

Audio Album: *Controlling Overeating*

Booklet: *A Study of the Mind*

Chapter Six: Love Letters and Envelopes

Ministry Letter: 4/92: *My Cold Walk With Jesus*, Pres *

Lord, Lift Your Wings *, p. 76-77, *A Stillness in the Storm*, HH

An Intimate Moment *, p. 6-8, *A Stillness in the Storm*, HH

SUGGESTED TEACHING PROCEDURES *

Chapter Seven: That's Not What I Meant!

Poem: *That's Not What I Meant*, Lois Cheney *

SUGGESTED TEACHING PROCEDURES *

Chapter Eight: What To Do With Your Balloon

"I DO BELIEVE! HELP MY UNBELIEF." *

SUGGESTED TEACHING PROCEDURES *

Audio Album: *Circumstances . . . The Last Straw or the Finishing Touch*

Chapter Nine: Putting Asunder

Ministry Letter: 6/96: *Life!*, Anabel *

Poem: *He is Risen!* *

SUGGESTED TEACHING PROCEDURES *

Audio Album: *Biblical Perspectives on Divorce & Remarriage*, Dr. Jack Hayford,

❖ I highly recommend the book, *Second Chances*, Publisher Ticknor & Fields, written by Dr. Judith Wallerstein. This is a powerfully written book with material researched through a ten-year, longitudinal study of the on-going, tragic consequences of divorce and the residual effect on the people involved. It will be available through your local bookstore.

Chapter Ten: Created As One

Ministry Letter: 3/93: *To Accept Or Reject*, Anabel *

SUGGESTED TEACHING PROCEDURES *

Book: *He Said, She Said*, Bill and Anabel Gillham, Harvest House

Chapter Eleven: One Near One Is Too Far

SUGGESTED TEACHING PROCEDURES *

Audio Album: *Physical Oneness in Marriage*

Audio Album: *More Than Just Married*

Audio Album: *Infusing Life into a Lifeless Marriage*

Chapter Twelve: Three Needs

SUGGESTED TEACHING PROCEDURES *

Book: *Things Only Men Know*, Pres Gillham, Harvest House

Audio Album: *Twenty Ways to Love Your Wife and
Three Ways to Love Your Husband*

Audio Album: *Defusing the Self-destruct Marriage*

Chapter Thirteen: The One Chapter Left

His Self-Portrait *

Are You Settled in Your Mind? *

SUGGESTED TEACHING PROCEDURES *

Booklet: *Faithful . . . Forever*

Appendix: Diagrams

You will find the diagrams throughout the study with suggested times in your sessions to introduce them to the group. We have provided copies of the diagrams in this section, which you can use to create handouts for your group.

Supplementary Material

This begins our supplementary material. There is one ingredient that I do not consider “supplementary” and for that reason, I have not placed it on the supplementary sheets for each chapter. This is something that I am confident you will do constantly through this time of teaching *The Confident Woman*. That is, of course, to bathe every session in prayer—confessing your inadequacy and His adequacy. Mention every class member’s name during the week, asking that He prepare each person’s heart for hearing this beautiful, incredible, liberating message.

May you be blessed as you teach. I have found—without exception—that I always profit more than my students no matter what I am teaching. I appreciate your involvement so very much and I love you.

Anabel

A Summary of the Material

The “**Key Concept**”, the *one basic truth* presented in *The Confident Woman* and emphasized in every teaching:

YOU CANNOT BE ALL GOD WANTS YOU TO BE AND CREATED YOU TO BE UNTIL YOU REALIZE—GRASP—ACCEPT—AND TENACIOUSLY HOLD TO THIS TRUTH:

YOU CANNOT BE ALL GOD WANTS YOU TO BE.

ONLY CHRIST LIVING THROUGH YOU CAN ACCOMPLISH THAT GOAL.

* * * * *

1. ANABEL, WHEN DID THIS LEARNING PROCESS BEGIN WITH YOU?

I tried everything I knew to pull my life together and when I became so weary that I could not go on, when I was discouraged and entirely disillusioned, I finally allowed God to assume His rightful position in my life as—MY VERY LIFE!

The meaning of the words Jesus spoke in *John 15:5* began to penetrate and to permeate my thinking: *Without Me you can do nothing*. If I am incapable of doing a thing—if I can indeed do NOTHING—how much help do I need to get my life straightened out? To face each pressure-filled moment? To recreate my marriage? To do *anything*? I don’t need someone to *help* me! I need someone to do it *all for me!*

My life didn’t change overnight when I made that decision. I simply began to be consciously aware of my actions and my thoughts; I began **choosing** His way, trusting Him to be my strength, my power, my wisdom—my very life—saying “No!” to thoughts that were contrary to what I knew was truth.

2. IS THIS BOOK FOR MARRIED WOMEN ONLY?

Out of all the pages in this book: 183 of those pages are generic; 56 of those pages deal with the marriage relationship.

Marriage is a common denominator in every life: You came from a marriage; you lived in a “marriage” setting the first years of your life; you are married; you have been married; you would like to be married; you have married friends—everyone can relate to a marriage.

A single person can profit tremendously through understanding the male needs. She is not isolated from males in her world and will be able to relate to them much better after this study.

3. WHAT ARE SOME OF THE THINGS THAT YOU EMPHASIZE IN *THE CONFIDENT WOMAN*?

1. YOUR TRUE IDENTITY:

Who I am and what I am versus how I feel and how I sometimes act. There are 74 scriptures given in the text telling you who you are now that you are *in Christ*.

2. FLESH: *Definition: Your ability (or inability) to satisfy your human, God-given needs in your own way, using your strength and your resources apart from Christ.*

These patterns of thought, emotions and behavior are broken and reversed only by recognizing them for what they are, and then by reprogramming our computers—our thought processes—on a moment-by-moment basis and over a good deal of time. *Be transformed by the renewing of your mind* (Rom. 12:2).

3. HOW SATAN IS INVOLVED IN YOUR LIFE:

Satan speaks to you with first person, singular pronouns (I, me, mine, my), talking you into doing the very things you don’t want to do.

4. THE NECESSARY INGREDIENTS FOR FACING LIFE:

There are six foundational truths given for facing each day and the circumstances that come into your life:

1. You are totally accepted by God simply because you are His.
2. The Spirit of Christ indwells you to face life for you—through you.
3. You are a new creature *in Christ*.
4. God loves you *unconditionally*.
5. You now have the mind of Christ.
6. You are enveloped in God, in Jesus, with Jesus living inside you that you might meet each day in His power.

5. MARRIAGE SECTION:

There are foundational truths for the marriage relationship also. However, these truths, with the exception of the physical oneness, can be applied to any relationship and will enhance that relationship through giving you an understanding of the person in your life.

1. Differences between male and female
2. Achieving oneness in the marriage relationship
3. The three needs of the husband and how to meet them most effectively

6. WHAT IT MEANS TO BE THE “BRIDE OF CHRIST.”

I will never be a widow. I will never be without the gentle and kind words of a Man in my life. I am living with Someone who thinks I am lovely, special, and Who patiently shows me how to do things that I seem to be incapable of doing, and empowers me to do those things. I have a “Knight in shining armor” who cares for me and protects me, walks with me, never leaves my side, and is wise beyond my ability to understand. I am loved beyond my wildest expectations!

GENERAL INSTRUCTIONS FOR LESSON PREPARATION

1. Read the chapter in *The Confident Woman*.
2. Complete the lesson for the chapter in **the STUDY GUIDE**.
3. Listen to the segment designed for this chapter on the **audio download**.
4. Read the **Supplementary Material** for the chapter in your **Teacher's Guide**.
5. Read over the list of available **Supplementary Materials** on pp.4-6 of your **Teacher's Guide**.

It would be good to read ahead on this list of supplementary materials and choose what you would like to use so you can order it in advance and have it on hand as you prepare. There are suggested materials available for you to read beforehand for your personal growth and preparation in teaching.

*Please familiarize yourself with the list of resources at the back of your notebook, **LIFETIME PRODUCTS**. You will find products designed for specific needs that will help you as your class members approach you with significant, specific problems. I.e., Depression, Forgiveness, Controlling Overeating, etc.*

Please take advantage of these resources.

6. Begin your **planning well in advance** so that the Lord will have time to massage the truths into your heart and work them into your life.

He will very often allow some incident to occur that will be a perfect testimony for the lesson. Watch for these special gifts from Him.

7. An **Overhead Projector** would probably be available at your church and is an excellent tool for communicating as you teach. It is very easy to make a transparency and show that transparency to your class for clarification. Remember that one picture is worth a thousand words—or some such astronomical figure! ☺ Any way that you can enhance your teaching will be great!

8. Keep in mind **the power of what you are teaching**. There are hundreds of seminars to attend and literally thousands of books and tapes prepared to broaden our knowledge of the Christian life. The material you are going to be teaching has the incredible power to *change a person's life completely*—not just enhance or enlarge their knowledge of scripture or of the person of God.

9. These truths must be **the foundation for a person's walk with the Lord**. There are many wonderful teachings and possible applications. These two truths help in understanding the wonderful teachings and make the applications possible!

- (1) *Who you are in Christ* and
- (2) *The indwelling presence of the Holy Spirit to face life for you and through you*

10. Finally:

- (1) earnestly seek God's plan in your teaching
- (2) believe that He has led you
- (3) stand before your class confident of His presence within you
- (4) let Him have the responsibility for the results of your teaching

Thank you for joining with me in sharing these liberating truths with others. It is my passion that others may know.

*Lovingly,
Anabel*

Supplementary Material Chapter One

Where Horses Belong

KEY CONCEPT:

If I am incapable of doing a thing—if I can, indeed, do nothing—how much help do I need to get my life straightened out? To recreate my marriage? To face each pressure-filled moment? To do *anything*? You're right. I don't need someone to *help* me; I need someone to do it *all for me*.

PRESENTING THE KEY CONCEPT:

Read John 16:33 from the Amplified Bible. We love to have our “Pocket Promise Book” handy at all times, but I doubt that this promise, coming directly from Jesus, will be in that line-up of promises.

I have told you these things [John 14-16] so that in Me you may have perfect peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer—take courage, be confident, certain, undaunted—for I have overcome the world. I have deprived it of power to harm, have conquered it [for you].

We are *in the world* and Jesus has promised us that we are going to have problems in this world. None of us are exempt. But, He has also promised us that we will not be destroyed through these adverse circumstances because of His presence in our lives and because we rest IN Him.

So many of us try to meet these promised trials in our own strength, with our own wisdom. I tried for more than half of my life span here on earth to *control*, to assure myself of happiness and contentment. The older I got, the less capable I became of confronting and being the victor in even minor skirmishes. To learn *now*. To not wait until we meet the enemy and are defeated soundly. To humble ourselves to listen. To be open for learning. This will be our communication to the people God has placed in our care for these few short weeks.

THE DESIRED GOAL:

To create a need in each person's life. Some of your class members are going through very difficult circumstances right now; others have just come out of a very exhausting battle; all of them have devastating experiences in their future. How can they meet these strategic battles victoriously? *By putting the Horse where He belongs.*

Supplementary Material

A Study Analysis

Our goal is going to be for *maximum retention*. It's so important for us to understand what we read, but even though we may understand, retaining that information so that we can begin walking in it every day is another matter completely. That's what we're aiming for—a life-changing experience. Someone has said that “true teaching is learning—in action.”

I'm sure many of you have seen this study analysis before, but look at it again and see how we're going to be working together toward *maximum retention*.

POSITIVE:

We retain **5-10%** of what we HEAR.

We retain **30%** of what we READ.

We retain **50%** of what we HEAR and READ.

We retain **90%** of what we HEAR, READ and DO.

NEGATIVE:

We forget **90-95%** of what we hear in 72 hours.

We forget **70%** of what we read in 72 hours.

We forget **50%** of what we hear and read in 72 hours.

We forget **10%** of what we hear, read and do in 72 hours.

I believe that somewhere between 50% and 90% we could place "writing it down." Doing is the most effective learning process. "Writing down" the method of accomplishment, the success, or the failure of the procedure will increase our understanding, give fingertip access to notes, and record our perception—appropriation—and commitment.

THEREFORE:

WE RETAIN:

* 5-10% of what we HEAR.

* 30% of what we READ.

* 50% of what we HEAR and READ.

* 75% of what we HEAR, READ, and WRITE.

* 90% of what we HEAR, READ, WRITE and DO!

I was so relieved when I found this study analysis years ago. Oh, the hours of guilt I had endured over not being able to remember the pastor's message yesterday or recalling what my Bible study was about just this morning! Truth has the marvelous capacity of setting us free, doesn't it?

Supplementary Material

Hints for Maximum Retention

1. Use your high-liter, your ruler, your colored pencils, check marks, asterisks, and exclamation points to make the book uniquely yours. You will be able to pick it up and scan it, reviewing those things that were super important, very important, important and “now why did I underline that?”

The precious possession of a man is diligence (Pro. 12:27).

2. Write down the thoughts that seemed to really impact your thinking. Use your own words, then check the text to be sure you grasped the truth and verbalized it correctly.

. . . make my joy complete by being of the same mind (Phil. 2:2).

3. Draw your own diagrams and fill in the points from the text that are on the diagram. Then check your work and make corrections if necessary. That’s not bad. Erasing the wrong and inserting the right is an effective learning method.

But solid food is for the mature, who because of practice have their senses trained . . . (Heb. 5:14).

4. Get with a study partner and talk about this teaching. Ask questions and search for answers. Explain the diagrams to each other as though you were the teacher.

. . . encouraging one another; (Heb. 10:25).

5. Go over the information often. If there are verses or thoughts that are especially meaningful to you, copy them on a small card and carry it in your pocket—put it on the dash of your car—on your desk—over the sink. Add that verse to your memory verse collection.

I have thought much about your words, and stored them in my heart . . . (Ps. 119:11 TLB).

6. Apply the teaching but don’t expect perfect performance from your first efforts. Can you think of anything that was perfect on the first try? Remember the famous old proverb, “*practice makes possible*”? (I know it’s wrong, but the real one—“*practice makes perfect*”—can be very defeating. Reaching so high for perfection has brought about many a tumble—we get dizzy, lose our balance and fall down).

Do not rejoice over me, O my enemy. Though I fall I will rise [again]; Micah 7:8).

7. Record your own voice telling you about these truths and your expectations as you begin walking in them. Ask yourself questions and answer them. (Don’t ever do this in front of anyone else, however. Professor Duncan used to tell me, “Anabel, it’s all right to ask yourself questions, but when you start *answering* them you have a very serious problem.)

Set your mind on the things above, not on the things that are on earth (Col. 3:2).

Supplementary Material Chapter One

GUILTY AS CHARGED

**You do understand, of course,
that when I got strong enough,
I wouldn't need God at all.**

From the Lifetime Guarantee Ministry Letter
January 1992-Volume XV, Number I

There it was. I couldn't cut it out of Habakkuk. That's not playing according to the rules. What could I do with that verse that had just hit me like a ton of bricks and left my stomach knotted up?

"They will be held guilty. They whose strength is their god."

Habakkuk 1:11 (b)

But I was programmed for strength! You point me in the right direction and I'll get there. You give me the necessary instructions and it will be done and, I might add, done well. My capability was nearly unlimited.

I remember when we were building our house there in Durant, Oklahoma. It was "in the country," two miles out of town. I didn't mind at all being the only one out at "the lot," hoisting those pinta-treated pecan boards (1x8x12), standing on the ladder, wielding my hammer like a true carpenter should. I wasn't afraid. (At least no one was going to know about it if I was.) I reveled in horsing the felled trees over to the "burn pile." My muscles compared favorably with the boys. Finding the baby copperheads under the board or seeing the "Puff Adders" do their tricks were all in a day's work. And when the chance came to do some interior brickwork, who volunteered and did a pretty good job of it? You're right. Anabel.

Bill tells the story of my expertise in "shelf making." He started the project—but I finished it! I loved the shelves that he started making for the house, and I enthusiastically bragged on the completed product—every putty-filled hole was touched and praised. Then his desire to make shelves began to wane. I wanted one more, but the sweet talk and the fluttering of the eyelashes didn't motivate him. So what did I do? I made the shelf myself. (We still can't tell whose is whose.)

Oh, I wasn't competitive. I wasn't trying to show Bill up or outdo him in any way. I just tackled things and got them done right. That is, they were done to meet MY standard. My standard, by the way, was perfection.

Strong. From my earliest childhood recollections I was the leader, the captain of the "Red Rover" team, the straight A student. When I was twelve years old I accepted Jesus Christ as my Savior, but my life-style didn't change. Another field of endeavor was merely added. Now, I'm being "strong for God." I am performing perfectly (to the best of my zealous ability) for people, for God and for myself. And no one ever saw me when I was **not** performing—playing my role to the hilt!

High School was another series of successes but I hated every moment of it. Why? Because I have to be this person that I have conjured up, this person that I have created over the years. Oh, it distresses me terribly to lose, not to be elected, not to be the one out in front. It would cause hours of introspection. *Why? Why didn't they vote for me? Why do they like her better than they do me? Why did I make that*

error? What could I have done differently? I lived for and thrived on awards, accolades, applause, approval. They all spelled “love” to me.

My theology supported my patterns for strength: *God helps those who help themselves. He gave me a brain, didn't He? He expects me to use it, doesn't He?* My two pet phrases were: “If I can't do this myself, I am certainly NOT going to ask God to help me”; and “How many times is God going to have to bail me out? When am I going to learn to do this on my own?” You do understand, of course, that when I got strong enough and could do everything by myself (my goal) I wouldn't ever need God. (“Small” error in theology.)

Marriage was a challenge, to put it mildly, but I kept digging for twenty years. Dire financial needs? I can handle it. A son born with physical imperfections that would require weeks in a strange city in a hospital far from home? *I can handle it.* A husband who was lusting after other women? *I can handle it.* A broken hip with complications resulting in weeks in the hospital, learning how to use a wheelchair and walking on crutches? *I can handle it.* A profoundly retarded child? *I can handle it.* Nasty-bad tension with mother-in-law? *I can handle it. I can handle it. I can handle it! I'm strong.*

A person with patterns like mine is admired. She's appointed to a lot of committees and asked to do some important jobs. Her friends utter in amazement, “I just don't see how you do it, Anabel.”

But you see, don't you? Sheer will power, energized by the need for acceptance from others and being able to accept myself, driven by super-HUMAN strength, not SUPER-NATURAL strength. Super-natural strength comes from God. Super-human strength comes from a human who has mastered his strength. Do you understand that this is my unique version of the flesh? Performing. Performing well. My intelligence. My abilities. My way. Habakkuk pointed it out to me. I guess he was the only one who had the courage to do it. “Anabel, *your strength is your god.*”

God. The Divine Being. He is Omnipotent. Omnipresent. Omniscient. Immutable. If I make “my strength” my god, then by definition I consider myself/ my strength/ my talents/my abilities:

Omnipotent: *all-powerful*

Anabel: “I can do it myself. I don't really need help. Thank you anyway.”

Omnipresent: *ever present*

Anabel: “God is distant. I am here. My strength will suffice. It will never leave me. It is part of me.”

Omniscient: *all knowing*

Anabel: “Don't tell me what to do. I know what needs to be done. I can figure this out.”

Immutable: *unchanging*

Anabel: “My strength will not fail me. It is dependable. I have always been able to do things well. This will never change.”

*“ They will be held guilty.
They whose strength is their god.”*

I don't want to be “held guilty.” I don't want to be my own god. Besides that, I haven't been doing too well. I really can't point to any awards I've received lately. No one is applauding for me. I've forgotten how to spell “accolades.” God knew that. He allowed my “I can handle it” to be broken. I learned to say, “God, I can't handle it.” Those are such difficult words for a strong performer to utter. But those words released me from a life pattern of being a driven person, of having to “do it my way . . . all by myself.”

No. It was not an on-the-spot miracle. In fact, I'm still working on it and the learning process began over twenty years ago. You don't get rid of patterns of thought, behavior and emotions overnight that have been seared into your memory banks over the years. It took a long time to build those old, destructive patterns; it will take a long time to build new, constructive patterns and to abandon the old ones.

Can you relate? Do you understand? You don't have to go through the years of stress and failure that I did. You can look at Exhibit A: Me, Anabel. You can say, "Lord, Jesus, I don't want to hold on to that 'super-human strength' of mine like she did. I want *Your* strength to be my strength. I want You to face the circumstances of life for me and through me." It's that easy to enter the land of "beginning again."

My paraphrase of Psalm 84:5-7 says it well:

The man who has come to know that You are his strength is a man who is blessed. (That's Anabel.)

The man whose deep desire is to walk in God's will is a man who is blessed. (There I am again.)

Difficulties become to him a source where he drinks freely of God's power, and experiences His touch of refreshment and blessing—much like an invigorating early spring rain. (Incredible . . . and it's mine.)

His strength does not waver. He goes from strength to strength, growing in strength, for it is the Lord's strength.

I am learning. That's why He left me here.

Lovingly,

Anabel

CHAPTER ONE

SUGGESTED TEACHING PROCEDURES:

(Please remember that these are suggestions. The Holy Spirit may want you to emphasize different things that were especially meaningful to you. Let Him guide you to be uniquely "you.")

1. Read pages 7-9 in your **Teacher's Guide**. It is very important that you understand the information on these three pages.
2. Listen to your audio selections and decide what to include from the suggestions given.
3. Refer to the **Supplementary Materials** for Chapter One.
4. The **Key Concept** should be your constant guide in preparing your materials.
5. Refer to Points #1- #3 under *A Summary of the Material* beginning on page 7.

Point #1: Emphasizes the necessity for **choosing** to trust Christ. Stress this with your class (p.7).

Point #2: It would be good to clarify this question with your class by reading these short paragraphs to them (p.8).

Point #3: This question has 6 points for emphasis. Points #1, 2, 3, 5, and #6 will be enlarged on in the text and your *Teaching Guide*. Point #4 gives the foundational truths that every Believer should know and appropriate for her life. Be sure you, as the teacher, understand these truths and will keep them constantly before your class. Use your own methods of accomplishing this goal. Individual laminated cards? Bookmarks? A poster? Bible inserts?

