

SOULCARE

C O N F E R E N C E TM

7 TRANSFORMATIONAL PRINCIPLES FOR A HEALTHY SOUL



**YOUR NEXT
LEVEL WITH GOD
IS BEYOND THE
BOUNDARIES OF
YOUR CURRENT
EXPERIENCE & THE
ONLY WAY YOU
CAN GET THERE
IS TO RISK MORE
THAN YOU'RE
COMFORTABLE
WITH.**

DR. ROB REIMER

SOUL CARE CONFERENCE

WITH DR. ROB REIMER

Welcome!

We are so excited that you have chosen to invest in your walk with God by joining us for this Soul Care Equipping Conference! Our prayer is that you will not only find healing over the next few days, but that you will gain access to tools to help yourself and others on the journey toward fullness.

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ABOUT THE AUTHOR

DR. ROB REIMER

Rev. Dr. Rob Reimer's passion is to see the kingdom of God advance through spiritual renewal. As Founder and President of Renewal International, Rob works with pastors, leaders and churches internationally to equip the people of God to live in freedom and to walk in the fullness and power of the Holy Spirit. His books *Soul Care*, *Deep Faith*, *River Dwellers*, and *Pathways to the King* have sold worldwide.

Rob speaks regularly to pastors and ministry leaders at conferences and has a developing ministry mentoring Christian leaders. Personally transparent, Rob relates lessons learned as he walked with God, responded to His Word, and processed pain in marriage and ministry, finding freedom and fullness in Christ. During conferences, these lessons are not only taught, but participants actively begin the process of incorporating them into their lives, walking in the light with God and others, and practicing hearing from God and accessing His power for ministry.

In addition to his work with Renewal International, Dr. Reimer is Associate Professor of Pastoral Theology at Alliance Theological Seminary in NY, NY. Prior to this, Rob was the founding pastor of South Shore Community Church in Brockton, Massachusetts. Ordained as a Minister of the Gospel of Jesus Christ by the Christian and Missionary Alliance in 1993, he earned a Master's of Divinity from Alliance Theological Seminary, and a Doctorate in Preaching from Gordon-Conwell Theological Seminary.

*To explore more of Rob's work, register to receive his newsletter
and view his itinerary: www.drrobreimer.com*

About Our Speaker

JEREMY KINNIBURGH

Rev. Jeremy R. Kinniburgh is an ordained and credentialed minister in the Alliance Church of Canada since 2003. He lives in Vernon, BC, in Canada. He recently concluded his time at Vernon Alliance Church where he worked for 15 years in the areas of Prayer Ministry, Discipleship, Small Groups, Young Adults and Student Ministries. Previously, he was on staff at Maple Park Alliance Church in Quesnel BC. Over the last two decades he has spoken at churches, events and conferences, served international workers, and provided pastoral care, inner healing and ministry care for many people in various ministry environments. His heart is for renewal in both individuals and churches, and to see the kingdom come through the church to the communities they find themselves in. Jeremy has been given approval by Dr. Rob Reimer to teach Soul Care officially and has partnered with Dr. Reimer to do several events. He has taught this content previously with permission.



He is married to Carmen, and they have a family that is learning to live in the culture of the Kingdom and in relationship with King Jesus. Jeremy enjoys the outdoors, sports, travelling, time with his family, and camping. He is passionate about helping people to encounter Jesus, experience true freedom and wholeness, and come into the fullness of life that God created them for!

