



Yet to all who received him, to those who believed in his name, he gave the **right to become children of God** (John 1:12)

He predestined us to be **adopted** as his sons through Jesus Christ, in accordance with his pleasure and will (Ephesians 1:5)

*Kings Gate*  
CHURCH

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# Who is Jesus?

What thoughts / images / feelings / emotions come to mind when you think about Jesus?

## What is the biblical truth about who Jesus is?

### Redeemer

#### **Romans 3:25**

God presented him as a sacrifice of atonement, through faith in his blood.

#### **1 Timothy 2:5**

For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men.

#### **Hebrews 12:2**

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame.

### Elder Brother

#### **Romans 8:29**

For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.

#### **Hebrews 2:11**

Both the one who makes men holy and those who are made holy are of the same family. So Jesus is not ashamed to call them brothers.

### Empathizer

#### **Isaiah 53:3**

He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not.

#### **Mark 15:34**

And at the ninth hour Jesus cried with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God, why have you forsaken me?"

#### **Hebrews 4:15**

For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.

## **Luke 17:25**

But first he must suffer many things and be rejected by this generation.

## **Understands emotions**

Jesus wept	Luke 19:41
Jesus was hungry	Matt 21:18
Jesus was thirsty	John 4:7
Jesus was tired	John 4:6
Jesus was misunderstood	Matt 13, Matt 16
Jesus was rejected	Matt 13:57, John 4:44, Matt 27:46
Jesus was lonely	Matt 26:36-45
Jesus was tempted	Matt 4:1
Jesus was angry	John 2:15

## **Friend**

### **John 15:15**

I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

## **Conquering King**

### **Philippians 2:9**

Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth...

### **2 Corinthians 2:14**

But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.

### **Colossians 2:15**

And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

### **Revelation 1:12-17**

I turned around to see the voice that was speaking to me. And when I turned I saw seven golden lampstands, and among the lampstands was someone "like a son of man", dressed in a robe reaching down to his feet and with a golden sash around his chest. His head and hair were white like wool, as white as snow, and his eyes were like blazing fire. His feet were like bronze glowing in a furnace, and his voice was like the sound of rushing waters. In his right hand he held seven stars, and out of his mouth came a sharp double-edged sword. His face was like the sun shining in all its brilliance. When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: "Do not be afraid."

**Ephesians 1:20**

which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything

**Truth****John 8:32**

Then you will know the truth, and the truth will set you free.

**John 14:6**

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

# NOTES

# TOOL

Jesus, what do you think of me?

Jesus, are there any lies I'm believing about you?

Jesus, I choose to forgive my natural brothers / sisters / spouse / friends for.....

I renounce the lie that Jesus is like the above siblings / friends and that He will treat me in the same way

Jesus, what is the truth?

I declare the truth that He is a faithful friend who will never .....

I receive this truth in the name of Jesus!

# Who is the Holy Spirit?

What thoughts/images/feelings/emotions come to mind when you think about the Holy Spirit?

## What is the biblical truth about who the Holy Spirit is?

### Comforter

#### **John 14:16 (Authorised Version)**

And I will pray the Father, and he shall give you another Comforter, that he may be with you forever.

#### **Matthew 28:20**

And surely I am with you always, to the very end of the age.

#### **Mark 13:11**

Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit.

### Counsellor/Encourager/Teacher

#### **John 14:26**

But the Counsellor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

#### **John 15:26**

“When the Counsellor comes, whom I will send to you from the Father, the Spirit of truth who goes out from the Father, he will testify about me.

#### **John 16:8**

When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment.

#### **John 16:13**

But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

#### **Acts 4:31**

And they were all filled with the Holy Spirit and spoke the word of God boldly.

#### **Romans 8:26**

the Spirit helps us in our weakness



## **Gentle**

### **Revelation 3:20**

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.

Picture of horse & bridle: How does having the Holy Spirit in control of you make you feel?

Picture of dove on shoulder: How does having the Holy Spirit ever-present make you feel?

### **Genesis 3:21**

The Lord God made garments of skin for Adam and his wife and clothed them.