6. You might want to pose the same thought-provoking questions to your class that were given to you:
 1. How many women do you know who have burned out doing church work?
 2. How many women do you know who live in a constant state of stress and frantic frenzy trying to get everything done that seems to be their responsibility?
 3. How many women do you know who have no joy in their Christian life?
 4. How many shattered lives are you aware of in your circle of friends?
7. Share "A Study Analysis" with your class. You may reproduce this material.
8. Share "Hints for Maximum Retention" with your class. You may reproduce this material.
9. Look over the questions in the student **STUDY GUIDE** and choose two or three that you consider important to discuss. *Going over all the questions will be redundant for the student.* For example: #1, #3, & #4 are basic to the teaching and repeating these answers will be profitable.

10. Read the paragraph in *The Confident Woman* beginning, “As I look back on it . . .” to further imprint Anabel’s circumstances. Then read (or have one of your class members read), *Guilty As Charged*.

11. You might like to use the illustration that is given in the audio portion of this study:

Little finger—down pat—I can do it my myself—bend finger down
Ring finger—down pat—I can do it by myself—bend finger down
Middle finger—down pat—I can do it by myself—bend finger down
Index finger—still not perfected—but almost—I’m getting better—bend finger down
Thumb—You’re going to have to help me with this one—but I can do it as soon
as You’ve instructed me several times.
Then—I *won’t need you at all!* (*Closed fist*)

12. Evaluate this question:

*What is the difference in asking God to help me live my life and asking
Him to live my life for and through me?*

Answer: “Helping me” implies that I am capable of doing most of the things that are required of me—but that I will need His help every so often. “Living my life for me and through me” communicates total dependence on Him for everything.

13. Close your first session by asking these questions:

1. What do you see as the issue in Anabel’s life? What was she doing “wrong?”
(Answer: Depending on her own strength.)
2. Do you relate to her? Are you facing your unique circumstances in your own strength?

CLOSE WITH PRAYER

(If you have the freedom or if the Lord leads, it is good to have your group hold hands as they pray. You can begin this during your first session and it will be comfortable for everyone before too long.)

Supplementary Material Chapter Two

Somebody Loves Me

KEY CONCEPT:

To truly know Him, I had to *acknowledge* His unconditional love, and I had to choose to *receive* it, to *live* in it, to *believe* it, despite how I *felt*. I had to choose to give up my way of doing things and allow Him to work His incredible plan in my life, to *become* my life. Ultimately, I had to *choose* to leave the uncertainty of my world and walk into the certainty of Him.

PRESENTING THE KEY CONCEPT:

You might want to have your class listen to *Patrick's Story* (included in the audio portion of this study) at the beginning of the class.

Begin by asking this question:

What are some things that very sincere people do to try to gain God's favor? To gain God's love?

These may be suggested:

1. A pilgrimage to some hallowed location
2. Depriving yourself of creature comforts
3. Very painful pilgrimages (crawling on your knees for some required distance)
4. Martyrdom

After these very severe ways are listed, then suggest "our" ways:

1. Obedience to God's laws to obtain His favor—His love
2. A regular, sometimes lengthy quiet time
3. Memorizing scriptures
4. Reading certain books
5. Teaching a Sunday School class
6. Attending Tuesday night visitation

Ask these questions:

1. Do you have requirements that the people around you must meet in order to gain your love?
2. Are there certain acts that will cause you to withdraw your love from them?

3. Do you believe this statement:

**There is nothing you can do to make God love you more;
there is nothing you can do to make God love you less.**

Listen to Mason's story and sing *Jesus Loves Me* together. Have someone in the group start the song and you join in.

Have your class members close their eyes and listen as you draw up a picture for them.

You are sitting in Mason's chair and Jesus is washing the dishes. See Him stop—dry off His hands—and come kneel before you. Look at Him. Look directly into His eyes. (No one is watching you.) Reach out your hands so that He can grasp them in His. Now listen as He says to you: "Is it difficult for you to see Me kneeling before you—to assure you of My love? To tell you that I love you? I have done much more than that, my dear one. I was nailed to a cross to tell you that I love you. Please, don't reject My love. Get up out of your chair and let Me wrap My arms around you. Why do you hesitate? There is no one who loves you the way I do. Accept My love. Believe that I love you. Never, never doubt My devotion to you."

THE DESIRED GOAL:

To so impact each woman that she will never again doubt that she is loved, not by a person in her private world perhaps—mom, dad, husband, children, friends—but by God/ Jesus. This incredible, incomparable love can never be taken away from her.

Supplementary Material Chapter Two

LOVE SET IN CONCRETE

Taken from Lifetime Guarantee Ministry Letter
April 1996, Vol. XIX Number IV

There isn't anything more powerful than a personal testimony. Industry pays famous people millions of dollars to endorse their products. Business is built on references and based upon your friend's recommendation you'll go see an obscure movie, switch laundry detergents and try sushi. Why? Because if it works for someone else, it will work for you.

Well, I have a ringing endorsement to give on a product you can't live without: The sufficiency of Christ regardless of your circumstances.

I identify with C.S. Lewis when he said, "Pain is God's megaphone. He whispers to us in our pleasures, but shouts in our pains." On Tuesday my chronically hostile spine decided dull pain wasn't demanding enough and initiated spasms that made it difficult for me to get my breath, tough to lie down, and impossible to sit still. After missing most of my sleep Tuesday night, going to work on Wednesday wasn't a viable option. I was tired, aching, agitated, preoccupied, and feeling generally unsociable. About the only thing I could do, I decided, was to take a walk.

I left early and drove to a trail that runs for several miles alongside the Trinity River. All things considered, it was a delightful morning. The great blue herons and the white egrets were stalking fish in the shallows, the turtles were sunning themselves, the mallards and mud hens were preening their feathers, the Trinity was a clearer color of mud than normal, and the sun was taking the thermometer toward sixty. I walked for almost five hours, pondering passages of scripture, praying, ranting, raving and sorting through my questions—all in hopes that there was something I might discover that would give me insight into my current state of affairs.

My mind and will kept declaring the faithfulness of the Lord while my emotions complained that they were getting busy signals and answering machines in their desperate attempts to contact Him. While physical pain was driving this experience, the emotional-spiritual-mental-willful battle that raged was far more intense than the spasms.

Have you got the picture? I'm walking down this cement sidewalk, my back is in spasms, I need to be at work—not on a walk—the spirit world is fighting over my tired bones, and my emotions have decided God is in the quasar sector of the universe and won't be back in the office until next Thursday. Then I see it: My name—*Preston*—scrawled in long hand in the cement.

How many people have you met named Preston? There's the man I'm named after, Preston McCann, who was my Dad's best friend. He had a bull named Cochise that I remember better than I do Mr. McCann. There's Sgt. Preston of the Yukon with his faithful dog, King, but Preston was his last name; that doesn't count. Besides, he wasn't real; he was just on TV. There's Preston Pearson who used to play for the Dallas Cowboys, but his earthsuit model came in a different color than mine did.

There was an older man in our home town named Preston, but he didn't like me because I had long, blonde hair. Any hair was longer than his though. When he went for a haircut the barber used an onion for inspiration. Beyond these few, I haven't met any other Prestons.

I step off the sidewalk and stare. Preston, etched into the pavement with a stick years ago. I say out loud to the Lord, "What? What do you want to say to me? I'm listening."

After a few anxious moments, I notice the shape of a heart scraped into the sidewalk. Scratched in concrete before my face is a message from God: "Preston. I love you."

But the transmission barely got through. Even though planned by God years earlier and drafted in cement, my heart heard only a quiet whisper. I knew I'd heard from the Lord, and my mind declared that this was a profound moment, but my emotions were screaming and moaning so loudly and the devil was accusing God so vociferously that God's voice was barely audible.

A few days later I ran across Psalm 77. It was written by Asaph, who was in charge of music for both King David and King Solomon. As he writes, he is in the middle of what he poetically calls "the day of my trouble." He talks about praying all night, his eyelids not closing, having trouble speaking, and difficulty getting his thoughts focused. I could identify. He records some tough questions that were scrolling across his mind: "Has God rejected me? Is He mad? I thought He was loving and kind. What I'm going through doesn't remind me of Someone who calls Himself gracious and compassionate. What's the deal?" And once again, I could identify.

But then Asaph makes a declaration I desperately needed to hear. "It is my grief, that the right hand of the Most High has changed" (vs. 10). In other words, whatever the trouble and grief and pain was that he was experiencing, it was clouding his ability to maintain an accurate portrait of God. The presence of pain was leaving him vulnerable to the enemy's accusations that God had changed, that He was no longer who He said He was. And, it was the stress of trouble and grief that made these accusatory lies seem rational and reasonable. Again, I could identify.

Like a man wading through the jungle with a machete, God—through His word—was hacking His way through the undergrowth and adhesions of pain to deliver truth. Think of how personal this is. Truth, by itself, can be delivered by all sorts of mediums, but truth personally delivered, through the entanglements of life, is carried only by someone who loves and cares—a genuine friend.

So what did Asaph do to overcome his problem? He writes, "I shall remember the deeds of the Lord; surely I will remember the Lord's wonders of old. I will meditate on all God's work, and muse on all His deeds" (vss. 11-12, emphasis added). Asaph carefully and methodically retraced his spiritual history.

It is always a ploy of the enemy to accuse God at the moment. Why? Because the moment is filled with pain, rampant emotion, grief, and trouble. Your history is filled with God's loving-kindness, graciousness, compassion, faithfulness, provision, and mercy. Asaph's counsel is to take advantage of 20-20 hindsight to do battle in the fog of the moment

It just so happened that I was reading this psalm late one night. When I finished, I closed my Bible, crawled into bed, pulled the covers up around my neck, and began retracing my spiritual history. The litany was comprised of glorious moments, great lessons, instances of healing, revelations,

mountain tops, and spiritual wonders. It also contained copious recollections of deep water, trials by fire, failure, droughts, desert wastelands, laborious trudging, pain, uncertainty, and dark nights with only a dim light. But in every instance, without fail, my history recorded the sufficiency of Christ and the dependability of the Father. The conclusion began to be obvious: With such a preponderance of historical evidence, why would the momentary accusations of the enemy and the moanings of my emotions be an accurate declaration of the truth? They aren't, won't, and never will be because (1) he's the enemy and (2) emotions are not an accurate barometer of truth.

It was several days before I could get back over to the river trail. On Saturday morning the weather had turned wet, cold, and windy, but I retraced my steps still experiencing spasms and pain, and located God's inscription to me. I turned the collar up on my coat, tugged my hat down a little further on my head, and stared at the heart and my name.

I stood there a long time soaking up the message etched in front to me. I knew my heart needed the reinforcement and I figured that one night, not too long from now, when the shadows of the late hours cast eerie figures on the walls and the wind howled its forlorn grief outside the windows of my life, I would remember this moment and muse on the Wednesday when God scrawled a message in cement for my hurting soul to see.

Pres

CHAPTER TWO

SUGGESTED TEACHING PROCEDURES:

(Variety is the spice of life. Use as many different approaches in your teaching as the Lord leads you to use. To limit your sessions to the “lecture” method will confine the Holy Spirit and limit the capacity for learning that your students have. There are so many exciting things to do. Write and tell me how the Lord has led you! ☺)

1. Read pp.21-22 in this guide for general suggestions and look over the questions in the **STUDY GUIDE** to determine if you want to emphasize one or two particularly. Be very careful about asking anyone to share an answer on the very personal questions.
2. Listen to the audio selections and decide what to include from the suggestions given.
3. **The Desired Goal** (p.22) is your goal:
To so impact every woman that she will never again doubt that she is loved, not by a person in her private world perhaps—mother, dad, husband, children, friends—but by God/ Jesus. This incredible, incomparable love can never be taken away from her.
4. You’re going to have a hard time deciding just *what* to use in your teaching session today. You have *Patrick’s Story*, *Mason’s Story*, and *Love Set in Concrete*—all beautiful love stories. (*Patrick* and *Mason’s Story* are included in the audio portion. *Love Set in Concrete* is included in your **Supplementary Materials**).
5. Evaluating one’s self-image might be something you would consider important.

Have everyone close their eyes, bow their heads, and hold up their right arm—fist closed. Then ask these questions:

1. How well do you accept yourself?
2. Do you continually find fault with yourself?
3. Could you truthfully say that you love yourself?

As they ponder those questions have them indicate their answer by the number of fingers they extend. Impress on them that no one is going to single them out—no one is going to lecture them personally—it is for their own understanding.

A closed fist means *I don’t like myself at all* and indicates intense stress and difficulty functioning in their world.

One finger indicates about the same thing. It is only a little better than the closed fist and signifies an inability to function.

Two fingers is progressing—but that is still a very uncomfortable, unsatisfactory, and unfulfilling self-image.

Three fingers is passing fair—but still leaves a lot to be desired. This person can function acceptably.

Four fingers means that you’re sorting through past failures and recognizing that there is hope for today and tomorrow.

Five fingers—an open hand means: *“I’m okay. I don’t perform perfectly, but I*

like myself and I have confidence that I'll do better next time around."

6. The statement below would be good for opening the teaching session after the self-image evaluation:

We must come to that point in time when we are willing to admit that our way has been wrong or that we are at least willing to try His way. This is the first step, recognizing Him as your answer, your source. You go to Him with your life—your bucket of ashes—and you ask, "God, can you make this into something beautiful?"

"Yes," He promises, "but you will have to do it My way."

7. Discuss the statement: *Deprive someone of love and you deprive them of the very core of life itself.*

8. Tozer's statement in *TCW* should be emphasized many times:

Nothing twists and deforms the soul more than a low or unworthy conception of God.

9. You might want to save the end of Mason's story (audio) for another time or just listen and have it ready should someone ask you about it.

10. *Mason's Story* should be handled carefully to allow the Holy Spirit to move. Plan carefully to allow enough time for this beautiful love story.

11. Ask the Lord to show you some creative way of reminding each person how loved they are every day. It might be a bookmark or a statement done in calligraphy that states:

I LOVE YOU JUST BECAUSE YOU'RE MINE!

Perhaps you can find an inexpensive charm to show the class members and they could buy it for themselves to wear as a reminder or put on their key ring.

CLOSE WITH PRAYER

NOTE: It would be good to have the two lists of scriptures *Date of My Physical Birth* and *Date of My Birth into God's Family* (in your Teacher's Guide under *DIAGRAMS*) ready to pass out at the end of this session. It is a suggested activity in the *STUDY GUIDE* and having this "loose leaf" will help them complete the suggested plan.

You will notice that I have inserted two figures in your *DIAGRAMS* section for your group to use instead of the green and red paper suggested on the audio download. After you have gone through this exercise by yourself, you will be able to effectively guide your class members. It would be good to have two or three pairs of scissors available.

Supplementary Material

Chapter Three

The Simple Truth

KEY CONCEPT:

Christ is now your spiritual progenitor. You have experienced a new birth. You are now a part of God's family. And just as you had all of Adam's spiritual characteristics when you were in his life, you now have all of Christ's spiritual characteristics because you are in *His* life. Your death, burial, and resurrection with Him—your new life, your new nature in Him—this is His provision for life. Not just a future eternal life, but your life today!

PRESENTING THE KEY CONCEPT:

I have put together an in-depth study for you as you prepare to teach these incredible principles. I pray that these extra pages will give the information you need to seal this Biblical truth for yourself, thus enabling you to share more enthusiastically and effectively with your class. The diagrams may be made into transparencies if you are using a projector in your presentations, or copied for your individual class members should you so choose.

A major portion of your teaching session today will be devoted to your class making their individual envelopes showing their spiritual characteristics in the First Adam and their spiritual characteristics in the Last Adam. This will communicate and solidify these truths more than lecturing. The scriptures are prepared for you, ready to be copied, designating spiritual characteristics from the *First Adam* and from the *Last Adam*. You also have two figures that can be copied for your students if you want to use them. They can be cut out and labeled: Red Man or Green Man; Old (their name), and New (their name), however you want them to do it. You'll have to purchase the envelopes. Remember, do this exercise yourself before class time so you'll have it down pat.

Print *First Adam* on one envelope; *Last Adam* on the second envelope. Put a list of scriptures in the proper envelope. Place "yourself" {figure of woman so labeled} in the envelopes. The green woman (Old Anabel) goes in the *First Adam*, the red woman (New Anabel) goes in the *Last Adam*.

THE DESIRED GOAL:

For your people to grasp the magnitude of the cross—the finished work of Jesus Christ accomplished so much more than our entry into Heaven. To see themselves as new creations—loved, forgiven, holy and triumphant with Christ, Himself, as their very **life**! What a marvelous, priceless goal!

Supplementary Material

Chapter Three

Just Who Are You Anyway?

A most critical step toward understanding and appropriating your daily victory lies in *comprehending* your true identity—who you *really* are. Why is that so important? Because *you will live out whatever you believe about yourself!* You'll keep on using the patterns that *you* developed for meeting life. You'll keep on “walking according to the flesh instead of by the Spirit” (Gal. 5:10).

You see, if you are a believer in Christ Jesus, if you are a Christian, then you have two birthdays: The date of your physical birth and the date of your spiritual birth. And make no mistake—*birth always determines identity.*

I dare say that you do not question the date of your entry into Earth's population. You accept your physical progenitors—your mom and dad—even though they might never have been candidates for “parents of the year.” You accept the circumstances that have molded your character here on this planet and you very readily say, “This is who I am.”

But wait. If you have chosen to “confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead,” you are saved (Romans 10:9). And at that point in time, when you confessed and believed, you experienced another *birth* in your earth-walk and you were *born again*. Your second birth is not like your first birth—it is a spiritual birth. But the fact remains—*birth always determines identity.* Oh, the wrinkles and the lines and the scars are still visible on the outside perhaps, but on the inside, you're *new*. You're different.

This isn't easy to believe or walk in at first. We stare at ourselves in the mirror numerous times every day; we live with our thoughts and feelings—very real to us. But things spiritual, being intangible, are often difficult to apprehend and hard to accept. *After all, I don't look new and I certainly don't feel new!* But comparing the physical with the spiritual is like comparing a dose of cod-liver oil and apples. You believe what the Scriptures teach—not because you can “see” it or “touch and feel” it. You believe it and walk in it because God has said this is the way it is.

When you were born again, you were born into another family—*the family of God*. “But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name, who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God” (John 1: 12-13). Only as you accept this incredible fact will you be able to work effectively on the fleshly patterns that have been seared into your thinking processes through your years of living on Earth. You've been playing a character role all your life, unaware of the truth that you are really someone else behind the scenes of your everyday act.

God says that the old you died with Him at Calvary and that the new you walked out of that dreary tomb in Him.

Romans 6: 4-6: “Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life. For if we have become united with Him in the likeness of His death, certainly we shall also be in the likeness of His resurrection, knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin.”

How do you explain this? Well, you don't insist on explanations. You *believe*. God said it and that settles it. Forget dissecting it and using your magnifying glass to search for evidence that is refutable, refusing to accept something that you don't understand. Do you refuse to use the electricity

in your house because you can't explain it? Do you refuse to get on an airplane because you can't comprehend how that huge, metal thing weighted down with all those people could actually get up in the air? Are you thinking, with just a tinge of pride, *I find it difficult to understand how people believe those passages about the death of the old man and the birth of the new man. I just won't accept something that I can't explain.* Better quit using your personal computer, your automobile or your microwave if that's your standard for accepting the validity of a tenet.

Of course, there are those people who can give you a full explanation of aerodynamics and of how the internet works, but they aren't numbered in the millions. The rest of us benefit from their knowledge. Likewise, there are people who can explain with clarity this mysterious, theological truth. I certainly don't classify myself as one who enjoys a storehouse of theological knowledge, but I believe that God in His grace has revealed to me a portion of this mystery. So, let's begin and see just how you became a new creation with a new identity. We'll draw a step-by-step diagram, knowing that *seeing* contributes greatly to the learning process, and we'll follow the numbers and the lines—(feel like you're back in first grade?)

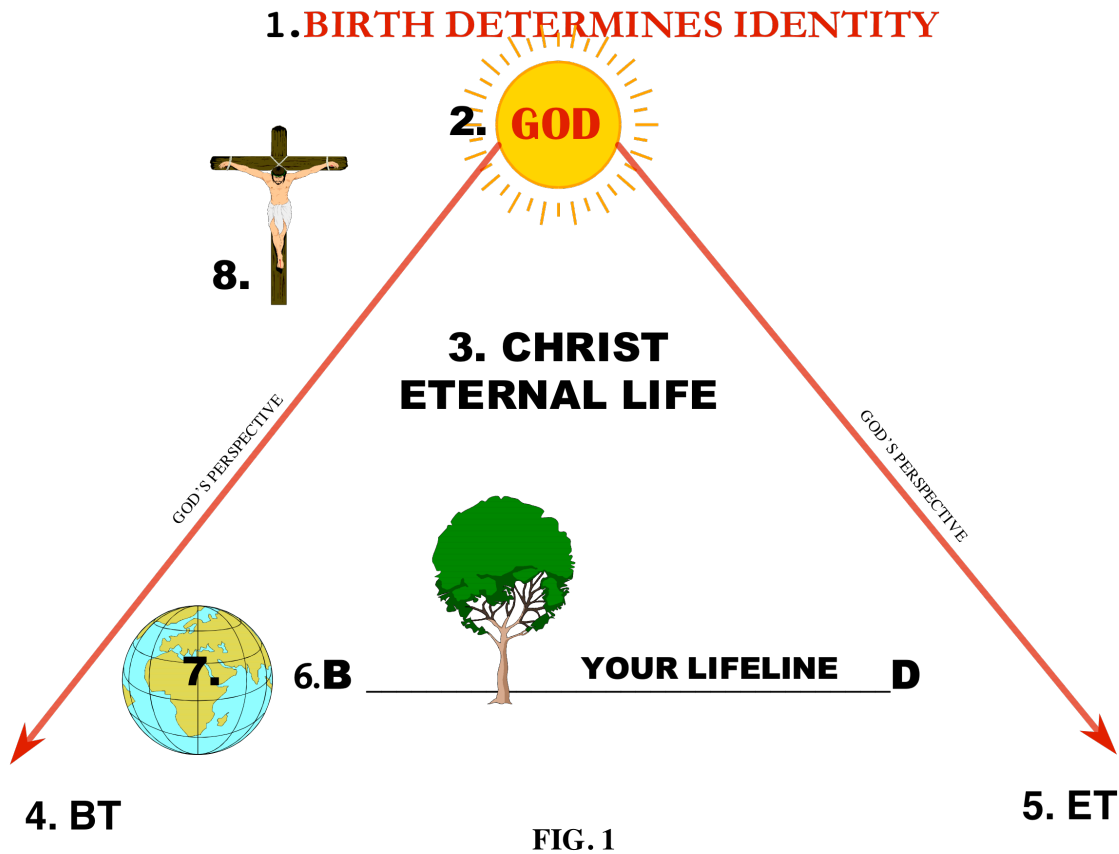


FIG. 1

STEP 1: The first truth to remember is that birth determines identity. Not appearance. Not performance. Birth. As my friend Lee LeFebre says, “A donkey is not a donkey because it hee-haws. *You* can hee-haw. A donkey is a donkey because he was born a donkey.” Can you meow like a cat? bark like a dog? moo like a cow? You’re performing like a cat or a dog or a cow, but your *birth always determines identity*.

