

SPIRITUAL WARRIOR WORKSHOP – Lesson 3

Too Smart to be Caught? Emotional Readiness

Key Questions:

1. AS WE GROW IN FELLOWSHIP WITH MESSIAH AND HIS PEOPLE, SOME GUARDS – THOSE REPRESENTING OUR PRIDEFUL DEFENSES – ARE MEANT TO BE DROPPED. BUT THE GUARD OF DILIGENT GODLINESS IS INTENDED TO PROTECT US FROM THE ENEMY’S LIES AND TEMPTATIONS. REFLECT ON A TIME WHEN, BY YHWH’S GRACE, YOU WERE ABLE TO KEEP THIS GODLY GUARD UP UNDER TRYING CIRCUMSTANCES AND STRONG TEMPTATION. WRITE ABOUT IT HERE.

2. HOW DO INCIDENTS LIKE THIS SERVE TO INCREASE YOUR TRUST IN YHWH?

3. WHAT ARE THREE TYPICAL CHALLENGES YOU FACE WHICH TEST THE METTLE OF YOUR FAITH AND OFTEN GET YOU OFF YOUR GUARD IN AN EMOTIONAL REACTION?

A. _____

B. _____

C. _____

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4. STRONG EMOTIONAL REACTIONS ARE OFTEN CAUSED BY EMOTIONAL BAGGAGE, OR AREAS OF PAST PAIN AND BITTERNESS, STILL STAGNATING IN OUR HEARTS. WHAT ARE 4 EVIDENCES OF EMOTIONAL BAGGAGE?
- YOU THINK _____ OF YOURSELF AND/OR OTHERS.
 - YOU HAVE A DIFFICULT TIME _____ YHWH OR PEOPLE.
 - YOU COMPARE AND DEAL WITH PEOPLE IN YOUR _____ BASED UPON _____ RELATIONSHIPS IN YOUR _____.
 - YOU HAVE _____, DEEP _____ THAT YOU CARRY, WHICH YOU NEVER SPEAK ABOUT.

Going Deeper

READ 3 JOHN 2:1 AND LUKE 4:18.

1. THE SOUL IS MADE UP OF OUR THINKING (PS 139:14), FEELINGS (PS. 35:9) AND WHAT WE DESIRE (REV. 18:14). CONSIDERING THIS, WHAT IS YHWH'S WILL FOR YOUR SOUL PROSPERITY?
2. TAKE THE STEPS TO RECEIVE EMOTIONAL HEALING:
 - ACKNOWLEDGE YOUR NEED FOR _____. PRAY AND ASK YHWH TO SHOW YOU IF THIS IS NEEDED. Matthew 9:10-13, Revelation 3:17
 - ASK YHWH TO HELP YOU _____ THE CAUSE OF THE _____ Psalm 139:23-24
 - KEY POINT: _____ ITSELF, DOES NOT HEAL HURTS. ONLY YHWH DOES!
 - ASK YHWH _____ YOUR WOUNDS. Ephesians 4:26-31
 - WITH YHWH'S HELP, YOU MUST _____ THOSE WHO HAVE _____ YOU (MATTHEW 6:12)
 - ASK YHWH TO _____ AND _____ YOU FROM UNFORGIVENESS AND ANY OTHER NEGATIVE _____ (I JOHN 1:9)
 - _____ THAT AREA UNTO YHWH,

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➤ REQUEST THAT YHWH _____ YOUR _____,
(WHICH IS YOUR MIND, WILL AND EMOTIONS) IN THE AREA
YIELDED TO THE ENEMY. (PSALM 23:3)

➤ USE THE NAME OF YAHSHUA TO _____ OUT THE
_____ IN THESE AREAS.

RECEIVE _____ OF THE HURT FROM YHWH. Deuteronomy
7:15 and Exodus 15:26.

➤ WE MAY RECEIVE HEALING BY:

1. UNDERSTANDING THAT YAHSHUA _____ ALL
KINDS OF EMOTIONAL HURTS (ISAIAH 53:3) AND THAT HE
BECAME MY _____, CARRYING MY
_____ FOR ME (ISAIAH 53:4).

2. BELIEVING THAT YAHSHUA WAS SENT TO HEAL THE
_____ (LUKE 4:18), AND
KNOWING THAT INCLUDES ME, PERSONALLY.

3. ASKING IN FAITH FOR THAT _____.

A. **HEALING TEST:** WHEN YHWH HEALS THE WOUND,
WE MAY RECALL THE EXPERIENCE WITHOUT BEING
_____ BY THE _____.

_____ THE WEAK AREA. 2 Samuel 22:33 & 2 Corinthians 12:9

➤ KEY POINTS:

➤ YHWH HAD A _____ IN ALLOWING ME TO BE
WOUNDED (GENESIS. 50:20).

➤ YHWH _____ ALL THINGS TOGETHER FOR MY
_____ (ROMANS 8:28).

➤ _____ IN YHWH OVER THE _____ IN THIS
EXPERIENCE (PHILIPPIANS. 4:4).

➤ USE THE EXPERIENCE TO _____ AND _____
MY _____ WITH OTHERS (REVELATION 12:11).

3. COMMIT TO ENGRAFT COLOSSIANS 3:1-3, "HIDING IT IN YOUR HEART" TO
HELP WITH YOUR SPECIFIC EMOTIONAL TEMPTATIONS.

I VOW TO MEMORIZE COLOSSIANS 3:1-3: _____
(YOUR SIGNATURE HERE)

4. SELECT A PRAYER/ENGRAFTING PARTNER (FROM THE GROUP) AND PLAN TO
REPEAT THE VERSES AND PRAY TOGETHER AT LEAST ONCE A WEEK

PARTNER: _____