### **1 John 1:9**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

### **1 Peter 2:6**

“See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in him will never be put to shame.”

# NOTES

# TOOL

Holy Spirit, what do you think of me?

Holy Spirit, are there any lies I'm believing about you?

Holy Spirit, I choose to forgive any maternal figure for.....

I renounce the lie and stronghold that Holy Spirit is anything like that maternal figure and that He will treat me in the same way

Holy Spirit, what is the truth?

I declare the truth that He is a faithful comforter and teacher who will never .....

I receive this truth in the name of Jesus!

# Who is Father God?

What thoughts/images/feelings/emotions come to mind when you think about Father God?

## What is the biblical truth about Father God?

### Gracious

#### Exodus 34:6 - 7

“The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation.”

### Love

#### 1 John 4:8

... because God is love

#### 1 Corinthians 13:4-8 (substituting Father for love)

Father is patient, Father is kind. He does not envy, He does not boast, He is not proud. 5 He is not rude, He is not self-seeking, He is not easily angered, He keeps no record of wrongs. 6 Father does not delight in evil but rejoices with the truth. 7 He always protects, always trusts, always hopes, always perseveres. 8 He never fails.

#### Zephaniah 3:17

He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.

### Happy & Content (Blessed)

#### Psalms 16:11

You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

**Shalom** means: blessed, happy, at peace - completeness, wholeness, health, peace, welfare, safety, soundness, tranquility, prosperity, perfectness, fullness, rest, harmony, the absence of agitation or discord, the ability to meet all your obligations, relational wholeness.

#### Romans 14:17

For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

**1 Timothy 6:15**

God, the blessed and only Ruler, the King of kings and Lord of lords

**1 Timothy 1:2**

Grace, mercy and peace from God the Father and Christ Jesus our Lord.

**Psalms 2:4**

The one enthroned in heaven laughs.

**Affirming****Matthew 3:17**

“This is my Son whom I love, with him I am well pleased.”

**Attentive****Genesis 16:13**

“You are the God who see me,” for she said, “I have now seen the One who sees me.”

**Psalms 34:15**

The eyes of the Lord are on the righteous and his ears are attentive to their cry.

**Lies we've believed****Isaiah 66:12**

... and dandled upon her knees.

**Song of Solomon 6:5**

Turn your eyes from me, they overwhelm me

# NOTES

## **TOOL**

Father God, what do you think of me?

Father God, are there any lies I'm believing about you?

Father God, I choose to forgive any father figure in my life for.....

I renounce the lie and stronghold that Father God is anything like that father figure and that He will treat me in the same way

Father God, what is the truth?

I declare the truth and I command every shattered place in my heart and my true identity to come into wholeness now in the name of Jesus

I receive this truth in the name of Jesus!