STEP 2: God has attributes that we can list, but not necessarily understand. He is immutable. Omnipotent. Omniscient. Omnipresent. (And to think I tried to play God for years—how naive can you get?) And these attributes are not just for the present. He has *always been*. He held the position of God when the Earth was formless and void. So on our diagram let’s give Him the exalted position at the top of the page, where He sees it all.

STEP 3: Encircling God in the diagram with no beginning and no end is Eternal Life—which is found in Christ (John 11:25, I John 1:2). His life lives forever into the past and forever into the future. I’m so glad that I don’t have to understand all of these things. His ways truly are so much higher than ours that we can’t comprehend—and guess what? He doesn’t expect us to understand (Isaiah 55:8-9)! We are so wrong when we try to make Him fit into our neat little boxes of explainable phenomena. Impossible. He is infinite. We are finite.

STEP 4: BT: Beginning of Time. He Himself is time’s Creator, and as such He is in no way governed by it.

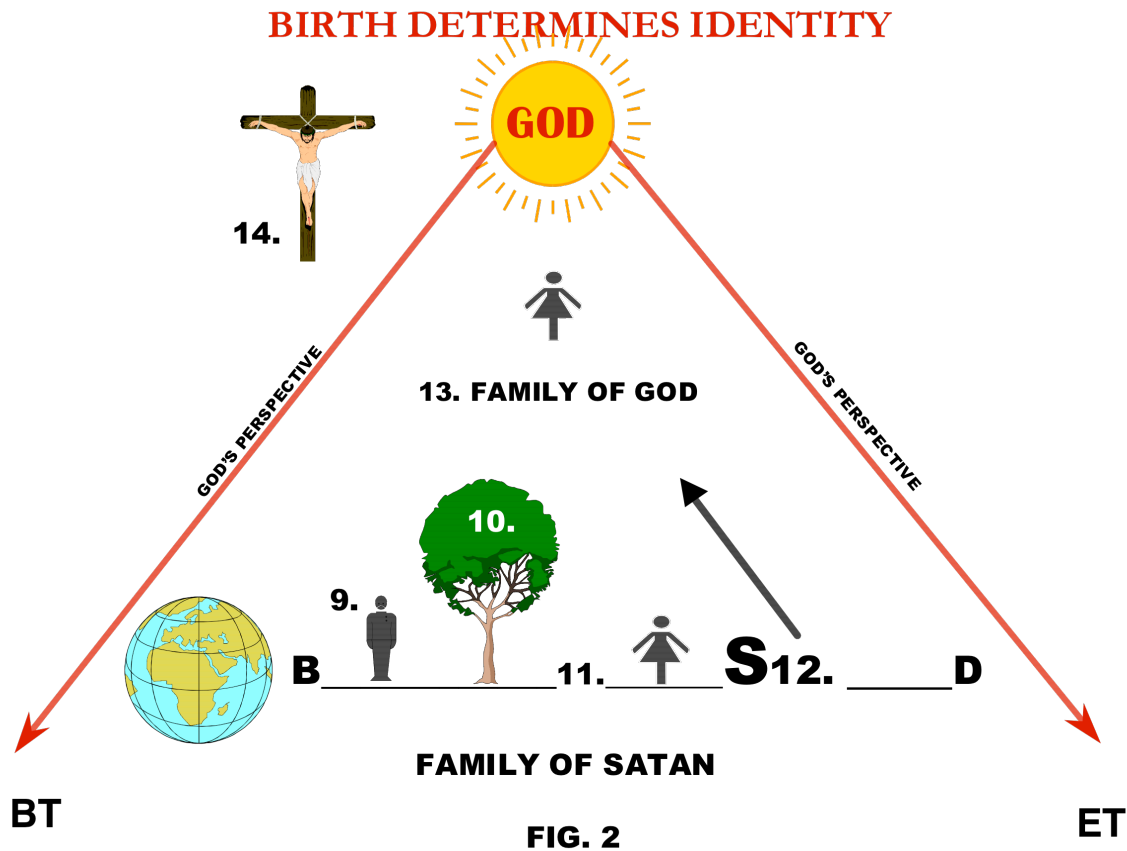
STEP 5: Then there is ET: End of Time. God sees forever into the future. This explains how He could give the Apostle John all of the minute details revealing the catastrophic End of Time in the book of The Revelation where He has given us many details about this formidable and magnificent world event that is to come. Nothing in the end-time is going to surprise Him. We agree with that. But here’s the amazing thing: He still sees forever into the past, too. He isn’t limited by a brain that uses 3% of its capacity, nor is He limited by a Timex as we are. *He controls time*. It’s not the other way around.

STEP 6: YOUR LIFELINE: B (Birth) _____ (Death) D. Seeing that He is timeless and sees forever into the future as well as forever into the past, surely you can see that nothing *we* do is going to surprise Him. Did He see you when you were born physically? Yes. Did He see you when you were spiritually born again? Yes, and He sees the decisions you will make next week, He sees you next year, and He sees your death and beyond. He sees your entire lifeline from the moment of your conception to your last gasp of Earth air, and not one of us can shock Him with our immature, un-Christlike antics. The amazing thing is that He allows us our freedom of choice, letting us, if we so choose, head for brick walls at death-defying speeds. But He is always there to pick up the pieces when we crash.

STEP 7: Jeremiah 32:17 says, “Ah Lord God! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too difficult for You.” And the world was made.

STEP 8: The King James Version refers to Christ in Revelation 23:8 as, “The Lamb slain from the foundation of the world.” So we put the Cross of Jesus outside the line representing the Beginning of Time—before the world was formed—and place it in His circle of timelessness.

Aren't pictures wonderful? What is it they say about one picture being worth a lot of words? If all of that information had just been words, without the drawing, we'd be groping around, shaking our heads with bewilderment. But let's advance to Figure #2, continuing our steps.



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Figure Two to be used in Chapter Three

STEP 9: Into the aura of time steps Adam. He was not born; he was created. “God created man in His own image, in the image of God He created him; male and female He created them” (Genesis 1:27). Adam was created to fellowship with the Lord God. And fellowship they did.

One evening as they're walking together, talking and discussing the events of the day, the Lord points to a tree and says, “Adam, that tree is absolutely beautiful when it begins to bloom. I can hardly wait for you to see it.” They walk a little farther into the Garden and once again the Lord touches Adam's arm and points to a small bush. “The berries on that bush are delectable. Just wait until you taste them.” They meander on through the Garden, reveling in its beauty, talking and laughing together about the different animals and their antics.

And then they come to the center of the Garden and God stops. Adam follows suit and they stand together quietly, Adam sensing that the Lord God is troubled. Then He speaks, almost plaintively: “Adam, don’t ever eat the fruit of that tree.”

“Which one are you talking about, Lord?”

“The one in the very center of the Garden.”

“But the fruit is so beautiful. It looks delicious.”

“It is the Tree of the Knowledge of Good and Evil, Adam. Oh, my dear, dear Adam. Should you ever eat of that tree—well, the day that you do, you will die” (Genesis 2:17).

STEP 10: You know the story. Adam did partake, and from that point on, through the centuries past and into the centuries of tomorrow, mankind chooses to live independently of the Lord. “I know what is best for me. I don’t need to go running back and forth to God, asking His advice or permission. I can decide for myself. I’ll do it *my* way.” Is that a direct quote from your journal? Does it sound very much like what some of the people in your circle of love might say?

That’s the Pandora’s box that Adam opened.

When that event took place, some very tragic things happened in God’s world. Don’t let anyone deceive you, my friend—*God created a perfect world*. The animals were not carnivorous; there were no thorns, no ticks or chiggers, no insects to make life unpleasant; no evil men to kill, maim and rape. We live in a *fallen* world. Those ugly things came about when Adam, the one to whom God had given dominion, turned that dominion over to Satan, who is now ruler of this world (John 14:30). Sin, death and decay entered in through the one man, Adam, and so all men would enter into the world with Adam’s spiritual malady.

“Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned . . .” (Romans 5:12).

“For if by the transgression of the one, death reigned through the one . . .” (Romans 5:17).

“For as through the one man’s disobedience the many were made sinners . . .” (Romans 5:19).

STEP 11: Then came Anabel. I first came into existence in the world of my mother’s womb. I didn’t look very human, did I—being just an insignificant little thing that looked like a seed? But if Marcus and Jeanette Hoyle had aborted that tiny fertilized egg, there would have been no Anabel. That was me—I just needed a few months to grow and take shape. And, after three trimesters, I left the security of my womb-home and came into the world of bees and trees. My mother forced me out—against my will apparently, because I really put up a good fight trying to stay in my safe little haven.

Remembering that birth determines identity, I was born with Adam and Eve’s physical characteristics, but I also had their spiritual characteristics. I was born DOA spiritually: Dead on arrival into the family of Satan. “Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest” (Ephesians 2:3).

So I was born:

1. alienated from God: Colossians 1:21
2. patterned after my spiritual father, Satan: John 8:38,41
3. a sinner: Romans 5:8
4. lost: Matthew 18:11
5. condemned: Romans 6:23
6. spiritually dead: Ephesians 2:1
7. an enemy of God: Romans 5:10
8. a slave of sin: Romans 6:7
9. by nature a child of wrath: Ephesians 2:3

STEP 12: Then one Sunday morning in the First Christian Church of Poteau, Oklahoma, I watched my dad walk down to the front of the church, reach out and grab Sherman Kirkpatrick's hand and accept God's provision for being spiritually dead and alienated. I watched him as he asked Jesus Christ to be his Savior and Lord.

I would have followed my dad most anywhere, but I was twelve years old and I knew the implications of walking down to the front of the church. It was a serious decision. Not one to make just because someone you loved so dearly made it, too. I weighed those thoughts carefully, and then I followed Dad and entered into God's family that day holding his hand. I was converted. I was regenerated. I was *born again into a different family!* I was saved.

God did an amazing thing for me at that moment in time:

"For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son . . ." (Colossians 1:13).

When I am physically "transferred" from New York City to Phoenix, I accept that transfer. I don't keep going back to the same internist that I used in NYC; I don't make regular trips to my favorite little neighborhood grocery store; I don't wear my long underwear, and don't really have a need for my snow shovel. The traffic is almost nil as you compare the two, and I don't have to ride those grimy subways. Things are different for me. I've been transferred.

We must use the same logic with our *spiritual* transfer. Why keep running back to Adam's line and checking to see what I used to be? Acting like I still lived there? I've moved. I've been transferred. I'm a new creation.

For you were formerly darkness, but now you are Light in the Lord; walk as children of Light (Ephesians 5:8).

STEP 13: Spiritually, I moved from Adam's lifeline at the bottom of the page to the curved line representing Christ and Eternal Life. I was transferred from Satan's family to God's family. I'm different. I've been born again—born a second time—spiritually—into an entirely different lineage: God's lineage. *I am a new creation.*

What are my spiritual characteristics now?

1. I, the old I, was crucified with Him: Galatians 2:20
2. I, the old I, was buried with Him: Romans 6:4
3. I, the *new* I, was raised from that tomb a brand new person: II Cor. 5:17
4. Christ is now my life! Colossians 3:4
5. I have Christ living in me: I Corinthians 6:19
6. I am a partaker of His divine nature: II Peter 1:4
7. I am totally accepted: Romans 15:7
8. I ascended with Him: Ephesians 2:6
9. I am loved: John 16:27

STEP 14: There was a tragic incident in Adam's line—a forbidden tree that determined my spiritual identity. A tree of rebellion, of independence and selfishness. A tree that destroyed God's perfect world.

There is also a tree in my lifeline now: A tree with blood stains on it, and it just as surely determines my spiritual identity. It is a tree that epitomized obedience, humility and giving. Two trees. One brought death. The other brings life!

"Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come" (2Corinthians 5:17).

“Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God” (1 Corinthians 6:11).

Do you understand that Adam is no longer your spiritual progenitor? The spiritual maladies that he passed on to you have been dealt a deathblow by Christ. You are now a member of God’s family, with all of the spiritual characteristics that His Son, Jesus Christ, passed on to you. You are in that curved line, reveling in your new identity. No, you don’t fully understand how this transpired, nor do I. Remember the rule: God said it and that settles it—whether we can logically deduce the mystery or not.

I wish I could end the story with that lovely line of fantasy, “And so they lived happily ever after.” I can’t do that. Happiness is a fleeting feeling based upon pleasant circumstances and is not something that God promises to give you. No. He first gives you grace to meet life, and then peace and joy and patience and all of the other fruits that *He* will produce within you—the new creature in Christ Jesus—as you allow Him to be your *life*.

The Lord has good news for you. He has set you free. You are no longer captive to the patterns that have controlled you all your life. He has broken the chains that have kept you in bondage—a prisoner for all these years. Walk out of that dungeon, throw your arms toward Heaven, throw your head back and shout! “Praise the Lord!” Celebrate! You have been set free (Isaiah 61:1)!

Supplementary Material Chapter Three

SHOW YOUR ID

From the Lifetime Guarantee Ministry Letter
February 1996-Volume XX, Number II

It's been some years ago now when I first heard Peter Lord preach his classic sermon, "Turkeys and Eagles." In it he describes an eaglet which is hatched from an eagle's egg placed in a clutch of turkey eggs. This baby eagle is taught by its turkey-parents and peers to scratch in the dirt, emit a screeching attempt at a gobble, and otherwise act like a turkey. As he matures though, while scavenging the soil for his daily food, he looks up at the eagles soaring high above and his heart longs to be one of them. He dreams of what it must be like to live above the circumstances rather than living under them: *If only God had created me as an eagle instead of as a turkey.*

This eagle longed to experience the very identity that God had created him with. But because he received daily feedback from peers that he was a turkey, because he *believed* that he was a turkey, he continued to scratch in the dirt, daydreaming of a better life. God says, "For as [a person] thinks within himself, so he is."¹ *What you believe about your identity will determine the way you live.*

In wartime an agent—posing as a loyal citizen in order to gather information for his masters or commit acts of sabotage—is often smuggled into the country of his enemy. He is driven by two things: His identity and his patriotism for his homeland. Because he knows who he is and is passionate about his patriotism, he is highly motivated to resist being swayed from his purpose. His passion enables him to justify even violent acts which he would never commit in peacetime. *What you believe about your identity will determine the way you live.*

Had we asked Saul of Tarsus to describe his identity we have a written record of how he would have responded. It was recorded by the person who knew him best—Paul: "Circumcised the eighth day, of the nation of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the Law, a Pharisee; as to zeal, a persecutor of the church; as to the righteousness which is in the Law, found blameless."² *Believing* that this was his identity produced Saul's behavior. He was proud to be from the "right" race, family lineage, geographic area; proud to fight for God against the Jesus-lovers and that he'd never, ever sinned. Hey, he never inhaled! However, when Sinner Saul was crucified and reborn as a *new* spirit creation in Christ, God gave him a *new identity: Righteous saint (holy one).*³ *Believing* this and that Jesus longs to express His life through the body of Christ, he began to *act like* Saint Paul.⁴ *What you believe about your identity will determine the way you live.*

"God is Spirit,"⁵ and since He created you in His image⁶ your identity is spirit. *You are a spirit critter who indwells an earthsuit, not a physical critter with a spirit.* The real *you* is invisible inside a dying earthsuit. You are not a mammal; you temporarily inhabit a mammalian vessel. God says the real *you* indwells an "earthly tent" (earthsuit). "For we know that if the earthly tent *which is* (merely) *our house* . . .

¹ Prov. 23:7

² Phil. 3:5-6

³ 1 Cor. 1:30

⁴ Rom. 15:18

⁵ Jn. 4:24

⁶ Gen. 1:27

..”⁷ Your temporal earthsuit is not your identity, gang, your spirit/soul (personality) form your identity, and these are everlasting. Since God gets to make the rules your spirit identity is your *true* identity—now and forever. But the fact of your new identity in Christ will be manifested only one way: *What you believe is your identity will determine the way you live.*

Now, as you marvel over this miraculous new identity that has been bestowed upon you by the unmerited favor of God, how are you motivated to live? As this “saint,” safely tucked away in heaven,⁸ blessed with every spiritual blessing there,⁹ glorying in the presence of God, enjoying an unprecedented intimate, love relationship with Him, how are you *acting* on Earth? Do you live like the eagle you are or like the “turkey” you are not? Are these incredible truths no more than rows of black print on white paper to you? If, on the other hand, you *are* appropriating your true identity, do you selfishly envelop yourself in this truth like a sailor whose ship has sunk might cling to his life jacket while indifferently watching his shipmates drown? Such a life is not Christ in you! Other “swimmers” inhabit your sea—some laboriously tread water *without* life jackets, others laboriously tread water *with* jackets, but don’t know how to inflate them. Jesus said His yoke is easy and His burden light, but these Christians are sinking. As God provides the opportunity, are you a living sacrifice¹⁰ through whom Christ can share with those without life jackets the miracle of how He will change their identity? In addition, many of your Christian friends are clueless about their identity. Do you share the words or materials which will equip them to cast their burden on the Lord?¹¹ What is your passion? Is Jesus serving others through you beginning with your family? *What you believe about your identity will determine the way you live.*

Your heart, *what you are passionate about*, is the dynamic that motivates you. All who are born again have a desire, a longing, to please Christ by their actions. Those who are of Christ have been given a *Christ-like heart*.¹² Ask God to reveal to you the transplanted heart He has given you.¹³ An inner *yearning to obey Christ* is His sonogram of your heart, your proof. If you have such passion then step out on faith and begin *acting* like Christ is living through you. You’re an eagle, not a turkey. *What you believe about your identity will determine the way you live.*

One of the reasons you exist is to glorify God on Earth. This means living to enhance His reputation among those around you, especially at home. You can accomplish this *only* by allowing Christ to do it *through* you, by faith. You are to *act like* a marvelous, godly, new person, *an extremity of Christ’s body through whom He expresses His life*. To do otherwise is to deny your identity.

Bill

⁷ 2 Cor. 5:1-2

⁸ Eph. 2:6

⁹ Eph. 1:3

¹⁰ *ibid*

¹¹ Ps. 55:22

¹² Heb. 10:16

¹³ Ezek. 36:26-27

CHAPTER THREE

SUGGESTED TEACHING PROCEDURES:

(“Lord, guide me as I prepare to teach this lesson. It is such an important chapter. I don’t fully understand the things I’m going to be teaching! But I believe—firmly—that You will guide me as I trust You. Thank You.”)

1. I would suggest that you read the **Supplementary Material** several times, listen to the teaching segment for this chapter several times, and complete the visual presentation yourself—several times. Time this activity so you will not be rushed. This is a very critical chapter as we lay the foundation through scripture for teaching the death of the old man and the birth of the new man. **Take your time.**

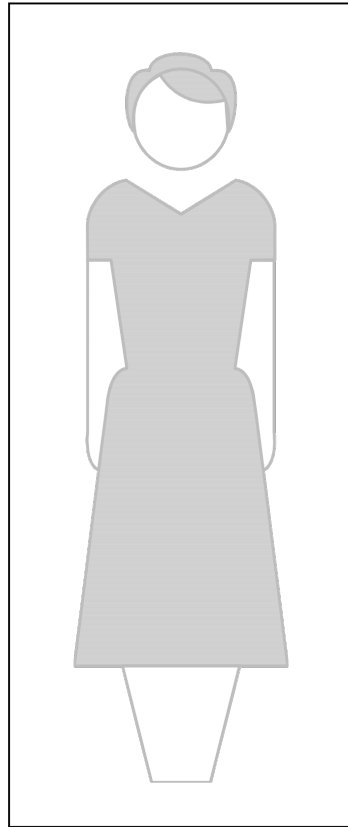
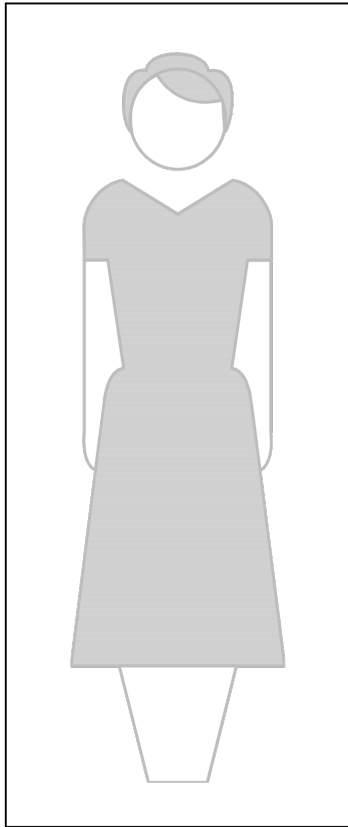
2. Read carefully the questions given in the **STUDY GUIDE**. Choose two or three that you think would be profitable for discussion later on.

These are difficult concepts because they veer radically from the *traditional* views most of us have heard during our Christian pilgrimage. You will probably have some questions from your group.

Ask your class members to **hold their questions** until you have presented the material and have completed the visual presentation that they are to do after instruction is given.