Together Carmen and Jeremy Kinniburgh are the founders of Threshold Initiatives



www.thresholdinitiatives.com

www.contributingP-astor.com

To explore more of Jeremy's work or register to receive his newsletter and view his itinerary: www.thresholdinitiatives.com

Conference Schedule

Thursday

6:30pm Doors open for conference registration

7:00pm Conference Begins

Session: Intro, Intimacy, Story, Meet your triad

8:15pm Triad Connect

Friday

8:30 Doors open

9:00am Session: Identity and Lies

10:1 Sam Coffee break

10:30am Session: Confession and Repentance

11 :30pm Lunch and full life confessional

1:00pm Session: Forgiveness

2:00pm Coffee Break/ Triad Connect

2:45pm Session: Family Sin Patterns

4:00 Session: Healing Wound

5:00pm Dinner (on your own)

7:00pm Healing and Worship service (open to conference attendees and general public)

Saturday (doors open 8:30am)

9:00am Session: Overcoming Fears

10:30am Coffee Break

10:45am Session: Deliverance (including Q&R)

12:00pm Lunch

1:00pm Session: Deliverance practicum and ministry time

5:00pm Dinner (on your own)

7:00pm Session: Filling with the Spirit

Sunday

1 0:00am Journeying in Soul Care

Keys to Healing the Soul and the Power of the Story

Overview

You need a healthy soul to live free and full as a follower of Jesus. Our stories have the power to reveal the events that have shaped and wounded us, lies that bind us, strongholds that haunt us, bitterness and anger that eat away at us, and the roots of our troubling sin patterns. In this section, we are going to examine what it takes to have and maintain a healthy soul and how our story powerfully impacts our relationships and current circumstances. We must look at what is true, for God cannot heal that which we will not admit.

Notes

- Self-awareness
 - » Grow in self-awareness. We will never rise above our level of self-awareness.
 - » Live in reality.
 - » Walk in the light.
 - » We cannot heal what we don't admit.
 - » Discover underlying issues.
 - » Listen to others.
- God's power and presence in our life
 - » God alone can heal the soul.
 - » Experience God's love and hear him speak.
 - » God can address areas of brokenness and move us to wholeness.
- Pathways to God's presence
 - » Worship and thanksgiving (Psalm 100:4)
 - » The Word (2 Timothy 3:16)
 - » Communion (real presence)
 - » Community
 - » Reproducing disciples (Matthew 28:16–20)
- Cooperate with the healing process
 - » Choose healing
 - » Jesus asked, "Do you want to get well?"

Intimacy: Drawing Near to God

Overview

Have you been longing for a more intimate relationship with God? Do you know what drawing near to God would look like for you? Our gifts are a given. We can develop them to our maximum potential, but they are what they are. People are impressed with them, but God isn't—he gave them to us. Depth with God, however, is a choice we have to make and a price we have to pay. If we are going to expand the umbrella of our authority, we must go deep with God. We must make the choice to pursue God.

In this session, we will explore how to develop intimacy and depth in our walk with God, and discuss what changes we will need to make in our lives to help us on that journey.

Notes

- Depth with God is a choice we have to make and a price we have to pay.
- We must pursue God
- Leading out of the flesh versus leading out of the spirit
- Depth of intimacy with God
 - » Solitude
 - » Silence
 - » Suffering
 - » Sacrifice
- How to keep your soul fresh
 - » Practice union disciplines
 - » Know your rhythm
 - » Practice Sabbath
 - » Keep healthy relationships
 - » Monitor your spiritual gauges

Experience: Rhythms That Connect Us To God

- Spend a few minutes alone with God asking the following questions:
 - » Where are you inviting me to meet with you these days?
 - » Is there anything that needs to change in my life so that I can make more room for you?
 - » What daily, weekly, monthly, and yearly rhythms do I need to put in my calendar to deepen my soul and increase my intimacy with you?
- Share what you have heard with your group.

You may want to put these reflections in your journal and continue to be aware of the Holy Spirit's promptings to you. Then, be intentional about scheduling them into your calendar.

Tools located in the back of the book

- Drafting a Rule of Life 3
- Principles to Prepare You for God-Initiated Conversations
- Making the Most of a Spiritual Retreat

Additional Resources

- *Mansions of the Heart* by Thomas Ashbrook
- *When the Soul Listens* by Jan Johnson
- *Sacred Rhythms: Arranging Our Lives For Spiritual Transformation* by Ruth Haley Barton
- *Invitation to Silence and Solitude* by Ruth Haley Barton
- *River Dwellers, Deep Faith* by Rob Reimer

Securing Identity: Dealing with Lies

Overview

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” –Romans 12:2 (NIV)

Are you aware of any lies that you believe about yourself, others, and even God? Lies form in all of our hearts—they come from Satan, culture, our families, and ourselves. No one escapes their influence. Whatever you agree with, you give power to in your life. If you agree with the truth, the truth will set you free. If you agree with lies, lies will enslave you. We have to identify the lies, expose them to the light, and replace them with truth, so that their power is broken. In this session, we will learn how to identify lies and replace them with truth.