## WHO AM I IN CHRIST?

I have believed in Jesus and put my trust in Him

1 John 5:13

### THEREFORE

I am supernaturally born again

John 3:3

I am an amazing new creation

2 Cor 5:21

I am a citizen of the Kingdom and a member of God's family

Eph 2:19

I am alive with Christ, and accepted by Him

Eph 2:5

I am a partaker of His Divine nature and loved by God

2 Peter 1:4

I am not under condemnation for I am in Christ

Rom 8:1

I am a temple of the Holy Spirit, indwelt by God

1 Cor 6:19

I am the righteousness of God in Christ Jesus

2 Cor 5:21

I am more than a conqueror

Rom 8:37

I am an overcomer

1 John 5:4

I am a member of the Royal Priesthood

1 Peter 2:9

I am not a slave but a son. A joint heir with Christ

Rom 8:14-17

I am complete in Him

Col 2:10

I am raised with Christ and seated in the heavenly places

Eph 2:6

### AND

I have been saved by grace, and reconciled to God and people

Eph 2:16

I have eternal life and an eternal inheritance

John 3:36

I have been washed in His blood and my sins forgiven

Eph 1:7

I have been healed by His wounds

1 Peter 2:24

I have authority over Satan

Luke 10:19

I have not a spirit of fear, but of power and of love

2 Tim 1:6

I have received the power of the Holy Spirit

Acts 1:8

I have been redeemed from the curse of the law

Gal 3:13

I have been crucified with Christ

Gal 2:20

I have been brought near to God by the blood of Christ

Eph 2:13

I can always triumph in Christ Jesus

2 Cor 2:14

I can do all things through Christ who strengthens me

Phil 4:13

I will not be condemned but have passed from death to life

John 5:24

My name is written in Heaven

Luke 10:20

### SO THEREFORE

**I WILL NOT BE AFRAID, ANXIOUS OR DEPRESSED**

**BUT**

**I WILL DAILY EXPERIENCE THE LOVE, JOY, AND PEACE OF JESUS**

**I will serve others in the power of the Holy Spirit**

**I will live in abundance, victory and resurrection power**

**BECAUSE**

**JESUS IS MY LORD, SAVIOUR, DELIVERER AND REDEEMER**

**I AM BLESSED AND HIGHLY FAVOURED !**



# How do I communicate with God?

## Hebrews 10:19-20

Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body,

## Intimate relationship with us was always God's plan

### Genesis 3:8

Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day.

### Exodus 29:45-46

Then I will dwell among the Israelites and be their God. They will know that I am the LORD their God, who brought them out of Egypt that I might dwell among them. I am the Lord their God.

### John 1:14

The Word became flesh and made his dwelling among us.

### John 13:8 (New Living Translation)

Jesus replied "Unless I wash you, you won't belong to me"

## Communication is essential for intimacy

### Exodus 3:1-15

Note the conversation that God has with Moses (God said, Moses said)

### Job 33:14

For God does speak – now one way, now another – though man may not perceive it.

### John 10:4, 14-15

When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. I am the good shepherd; I know my sheep and my sheep know me— just as the Father knows me and I know the Father —and I lay down my life for the sheep

## How does God communicate with us?

<b>Scripture</b> –	the Rhema word that comes alive to us
<b>Dreams</b> –	Genesis 31:11
<b>Visions</b> –	Genesis 15:1
<b>Trances</b> –	Acts 11:5
<b>Through a donkey</b> –	Numbers 22:28
<b>Angelic visits</b>	Spoke to Mary
<b>Audible voice of God</b> –	Matt 3:16-17
<b>The still small voice</b> –	1 Kings 19:11-13 / 1 Corinthians 2:16

### **1 Cor 2:16**

We have the mind of Christ.

## How do I evaluate what I'm hearing?

1. Is it compatible with Scripture?
2. There are 3 possible sources, God, the devil or me
  - a. Is this how the devil normally speaks about me/this situation ?
  - b. Is this how I normally think about myself/this situation?
  - c. Is this how God might speak about me/this situation?
3. Will it go away?

## How do we communicate with God?

### Speaking to Him

#### **Jeremiah 33:3**

Call on me and I will answer you and tell you great and unsearchable things that you do not know

### Prayer

#### **Ephesians 6:18**

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

#### **Jude 1:20**

But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.

### Meditating on Scripture

#### **Psalms 1:1-2**

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night.

## **Time in His presence**

### **Psalm 46:10**

Be still, and know that I am God

### **Psalm 26:8**

I love the house where you live, O Lord, the place where your glory dwells.

## **Obedience**

### **John 14:15**

If you love me, you will do what I command

## **Ask him questions**

### **John 14:14**

You may ask me for anything in my name, and I will do it.

# NOTES

# Freedom from fear

What are your greatest fears/what do you fear most?

Fear is one of the main things that can prevent us from entering God's Presence. Fear is essentially belief in the devil's lies over what Father has said.

## Why does the bible say we don't need to fear?

### God protects us

#### **Psalm 27:1**

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

#### **Matthew 6:25-27, 34**

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

#### **Philippians 4:6**

Do not be anxious about anything.

#### **1 John 4:17**

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

## **Fear is a spirit, opposed to adoption**

### **Romans 8:15**

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship.

### **2 Timothy 1:7**

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

# NOTES

## Freedom from bitterness

Is there anyone that you struggle to forgive or any incidents that have happened in your life which you struggle to let go of?