Don’t be afraid to say, *“This is a new concept for me, too, and I’m not sure I can answer that question. However, I’m confident that these truths will become more understandable and acceptable to us as we continue our study. Don’t give up and say, “I disagree”—but don’t blindly agree either. Listen—ask—and pray for insight. We are to test everything by the Word and the inner witness of the Holy Spirit. This speaks truth to me and I’m anxious to know what Anabel has to say.”*

CLOSE WITH PRAYER



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Cut outs to be used in Chapter Three

Date of My Physical Birth:

Because I was born in Adam, I received the following spiritual characteristics from my *spiritual father, Satan*:

- Matthew 18:11
- John 8:38
- John 8:41
- John 8:44
- Romans 5:8
- Romans 5:10
- Romans 6:17
- Romans 6:19
- Romans 6:23
- Romans 8:2
- 2 Corinthians 4:4
- Ephesians 2:1
- Ephesians 2:3
- Ephesians 5:6
- Ephesians 5:8
- Colossians 1:21

These spiritual characteristics became mine, through my spiritual progenitor, Adam, when I was physically born.

Date of My Birth into God’s Family:

The spiritual characteristics that I received at my physical birth ceased to be mine when I accepted Christ, dying with Him, being reborn into the family of God, and claiming Christ as my spiritual progenitor.

The following spiritual characteristics became mine when I was “born again,” when I was born from above into God’s family.

- Ezekiel 36:26-27
- Romans 6:4
- 2 Corinthians 5:21
- Galatians 2:20
- Romans 8:1
- Romans 11:16
- 1 Corinthians 2:16
- 1 Corinthians 6:11
- 1 Corinthians 6:19
- 2 Corinthians 2:14
- 2 Corinthians 2:15
- 2 Corinthians 5:17
- Ephesians 2:5
- Ephesians 2:6
- Ephesians 2:19
- Colossians 2:10
- Colossians 3:3
- Colossians 3:4
- 2 Peter 1:4
- 1 John 4:10

This is who I am now *in Christ Jesus*. I confirm this and choose to walk in my true identity from this day forward.

Signature: _____

Date: _____

Supplementary Material

Chapter Four

Reprogramming Your Personal Computer

KEY CONCEPT:

You leave your old identity behind. The patterns you developed as you interacted with the people in your world and your environment throughout the years, what happened to you in your past, you choose to leave that behind and begin to learn, to discover, who you became when you were reborn—*who you are now*.

PRESENTING THE KEY CONCEPT:

I will very often choose one woman, secure in her relationship to Jesus Christ, and say this to her with direct eye contact: “I don’t know everything that this woman (her name) has experienced in the world. I don’t know her flesh patterns and what she believes about herself. But I daresay that I *know* this woman (her name) better than she knows herself. You see, she knows herself from the feedback that she’s received from other people in her private world. She knows herself through the events of her past. She is stained from a fallen world. I know her as my dear sister in Christ Jesus, a new woman, a saint now, holy, blameless, standing before God with nothing He can even chide her for! She is altogether lovely, totally forgiven, the righteousness of God in Christ Jesus, the partaker of His divine nature, a daughter of the King, a sibling of Jesus Christ with an inheritance beyond her comprehension and loved beyond her most elaborate dreams. And for every person in this room who has accepted Jesus Christ as God’s gift and God’s provision for life—the same is true about you.”

Make plans to use the flesh inventory. You might have them write down those patterns that they see in their life using the 1-10 scale as suggested. In a counseling setting, when a woman would bring back this list of flesh patterns with five or six checked as her only patterns, I would have her take it back home and do it again. Stress that *this is only flesh! This is not a description of the person! We KNOW who we are now—in Christ Jesus*. He will work with us in overcoming our flesh patterns—but we need to “fess up” and agree that we have some things that need attention.

You might want to take some time and have each student begin highlighting all of the scriptures under **My True Identity** in their Bibles. Designate a color specifically for your IN CHRIST verses. Show them how to “chain” the verses. On the back cover or front cover of your Bible, record the very first verse in chronological order to begin your chain: Jot down the reference for the next verse in the list in the margin beside the very first verse. That way, they will be able to take their Bible and find these verses regularly. Remember, repetition is one of our most effective teaching methods. They have been “brain-washed” for years with negative patterns. Let’s reverse that order and “brain-wash” ourselves now with who we *really* are!

Shotzje’s Story would be fun to listen to. It’s on your audio portion of this study.

The story of *The Worm With Wings* makes a good closing. Add your touch and explain about caterpillars and the chrysalis and pupa. You might want to name your class, “The Butterflies.” ☺ Or you might want to find small butterfly pins or butterfly stickers for each student. Visual aids communicate so effectively.

Use *Thinking Through Our Thinking Processes* wherever you would like to use it: Perhaps at the very beginning of a class period later on.

You might want to have copies of the diagram for John 14:20 to hand out this week so they can complete this visual aid during their study time for Chapter Six.

THE DESIRED GOAL:

Once we choose, by faith, to apply these simple, basic truths, to practice them in our mind, *a profound transformation will begin to take place.* This is our goal: A profound transformation. Read the paragraph beginning: “These are such simple . . .” This is our prayer. It IS the key to living!

Supplementary Material Chapter Four

THINKING THROUGH OUR THINKING PROCESSES

1. OUR THINKING PROCESSES ARE LARGELY SUBJECT TO THE LAW OF HABIT.

Write down five negative thoughts that are “habitually” in your thought processes.

(1)

(2)

(3)

(4)

(5)

2. The danger in our spiritual lives is that we do not think “*godliness*”.

WE LET IDEAS AND CONCEPTIONS OF GODLINESS LIFT US UP AT TIMES, BUT WE DO NOT FORM THE HABIT OF GODLY THINKING.

Write a paraphrase of this statement. What does it mean to you?

3. THINKING “*GODLINESS*” CANNOT BE DONE IN SPURTS; IT MUST BE A STEADY HABITUAL TREND.

List ten *godly* thoughts that you should be setting your mind on habitually.

(1)

(2)

(3)

(4)

(5)

(6)

(7)

(8)

(9)

(10)

4. GOD DOES NOT GIVE US OUR PHYSICAL OR OUR MENTAL HABITS. HE GIVES US THE POWER TO FORM GODLY MENTAL HABITS AS WE CONTINUALLY CHOOSE THOSE THINGS ON WHICH WE SET OUR MIND.

Paraphrase this statement very personally—as it relates to you. Use first person pronouns. Be explicit.

The Worm With Wings

From: *A Stillness in the Storm*

*If therefore the Son shall make you free,
you shall be free indeed.*

John 8: 36

The yard is one of my "therapy clinics"—one of my favorite, fun things to do. (What *do* you think about when you're digging holes for the jasmine shoots or pulling up weeds?) I always wind up with dirt caked on my hands and knees, dirt under my fingernails, and with a respectable amount on my face and in my hair. The dirtier I get, the more fun it is! (Small wonder the boys loved to play in the dirt—and still are drawn to the messy stuff!)

I was undergoing my "yard therapy" one day when suddenly my peace and quiet were interrupted. Someone—somewhere—was unhappy and was being very verbal about it. Whoever it was, his grumpy whining was ruining my hour of much-needed solitude.

Investigation and confrontation were in order, so I followed the disagreeable sounds until I spotted the culprit. *It was a butterfly*—talking to himself! I stood there listening to him rant and rave. He was lamenting his woeful, miserable condition.

“Messy stuff. Sticky—yukky! I hate it! I can’t go anywhere—can’t see anything but *trees! Trees, trees, trees!* I don’t like leaves—I’ve never liked leaves and I never will! A steady diet of *leaves*—all one color—*green*—and I hate *green!* Oh, why am I here? What have I ever done to deserve this? I am so unhappy. How I’d love to soar with the wind, but here I am—stuck in a stupid *tree!* Am I expected to eat the whole thing—*leaf—by leaf—by leaf?* Look at those beautiful flowers over there. (Sigh.) If only I could taste the nectar. It would take me two days to crawl down out of this tree and get over there to where they are. I’d starve to death on the way! Ahhhh—the life of a worm is not a happy one—depressing and confining. But then, God made some vessels for common use—and I guess that’s me—common.”

I walked over, stood very close to that disillusioned little butterfly and said to him, "You silly old thing. Acting for all the world like you're a worm—eating worm food and wishing you could take the wind to any flower your heart desired. And you believe that this is your God-given fate! That this is what God *means* for you to do? What! Have you never realized God gave you wings? That all you have to do is spread them and fly? Don't you know who you are? You are a *butterfly!*"

Like the butterfly I find
I can no longer stay behind
the self-made walls
of my own apprehensive fears,
behind the crust of my old cocoon.

Because of Him I am free
to break through the walls that once were me
and to soar into
God's dimension.

*But you are not like that,
for you have been chosen by God Himself --
you are priests of the King,
you are holy and pure,
you are God's very own --
Once you were less than nothing ...
Once you knew very little of God's kindness;
now your very lives have been changed by it.*

I Peter 2: 9-10

Oh, by the way, from one butterfly to another: Would you like to go flying with me this afternoon?

CHAPTER FOUR

SUGGESTED TEACHING PROCEDURES:

(Please remember that these are “suggestions” for presenting the material to your class. There will be certain points that speak to you that I’ve not even mentioned. Use your thoughts instead of mine. Perhaps I’ll give you some tips that will enhance your teaching, but don’t worry if you and I take different rabbit trails.)

1. Read the **Supplementary Material** to begin preparation. The ideas given there will more than fill the time set aside for your class.

(1) Introducing the class to one woman as suggested under **Key Concept**.

(2) Concerning the *Flesh Inventory*: Question #11 of the **STUDY GUIDE** has been answered during the week. Call attention to this. You might share your own flesh patterns (don’t be embarrassed—it’s just the flesh!) and emphasize over and over that we **know** who we are in Christ. These are merely patterns that we have lived in for so long that we think, “This is just the way I am!”

(3) You might like to reproduce *THINKING THROUGH OUR THINKING PROCESSES* and have this as an added learning tool. I would suggest that you do this together as a class. You will have students that will freely share—don’t put anyone on the spot but let it be a voluntary time of sharing.

(4) Showing your class how to “chain” verses as suggested in your **Supplementary Material** would be valuable.

(5) *Shotzie* would be a fun opening for you, however, you might want to save it for the next session. It complements both lessons. Listen to the story, look over the material for Chapter Five, and see where you think it will be most effective. Stress the point that Shotzie “took advantage of the fence.” Ask how that applies to you and to me.

(6) You might like to close with *The Worm With Wings* and have butterfly stickers for everyone. Let the Lord lead you in creative ways to make these truths meaningful and enduring for your dearly loved class members.

CLOSE WITH PRAYER

Note: You might like to order several of the booklets, *A Study of the Mind*, to make available to your class. Read it yourself, so that you can encourage the members to purchase one for their personal use. This is an excellent supplement for Chapter Five and I have suggested that you use it in your teaching for Chapter Five.

Supplementary Material Chapter Five

Steps and Exits

KEY CONCEPT:

Satan's game plan hinges on deception, and his goal is singular: *To keep us from experiencing the life that is ours in Christ, and to prevent us at any cost from realizing true peace and victory.* He accomplishes this goal through our thought-life. We do not generate sinful thoughts in our sound mind—we *receive* them and choose to act on them or to refuse them.

PRESENTING THE KEY CONCEPT:

The stories in this chapter will be remembered as the students read the material before coming to class. I have included two other stories that have great impact. You might want to share one or both of them: *The Struggle* and *Amy's Story*. Either of these will relate to many of the women in your group. Perhaps you have someone in your class who could "tell" these stories as though they were her own testimony. Drama is well received, so ask God to show you how to include others.

Go through the scriptures that tell us about our enemy, Satan.

The Other Side of the Fence, Shotzie's Story, is recorded on audio. This would be a fun piece to listen to during your class time and the application is great!

Be aware that spiritual warfare will be rampant as you teach today so expect interruptions and absentees. Satan does not want this inflammatory material uncovered. It means humiliating defeat for him. As I very often say, "I have stripped Satan naked before you." His bravado—his ego—has suffered greatly!

THE DESIRED GOAL:

To expose Satan. To alert your women to how he works in their lives and in the lives of their loved ones. I firmly believe that as this principle is taught and appropriated that a weapon will have been placed in the hands of your students that will change their lives.

We are not capable of generating virgin thoughts of evil with our new, sound minds. We receive thoughts that originate with Satan and act on those thoughts because we do not know how to fight the enemy. We do not know where the thoughts are coming from. We are deceived into believing that these are *our* thoughts—that this is some "evil side" of us—the bad dog versus the good dog story—which is a lie perpetrated and perpetuated through the evil intelligence of Satan.

Supplementary Material Chapter Five

SCRIPTURE VERSES PERTAINING TO SATAN

Matthew 4:3 : Murderer
John 8:44 : Liar, Murderer, Father of lies
John 12:31 : Ruler of this world
John 17:15 : Evil, Wicked one
II Cor. 4:4 : God of this world
II Cor. 11:14 : Angel of light
I John 5:19 : We are of God, the whole world lies in
 the power of the evil one
Revelation 9:11 : Destroyer
Revelation 12:9-10 : Deceiver, Accuser
Revelation 20:2 : Dragon, Serpent
Revelation 20:7-8 : Deceiver

Supplementary Material Chapter Five

THE STRUGGLE MARILYN'S STORY

From the Lifetime Guarantee Ministry Letter
November 1990, Volume XIII, Number XI

“Struggling to rest” is a paradox. Yet that paradox unlocks the door marked EXIT when we’re searching for the way out . . . when we’ve come to the end of our resources. Learning is always a process of experience and there were many times when I thought I could never learn the art of resting, but God was faithful. He allowed me to struggle and to keep on struggling until I came to the utter end of myself, until I would follow facts instead of feelings, until I learned to lean entirely upon Him.

Satan first trapped me through the fear that I had cancer. I had two small boys, five and seven, who needed me, and Satan used that love for my children to snare me. I could not put their welfare into God’s hands. After about nine months of steady worry the mental battle spilled over into physical symptoms. My heart began “skipping beats,” and that gave me something new to worry about. When I finally completed tests that convinced me there was no cancer, I thought I could go back to my serene life. But my problems had just begun.

I had done deep damage to my subconscious mind and to my emotions through those long months of obsession with what I imagined was my impending death. “Grand Canyons” of fear had eroded into my thinking processes, and even though I *knew* I was healthy, that logic was not enough to convince my emotions. So a discrepancy between my mind and feelings developed that led me to other problems and worries. When my heart raced for two weeks and no logical reasoning could stop it, I began to fear I had a mental or an emotional problem.

One thing led to another until the original fear of cancer had nothing to do with all the other fears I was living with. Everyone considered me a confident, capable, outgoing, “in control” kind of person. And that’s the way I saw myself. I had never been depressed and anxiety had always been someone else’s problem. This was all so new and foreign to me that, as a result, my frustration and fears intensified greatly. I learned to live with panic just below the surface and that led to fear of panic attacks. I would steel myself to avoid them . . . especially in public. *How do I know when it might happen? What might happen? What would I do? Pass out? Go berserk? Start screaming? Lose complete control? Lose control of myself?* Even the thought caused me to close my eyes and shake my head in disbelief and my face to flush with embarrassment.

The road I traveled took five long years from start to finish. The proverbial straw that broke the poor camel’s back came one day when my darling little five-year old was babbling on and on and I wanted a little peace. I meant to think, *I wish you would be quiet for just a little while*, but instead the thought came, *I wish you were dead*. I was appalled! Where had that thought come from? I was so terrified that I began trying to control my thoughts, watching, waiting for a thought to come that shouldn’t be there; concentrating on the depressing, frightening thoughts that would flood my thinking. Satan, seeing the opening, accelerated the mind games he was playing with me and for a year I wasn’t able to look at my little boy without experiencing terrible compulsive thoughts. The horror that I lived with is indescribable. Suicidal thoughts began plaguing me and there was no one I could talk to. There was no one in whom I could confide. Who would understand a mother—especially a Christian mother—with thoughts like mine, even if the thoughts were abhorrent to her?

I was convinced that I was losing my mind and descending into mental illness . . . that it was only a matter of time until I would have to leave my wonderful husband and precious boys and be placed in an institution. Every morning I awoke with that heavy all-is-hopeless feeling. Oh, there were some days when it would gradually get better, but those days were sparse, few and far between, and every morning there it was . . . back on my chest again. Meanwhile, my life went on and no one suspected there was a problem. I took the boys swimming. I went to church. I went through the motions of being a wife and mother. I wore a mask to preserve my dignity . . . to hide my fear . . . to protect the image I had built so carefully.

But I finally gave up. I told God I would accept a mental breakdown if it were truly His will, if something good could come of it. The deciding turnaround came when I first encountered your teaching. It was then I began to understand that I was not losing my mind but rather that my poor mind was exhausted from fighting battles on so many fronts . . . *battles that were not mine to fight*. I began to understand that those mind-battles were from my enemy, Satan. (I never dreamed that he was serving up those defeating, horrible, suggestive thoughts to me with first person singular pronouns. I believed they were my own thoughts.) It was only when I reached a point of complete defeat that I began to comprehend what God had been wanting me to understand through those traumatic years—the secret of living each day: *My victory in life and over my enemy lies only in resting in Christ's ability to fight the battles for me . . . through me*. But resting in Him meant relinquishing my hold and that's a frightening thing for a person who has always been in control.

Moment by moment I began to practice setting my mind on the truth, even though my emotions told me the opposite. Day by day, a thousand times at first, I would say—as those feelings of despair would sweep over me—“It's not my problem.” That became my battle cry . . . over and over again. “It's not my problem. It's not my problem.” Often it did nothing for my surging emotions, but I said it anyway. I saturated my mind with God's Word . . . and guess what? The truth of those words began to seep down into my sick, tired, hopeless inner being. Very gradually I realized that I had begun to walk up the long road to health and healing.

On one of my many “backset” days, I said to God, “You could lift me out of this valley and up on the mountain top in a moment. Why don't you do it?” He answered into my thoughts, “Yes, but the next wind would blow you off into another valley, and you wouldn't have any idea how to get out again. Just stay with Me and we will walk out together, slowly, to the top.” I protested, “But Satan will be hidden at every corner.” Then God answered, “Yes, but I'll be there with you, holding your hand. **Remember, the battle is not yours. It's mine.**”

So we walked together, day after day, with me doing nothing but focusing my mind on Him, on His truths, and saying each time Satan tried to attack, “This new trick you're trying—or the same old thing—is not my problem. God will handle it.” Then I would go on with the day's business that God had truly given me to do. The anxious moments got further and further apart, the bad days less frequent, the panic attacks less potent (I actually became unafraid of them) the obsessive thoughts mere memories that held no emotion.

I imagined myself in a small boat with God, riding an ocean of emotional turmoil. I accepted the waves and storms for as long as God would allow them, all the while resting in my little boat of safety, letting Him do it all for me. *Struggling to rest* in Him . . . isn't that the answer for all of us? The key for the door marked EXIT . . .

This is the first time I have ever written these things down, and they have brought tears of gratitude to God because I have been TOTALLY free of anything I've described for NINE years. Life has had its ups and downs, of course, and stress in my days causes me to remember the lessons I learned. I know that Satan was lying to me all along. I

have lived a healthy life and been allowed to “mother” my sons, who are now nineteen and twenty-two and don’t want much “mothering” anymore. If my testimony will help someone, feel free to share it.

Scripture References: II Chronicles 20:15 (b), II Chronicles 20:17, Psalms 46:10, Proverbs 4:20-22, Isaiah 26:3-4, Isaiah 30:15 (b), Isaiah 41:10, Jeremiah 32:27, II Corinthians 12:9, Philippians 4:6-9, I Thessalonians 5:24.

We gratefully acknowledge the author of this letter and her willingness to allow us to adapt the contents for use in this article.

Supplementary Material Chapter Five

AMY'S STORY

Ministry Letter of Lifetime Guarantee
April 1995, Volume XVII, Number XIII

Tell me, Brian, how did you overcome your drinking problem?

Total abstinence. It's the only way.

How about you, Eddie, how did you give up on smoking when you decided to break the habit?

I banned cigarettes from my life and took up the peppermint pattern.

And you, Carrie, how did you manage to gain control over your problem with overeating?

I did the same thing, Anabel. Banned food. Total abstinence. I've been problem free for three years. It really works!

Hardly! One of the most difficult “flesh” patterns to deal with is overeating. You can't do the peppermint routine or apply the just-don't-take-the-first-sip remedy. As an overeater, you, of necessity, “fall off the wagon” at least three times a day—and commitment to total abstinence is not a viable option. True, the problem would be defunct, but so would you!

You know, running the rapids of the Colorado River sounds exciting. I can read a lot of books about it, watch some movies and visit the area, but it would probably be a lot more insightful to talk to someone who has really performed this awesome feat.

There are thousands of people who struggle with their weight. For a small minority of them, it's a physical disorder. They work with their doctor to deal with the problem. For most of them, it's a pattern they have developed in their life for meeting circumstances. It's to this group that I'm writing. I could give you my thoughts, but let's talk to someone who knows about—from experience—“running the white water” of overeating.

Can you put your finger on the time when you started drastically overeating, Amy?

Definitely. It was when I got married.

And do you know why you did this?

Another definitely. I was very insecure . . . in many ways. I was insecure in my ability to perform as a wife; insecure in my husband's acceptance of me and his love for me; insecure in acceptance of myself.

Do you know where this insecurity came from?

May I say “definitely” again? I was sexually, verbally and emotionally abused by the men in my life as a child. So, I was scared of men . . . scared of sex . . . scared that I couldn't converse with a man in more than monosyllabic words. I guess I would have to say I was less scared of my husband than other men, so I said “yes” when he asked me to marry him. Marriage would bring me security. . . I thought.

Was your husband tender to you? Did he meet your 'love' needs? Did he know how to interact with you? Was he secure in his role?

Heavens, no! His closet is crammed full of skeletons just like mine. He's got walls that you wouldn't believe! So, eating quickly became a comfort for me. It was a pleasant experience in the middle of a lot of unpleasant experiences. It filled the void for tenderness and attentiveness that was there because of my poor relationship with my husband. And I viewed eating as a reward. Of course, I

gave the reward to myself, but everyone needs just a little encouragement, Anabel. I wasn't getting any from him, so I found a way to give it to myself . . . from myself. Better than nothing . . .