Notes

- Whatever you agree with you give power to in your life. Romans 12:2 (NIV) states, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”
- Lies form in our soul as a result of painful experiences, events, things that are said to us, Satan, culture, and sin.
- Identify the lies.
- Clues to discover our false way of being: defensiveness, pettiness, compulsiveness.
- Journaling.
- Lies are faulty core values. The lies tell us that our worth is dependent upon something other than God’s love. The issue of my value is determined by _____.

Experience: Dealing with Your Lies

- Take some time alone with your journal. Ask the Holy Spirit to reveal to you the lies that affect you by asking the following questions:
 - » What makes you feel most vulnerable or most like running for cover?
 - » What image of yourself are you most attached to?
 - » What are you most proud of?
 - » How do you use these things to fend off your feelings of vulnerability?
- Now, journal by completing this sentence according to what you believe: “The issue of my value is dependent on _____.”
- Put the lies you’ve discovered in a sentence and come up with a truth slogan or a Scripture to replace each lie.
- Share your discoveries in your groups.
- If the lies are connected to specific memories, write down the memories, and then share those memories.

Additional Resources

- *The Search For Significance: Seeing Your True Worth Through God's Eyes* by Robert McGee 5
- *A Glimpse of Jesus: The Stranger to Self-Hatred* by Brennan Manning
- *Lies Women Believe: And the Truth that Sets Them Free* by Nancy Leigh DeMoss
- *The Gift of Being Yourself: The Sacred Call to Self-Discovery* by David G. Benner and M. Basil Pennington

Repentance: Bringing Our Shame to Jesus

Overview

Have you ever confessed a sin and not felt forgiven? Do you find yourself confessing the same sin over and over, yet you never seem to break free? Sin is not a popular word, and repentance is not a popular concept. Popular or not, it is essential to the healing of the soul.

Repentance is a critical theme in Scripture. There is no entrance into the Kingdom without repentance; there is no advancement in the kingdom without repentance. We won't get well until we are more concerned with being good than we are with looking good. Pride is the enemy of true confession and ultimate freedom. In this session, we will examine what repentance is and learn principles that will lead us to true repentance.

Notes

- There is no entrance into the Kingdom without repentance; there is no advancement in the Kingdom without repentance.
- We cannot walk free if we do not repent from sin.
- Admit our sin and walk in the light with God and others.
- God cannot cleanse our excuses or pardon our denials.
- There is a difference between godly sorrow and worldly sorrow.
- Develop a contrite heart.
- Own your part. You are the only one responsible for you.
- Unconfessed sin can wreak havoc in our lives.

Experience

Take some time alone with Jesus.

- Begin by asking God for a broken and contrite heart.
- Take some time to journal with the following questions:
 - » Is there any unconfessed sin in my life?
 - » Are there areas of my life where I have confessed, but don't feel forgiven?
 - » Is there any place in my life where I am practicing worldly sorrow instead of godly sorrow?
 - » Am I carrying shame? If so, where does it come from?
 - » Lord, is there anything else that you want me to know in regard to repentance and my heart?

In your group:

- » Begin by confessing to one another any sins that the Holy Spirit has brought to light (James 5:16).
- » Be led by the Holy Spirit in the way that you minister to one another.

Additional Resources

- *Continuous Revival: The Secret of Victorious Living* by Norman Grubb
- *The Calvary Road* by Roy Hession
- *Brokenness: The Heart God Revives* by Nancy Leigh DeMoss

Forgiveness

Overview

What does forgiveness mean? What do we do with our feelings of anger, sorrow, and fear when we are trying to forgive? Does forgiveness always mean restoration of relationships?