Unforgiveness, or bitterness, also lock us out of God's presence. Unforgiveness is unwillingness or inability to extend the same grace to others as Father has extended to us.

### What does the bible say about bitterness?

**We will not experience freedom if we do not forgive.**

**Luke 11:4**

Forgive us our sins, for we also forgive everyone who sins against us.

**Matthew 18:35**

This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.

**Mark 11:25**

And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

**Matthew 5:23**

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

**Luke 6:37**

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.



## **Bitterness spreads**

### **Hebrews 12:15**

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

Freedom: When there's nothing from your past that causes a reaction in you, then you are free.

## **Bitterness binds**

### **Acts 8:23**

For I see that you are full of bitterness and captive to sin.

Bitterness gives rise to anger, slander, and idolatry.

### **Ephesians 4:26-27**

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

# NOTES

# Baptism in water and the Holy Spirit

Have you ever baptised, by full immersion in water, as a believer? Can you identify a time in your life when you know you were baptised by or filled with the Holy Spirit?

## Water Baptism

### **Mark 16:15-17**

He said to them, “Go into all the world and preach the gospel to all creation. Whoever believes and is baptised will be saved, but whoever does not believe will be condemned.

### **Acts 2:39**

Peter replied, Repent and be baptised, every one of you, in the name of Jesus Christ for the forgiveness of your sins.

### **Acts 8: 36-38**

As they traveled along the road, they came to some water and the eunuch said, “Look, here is water. What can stand in the way of my being baptised?” And he gave orders to stop the chariot. Then both Philip and the eunuch went down into the water and Philip baptised him.

### **Romans 6: 3-4**

Don't you know that all of us who have been baptised into Christ Jesus were baptised into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

### **2 Corinthians 5:21**

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

# **Baptism in the Holy Spirit**

## **It is impossible to be a Christian & not have Holy Spirit.**

### **John 3:5**

Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit.

### **Romans 8:9**

You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.

### **Ephesians 1:14**

And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance.

## **..and yet we are to subsequently be baptised / filled with the Holy Spirit**

### **Acts 2:4**

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

### **Acts 4:31**

After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

### **Acts 8:15 - 17**

they prayed for them that they might receive the Holy Spirit, because the Holy Spirit had not yet come upon any of them; they had simply been baptised into the name of the Lord Jesus. Then Peter and John placed their hands on them, and they received the Holy Spirit.

## **...and to keep on being baptised/filled with the Holy Spirit.**

### **Acts 4:31**

After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

### **Ephesians 5:18**

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

## **The bible gives examples but does not prescribe what it looks like.**

### **Acts 4:31**

And they were all filled with the Holy Spirit and **spoke the word of God boldly**.

### **Acts 2:4**

All of them were filled with the Holy Spirit and began to **speak in other tongues** as the Spirit enabled them.

### **Acts 13:52**

And the disciples were **filled with joy** and with the Holy Spirit.

### **Luke 5:17**

And the power of the Lord was present for him to **heal the sick**.

### **Acts 2:15-17**

These men are not **drunk**, as you suppose. It's only nine in the morning! No, this is what was spoken by the prophet Joel: "In the last days, God says, I will pour out my Spirit on all people.

# NOTES

# Renewing your mind tool

In your reflection time Holy Spirit may have revealed a number of wounds and lies that have distorted your view of Father God, Jesus and Holy Spirit, yourself and others. By forgiving the person(s) who caused these wounds, you have allowed Father to heal them and by renouncing the lies, you are now able to believe the Truth.

However, what you have done is not a silver bullet that makes everything perfect. Holy Spirit has given you the freedom to believe truth but you have to **choose** to believe it. This takes time and mental discipline. Romans 12:2 tells us to “be transformed by the renewing of your mind” and this is what you now need to do. The way to do this is by choosing to be proactive in absorbing the truths that Holy Spirit has given you, instead of believing the lies which were your default in the past.