I understand. Let me ask kind of a mundane question, but I'm interested. Do you enjoy shopping?

Not for myself. I go to the *Fulber Fashions for Larger Women* store. I don't mind anymore. I lied about where I bought my dress the first time I went to the *Fulber Fashions* though.

What about your self-image?

It was all right. You see, when I stood in front of the mirror I never looked below my shoulders, so I never saw anything wrong. I refused to accept the problem. I know. I was in denial, but don't a lot of people deny their problems?

How many face the mirror and say, "You are a despicable gossip and your temper is vile." Or, "You are the most conceited person I have ever known, and you are indulged and selfish." It's just that my problem was so evident to everyone. You've heard the saying about the person who is overweight? What you do in private is there for everyone to see in public.

How about your family? your husband? your kids? What was their attitude?

Oh, I have missed so many "fun" times with my boys, Anabel. I was too fat to go with them. I couldn't roller skate or climb the hill. I couldn't play catch or ride bikes. I baked cookies and pies and then I ate them. But I can't think about that. They're ashamed of me . . . not that they tell me that, but I can sense that they're embarrassed when I'm around, and they never invite their friends over to the house.

Let me interrupt. So you get emotionally upset when you think about the boys—right? What do you do to alleviate that emotional distress?

You know what I do. I head for my "comfort zone" in the kitchen. I do what I learned to do when I got married and was emotionally distressed. I eat. It takes my mind off the unpleasant things. It's something nice that's going to happen to me. It eases the hurt, Anabel. It makes me forget. It's my one source of comfort. It's a vicious cycle, but one that I've lived with through many, many diets and downtimes.

Do you have any problem with being in a group of people?

Yes, I'm self-conscious in a group and, depending on the group, I'll try to fit my personality to what they want me to be. I can go from being effervescent to hiding in the restroom in a matter of minutes.

But you asked about my husband's attitude, Anabel. It's negative. He tries to hide it, but there was one time when he just couldn't and I shall never forget it. We had gone out for the evening to eat, without the children. A special time. I was dieting, without much success, but I was really trying, so instead of ordering a steak, the specialty of the house, I just ordered a salad. My husband looked at me and all of the disgust and disappointment that had been building for years was in his face. How many times had he chosen a special place to go, wanting to share the "steak" . . . only to discover that this was the day I had decided to start another diet or to "really control my eating." I was devastated.

Do you try to please your husband or work at your marriage?

I've been married 28 years and just in the last six months have I begun to accept the reality that I'm not the wife my husband needs me to be. I've centered in on how hurt and rejected and neglected I've been and haven't given much thought to him and his needs. I had never really labeled my overeating as self-centered and selfish. I justified it as a survival technique. I'm seeing it for what it is and I hate it. It's no fun being fifty or seventy—or more—pounds heavier than I should be.

For all of these years I have been communicating to him, "I do not trust you. You're a man and men are no good. You say you love me, but you certainly don't act like you do."

And, I don't trust God. I've put Him in the same category as all the other men in my life. I can't trust God to give me what I need—I can't trust Him to be my source of comfort and love—I can't trust Him to give me the discipline to take care of my body instead of abusing it like I do.

And Anabel, I believe this pattern stifles any God-given gift. I'm too preoccupied with myself to be obedient when God tells me to do something. So I don't walk in the Spirit. My "flesh" is controlling me all the way . . . what I say, where I go, my friends, my ministry, my thought-life. There's one thing that controls me . . . food. I guess that makes food my "god", doesn't it?

There are probably as many reasons for building a pattern of overeating as there are people who struggle with it—but there is one permanent answer for successfully dealing with the pattern. Just as there is one permanent answer for the pattern of depression or inferiority or anger or any other pattern that controls you. That answer is this: When you become a Christian, Jesus Christ comes to live inside of you. He, and He alone, can live through you to overcome your unique flesh problem. It means that you are now totally accepted and unconditionally loved because of who you are IN Christ Jesus.

And just what does that mean?

It means that you are the temple of God and that you will not deliberately destroy that temple by abusing it through overeating.

It means that Christ living in you will say "no" to the thoughts that lead you to the chocolate chip cookies or to the donut shop when you're all alone.

It means that He wants to be the power that controls this desire.

It means that you are a visible picture to the world of a Christ who is competent to control or a visible picture to the world of an impotent Christ who cannot control.

It means that you have been set free from the events of the past that have programmed you . . . no matter how tragic they might have been.

It means that you don't have to fill a "love" void any longer. Jesus loves you more than you ever dreamed anyone could love you! Walk in that love. Let it fill your mind and flow through your body.

It means that you don't have to perform for people anymore. You don't have to try to be what they want you to be. You ARE accepted—totally—by Christ.

It means that Christ is to be your refuge, your source of comfort, strength, peace, release, encouragement and love.

*It means that you must not seek a solace other than Christ, and that anything you do to supplant His place in your life is wrong. Easy to say? Yes. Easy to apply? No. Successful? Yes. Hard to do? No, not hard—impossible. Only Jesus, the One who loves you and lives within you is able to overcome overeating. That's the reason you must let Him do it for you, through you. Overeating isn't the cardinal sin or the ultimate flesh pattern, but it is one of the patterns—among all of mine and yours and everyone else's—that imprisons us, brainwashes us and keeps us captive. Jesus shouted, "I have come to set the captives free!" Let Him set **you** free.*

*Lovingly,
Anabel*

CHAPTER FIVE

SUGGESTED TEACHING PROCEDURES:

(Be prepared for some heavy warfare as you begin studying Chapter Five. Satan would love to distract you, to cause you to despair, to disagree, to deviate from the truths that are presented. Be sure your armor is in place!)

1. Reread Chapter Five as you begin your preparation. This is such an important teaching! Freedom is within our grasp and Satan despises for us to walk in that freedom. He will do everything he possibly can to discourage you as you prepare. **Recognize** his attempts and **refuse** to allow him to do this to you. **Reckon** God's power to be your source of wisdom and strength and **rest** in the knowledge that you are **in Him** and that **He is in you**.

You have just employed the technique given for defeating Satan's plan.

2. The two stories, *The Struggle* and *Amy's Story* are excellent resources. You might ask someone to record one of these for you—or present it as personal testimony. These are actual testimonies from women who have been attacked by Satan in their thought-life, just as is taught in the book.

3. Observe yourself through the week. I believe you will experience episodes that you can share with your class as illustrations of the teaching. God will do that for you.

4. Looking up the **SCRIPTURE VERSES PERTAINING TO SATAN** and reading them in class would be helpful.

5. Complete **the STUDY GUIDE** lesson for this chapter. There are several questions for discussion that would give insight into the teaching.

6. Refer to the **SURVIVAL KIT** on p.22-24 of the booklet, *A Study of the Mind*, and share these ten suggestions designed to help in finding a way to set your mind on Christ and begin the process of transforming and renewing your mind.

You might find other material in this booklet, *A Study of the Mind*, that you would like to emphasize in your teaching hour.

CLOSE WITH PRAYER

Supplementary Material

Chapter Six

Love Letters and Envelopes

KEY CONCEPT:

John 14:20 is an incredible picture of God and His relationship with you! Just **look where you are!** Secure. Safe. Sheltered. Hidden. Surrounded by love. And within you is a formidable power that is a proven power—to meet the circumstances that come into your life. You don't have to face the tribulation and trials, distress and frustration that come. He **will do it all for you.**

PRESENTING THE KEY CONCEPT:

Draw up two or three hypothetical settings for your class to “use” their imaginations. For example: An intruder in the house at 2:00 a.m. and you're by yourself; a camping trip and you hear a bear outside your tent; an “unbelievable price” dress that's gone when you go back to get it and you find your best friend hurried faster than you did; relatives dropping in unannounced and you've been working in the yard all day; you find that your husband is having an affair. Any setting to “play” with their imaginations.

As you tell them, show how voice inflection creates a backdrop for the story. If you are a music lover, you are well aware of the power of music in your imagination. Tchaikovsky's “1812” *Overture* would cause an emotional fervor that Schumann's *Traumerei* would never produce. ☺

Apply that to the scripture, picking up on the statement on page 109: *Theology alone can be cold . . . formal. . . pharisaical. Theology can leave onionskin pages with underlinings and highlights but no relationship. Theology alone is loving the letter instead of the Person who wrote the letter.*

Lord, Lift Your Wings is a short reading that emphasizes the intimacy of our relationship with Him.

You may want to copy the diagram for this teaching and have the class members complete this project during the class hour. A print shop will probably have a number of envelopes that will “nest.” You might ask them to bring recent photographs of themselves to put in the envelope with their name on it. Any way that you can visually portray this truth will be helpful.

I first heard this teaching from a missionary, Bertha Smith. She was in China and their missionary compound was under severe enemy attack. With gunfire all around, angry, shouting voices

coming closer and closer, panic-stricken people and inadequate shelter she gathered together boxes that would “nest” and showed the frightened victims where they were. Amazing.

Read carefully the last two paragraphs of the chapter explaining how we can refuse to accept this promise. Someone may question the validity of this teaching because of experiences they have had or that their loved ones have had. Be prepared with your answer.

THE DESIRED GOAL:

To go over and over this truth until you walk in it habitually. This is not a principle. This is not a point for theological discussion. It is an **absolute** from scripture, shared with us by Jesus Himself. Insecurity and lack of stability are serious problems in our culture today, but I can well imagine they were even more serious in the day when Jesus shared these words. This simple teaching is filled with security and stability—with Jesus as the prerequisite.

Supplementary Material Chapter Six

MY COLD WALK WITH JESUS

From the Lifetime Guarantee Ministry Letter
April 1992, Volume XV, Number IV

There are those rare moments in time and space that are exceptional, unrepeatable, and monumentally influential, even life-changing. They don't necessarily have to be "real." Such was the experience I had "discussing" life with an eternal Friend, not literally, but in the spirit of my mind. Let me recount for you a winter evening when Jesus and I walked and talked.

The night air was January cold with a Texas wind chill and the lights of the city twinkled in their distance from the tower hill where we began our walk. In moments I was at ease, graciously placed there by His easy manner. With His hands stuffed in His jacket pockets and His cap tugged down hard on His head, how could I help but be at ease in His presence.

For some time we walked through the neighborhood talking of heavenly places and the goals of the Father for mankind. I watched my breath crystallize in the diffused light of the city at night as we drew close, like brothers.

I anticipated a different emotion from what I sensed in Him. I suppose it is easy to be influenced by the world's view. Given the topic, I expected Him to be somber, with the seriousness of a man carrying, literally, the weight of the world on His shoulders. I felt that He would be concerned about the way the battle for men's souls was progressing and the influence of the evil one on His creation. That was silly of me. If only I had lined my thoughts up with the description of Him in the word I would have known better. Concerned? Yes. But burdened? He wasn't burdened at all by the weight He carried. Quite the contrary. It was as though the burdens cast upon Him were without significant weight. He conveyed the confidence that only God could have.

And yet, the intensity of His heart for mankind was unmistakable. To say that He longed for us to fully understand what He accomplished at the cross would be a gross understatement.

As I stood and looked over the southwest side of Fort Worth, I asked Him what He considered to be the key to experiencing His promise that we might have life and have it more abundantly.

Well, Pres, the greatest thing that must be understood is that I came to love. There is nothing that I desire more than for man to love Me back. Relationship. That's what I'm all about. That's what heaven's all about. The way I said it in My Book was, "Love the Lord your God with all your heart." That is the prime directive. Why on earth does man insist on trying to work for Me? or repay Me? That paints Me as a pretty needy individual. Hardly. My greatest desire is no different from man's. We both desire a relationship . . . with each other.

As I listened to Him share His heart with me, I thought of Gene Edward's book titled *The Divine Romance*. Exactly. He wants to love us and for us to love Him. His wishes are straightforward and

simple. It is amazing that God would want such a thing. So much so, in fact, that the enemy has successfully tempted to qualify what God wants based upon how relationships work in the world.

While loving God is the base line of relationship, knowing that I live in you and you live in Me is your ticket to victory during these days on earth, Pres.

I listened and walked on. It didn't seem to bother Him that there were houses on either side of the street with lights behind the curtains and blinds, people sitting in front of their fireplaces, TVs on, families, some having good times, some bad. Gut-level I figured He would be half turned to me and half turned to the great need around Him. But He had all the time in the world to spend with me. I didn't understand, but neither did I think about it for long. Perhaps the enemy was trying to rob me of my moments with Christ.

It was never intended for man to live the Christian life. Nowhere have We asked this of mankind. It is My life. It is My responsibility to live My life, and I have made provision for that through the indwelling of My Spirit. It is My goal to help My family understand how to let Me live My life. Anything other than that is gross independence and sin. It doesn't matter what the performance looks like. If one of Mine is living in His own strength, it is failure. It makes no difference if this failure results in his lying in the gutter drunk or teaching a Bible study in the strength of his own flesh. Independence is not the goal and never has been. Oh, that they would let Me live My life in them—for them—through them.

His point was as crisp to me as the bite of the air on my ears. I remembered other conversations we had engaged in on this subject. There was one in particular on a bicycle ride last spring. I was concerned about knowing that He was living His life through me. It was a clear issue of responsibility. In His own inimitable, matter-of-fact way, the thoughts came into my mind, *Pres, you are responsible for depending on Me. And you must give Me the freedom to be responsible to do what I promised.* Once again the message was sinking into my heart, and the incredible realization gripped me that Jesus Himself was taking time to disciple me in His truth.

If My people would let Me live My life through them, the pressure would be off of them. I didn't come just to get man to heaven. Life is at stake! Certainly there is the victory of heaven to be had, but life must be addressed victoriously, too. Heaven is a wonderful thing, believe Me. But if that is the only benefit to what I did on Calvary . . . Pres, if that's all there is, then people have to die to get any gain from My work. I didn't come so that people might be delivered by death to My doorstep after a lot of luck and the right choices. I came that they might have life and have it more abundantly—in the here and now! And I'm the ticket. However, even as strongly as I feel about this, I must leave the choice in man's court. After all, this is a love affair, not tyranny.

For some reason I have always pictured Him as the proverbial “still waters that run deep.” But here were waves. Emotions. And lots of them. Like surf hitting a ragged shore. I envisioned that His hands were out of His pockets and with them He filled the air with gestures, giving animation to His words. These were not concepts dreamed up by a marketing agency somewhere. This was His heartbeat. We were on His mind. I was on His mind. Only the wind seemed to move as I weighed this thought.

With a mentor's intensity He continued: *But this goes hand-in-hand with a sense of who you are. How can you be everything you want to be if you are not satisfied with who you are? If a man truly understands how to trust Me as his Life, he will rest in what I think of him. Identity. That is the core of the personal quest for meaning. Even My Father and I have answers to this: Who am I? “I Am Who I Am,” My Father told Moses, as He introduced Himself*

on the mountain. "I am the Way, the Truth, and the Life," I told My disciples. This is so important! My son Solomon said it in an inspired way. "Guard your heart with all diligence, for from it flow the springs of life." Deep within the heart abides identity. It either paces the heart's floor in search of discovery or rests in confidence, having been discovered.

Pres, salvation not only brought Life by My living through you, but Life by you living in Me. That is Christianity's master key, which is what you asked Me about earlier.

I laughed at the time and miles gone into tomorrow's ledger. The intensity of the last minutes had served its purpose well. The Lord's heart had been melded to mine. I reminisced of other walks, other miles, other seasons—but now, this one was getting colder.

As I turned toward the house, we "talked" of lighter things. I envisioned us guessing as to what the temperature must be. *I'll bet it's close to 20 degrees, but with this wind it probably feels like 10.* He knew all along, but it was good to sense that we were communicating. Isn't that just like Jesus? Living His life through me, and going out of His way to build a relationship with me.

"Hi, Babel! Kate and I are home." I bent to take the dog's leash loose.

"You were gone a little longer than normal. How was the walk?"

"It was really great. The wind has cleared the air and you can see for miles. It feels like it's 10 degrees. Let me get a cup of coffee and I'll tell you about it."

Pres

Supplementary Material
Chapter Six

LORD, LIFT YOUR WINGS

From: *A Stillness in the Storm*

PSALM 37: 39-40

“But the salvation of the righteous is from the Lord; He is their strength in time of trouble. And the Lord helps them, and delivers them; He delivers them from the wicked, and saves them, Because they take refuge in Him.”

If I want

- (1) His salvation
- (2) His strength in time of trouble
- (3) His help
- (4) His deliverance
- (5) To be saved, then

I must take refuge in Him. These things are found no where but “under His wings”—in His presence. These are the terms set forth in the contract.

Lord, I've never been surrounded by soft wings. I really don't know how that would feel. Maybe like your daddy's lap, or snuggling under the covers when it's awfully cold in the bedroom, or a feather bed, or sitting in a dark car looking out at a rainstorm that has stopped the traffic?

I can imagine it though—the warmth, the softness, the feeling of safety and security. Why, oh why, do I rush around outside in the angry elements, afraid and struggling, depending on my strength and my wisdom to protect me and mine? I remember You cried one time because people refused to come nestle, to let You take care of them, didn't You?

Lord, lift Your wings, I'm crawling under.

An Intimate Moment

From: *A Stillness in the Storm*

*And behold, there was a woman in the city who was a sinner;
and when she learned that He was reclining at the table in the
Pharisee's house, she brought an alabaster vial of perfume,
and standing behind Him at His feet, weeping, she began to wet
His feet with her tears, and kept wiping them with the hair of her
head, and kissing His feet, and anointing them with the perfume.*

Luke 7: 37-38

Joanna carefully brushed her long, coarse hair before she put the covering over her head. She was scared, yes, but she was so excited! Her hands were trembling as she tucked the vial of perfume into the sleeve of her heavy garment. She was actually going to see Him, maybe even touch Him. And deep within her heart was the hope that He might see her—might notice her in some way. *If I can just get into the portico of Simon's house, surely I can find where they are eating.*

She stayed in the shadows as she walked down the street, fully aware of the people staring and moving away from her as she approached. No one cares to recognize a harlot. But she was used to that. Not that being used to it had taken away the hurt, but she understood. And yet, maybe that humiliating life of sin and degradation was over? Maybe it was behind her? *Maybe he will set me free!*

She had first heard Him the day He taught the multitudes, and had followed Him ever since, sometimes losing herself in the crowds or crouching behind the trees and rocks. There were days when there wasn't anyone around who knew her and she was able to help prepare the meals and serve Him and His disciples.

There's his house. I know people can hear my heart pounding! Wait, there's the entrance to the servant's quarters. I'll go in there.

She walked quickly into the dark doorway and then moved toward the sounds of the kitchen. *I hear Him talking! Oh, please let me be close to Him just this once. I long so to show Him how much I love Him.*

She crept quietly to an open door just behind Jesus. Then, with one deep breath, she stepped into the room, knelt beside Him, and kissed His feet. It was almost funny the way everyone stopped talking and eating. They were shocked—of that there was no doubt—and their silence condemned her.

Joanna wept as she poured the perfume, her tears mingling with the sweet smelling oil. Then she loosed her hair and began drying those dear, blessed feet.

* * * * *

Jesus talked to Simon and to the others lounging around the table that day. He talked to Joanna, too. She left, clean and forgiven, knowing that He returned her love and that she was special to Him. We don't hear anymore about her, but I want to believe she held steadfastly to her new life.

She made quite a spectacle of herself that day. I can imagine that it took her a long while to make her plans and then to carry them out.

I'm prone to say, "What courage." But no. It wasn't courage that drove Joanna to Simon's house. It was love.

And so the unnamed harlot lives on through Biblical history ... while princes and procurators and scribes and Pharisees, mighty men and strong men and wise men and rich men, are all long since forgotten. Her only claim to fame? She loved much.

Lord, may I love You as much as Joanna loved You.

CHAPTER SIX

SUGGESTED TEACHING PROCEDURES:

“Lord, help me to see the truth of John 14:20 as we share in class. Anabel’s right—security and stability are not a part of most of our lives and we need those two things so desperately. How beautifully Your Word shows us that we are secure—that stability is ours as we snuggle into the envelopes—surrounded by You and Your precious Son, our Lord, our Savior, our Life—Jesus Christ.”)

1. The material in your **audio download** is excellent. Listen to the thoughts given for Chapter Six.

(1) Abe giving the 23rd Psalm as an example is wonderful. Share this with your class members and go over other verses in this Psalm that you can build pictures with—using your God-given imagination.

(2) The “letter from Joe” is a great illustration of how we must trust in the “impeccable integrity” of the Lord. He said it. Do I believe it? This is another example you could share with your class.

(3) Being “in” Christ is so important that the Word gives 10 verses teaching this truth as compared to one verse teaching that Christ is “in” us. Ponder this statement.

2. It is suggested in **the STUDY GUIDE** that each student will prepare her personal set of envelopes. Don’t expect all of them to have completed this task. Being sure that each person has experienced this activity is your most important plan for this lesson. It will not be detrimental for those who have completed the exercise to do it again.

Preparing envelopes, getting pictures that you might want—going through the exercise several times by yourself for strength in your class presentation are of utmost importance. Be sure and set aside enough time to complete the activity without rushing.

Speaking of pictures: your Christian bookstore would probably have wallet-size pictures of Jesus that you could distribute for the class to use. The suggestion was given in your **Supplementary Material** for Chapter Six that you might have the members bring photos of themselves to place in the envelope with their name on it. Any way that you can enhance this simple and yet profound activity would be great.

3. Looking up the scriptures that validate this teaching would be profitable. Those are printed on **the diagram following this page**. You may reproduce this diagram for class distribution.

4. Using your imagination when reading the scriptures makes them literally “come alive.” This would be a good place to share *An Intimate Moment* to show how we can draw pictures to make the “black and white” lines come alive for us—to put flesh and blood around the lifeless words. This story is recorded in *Opening Night*, available through our office, or you might prefer to read it yourself.

5. *Look Where You Are!* Stress to your class that this simple exercise is wonderful for teaching your children how secure they are. How they need that security in their confusing world! A mother and dad can go through this exercise with their family.