The Bible teaches that we need to forgive those who have sinned against us. We will never find freedom unless we are able to forgive those who have hurt us. Bitterness is like a poison to our soul. Corrie Ten Boom, who survived a World War II concentration camp, said, "Forgiveness is the key which unlocks the door of resentment, and the handcuffs of bitterness." In this session, we will examine what the Bible teaches regarding forgiveness. We will talk about why we need to forgive. We will look at some practical tips on how to forgive, and how to release anger and bitterness. Then, we will begin the process of forgiveness so that we can experience healing and freedom.

Notes

- We will never find freedom without forgiving those who sin against us.
- Forgiveness is a matter of obedience.
- How do we forgive those who sin against us?
- Remember God's grace to you.
- Pray blessings on those who sin against you.
- Offer forgiveness to the level of offense.
- Forgiveness is an act of the will. We must choose to forgive.
- Choose to walk through the steps of forgiveness.

Experience

- Spend some time with God. Take your journal and ask the Holy Spirit:
 - » Whom do I need to forgive? (Don't filter what you are hearing, simply write down the names).
 - » What do I need to forgive? (Write what you hear for each person).
 - » How did it make me feel? (Allow the Holy Spirit to speak to you and perhaps surface emotions).
 - » Pray blessings on each person on your list and choose to forgive.
- Gather in your group and pray together, consciously choosing to release each person on your list from your debt. (Spend a few minutes listening together for healing words from the Father).
- Make a commitment to continue to pray blessings on each of the people on your list, allowing God to change your heart and release you from any anger and bitterness.

Tools located in the back of the book

- Forgiveness Exercise

Additional Resources

- *Choosing Forgiveness: Your Journey to Freedom* by Nancy Leigh DeMoss
- *Choosing the Gift of Forgiveness: How to Overcome Hurts and Brokenness* by Robert W. Harvey and David G. Benner

Healing Wounds

Overview

Whether you are aware of it or not, we all have wounds. The broken world that we live in has left its mark on us, and our wounds affect us adversely. Jesus died on the cross, not only to take up our sins, but to heal our soul wounds. He wants to make us whole. Isaiah 53:4–5 NIV says, “Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”

In this session, we will talk about how wounds are formed. We will examine God’s plan to redeem the pain in our lives, using it to make us more like him.

Notes

- We are all wounded.
- It’s important to believe that God can redeem the pain in our life.
- Theology 101: God is smart and he knows stuff we don’t know. He knows what memories need to be healed and he knows how to heal them.
- Sanctified imagination.
- Follow the prompting of the Spirit.
- Redemptive suffering and the process of healing.
- Healing is not a cure-all for all wounds.

Experience

- Begin by asking God to bring into your mind any wounds or places that need healing in your life. Write them in your journal. Some may surprise you, but don’t dismiss them. Trust the Holy Spirit’s wisdom as he brings these to your mind.
- Pray for one another, allowing the Spirit to direct your prayer time. Listen to the Spirit before you pray.
- Here are some guidelines for your prayer time:
 - » Enter the scene of the memory.
 - » Remember the memory and try to think how it made you feel at the time. Don’t think of it from your current perspective.
 - » Listen to see if God is prompting any of your prayer partners with information or directions.
 - » As you listen, remember that Jesus is the healer. Bring people to Jesus as the Spirit shows you how. Humbly test the ‘whispers’ of the Spirit.
 - » When praying for one another, don’t talk too much. Allow Jesus to minister to the one for whom you are praying. Follow their lead and the leading of the Holy Spirit. Don’t feel like you need to fill the space with talk. Times of silence and waiting on God give more room for the Spirit to work.

Additional Resources

- *Restoring the Christian Soul: Overcoming Barriers to Completion in Christ through Healing Prayer* by Leanne Payne
- *Healing for Damaged Emotions* by David A. Seamands
- *Abba's Child: The Cry of the Heart for Intimate Belonging* by Brennan Manning

HEALING FOR THE BODY

"Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."