Many of the triggers that appeared to confirm these lies will continue to happen in life, because we cannot control our circumstances. However, we can control **our responses** to those circumstances by re-programming our thoughts. As you choose truth and godly responses to these triggers, you will increasingly live in the freedom that Jesus purchased for you.

The process of renewing the mind (described below) is based upon Dr Caroline Leaf’s “**21 Day Brain Detox Plan**”. You can read about this in much greater detail, plus the neural-science and scripture behind it, in her book called “**Switch on your Brain**”. ([www.drleaf.com](http://www.drleaf.com))

You will need to commit 7-10 minutes a day (preferably at the start of the day, for at least 21 days), to concentrated thought, guided by the Holy Spirit and meditation on the truth. To take full advantage of what Holy Spirit is doing for you, it is best to start this process straight after Holy Spirit begins identifying the lies he wants to remove. You will also find it hugely beneficial to put aside some more dedicated time, probably an hour or two, at regular intervals (weekends work well) to meditate on what Holy Spirit is doing in your life.

## **Daily Steps**

### **Step 1**

Ask Holy Spirit which lie, revealed during the Adopted Course, he wants to begin “rewiring” with truth.

### **Step 2**

Ask Him to show you incidents in your life that reaffirmed that lie. Many of these incidents will have been highlighted during the reflection time on the Adopted Course, but you need to allow the Holy Spirit the opportunity to deal with all the incidents He deems relevant. Where people have hurt you, forgive them.

### **Step 3**

Ask Holy Spirit to show you mindsets or patterns of behaviour that confirmed your belief in this lie. Identifying these is necessary so that you can learn to respond to them in the right way, rather than being controlled by them (e.g. if the lie I believed is that “I always get rejected”, then a friend not inviting me to a social event (trigger) can seem like a major rejection and cause me to react very negatively, when in fact they had just chosen to spend time with someone else on that occasion). Acknowledge that these thoughts and feelings are lies and repent for believing them.

### **Step 4**

Ask Holy Spirit to reveal how **He** saw you/felt about you/thought about you in that situation. Allow His truth to fill your mind. Meditate on His truth. Think about how that makes you feel. Express these emotions to Him. Thank Him for the way He feels about you and the truth He speaks over you.

### **Step 5**

Write down the truths that Holy Spirit is saying to you. Be creative: draw, mind map, diagram, use colour, don't be limited. As you document the truths that He says and express your emotions and feelings about those truths, He will give you more.

### **Step 6**

Re-read what you have written down but now read it **out loud** as a declaration of what you now believe about yourself. “I believe that I am.....”, “I believe that I can” etc. Speaking it out loud is more effective than just speaking it inwardly.

### **Step 7**

Practise! Now that you recognise the triggers that you used to react to in an unhelpful way, you have the opportunity to choose a different response. In those situations, recognise the stimulus/lie, stop your previous reaction and remind yourself of what Father God says and/or who He says you are. This will enable you to choose a godly response that is loving, joyful, peaceful, patient, kind and self-controlled.

**After 21 days of this process, the new way of thinking is becoming established in your brain. You can now begin to rewire another truth into your brain**



**These additional two steps can be done when you have a longer time set aside.**

**Step 8**

Ask Holy Spirit if there are any people who have been hurt by your wrong responses to these stimuli. If there are, you may need to ask for their forgiveness. Remember, you have forgiven and released them from any wrong they may have done to you so this is not about putting blame on them. Your conversation with them may sound like this. “God has shown me how I have acted in an ungodly way in certain situations and I recognise that my words/ actions may have hurt you. I apologise and ask you to forgive me”. Remember, you can’t control **their** responses, only your own. Whether they decide to extend their own forgiveness to you or not is **not** your responsibility.

**Step 9**

Ask Holy Spirit to show you if you have formed escape mechanisms/protective habits that prevent you from recognising these lies. (e.g. if I struggle with rejection, I may keep people at “arm’s length” so they never get the opportunity to reject me). Repent for these self-protective habits and, when in similar situations, actively do the opposite.

# FEEDBACK

What was your highlight of the Adopted Course?

What do you think we could do better?

Has your relationship with God changed as a result of the course?

Would you recommend it to others?