6. Urge the women to keep their envelopes in a place where they are readily available to them. Going through this one time is not sufficient—we need to remind ourselves regularly of “where we are!”

CLOSE WITH PRAYER

GOD

JOHN 10:38
JOHN 14:10-11
JOHN 17:21

Jesus

I COR. 1:30
II COR. 1:21
I JOHN 5:20

Your Name

JOHN 17:23
II COR. 13:5
GAL. 2:20
EPH. 3:17
I JOHN 4:15

Jesus

Supplementary Material

Chapter Seven

That's Not What I Meant!

KEY CONCEPT:

You must allow God to be *your* God—you must submit to Him before you can submit to His plan for your life, before you can be ready to be what He wants you to be.

PRESENTING THE KEY CONCEPT:

You might want to open with Lois Cheney's reading: *That's Not What I Meant!*

Consider the six points for “being ready.” Pray about each point and center your teaching around those points today. God will give you illustrations or creative ways to approach this very provocative issue with your class.

For example: #1—God called me to be a missionary when I was 13 years old. I have never answered that call and it looks hopeless for me to *ever* be what He wants me to be. I have four children now. I feel like I'm marking time, just waiting. I keep hoping the door will open for me to fulfill His desire for my life some day.

#2—Things are *not* working out the way I'd planned them and yet I am confident that He led me to serve in this area. I'm really frustrated that my plans keep getting interrupted.

#3—This is just not my spiritual gift. I have never been called to do this kind of ministry. I just can't believe this is God directing me in this path.

#4—I see no way that I can accomplish this task, Lord. But then, I keep forgetting that You live in me to accomplish things like this for me—through me. I'm trusting You, Lord, to guide me—to empower me—to give me wisdom.

#5—No one even had the courtesy to thank me for all that I've done. I just won't be available next time something like this happens. Everyone needs a little praise to keep going at times and I didn't get any praise at all!

#6—People just don't understand the route I've taken. I can't remember when I've been this lonely or this needy. But, I'm learning more and more to look to You, precious Lord, for every need. Thank You for allowing me the awesome privilege of being a part of Your plans.

There will be women who have been through such experiences. Limit their time. Some women can talk for 15 minutes, still be going strong and have yet to make their point. ☺

You might want to plan ahead and ask each woman to bring a rock to class with her next week. You'll need this for the project in Chapter Eight.

DESIRED GOAL:

To come to the realization that “God is not nearly as interested in changing our circumstances as He is in changing *us in* our circumstances.” To recognize His ultimate goal for every Child of God: To be conformed to the image of His Son, Jesus Christ. When we accept His plan for us, rest in that plan, be constantly open to change in our lives, and live expectantly—knowing that He is *finishing the work which He began* (Phil. 1:6)—we will be ready.

Supplementary Materials Chapter Seven

THAT'S NOT WHAT I MEANT

Once I saw a little boy proudly show his mother a painting he'd made at school. She looked at it, and turned it this way and that, and looked at it, and looked some more. "It's lovely, just lovely," she murmured. Suddenly, she exclaimed, "Oh! I see what it is! It's a house and a tree, and there's a big sun, and . . ."

The little boy grabbed the paper and bunching it all up, he hollered, **THAT'S NOT WHAT IT MEANT!**

Did you ever, oh so carefully, lay out just how things were, and how they worked, and why they worked, and then sat back satisfied? Then, you heard someone repeat what you'd said, oh so carefully, and you hardly recognized it, and your brain screamed, **THAT'S NOT WHAT I MEANT!**

Did you ever pry out of your heart, your mind, a tiny nugget of how you truly felt, and then told someone, probably someone special, and then stared in disbelief as he responded wrong . . . all wrong . . . and your every pore shouted, **THAT'S NOT WHAT I MEANT!**

Sometimes, smug times
When I'm talking about God
When I'm praying about God
When I'm working for God,
Sometimes, smug times
When I'm very busy
in the church
about the church
around the church
I wonder
if God isn't
sighing,
or whispering,
or saying,
or hollering,

THAT'S NOT WHAT I MEANT!

Lois Cheney

CHAPTER SEVEN

SUGGESTED TEACHING PROCEDURES:

(This may be one of your most important lessons because it calls for a very important decision. Examine your own heart. Are you ready to relinquish your rights to Him? Pray that God will give you just the right words to speak to the sheep He has given you to “shepherd” through these short weeks.)

1. The **Supplementary Material** for Chapter Seven gives several excellent suggestions for teaching procedures, as do your **audio downloads**. Read your material and listen to the segment prepared for Chapter Seven.
2. Under the **DESIRED GOAL** is a statement that might give insight into the difficult circumstances that some of your class members are experiencing: *God is not nearly as interested in changing our circumstances as He is in changing us in our circumstances.* Discuss this with your class.
3. The little poem, *That’s Not What I Meant*, is great. Have someone read this who can put the drama into the “tongue in cheek” thoughts.
4. Discuss the statement: *You cannot be all God wants you to be until you realize—until you grasp, until you accept—the truth: **YOU CANNOT BE ALL God wants you to be.***
5. You might like to combine the six points for being ready with the statements given in your **Supplementary Material**. You could have different people read the points and someone else give the retort. (Don’t ever call on someone without getting her permission. Let participation be voluntary.) Remember to use different avenues for learning as much as possible—drama, transparencies, recordings, individual participation—however the Lord leads you.

6. Bring out Isaiah 55: 9-10:

“For My thoughts are not your thoughts, Neither are your ways My ways,” declares the Lord. “For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.”

Ask the question: Do I want MY ways in my life and in the lives of my circle of loved ones, or do I want HIS ways in my life and in their lives?

Lord, You are omniscient. You know all things. I don’t. I must let You decide what is best for me and my loved ones. And You are powerful—omnipotent. You can bring these things about. I can’t. Thank You, Lord, for Your Love. I do not know Your ways—I do not know Your plans—but I do know Your heart. You love me and my precious loved ones. Thank You—may I never doubt Your love.

7. Pray about how you should present the opportunity to make this very important commitment. It should not be presented casually. Be aware that your class members have been offered the opportunity to enter into this commitment in their **STUDY GUIDE**, question #5, p.31.

Ecclesiastes 5: 4-5 says this:

*When you make a vow to God, do not be late in paying it, for He takes no delight in fools. Pay what you vow!
It is better that you should not vow than that you should vow and not pay.*

Once again, ask the Lord to show you how to make this decision meaningful and enduring. Some token to help us remember our “vow” is never out of place—altars used to be built to signify that an agreement had been made with God or that God’s presence had been very real.

Lord, I pray for my sister as she brings this time of decision to her class. Give her a calmness, give her wisdom, and permeate her with Your love—so much so that those around her will be acutely aware of love flowing out of her and through her.

Note: It is suggested in the student STUDY GUIDE that they complete the exercise given in Chapter Eight. I would suggest that you ask them to wait—that you are going to be doing this as a class next week. However, once again, let the Lord guide you. I’m confident that all of them will not do this exercise on their own—so pray about your decision.

Remember to ask them to bring a rock to class if you intend to go through the exercise together.

Supplementary Material Chapter Eight

What to do with Your Balloon

KEY CONCEPT:

We were never intended to carry burdens. I firmly believe that God did not even *create* us with that capacity. Why? Because He wants to carry our burdens for us.

Psalm 50: 9-15

But it isn't sacrificial bullocks or goats that I want from you. For all the animals of field and forest are mine! The cattle on a thousand hills! And all the birds upon the mountains! If I were hungry I would not tell you, for all the world is mine and everything in it. No, I don't need your sacrifices of flesh and blood. What I want from you is your true thanks. I want your promises fulfilled. *I want you to trust Me in your times of trouble, so I can rescue you and you can give Me glory.*

PRESENTING THE KEY CONCEPT:

I generally start this chapter by reviewing “the amazing facts that we have studied so far,” just after my story about Mother.

Have someone tell the story, *Watching Over the Sacks*. This is such a good illustration of how we doubt God's integrity. Look up the word, *Integrity*, and build some thoughts around that word. Ask how it would make you feel for someone to doubt *your* integrity. Apply those thoughts to God's directives for casting our burdens on Him.

Read or tell the story about Amy.

Bill gives the illustration of a hitchhiker. A truck stops and picks him up. He has an obviously very, very heavy pack on his back—he's bent over with the weight. The driver of the truck says, “Put your bundle down and come up here and sit with me.” The hitchhiker says, “No, I'll just stay here in the bed of the truck with my pack on my back. It's my responsibility. Thank you, anyway.” The driver says, “But you can take it off, Buddy. Just put it on the floor of the truck there and rest a while. I carry pretty heavy stuff in the truck.” “No. I think I better hold it. Thank you, just the same.” Foolish, isn't it? Apply that “foolishness” to you and me and our heavy sacks.

Leave ample time for your class members to carry through on this project. You might want to ask them to each bring a rock to class today. So much will depend on you as you organize. For example, choosing the best site for carrying out this activity. May the Lord bless you and may He use this simple exercise to lift heavy burdens from His dear children.

THE DESIRED GOAL:

To come to know our precious Jesus as our “Burden Bearer.” He grieves as we struggle under our heavy burdens. “Cast your cares on Me” is a commandment as surely as “You shall not kill.” Why do we refuse His offer? Why do we hesitate? “Come over here to Me, you dear ones who are so weary with your burdens—so tired. I’ll give you rest. I’ll carry your burden for you. Please let Me.”

“I DO BELIEVE! HELP MY UNBELIEF.”

For consider what He has done—before the foundation of the world He chose us to become, in Christ, His holy and blameless children living within His constant care (Eph. 1:4 TLB).

Amy is seven years old. She has a loving mother and dad who have communicated that love to her through the early years of childhood—from her first breath of earth-air. Her dad, especially, holds her, teaches her, is her close companion—a loving, thoughtful, protective relationship.

But something strange begins to happen one morning as Amy seeks out her dad and asks, “Daddy, do you love me?”

“Why, of course, I love you—dearly. You know that. Come let me give you a big hug to start the day.”

“Well, I just wanted to be sure this morning. And Daddy, will you please take care of me today?”

“Take care of you? What do you mean, Amy? I watch over you like a dog watches over a bone. Is something wrong, Honey? Are you scared? Is something going on at school? Have I disappointed you in some way?”

“No. I just want to ask you to love me and take care of me today. Will you please do that for me, Daddy? Promise?”

“I don’t understand, Amy. You know how much I love you and how very important it is to me to take good care of you. What’s going on in that mind of yours?”

“I just need you to convince me, Daddy, that you really do love me and that you really will take good care of me today . . .”

Every morning Amy comes to her dad with those same plaintive questions. What do you suppose that does to her daddy? How does it make him feel?

Now consider this. Don’t we do the very same thing with our *spiritual* Dad—Jesus? Our God? Ephesians 1:4 says that we are His children, living within His *constant care*.

That means *that I am living within His constant care*. Doesn’t it?

Do I believe this? Do I accept this as truth—do I evaluate it from experience?

If this is true for me, is it also true for my circle of loved ones who have through faith become His children?

If He has said this—stated this as being a part of my position—the position of *any* person in Christ Jesus—why do I pray about it? Pleading with Him to “watch over my loved ones today?” Imploring Him to “surround us with Your angels.” Reminding Him that I am trusting Him—as though He might have forgotten since last night or yesterday. *Asking Him to do what He has promised to do?* Extracting more promises, more words of encouragement, insisting that He tell me—just one more time—about His faithfulness to me, forgetting the days and months and years that I have *experienced* His constant care?

Wouldn’t this be an affront to God? An act of unbelief? Wouldn’t this communicate a basic insecurity to Him? That I just can’t quite go along with His promise? Wouldn’t this be doubting His integrity?

Question: Do I believe God will do what He says He will do?

CHAPTER EIGHT

SUGGESTED TEACHING PROCEDURES:

(This simple exercise was used at the funeral of a child. Do you understand why? To see this balloon—which represents the lost child—floating up into the arms of God! What a beautiful picture! This is going to be a great day for your class. Expect great things!)

1. I would recommend following the suggestions given under **PRESENTING THE KEY CONCEPT** in your **Supplementary Material** for Chapter Eight.

Retell the story of *Watching Over the Sacks*.

Ask: “How many of you can relate to the ‘sack’ story?”

Share the illustration of the man being picked up by the truck. (This story will be new to them.)

Ask, “How many of you can relate to the man in the back of the truck?”

2. The scripture given in the **KEY CONCEPT** is an excellent verse. Bring out that God wants three things of us—amazing things that have never really been emphasized for us.

- (1) our true thanks
- (2) our promises fulfilled
- (3) trust Me in your times of trouble, so I can rescue you and
you can give Me glory

We’re centering in on #3.

- (3) trust Me in your times of trouble, so I can rescue you and
you can give Me glory
- “I truly *want* to do that—but how do I accomplish it?”

3. You might want to look up the word “integrity” in your Strong’s Concordance. This word was at one time all that was needed in a business transaction. It was at one time “PC.” It isn’t anymore. We could almost take the word out of our dictionaries! We align ourselves with a man we believe to be a “man of integrity,” and the next thing we read about him is that he was involved in some shady business deal, some immoral relationship, some greed-invested project, ad nauseam.

4. It would be profitable for the class members to paraphrase (in depth) Matthew 11:28-30.

5. Be sensitive to your individual members. Today may be difficult for some of them.

ENVELOP IN PRAYER:

May the Lord bless you as you guide your women in this process of “*Giving Your Burden to the Lord.*”

Supplementary Material Chapter Nine

Putting Asunder

KEY CONCEPT:

Our desire to enter into an intimate relationship, *wholly committed to making it work*, is constructed brick by brick, day after day, year by year, as we live with parents who demonstrate that commitment, who maintain that type of relationship while acting their roles, their “give and take” infused with integrity.

PRESENTING THE KEY CONCEPT:

This will be one of your most difficult chapters to handle because of the emotional involvement. Nearly every life has been touched by divorce in some way—directly or indirectly. I would suggest that you purchase Dr. Jack Hayford’s tape: *Biblical Perspectives on Divorce and Remarriage*. This will give you help in answering some of the questions that will come your way. Once again, be careful that this session does not turn into a counseling setting with two or three women expressing their views, their experiences and causing everyone’s emotions to climb the ladder pretty quickly.

Stick closely to the text, using the examples given from Dr. Wallerstein’s book. You might want to spend some time at the library, getting the most recent statistics about divorce and scanning *Second Chances*. If you try to justify divorce by letting the women share how, “My second marriage is wonderful. And to think I might never have experienced it if I had refused to divorce my first husband”—you’re going to get into deep water. We’re not evaluating it from the world’s perspective or from a perspective of personal happiness versus personal unhappiness. We’re trying to solidify God’s perspective.

Divorce is not an unforgivable sin. Some churches would like to put a huge “D” on the shirt of each divorced man or woman and many exclude divorced people from serving in their church. They make no distinction between Biblically justified divorce and the “no-fault” divorce and its wounded, destroyed victims.

Stress that forgiveness has already been granted. The relationship between the person and Jesus Christ has been marred. That can only be healed by
agreeing that you were wrong,
accepting His forgiveness,
taking necessary steps to heal interpersonal relationships,
repenting and turning from the pathway of divorce,
allowing Christ within you to forgive all hurts, and
allowing Christ to live through you in your present status.

Trying to undo a divorce is not the answer, unless God leads in that direction. That step usually will bring more grief than the initial step of divorce.

You will notice, however, that divorce is *not* listed among the “seven things which are an abomination to the Lord.”

Pro. 6:16-19

There are six things which the Lord hates,
Yes, seven which are an abomination to Him:
Haughty eyes, a lying tongue,
And hands that shed innocent blood,
A heart that devises wicked plans,
Feet that run rapidly to evil,
A false witness who utters lies,
And one who spreads strife among brothers.

THE DESIRED GOAL:

To prevent other marriages from being fragmented. The only marriage pleasing to God is one where Christ is allowed to live through the husband and the wife.

Supplementary Material Chapter Nine

LIFE!

Ministry Letter of Lifetime Guarantee
June-July 1996, Volume XIX, Number VI

I always had as much fun as the kids did watching what happened. It was, of necessity, a springtime experiment because that was when the daffodils appeared to announce with yellow faces that winter was over and spring was on its way.

For the lesson, several of the kids would bring daffodils from their yards to class. (I think Glenn usually “found” one in the neighbor’s yard, but I never scolded him or embarrassed him. His little life was pretty rough.) We would all get out our Gerber baby food jars and fill them with food coloring and water, using several different colors in the various jars to see which one we liked best. Then we would place a flower in each jar and watch enthralled as it “drank” the colored water and the elaborate map of its tiny veins began to show.

It didn’t occur to me at the time, but isn’t this a wonderful object lesson in teaching about Jesus being the vine and how we draw our strength from Him? I didn’t learn that lesson myself until years later.

Do you know what a closet plant is? (The botanical name escapes me—as if it was ever on the tip of my tongue!) But it is a very dramatic plant. Most plants, when they need water, will tell you with a tiny whisper or a gentle clearing of the throat. Not so with the closet plant. You go into the room where he lives one morning and every leaf is almost touching the ground. He doesn’t whisper. He *shouts!* “Help! I’m dying! I’m starving to death!” (Definitely overkill.) But, an amazing transformation takes place—almost before your very eyes—when you pour some life-giving water into that dirt where the bedraggled plant is standing and let him wiggle his toes in the soft, wet mud.

The key word in the preceding paragraph is “life-giving.” Without that drink, the closet plant would droop further and further and finally lay its leaves down and die. Some marriages are that way. Wilted. Drooping. Yelling for help. Dying daily.

A Lifeless Marriage

With John and me there was nothing. We compromised and worked our way through a million crises, but after at least ten years of sharing the same house, when even idle conversation ended in raw nerves, it just makes sense to call it quits.

I sat down and wrote, “What went wrong along the way” at the top of a piece of typing paper the day before the divorce was final. I wrote for 3½ hours before I quit. It was a gradual twenty-year process. We were very happy when MY whole world revolved around him and his work.

He has grown tremendously in his acceptance of a woman and her rights as a human being. He’s pro ERA, etc.—but I believe the psyche of the middle-aged man still isn’t convinced. Consciously he believes a woman should do her thing and not be merely a clinging vine, but things changed when I had to take the reins and keep the household together during the time when he was an alcoholic. For a weak man that would have been the end. His pride was bent, but he pulled himself together and is a much better person for the experience.

And me? I found inner resources I didn't know I had—and the talent to teach. I truly believe right now that I am doing meaningful and important work, work I would not have done if John had maintained financial and job stability, and my new life has come about because of this divorce. But a man's acceptance of his wife as a human being with talents other than making beds and leaving no ring-around-the-collar is a complex thing.

I think this has had a lot to do with our growing apart. It was a very subtle deep-down, hairline crack that widened. He withdrew and built a wall that was rarely opened to me. I shrugged it off and went out into my world of music and church-caring people—in quiet times I was lonely. That, of course, was only part of the problem, but it was a major part. Togetherness is so important, as you well know. John and I never did anything together. Most people didn't even know I had a husband because I was always alone. And he was always alone whenever he went somewhere—which was seldom. So we were two lonely people who just lived together.

Oh, if only I could take these two people, stand them in a glass filled with Jesus, and let them see what happens when we draw our strength, our love, our patience, indeed every minute facet of our lives from Him—the *Life*! If I could pour some *Life-giving* water into their hearts and let them see for themselves the amazing transformation that comes.

John 15:5 says, “Without me, you can do nothing.” How many years did I spend trying to prove to myself, to my watching world and to Him, that I *could* do things by myself—that I didn't need His *Life-giving* water, that I was strong enough? My thoughts were, *Jesus? Of course He's my Savior—the One who paved the road to Heaven for me with His lifeblood. But everyday? Oh, He's for the weak, the weary, the lame, the inferior, those who are not strong enough to shape their own life—to conquer their world—and that just isn't Anabel!* (As the poet says, “My head was bloody but unbowed.”)

How wrong I was! There was no *Life* in my world. My marriage was on its last “droop,” my leaves splayed out on the carpet of my bedroom floor, when I finally said, “I can't do this, Lord. You're going to have to do it for me.” Very gently He replied, “Thank you, Anabel. I'll do it all for you.”

I've been holding tenaciously to those words ever since that night. (I use tenaciously often. It sounds like what it means: Persistent, stubborn, firm. It means I'm holding on—refusing to let go!) His *Life-giving* water saved my life, my marriage, my family. And as I stand in Him, drawing my strength from Him moment by moment, I'm transformed, beautifully, into His likeness.

Do you remember such insignificant miracles as daffodils changing color? I can still see Glenn, huddled around the table with all the other little people, watching a flower drink colored water. They were amazed at the Creator's ingenuity. He still does amazing things—but we have to keep our feet in the water.

Lovingly,
Anabel

Supplementary Material

HE IS RISEN!

He is risen!

Risen indeed? And what's that supposed to mean to me?
I live each day as best I can
I reach out to my fellow man
I sometimes slip
I sometimes sin
But I always get up and try again
I read my Bible
I know how to pray
I try to walk the Christian way
I know God cares
And I believe He sees
That the only desire of my heart is to please.

He is risen!

Risen . . . indeed?
Tell me—what difference does that make to me?

*Well, it's very plain it means nothing to you
For I see your hand in all you do.
He could still be dead and bound in the grave
He would not have lost His power to save.
But don't you see? Can't you comprehend?
The tomb was the beginning—not the end.
His death was not all He had to give
He arose that we might have power to live!*

He is risen!

He is risen indeed!
Now I see what that means to me!
It means that I died with Him that day
In some mysterious "God-planned" way
That my hands are now His
My eyes truly see
My soul is made new
My heart is free
The power to live is mine at last
The days of striving and failing are past
Praise God! At last the truth I see

He is risen!

He lives!

He lives through me!

Anabel

CHAPTER NINE

SUGGESTED TEACHING PROCEDURES:

(This may be one of the most difficult sessions you will have with your class. Emotions will be high—which will bring about speaking impulsively, anger, tears, guilt, frustration, and hostility. You must be well prepared because it is highly possible that you will be the target for rampant emotions.)