Isaiah 53:4,5

"I am the Lord who heals you"

Exodus 15:26

TAKING JESUS AT HIS WORD (JOHN 4)

God is 100% invested in our healing...

We believe that Healing is for today and that is made possible in Jesus death and resurrection.

For many people the idea of divine healing feels foreign and rooted back in the Bible. Many say that it was just for Jesus and His apostles. That all this power and healing that accompanied the gospel was for then, but not for now.

"I see no place in the Bible where we are taught that the miraculous is to cease with the ascension of the Lord." (AB Simpson - Lord of the Body)

HEALING IS FOR TODAY AND JESUS IS OUR HEALER

"Divine healing comes to us by faith. It is not the faith that heals, but faith enables us to receive it. A.B. Simpson, Four Fold Gospel, pg.49

Faith doesn't heal, but it postures and positions our hearts and in effect bodies before God in such a way that we are available for Him to work in us.

HEALING is about a divine encounter with the God of the universe who wants you to know Him and to know that He actually knows you...Imperfections, brokenness, woundings and shame, hurts and physical pains...and He wants you to know His love and experience His Love, right there in the midst of all of it.

IS IT GOD'S WILL TO HEAL?

Jesus demonstrated the Will of God in his life.

"It (Faith) does not merely hope that God can heal or believe that God has the power to heal should it be His will. It is rather, convinced that it is always God's will to heal. It not only thinks such thoughts, but acts on them."

Dr. Bernie VanDeWalle - Heart of the Gospel

DO YOU BELIEVE THAT GOD WANTS TO MAKE YOU WELL?

HAVE YOU EVER EXPERIENCED DIVINE HEALING?

WHO CAN BE HEALED?

ISAIAH 53:4-5

MATTHEW 4:23-24

MARK 6:56

"SOZO"

ACTS 3:1-10

He was healed in all areas

- _____ - walked - demonstrated that He was physically healed
- _____ - leaped - demonstrated joy a sign emotional or inner healing
- _____ - praised God - a sign of spiritual healing, returned glory to God
- _____ - went with them - sign of social healing-restored into community

DOORS THAT LIMIT HEALING

- Fear in general
- Fear of God or what will happen if I open the door to God
- Fear of Supernatural (2 Timothy 1:7)
- Rationalism (Romans 8:5-7) Letting the mind rule over the Spirit
- Unrepentant sin (1 Corinthians 11:28-31)(James 5:16)
- A lack of knowledge of Christ as Healer(Ephesians 1:17-23)
- You have not asked for healing (Matthew 7:7-8)
- Demonic influences (Luke 13:11-16) They have legal ground
- Physical pain can indicate or be a manifestation of spiritual pain
- Unforgiveness (Matthew 6:12)
- Inner vows

Do you need a touch from God today?

Do you need healing for your body?

PRACTICUM:

PRAYER FOR HEALING

- Ask if you can pray for them
- Ask their name, and how you can pray for them
- Ask for permission to place a hand on them(only do this if given permission)
- Offer a brief prayer asking God to heal them. (Avoid if's and maybe")
- Check to see if there is a noticable difference
- Pray again

Family Sin Patterns

Overview

Have you ever made a determination to never be like your mom or dad, only to find that you struggle with the same patterns that they do? It may look a little different than it did in your parents' lives, but you can see that the pattern is still there—it's in you.

Family sin patterns are often the most stubborn sin patterns to break. Our family sin patterns always affect us. We can gain victory over them, but they have an unusual pull on our souls. We have to recognize our vulnerability in these areas of our life. In this session, we will learn how to recognize what our family sin patterns are and discover how we can gain victory over them through Jesus.

Notes

- The sins of the parents visit their children.
- Finding victory.
- Don't compromise.
- Find a gracious prayer partner.
- Deal severely with sin before it deals severely with you.
- Practice spiritual disciplines.
- Meditate on scriptures that describe the virtues you want to develop in your life.