1. Review the high points taught in Chapter Five—how Satan speaks to you—how he gains entrance into our thinking processes—how he will deceive you and speak to you with first-person singular pronouns and an accent that sounds just like you! Reread this chapter in preparation for teaching. These truths are vital for your women to know.
2. Resources: *Defeating Sin*, *The Building Up and the Tearing Down of Strongholds*, and the booklet, *A Study of the Mind will all be excellent tools. The thoughts that come to us are not our thoughts—so as you are teaching this chapter, alert the women to their battle stations.*
3. Do your research on divorce as suggested in your **Supplementary Material**, getting the most recent studies concerning divorce.
4. Check out Dr. Wallerstein’s book, *Second Chances*, to instruct yourself about the issue of divorce as she has seen it over this fifteen-year period. As you will read in the book, she began with funding for a five-year study, but at the end of five years she realized that the people she was studying were *not* functioning as they should—they had been wounded and crippled. At the end of the ten-year grant, she found them still struggling and she could have included material from her *fifteen-year* study. Present your findings during your teaching session.
5. Share the **Supplementary Material, LIFE!** with your class. Ask them to express what they heard as the answer for a “lifeless” marriage.
6. There are some excellent questions for discussion in **the STUDY GUIDE** lesson.
7. Have someone read with you, **HE IS RISEN**. The bold print is the part for one reader, the regular print the lines for the second reader.
8. Have the women bow their heads and close their eyes and ask them to respond to this one question.
How many of you gave a dysfunctional marriage to the Lord last week?
9. Pray now for these women specifically—remembering to always honor their privacy.
10. Encourage them that we are going to be learning new techniques for loving our husbands—for infusing **LIFE!** into our marriages.

Supplementary Material

Chapter Ten

Created As One

KEY CONCEPT:

This was God's original plan before the tragic fall—man and woman created as one, designed to function as one, and completely dependent on one another for fulfilling their God-ordained roles. This plan of God's can be accomplished only as we allow Christ to be our very **life!**

PRESENTING THE KEY CONCEPT:

We're going to be talking about marriage. You might use this illustration to justify using this relationship for our teaching tool.

Relevant: Relating to the matter under consideration; pertinent

Relevant: Today's Definition: How does this apply to me? I don't want to hear it or read it if it isn't relevant to my life.

Amelia stumbled over to her closet and grabbed her fur coat. She clutched it around her slender body, blindly groping for her key ring. Her hand touched the diamond bracelet that Anthony has clasped on her wrist...was it just last night? Oh! How had she gotten into such a horrible, sordid mess?

She rang for Nina, telling her that she was to confide in no one—not even the other servants—that she had seen her mistress that morning.

Then she fled down the back stairs and raced for the garage. The Jaguar. It was the only car available, but she didn't stop to think...it hurt too badly and she couldn't wait. She had to reach that dock before they sailed...before he married Constance...before it was too late for her to confess to him her...

Hey, wait a minute. I don't relate to that story. Her world of fur coats and servants and Jags is so far from my VW and Levi jacket that I can't get into her life. I want to read something relevant to me!

I understand and I *want* you to relate.

If I were invited to speak to *The World of Fashion: It's Elegant People & Elaborate Designs*, I'd pour over all my files and go to the library and find anecdotes and research articles about the world of fashion and design.

I really do want to be relevant.

So I've got to find some common area for every woman who reads this book. Something that every woman has experienced.

What can it be? Let me think...I know. Marriage. We'll talk about marriage.

Hold on! I'm not married so it won't work for me.

But you lived surrounded by marriage for years, didn't you? Most of us did. We have our parents, and their unforgettable efforts at marriage; we observed the antics of our aunts and uncles; our friends and their ups and downs of marital bliss; our brother-in-law, or mother-in-law, the sit-coms, the movies, books, every woman can relate to marriage.

The single woman of today may be very content in her "singleness," but still she is barraged with her "rights," and is exposed to people flaunting and defying the sanctity of marriage. Good role

models for her to view are few and far between. More than ever she needs sound instruction in the biblical expectations and responsibilities of marriage.

For the single-again, marriage can be a painful subject. Kind of like Pandora's box—memories that you have tried to lock in come spewing out. *Why talk about it? I see where I was wrong, but he was wrong, too!* Well, there might be another wedding day, another chance to make a house into a home. But just the relief of knowing how to put it all together and work at this business of marriage, of having such knowledge to share with your daughter, or son, or a friend.

There are women who are experiencing the wonder of marriage and loving every minute of it. May your tribe increase! But there are women who are married who wish they weren't. There are women who aren't married who wish they were. They dream about it. Plan for it. Finally, they accomplish it, and then wonder what they've gotten themselves into and why they wanted it so badly in the first place.

You can't live in our world and isolate yourself from the male of the species. So let's put them under the microscope and see if we can discover how to live with the creatures in wedded bliss, or comfortable friendships, or pleasant partners at the office.

The suggested statements given on your teaching disc for Chapter Ten are written out in the enclosed article, *To Accept or Reject? That is the Question*.

DEFINITION: ONE: 1. being a single thing 2. united [with one accord]

You might like to have your women (all of them) write down what their interpretation is of this mysterious "one" in the marriage relationship.

Read *God's definition of woman*. Ask (with no show of hands) how many of them think of themselves in this way. Stress the italicized statement: *I choose God's adjectives; after all, He is the One who made me*. Remember that "feel" rides on the roller coaster most of the day, "feel" cannot put a simple sentence together, and "feel" is generally very unreliable!

One of your most important emphases must be that we are *complete in Christ*. We will never be incomplete once we have become a part of His grand plan—salvation through Jesus Christ. When I volunteer for the "role" of wife, I am then assigned a new completion arrangement: Husband and wife are to complete one another. Marriage is not God's plan for completing a person. Jesus Christ on the cross is God's plan for fulfilling that need.

Genesis 5:2 tells us: *He created them male and female, and He blessed them and named them Man in the day when they were created.*

God created "two men"—a male man and a female man. He blessed *them* and named *them* man

Genesis 1:28 says: *And God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth."*

God gave His instructions to *them*. God blessed *them*; and God said to *them* . . . They were standing side by side when these instructions were given—as one. There was not a clause that excluded

the female man (Adam called her woman). There were no special instructions for *her*. They were addressed as *one*.

Read and share the main thoughts of *To Accept or Reject? That is the Question*.

THE DESIRED GOAL:

To accept God's expectation for the marriage relationship, accepting also, the truth that you can in no way bring this dream of His about. Only Christ, living through you, can reach for this goal.

Supplementary Material Chapter Ten

TO ACCEPT OR REJECT? THAT IS THE QUESTION

Ministry letter from Lifetime Guarantee
March 1993, Volume XVI, Number III

“If only I had waited like my folks wanted me to. Maybe that right person would have come along. I probably missed God’s best . . .”

“I could have married Don, you know. He’s a very successful CPA now. You should see the house they live in and the kind of clothes his wife wears!”

“Surely there is someone in this world who would appreciate me. You obviously don’t!”

“I’ve made one giant mistake in my life—and that was on our wedding day twenty-two years ago.”

Nowhere else is acceptance or rejection so crucial or so pleasantly or painfully visible as in marriage, breeding contentment or contemptibility. Security or schisms. Friends or enemies.

Let me ask you a question. Think carefully about your answer. Have you ever **accepted** (*received willingly, with satisfaction, with approval*) your mate?

Let me ask you another question. Have you **rejected** (*refused to accept, to discard, to decline to receive*) your mate? Is there this deep, underlying discontent—this gnawing thought that you made one serious blunder—that there must have been someone more suitable? Is there that lingering figment of your imagination, that vision of your delectable dream woman or your tall, dark and handsome hulk who treats you like a princess? Or maybe there will be another time, another person? Are you considering it? Think carefully about your answer.

There are five critical areas in marriage where we choose either to accept or reject the person we singled out as our husband, as our wife.

I. COMMITMENT TO MARRIAGE

The Bible leaves no doubt that marriage is for life. Divorce is contrary to God’s order. Christians need to realize that in taking the name of Christ they accept a different standard for marriage than that permitted in the world. A different standard for living, for facing circumstances.

“But Anabel, I just don’t love him anymore.” It isn’t love that is going to hold your marriage together, dear one. **It is marriage that will hold your love together.** It is your *commitment* to God’s marriage covenant. It’s a choice. It is *not* a feeling.

What should you do? Essentially, don’t consider alternatives! Don’t even try to think of a “way out.” Don’t daydream about a different wife, a different husband. Don’t read books or listen to friends

that would tempt you to consider any option other than the one you **accepted** when you entered into this most holy relationship. You were there when someone parroted “yes” after the preacher made his speech about until death parts us. Was that “someone” you? Do you **accept** that statement of commitment willingly, with approval? Don’t renege.

II. FOUNDATION OF MARRIAGE

A house is condemned if the foundation is faulty. It’s the substructure on which the whole house stands . . . or falls.

Too many of us base our foundation for continuing in a marriage relationship on (1) looks, (2) feelings, or (3) circumstances.

Hey! Your looks can be gone in less than ½ second. I remember the night Wade was playing softball. He turned at just the wrong time and got a ball in the face. Result? A crooked nose.

A bad omelet can affect your feelings. A lukewarm cup of coffee. A restless night. *Your feelings can’t even think!* And yet, we allow them to control the most important decisions in our lives.

Circumstances? Well, we’re prone to think that for our marriage to work we need the right house (and driving around on Sunday afternoon viewing the houses other folks live in has produced more than one depressed, disgruntled spouse!) The car has to run, the children must be obedient, we should have a surplus in our checking account, compatible in-laws and a mate that meets our needs perfectly (to list just a few). When the circumstances get all messed up, we get all messed up and begin rejecting our marriage partner because of what’s happening around us, forgetting the foundation upon which this union is built.

Looks, feelings, and circumstances. These are all tangible, but very unreliable. They cannot be the foundation for your marriage. They’re subject to immediate change. One tiny seed of discontent will always bear fruit labeled “rejection.”

So what is the “foundation?”

The foundation for a stable marriage depends upon your integrity in accepting God as your God (placing yourself under His authority), and on the regard you have for the positions designed by God in marriage. Husband. Wife. Honored positions. Respected positions.

Wrong approach: *I love Bill. He is my husband.* This way, my fragile, human love determines my view of Bill’s position and should my tender, human love be wounded, the foundation of my marriage is apt to crumble.

Right approach: *Bill is my husband. I will love him.* This way, the position requires that I love. This is what my Authority has said, and following His instructions will guard against a weak, vulnerable, faulty substructure. I accept this foundation for my marriage and live by it.

III. THE ROLES IN MARRIAGE

The Bible did not say to me, “Anabel, this is it! You are to marry Bill Gillham.” But, it certainly tells me what to do *after* I marry Bill Gillham!

You volitionally placed yourself in the role of a husband or wife and under the established rules set for this position. No one coerced you. You reported for the “try-outs” and then said, “I’d like to have this part.”

I remember the man who said to his wife, “Never! Never in thirteen long years of marriage did you ever praise me in front of anyone!” You may marvel at that “in front of anyone” part, but the marvel is that a woman who calls herself by the name of a “Christian” would not be obedient to this one command for thirteen years. The same God who said, “Do not murder” (Ex. 20:13) also said,

“Wife, praise your husband” (Eph. 5:33). They are both commandments. And obedience is not dependent upon the husband’s behavior. It is not conditional.

The terms of the contract state: “Husband, love your wife like I (Jesus) loved My wife and continue to love her. I love her so much that I actually *died* for her. I gave My life for her. I gave up all of My rights for her! You do the same.” Again, there are no “conditional” clauses.

As a single person you had a diversified lifestyle. Your job, your hobbies, your friends, how you chose to spend your time and your money. You made all the decisions. Now that you’re married, you have a very specific, detailed role—a challenging role—a sharing role. None of us can claim ignorance. Our roles are spelled out too clearly by the One who created marriage, and who (by the way) was the witness when you signed your contract and it was notarized.

You have the direct, revealed will of God for your life. You are a wife. You are a husband. Now, accept the part and play it like Hepburn and Tracy! Plan your speech for the night of the Academy Awards!

IV. CONDITION OF MARRIAGE

The Bible places people into two groups . . . just two: Lost and saved. Your mate fits into one of these. If he is lost, you are to unconditionally accept him and then present Christ to him through your actions: The sweetness of Christ, His love, His compassion, His truth, His kindness, His charisma. If he is saved, you are to unconditionally accept him as a new creature in Christ Jesus—with old habit patterns to overcome (just like yours)—and then present Christ to him through your actions: The sweetness of Christ, His love, His compassion, His truth, His kindness, His charisma. The details may be different, the players, the settings. But the rules of the game don’t change.

Answer these questions: As a lost person, does God love your marriage partner? Does He long to share that love? As a Christian, what is your mate’s true identity IN Christ Jesus? Is that person acceptable to God? To you? Christ through you will, at times, confront, exhort, reprove, or point out poor performance, but HE WILL NEVER REJECT!

This is the condition upon which we should accept our mate. You’ll notice I didn’t say, accept or reject our mate. You unconditionally accept that person as your mate, lost or saved, and then your course is charted. Your role is clear.

V. POWER FOR MARRIAGE

“Anabel, I’ve tried and tried. My marriage is done for! It’s a mess! If you only knew! And Jesus doesn’t have to live with my wife.” Oh, no. No. You are wrong there. YOU don’t have to live with your wife. Jesus does. Remember? You have died and He is now your very LIFE!

You cannot be the husband or wife that Christ has called you to be in your own strength. I know. I tried awfully hard for twenty, depressing long years. No. You must appropriate as *truth* that Jesus Christ is now your life and allow Him to live through you in your marriage, accepting Him as your strength, your love, your wisdom, your very LIFE!

You choose. Are you going to stand there in the kitchen, resenting her and refusing to express love to her, being willfully disobedient? or will you allow Christ to enable you to go over, put your arms around her, kiss her lightly on the cheek and say, “Good morning, Honey. I love you.” You’ll be amazed at the results!

Lovingly,
Anabel

Statement of Acceptance

I accept the standard given by God that my marriage relationship is to last until death parts us, and I accept the honored positions that we both have been given as husband and wife. I also accept the specific instructions that have been drawn up for me in my individual role. I unconditionally accept my spouse and I accept the power of Christ living through me to consummate all of these agreements.

CHAPTER TEN

SUGGESTED TEACHING PROCEDURES:

(I hope you have remembered that these are merely suggestions for you in your teaching. Please allow the Holy Spirit to guide you to express your uniqueness as you teach.)

1. Read and complete the questions in **the STUDY GUIDE**. Some of them overlap with the suggestions given in your **audio download** or in your **Supplementary Material**. Choose the questions to discuss that you consider most important.
2. I would suggest teaching the material in **TO ACCEPT OR REJECT? THAT IS THE QUESTION**. This will be a good place to have made some transparencies for use in your teaching. Posters would be good. Print-outs of paragraphs that impressed you.
3. The statements on your **audio download** are printed at the beginning of the article **TO ACCEPT OR REJECT**. Point out where these thoughts come from. We **do not** generate them. They are given to us and we accept them or reject them. Review Chapter Five if necessary.
4. Question #10 on p.43 of **the STUDY GUIDE** would be a good one for discussion. What does it mean? Isn't loving your spouse necessary to stay in a relationship? How can you continue to live with someone that you simply don't love anymore?
5. Be sure and emphasize that we *are complete in Christ*. We do not become "incomplete" when we divorce. We will never be incomplete if we are *in Christ Jesus*.
6. The statement is made that if the single person is incomplete because she is not married, then that makes *marriage the one thing that will complete a person*. This is not true. **We are complete in Christ**. Read this section so that you will be comfortable with any questions that might be asked.
7. Are "submission" and "subservient" the same? Can a husband become a non-entity in a marriage just a wife may become a non-entity? Is this God's plan?
8. We do not become *carbon copies* in our marriage. Explain this statement. Neither do we lose our individuality in our marriage. Explain this statement.
10. How is "security" the answer? (Answer on **audio download**)
11. MARRIAGE: Two people learning to become one with one desire—to love the other as Christ would love. Discuss this statement.
12. Emphasize **THE DESIRED GOAL**

CLOSE WITH PRAYER

Supplementary Material

Chapter Eleven

One Near One is Too Far

KEY CONCEPT:

Marriage is not that romantic “50-50” deal; it isn’t even that “giving of yourself 100 percent” plan. God says, “Where once there were two, now there is one.”

PRESENTING THE KEY CONCEPT:

I believe there will be enough questions and discussion to carry you through this session. The material itself raises questions. If you have access to our album, *More Than Just Married*, it would be good to review those tapes.

There are two things that need to be emphasized:

(1) My obedience is not conditional. God has not made me my husband’s keeper and whether or not he is operating according to God’s instructions does not alter my responsibility to be what God has laid out for me.

(2) You cannot be obedient consistently in your own strength. You’ll wear out! You *must* tap into His power within. To be pleasing to Him—*as unto the Lord*—must be your motivation—not a perfect marriage, a loving partner or personal happiness. Stress this over and over and over again. **You can’t. Only Christ can.** This is a mind-set. You will be transformed *by the renewing of your mind*—setting your mind on new concepts.

Pick up on the phenomenon of “brainwashing.” This term became a part of our vocabulary during WW II. Review how this was accomplished when young men were taken as prisoners of war. Apply that concept to our being brainwashed in the world and how we can be brainwashed according to Romans 12:2.

Read aloud some of the thoughts under **Commitment to Oneness**, encouraging your women to pray these thoughts as you read them—or have them meditate on them alone.

THE DESIRED GOAL:

To be given understanding of all of the areas of oneness so that we can be vessels used by God to bring about this oneness in our marriage relationship. To continue to practice the truth that *we can do nothing*. Only Christ is sufficient through us.

CHAPTER ELEVEN

SUGGESTED TEACHING PROCEDURES:

(Please recognize the power of this chapter in revitalizing a marriage, in motivating a woman to see herself as a major tool in mending her marriage relationship, and defining clearly the meaning of “oneness” in the union of two people in marriage.)

1. The **Supplementary Materials** listed on p.6 for Chapter Eleven are excellent tools for teaching this material—especially *More Than Just Married* and *Infusing Life into a Lifeless Marriage*.

2. Quote: *The only things in life we really end up regretting are the risks we didn't take, the opportunities we didn't seize, and the love we didn't share.*

The information in this chapter offers a daring risk to each woman—an opportunity for each woman—and an understanding of the love that will flow through her as she allows Christ to be her *Life!*

Discuss this quote and elaborate on the points given above.

3. Ask the question posed on your **audio download**: What are the benefits of believing/ accepting the truth of your co-crucifixion with Christ?

ANS: You are loved beyond your wildest expectations. This means you have died to trying to get your love needs met from your mate. You now find your love needs met in Jesus Christ and you subsequently offer yourself as a living sacrifice in your relationship.

4. What provision did God make for successful marriage?

ANS: His presence within us.

5. How did God establish equality in the very beginning?

We are equal, two “Adams,” two “men”...a male man and a female man, but we have different roles to play.

6. Why is it so difficult for a man to become perceptually and emotionally one?

Things Only Men Know by Pres Gillham is an excellent book for a woman to read as well as a man. It gives understanding of the inner—innate— God-given make-up of the male and why he behaves as he does at times.

7. As suggested in your **Supplementary Material**, read aloud the thoughts under **Your Commitment to Oneness**, suggesting that your class members pray these thoughts as you read them.

8. Go all the way back to Question #11 from Chapter Three, p.16 in **the STUDY GUIDE**. Review this statement—possibly go through it again aloud. Use any method for it to become fresh again and permanently etched into their minds.

“I will do it all for you, _____.”

9. There will be questions that need to be answered, so be sure to allow time for class discussion.

CLOSE WITH PRAYER

Supplementary Material Chapter Twelve

Three Needs

KEY CONCEPT:

Your power to play your part—fulfill your God-assigned role—will be the result of your being one spiritually with Christ. This is the oneness that is absolutely *required* for success in other areas of oneness.

PRESENTING THE KEY CONCEPT:

This chapter has enough material in it so that you can formulate your own questions and answers. Open the class for questions, remembering the cardinal rule: Your class must not become a counseling session, nor should one person dominate the discussion. You may have to risk hurting someone's feelings, but something like this could defeat your goal for your class. However, never embarrass someone in front of the group, but protect your class from this problem.

Pres' book, *Things Only Men Know*, is a marvelous book on manhood. You need to read it—and your husband needs to read it. The man's role is as shaky as woman's role in our culture today. This is available for download on our website at www.lifetime.org.

THE DESIRED GOAL:

To gain understanding into the male needs and how we can meet those needs most effectively, remembering always, **You can't. Only Christ can.**

CHAPTER TWELVE

SUGGESTED TEACHING PROCEDURES:

(I hope you have remembered that these are merely suggestions for you in your teaching. Please allow the Holy Spirit to guide you to express your uniqueness as you teach.)

1. Read the list at the beginning of the chapter describing *Agape Love*. God is love—agape love. God dwells in me. Where, then, is my power source for agape love—for living the Christian life, which is epitomized through love?

Gal. 5:14 *For the whole law is fulfilled in one word, in the statement, “You shall love your neighbor as yourself.”*

Rom. 13:8 *Owe nothing to anyone except to love one another; for he who loves his neighbor has fulfilled the law.*

Rom. 13:10 *Love does no wrong to a neighbor; love therefore is the fulfillment of the law.*

*Neighbor: one who lives or is situated near another
(That draws an indelible circle around the man with whom I live.)*

John 14:35 *By this all men will know that you are My disciples, if you have love for one another.*

He drew a circle that shut me out—

Heretic, rebel, a thing to flout.

But Love and I had the wit to win:

We drew a circle that took him in.

Edwin Markham

2. I would suggest that you start by summarizing the first section in this chapter, stopping at **Creating Oneness**. This is the foundation—*there’s that word again*—for the role a wife has been given. Incredulity, resentment, inadequacy, anger, discouragement, and a lot of other emotions are going to be tapped as the women have read this chapter.

Stress:

(1) These are not impossible instructions that I have dreamed up—or information that has been garnered from other authors. This is God’s plan; these are His instructions. Yes, I’ve put practicality to His divine plan and added creative maneuvers, but this is from *God’s Beginning Instruction Book on Being a Wife*.

(2) Repeat: You were created equal—but you have different roles to play. Only as we allow Him to live through us to “play our role” will we be able to “life out” our parts in this magnificent production.

3. Ask your class members if they have tried to carry out any of these instructions. Has it worked?

Liz had been married for 13 years. She refused to praise her husband because she believed it was the “ridiculous male ego” and she wasn’t going to encourage that “stuff.” Well, her marriage was going down hill, so she decided to try our class on The Confident Woman. Her longing was that her husband would say something to encourage her in their relationship. It seemed to be going from bad to worse.

After the class session on Chapter Twelve, she decided to try praising her husband—even though she didn't "feel" like it. So she went home and started the "praise him" routine that very night.

Two weeks later she approached me with tears in her pretty blue eyes: "Anabel, you'll never believe what my husband said to me just last night." (The tears were trickling down her cheeks now.) "He came in the door, hugged me and said, 'You're pretty nice to come home to—did you know that?'"

No. That isn't manipulating. That's being obedient and watching God work through your obedience.

4. From your **audio portion of this study** share the discussion concerning a marriage where the husband is not a Christian or is not acting like the Christian he professes to be.

5. Share these positive results in the husband when he is allowed to assume his role of leadership in the home.

- (1) Enhances his self-esteem
- (2) Communicates to him that he is competent
- (3) Makes him "feel" important
- (4) Tells him that you as the wife can't get along as well without him as with him
- (5) Makes him want to run the last steps home

6. Explain this statement: *God cannot meet the need for headship in your husband.*

7. Share with your class our lack of understanding at times when we see our husband as "controlling us" when he is, from his point of view, protecting us—caring for us.

God instilled in the male the need to be the protector—to watch over his family—to "slay the dragons." There aren't many dragons around today, but this is still a deep need. When we take away this "God-given need" and the fulfillment of that need, we are emasculating our husband.

8. Positive ways to improve your relationship with your mate:

- (1) List his positive characteristics and favorable traits
- (2) List the qualities that attracted you to your husband while you were dating

Personal note: In my journal I have a page with this heading:

*GIVE THANKS:
BILL: MY MUCH LOVED HUSBAND*

Under this I have a list that I have compiled over our years together—things I am very thankful for that I see in Bill. I read this list often and add to it as God points out something else to thank Him for in my marriage relationship.

9. The last thought on your **audio portion of this study** makes this point:

Remember Mason's story? God loves you just because you're His?
God loves your husband—just because he is His.

10. There will, of course, be questions from the group, and you might want to emphasize one or two of the questions in the **STUDY GUIDE**. May the Lord bless you as we near the end of our time together.

11. Look over the lesson plans for CHAPTER THIRTEEN. I have suggested that the women **not** go over the wedding vows as they study their material in the **STUDY GUIDE**. If you want to follow that suggestion you should announce that plan in class today.

CLOSE WITH PRAYER

Supplementary Material

Chapter Thirteen

The One Chapter Left

KEY CONCEPT:

Jesus longs for our relationship with Him to be intimate and personal, a husband/ wife relationship. Isaiah wrote, “For your husband is your Maker, Whose name is the Lord of hosts” (Is. 54:5).

PRESENTING THE KEY CONCEPT:

There will be those women who have been walking in this truth for years, perhaps. Determine who these women are *before* class time and ask certain ones to share their experiences as “the bride of Christ.”

Try to find some trinket that will communicate this truth to each woman personally. Suggest they purchase a special piece of jewelry to wear, a ring or a heart necklace, to remind them constantly of His presence, His love and devotion, His loyalty and His promise to never leave you.

This chapter has been published in a small booklet, *Faithful . . . Forever*. It makes a lovely gift for a lonely person or for one whose needs are being neglected. Ask God to lead you to women who need to know this beautiful truth.

You might want to have someone softly sing *In The Garden*.

Leave *ample* time for the wedding vows. Once again, you have some class members who are uncomfortable in any setting that hints of intimacy or transparency. Caution all of them to guard themselves so as to not ruin this sweet time of communion for others. Remember that you have Abe reading the vows on the audio portion of this study.

THE DESIRED GOAL:

My prayer is that God will reveal to you the exquisite truth that you do not have to live life lonely, feeling unloved, believing that you are unneeded and unappreciated. He is there. He is whatever you need Him to be, dear one, and He is faithful—forever.

His Self-Portrait

From: *A Stillness in the Storm*

The Lord says: Let not the wise man bask in his wisdom, nor the mighty man in his might, nor the rich man in his riches. Let them boast in this alone: That they truly know Me, and understand that I am the Lord of justice and of righteousness whose love is steadfast; and that I love to be this way.

Jeremiah 9:23-24 (TLB)

JUSTICE: fair

RIGHTEOUSNESS: good

STEADFAST LOVE: loyal, faithful, enduring, firm

God has given me a picture of Himself. These characteristics motivate Him, and they are ALWAYS His underlying purpose.

I allowed this, or I did that because I am always just
and righteous and because I love you

Therefore:

If what is happening in my life or in the lives of my loved ones does not fit into one of these categories, then I am not viewing it correctly—from the proper perspective. *God does not lie*, and I must keep this in mind constantly.

A. W. Tozer said, "It is most important to our spiritual welfare that we hold in our minds always a right conception of God. *Nothing twists and deforms the soul more than a low or unworthy conception of God.*" *

**The Best of Tozer* (Grand Rapids, MI: Baker Book House, 1978), p.120

Are You Settled In Your Mind?

From: *A Stillness in the Storm*

He is settled in his mind that Jehovah will take care of him.

Psalm 112:7 (TLB)

She was going through a sordid divorce. Her life, her reputation, her mothering, her personality—*everything* was being cut open and dissected and shredded. The financial security to which she had become accustomed was gone; the post office had been notified that her prestigious address had changed. And Tuesday, another chapter would be added to her manila file in court: *Jan vs. Tom*.

I saw her on Wednesday and was expecting to find her slumped in her chair, head down, eyes red-rimmed—defected.

"Jan! How did it go yesterday? Did you make it all right?"

"All right? Hey! I'm on top of it! Let me show you something."

And she began digging in her skirt pocket for what turned out to be a crumpled scrap of paper.

"Look at this, Anabel."

I took it and smoothed it out. It was written in pencil, so it was smeared and not all that legible, but there it was:

Jan, Jehovah will take care of you . . . and He did.

Jan was settled in her mind.

* * * * *

If I truly believe that God is at work in my life, purifying, shaping, conforming me to the beauty of His image . . .

if I truly believe He allows certain things to come into my life for the completion of His purpose . . .

if I truly believe that He is a loving God and has no intention of hurting me, having only my best interests at heart . . .

then how should I view each day?

how should I accept each stressful event?

how should I accordingly behave?

My habit is to excuse my misbehavior with pet, pat phrases:

"I'm awfully tired . . . "

"It was all his fault . . . "

"After all these years, I'm just going to quit trying . . ."

"It might work for others, but not for me . . ."

"I just can't do it . . ."

"God's expectations of me are way out of line. . ."

"It's that time of month . . ."

These excuses are antiquated, worn-out, stifling and, simply put, *just not true*.

There is one—and only one—question to ask myself:

Do I truly believe?

Do I truly believe?

Do I truly believe?

Do I truly believe?

To answer "yes" will settle my mind on any issue.

CHAPTER THIRTEEN

SUGGESTED TEACHING PROCEDURES:

(Please leave ample time for the wedding vows.)

1. You might open by sharing the statement given on your **teaching audio files**:

I have always known that there was a deep void inside of me but I never knew what it was. Now I understand that it's all of these needs crying out for my husband to meet them. Anabel, I was a lot better off before I knew what was wrong. There isn't any hope for my husband to meet these needs.

Anabel, I'm forty-one years old and single, not that I'm ashamed of being single. I just never thought that this would be my lot in life, and for years I resented the loneliness, the weariness, the responsibility. I "claimed" a husband; drew up my image of him; anticipated his coming into my life every day and went to every function with high expectations.

You get tired of expecting. You get tired of trying to look nice when no one ever seems to notice. You get tired of action like "Shirley Temple at a birthday party." You're too tired to cook a meal and invite people over. You're too tired to go to the movies. You're just tired of your life and there doesn't seem to be any way out.

These women are perfect candidates for *The One Chapter Left—Faithful . . . Forever*. Her "earthly" husband may not be interested in meeting her needs—but her "heavenly" Husband is eager to show her just how much He loves her—and He can and will meet these needs.

2. **Review** the material **All: Every Part or Bit; Totality**.

3. **Remind** your class members of the "letter from Joe" illustration (Chapter Six). God has said—now do we believe Him or do we NOT believe Him? That is the question.

You might enlarge on this thought as the Lord leads you: *Faith is believing that God tells the truth. Enlarging on that definition: Faith is acting like God tells the truth!*

Point out how insecure you would be in a relationship where you never knew if the person was being honest with you.

Would you feel free to share with that person?

Would you doubt their commitment to you?

Could you attach any credibility to anything they might tell you?

Go back to *I DO BELIEVE! HELP MY UNBELIEF*. (Chapter Eight)—asking God to take care of us every day—when He has said to us, "I know what you need before you even ask." When He has promised to *never leave us; that He is holding us by His strong right hand; He has said, "Don't be afraid, I am with you. I will never leave you or forsake you."*

Add to that list and stress the **absolute necessity of believing God**.

The selections from *A Stillness in the Storm* could be shared during this time: *His Self-Portrait* and *Are You Settled in Your Mind?*

The thoughts presented in *His Self-Portrait* can be shared easily as you read the scripture: Jer. 9:23-24. Perhaps you would like to read *Are You Settled in Your Mind* orally.

Every woman should accept this teaching. Ask the Lord to show you how to get an affirmative answer without embarrassment in asking the question, “*How many of you could say, I agree. I accept this tenet completely. God cannot lie. God will not lie to me.*”

4. The marvelous end of the note from the “41-yearold single” given at the beginning of this section on the page before this:

That isn't my life any more, Anabel. I walk with the poise and confidence of a woman who knows that she is loved! I could not express to you the joy and contentment that has come into my life as the bride of such a Husband as I do have. I had to practice. I had to learn to live with Him. But don't all married people have to adjust to another presence in their every-moment world? He is so real to me now, such an integral part of my life, that I am never alone. I have discovered the truth of what you said, “He will be just as real to you as you will allow Him to be.”

I'm not going to say that I can control my emotions, but then, they are not my barometer of Truth, are they? I know how to deal with my loneliness, my disillusionment, my depression, my independence, my need for masculine approval. I have a Husband: a Husband who loves me more dearly and faithfully than any earthly husband could ever love me. Thank you, for introducing me to Him. You're quite a “match-maker!”

Your personality will determine the way you choose to close your class today. Here are some suggestions:

- (1) Pass out wedding invitations the week before—or mail them
- (2) Have a wedding “reception” at the end of class—serve punch and cookies
- (3) Lower the lights during the ceremony

You can do so many things to make this a memorable occasion for these women.

It is suggested in their **STUDY GUIDE** that they go through these vows alone. Inform them the week before that you're planning a very special time and for them to not complete that activity at home.

For those who are hurting terribly, suggest a new ring or a heart necklace—something as suggested in the chapter to remind them constantly of their heavenly Husband's presence and love.

5. Don't try to fill the hour necessarily. Leave time for the wedding to take place in an “unstressful” environment.

6. I have had some women who resented this teaching—who did not *feel* that it was biblical. Notice I said “feel.” It is very biblical and they should base their theology on the scripture instead of “how they feel.” I would daresay that these women have problems with showing emotion, with intimacy in their marriage and with vulnerability in any relationship.

Should someone express this to you, just kindly say, “If you'd prefer to not participate today that's fine. Thank you so very much for being in my class and may the Lord bless you.” Don't argue or try to convince them at this point in time. This could ruin the whole morning for you and in so doing, ruin it for everyone.

Remember: This ceremony is going to be life-changing for at least one woman—turn your attention to those who are watching you for instruction.

5. *May the Lord bless you today as you close out this precious time with these beautiful women. You have been obedient to His leading. He expects nothing more. I love you.*

CLOSE WITH PRAYER

The party is over . . .

I wonder if you feel relieved ☺ or disappointed? ☹

Has this been a “draining experience” ☹ or a “mountain top experience?” ☺

Would you be ready to start again? ☺

Another class? ☺

Another chance to share God’s answer for His children in this fallen world? ☺

I can’t stop teaching. I can’t refuse invitations to come and speak. I have precious truth in my head and my heart to share—those two wonderful themes:

- (1) Who we are now that we are in Christ, and
- (2) the indwelling presence of Christ to meet each moment of the day for us, through us.

You’ve done a great job! Oh, not because of the obvious results in the women with whom you’ve shared yourself these weeks. No. It’s because you have been trusting Christ through you to prepare, to teach, to love. You have proclaimed constantly your inadequacy and His adequacy. He’s smiling at you and saying “Well done, my good and faithful servant.”

If we can be of any help to you, please call our office: 888-395-5433.

Once again, thank you for walking shoulder to shoulder with us—with me—as we scatter these seeds that bear such luscious fruit!

I love you, my dear sister.

Anabel

Appendix: Diagrams

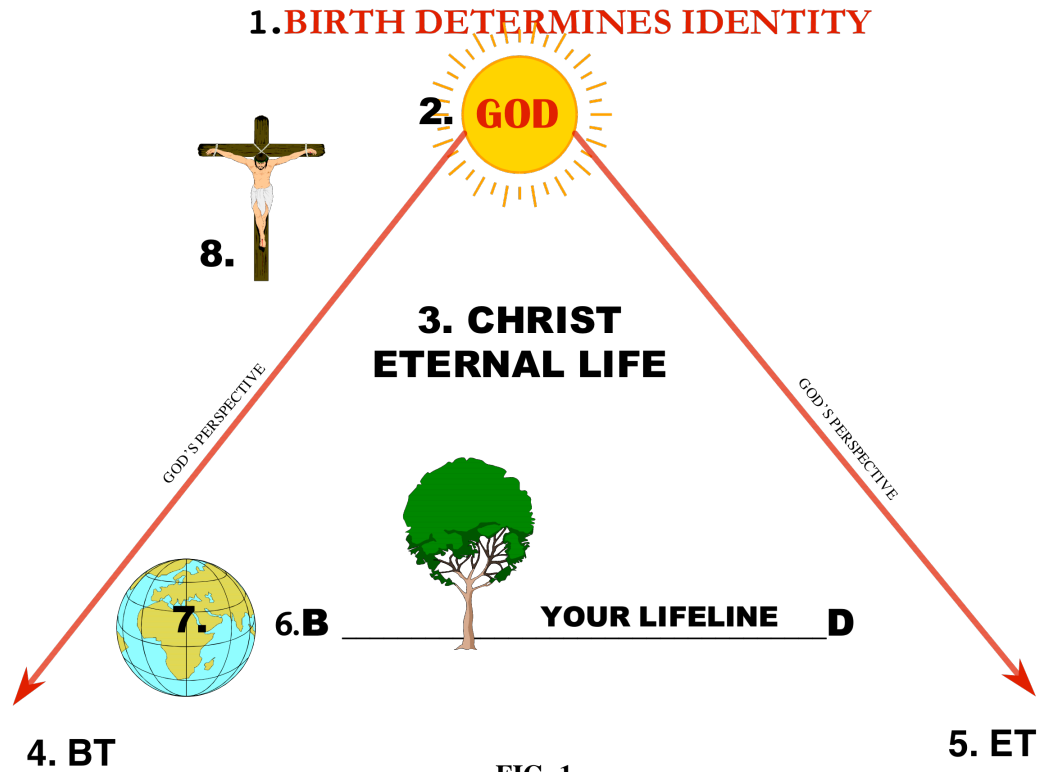


FIG. 1

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Figure One to be used in Chapter Three

BIRTH DETERMINES IDENTITY

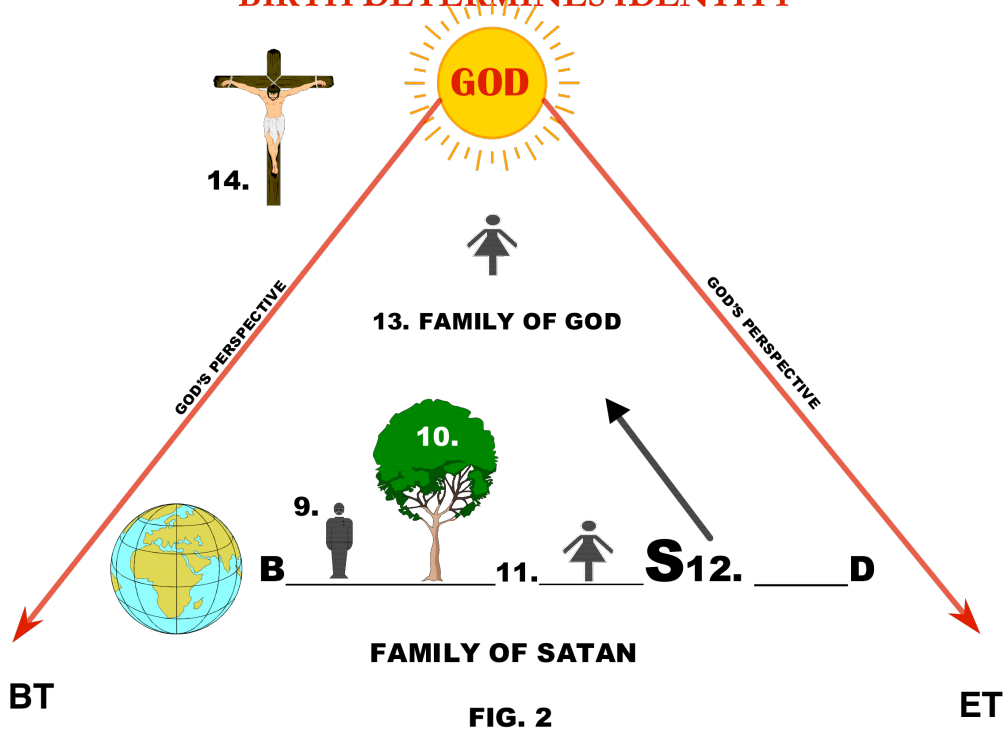
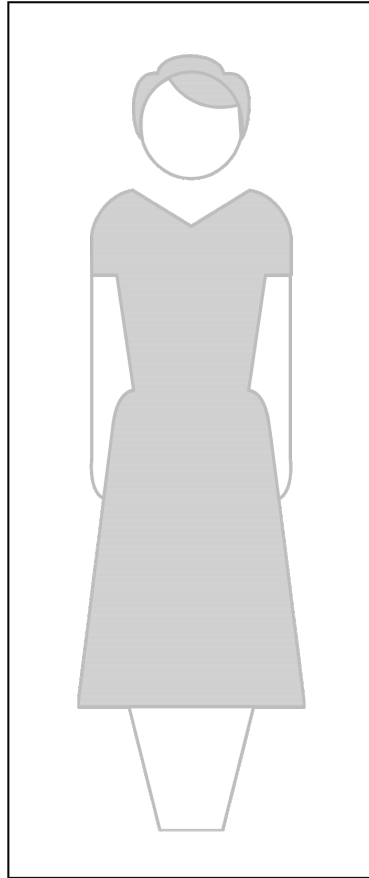
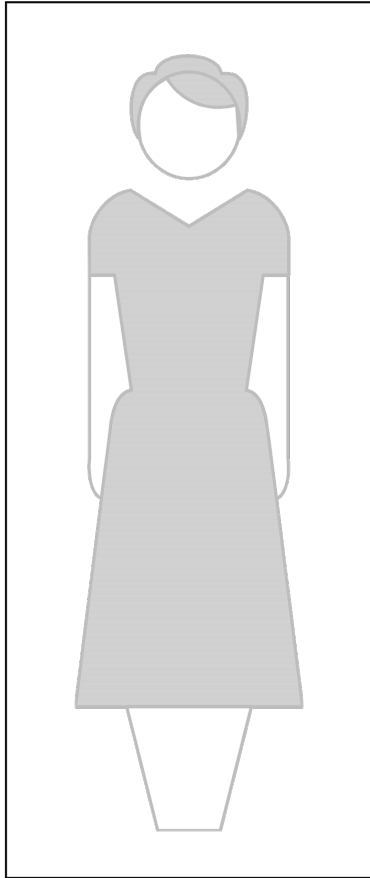


FIG. 2



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Cut outs to be used in Chapter Three

Date of My Physical Birth:

Because I was born in Adam, I received the following spiritual characteristics from my *spiritual father, Satan*:

Matthew 18:11
John 8:38
John 8:41
John 8:44
Romans 5:8
Romans 5:10
Romans 6:17
Romans 6:19
Romans 6:23
Romans 8:2
2 Corinthians 4:4
Ephesians 2:1
Ephesians 2:3
Ephesians 5:6
Ephesians 5:8
Colossians 1:21

These spiritual characteristics became mine, through my spiritual progenitor, Adam, when I was physically born.

Date of My Birth into God's Family:

The spiritual characteristics that I received at my physical birth ceased to be mine when I accepted Christ, dying with Him, being reborn into the family of God, and claiming Christ as my spiritual progenitor.

The following spiritual characteristics became mine when I was "born again," when I was born from above into God's family.

Ezekiel 36:26-27
Romans 6:4
2 Corinthians 5:21
Galatians 2:20
Romans 8:1
Romans 11:16
1 Corinthians 2:16
1 Corinthians 6:11
1 Corinthians 6:19
2 Corinthians 2:14
2 Corinthians 2:15
2 Corinthians 5:17
Ephesians 2:5
Ephesians 2:6
Ephesians 2:19
Colossians 2:10
Colossians 3:3
Colossians 3:4
2 Peter 1:4
1 John 4:10

This is who I am now *in Christ Jesus*. I confirm this and choose to walk in my true identity from this day forward.

Signature: _____
Date: _____

GOD

JOHN 10:38
JOHN 14:10-11
JOHN 17:21

Jesus

I COR. 1:30
II COR. 1:21
I JOHN 5:20

Your Name

JOHN 17:23
II COR. 13:5
GAL. 2:20
EPH. 3:17
I JOHN 4:15

Jesus