Experience

In your group:

- Share how your family's sin patterns manifest themselves in your life. Be honest! What actions do you need to take to overcome them?
- What gracious prayer partners do you have who can help?
- What spiritual disciplines would be most important to help you to have victory over these patterns?
- On which scriptures should you meditate?

Additional Resources

- *Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ* by Peter Scazzero
- *The Sacred Romance: Drawing Closer to the Heart of God* by Brent Curtis and John Eldredge

Overcoming Fears

Overview

Most people are surprised to hear that the single most common command of Scripture is: “Fear not, for I am with you.” God’s love for us is so deep, and his desire is that we would trust him.

Fear is a tool of the enemy to keep us from freedom and fullness in Christ. Our fears keep us from the peace and joy that God has promised to give us. In our fear we frequently sin since we fail to follow God. In this session, we will ask God to help us identify our fears and see what the roots of the fears are. We will also examine some practical steps to overcome our fears as we choose to act on faith instead of fear.

Notes

- In fear, we often sin.
- We can act on fear or we can act on faith. We cannot act on both at the same time.
- Our fears are often connected to wounds.
- God often brings us face to face with our fears.
- We need to identify our fears.
- What are your root fears? How do they manifest in your life?
- Overcoming your fears (Philippians 4:4–7).

Experience

Spend some time alone with God and journal on your fears using these questions:

- What are the fears that grip you? What are your root fears?
- How do they manifest in your life? Many people are not aware that it is fear. They feel an adrenaline rush brought on by fear, a surge of power, a rush of anger, a desire to shut down, etc.
- How do they limit you?
- How are your fears affecting your relationship with God?
- What are the wounds beneath your fears?

In your group:

- Take time to pray for healing. Bring your fears to Jesus. Listen together and let him speak and minister to you.
- Share together the courageous actions you need to take to overcome your fears.

Additional Resources

- *Freedom from Fear: Overcoming Worry and Anxiety* by Neil T. Anderson and Rich Miller
- *Ruthless Trust: The Ragamuffin’s Path to God* by Brennan Manning

The Ministry of Deliverance

Overview

Many of us grew up with a modern worldview believing that the spirit world did not interact with the natural world. But the current worldview is rapidly changing. People are not only open to the spirit world interacting with the natural world, but many are engaging in practices that open them up to darkness.

Spirits have always been a part of the biblical worldview, and deliverance is a biblical concept. Jesus did it, taught his disciples to do it, and we ought to be doing it too. Deliverance is a major part of Kingdom ministry. We ought to do all the things that Jesus did. He healed the sick and cast out demons. We ought to follow him in this ministry and see people set free. In this session, we will learn what the Bible has to say about deliverance. We will seek to answer the questions that cause most people to doubt or fear the ministry of deliverance: Can Christians have demons? How do spirits enter? How do I know if I have spirits? How do you get rid of demons? Clear biblical instruction will be provided in how to do deliverance and an opportunity to participate in a spiritual test will be given.

Notes

- Jesus did deliverance and also authorized his disciples to do it.
- Can Christians have demons? Yes.
- How do spirits enter?
- How do we get rid of spirits?
- The symptoms.
- The process of breaking ground.
- Exercising spiritual authority.

Experience

- Question and answer session
- Group Test
- Deliverance in small groups

Tools located in the back of the book

- Deliverance Help Sheet

Additional Resources

- *Guide To Spiritual Warfare* by E. M. Bounds
- *Soul Care* by Rob Reimer

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FILLING OF THE SPIRIT

"Before we pray that God would fill us, I believe that we ought to pray Him to empty us. There must be an emptying before there can be a filling; and when the heart is turned upside down, and everything is turned out that is contrary to God, then the Spirit will come, just as He did in the tabernacle, and fill us with His glory."

D.L. Moody - Secret Power
19th Century Evangelist and Pastor

MARBLE JAR

FILLING A CAVITY IN A TOOTH

Jesus wants to fill us with His Spirit, not so we can feel good, but so we can experience the fullness of His love and be empowered for mission. Let's look at how the Spirit fills us with His love and empowers us for mission.

"I am less concerned about what we call this, and more concerned that we are Spirit-filled people - people who live in the fullness of the Spirit of God so we can make the impact on our world the disciples made on theirs."

Dr. Rob Belmer - River Dwellers pg 23

JOHN 4:10-14 - LIVING WATER

SIGNS OF THE SPIRIT

"Wait for the gift my Father promised, which you have heard me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit... You will receive power when the Holy Spirit comes on you; and you will be my witnesses..."

Acts 1:4-5, 8

John 14:15-21, 25-27 - Comforter, guide, counselor, Spirit of truth,

He lives with you and will be in you

He will teach you all things and remind you of everything that I taught you

What are some signs or indicators of the Holy Spirit's presence in our lives?

SIGNS OF THE CURRENT FULLNESS OF THE SPIRIT

When we are walking in the current fullness of the Spirit there is _____ in our lives.
(Acts 1:8, 6:8)

When we are walking in the current fullness of the Spirit there is _____. (Acts 1:8)

When we are walking in the current fullness of the Spirit there is _____. (Acts 2:17)

When we are walking in the current fullness of the Spirit there is _____. We have God given courage to step out in faith. (Acts 4:29, Acts 28:31)

When we are walking in the current fullness of the Spirit there is _____. We have God given power and faith to see healing (Mark 16:17-18 17, Acts 5:12-16)

When we are walking in the current fullness of the Spirit there is _____. (2 Cor. 3:17, Galatians 5:1"

When we are walking in the current fullness of the Spirit there is _____. (John 10:10, Ezekiel 47:9)

This is a a life that is on mission and actively pursuing more of God!

SPIRITUAL ACTION STEPS

- Questions: Are you currently living in the fullness of the Spirit? Am I seeing signs of God's presence in my life? Is there anything holding me back? Are you actively engaged in mission? Do I want more of His presence in my life?
- Invite the Holy Spirit and ask Him to fill you afresh or perhaps for the first time.
- Choose to live on mission in the power of the Spirit.
- Pray with someone next to you.

HOLY SPIRIT COME

- Ask for more
- Seek Him
- Invite His Presence
- Wait for him with expectation
- Be ready to receive and encounter Holy Spirit

Tools

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Telling Our Stories

The Bible is full of people's stories, and their stories include the good, the bad, and the ugly. The whole world knows of Peter's betrayal and of Paul's arrests. In fact, Paul delights in telling his story as he writes the letters to the new churches. He uses his story to encourage, to challenge, and to remind his "children" of his walk before them.

Why should I tell my story?

- My own spiritual growth is at stake. In his book *Soul Talk*, Larry Crabb says, "No lie is more often believed than the lie that we can know God without someone else knowing us." He also points out, "People will not move as far as they could on their journey into God's presence or experience the power of the Spirit as fully as they could without telling their story to another person."
- By telling my story, I recognize God's hand in my life through all the ups and downs. He is working on me!
- I can more fully process and understand the difficult times of my life.
- I can assess future ministry opportunities.
- I can help others on their journey.
- I can know true acceptance and love from others. When all I present is my "false" self, I will never know my Christian community members' love for the person I really am.

How does telling my story or listening to others' stories help my Christian community?

- Knowing each other's stories creates community and fellowship at a level that few know. True fellowship, that we are people that truly know and love one another, is one of our best ways to share God's work in our life with the world.
- It helps us to understand one another better and to offer grace to each other instead of misunderstanding or rejection.
- It opens a door for discipleship at a deep level. Because I have listened to your story and you have listened to mine, we can "spur one another on to love and good works" (Hebrews 10:24, NET).

How do I tell my story (*it is helpful to write it out and keep it to ten minutes*)?

- Your story can be told several ways and at different levels, depending on your level of trust in the person(s) to whom you are telling your story. Choose what you share wisely, but be open to the Spirit as he calls you out of your comfort zone as you experience healing.
- You will probably add to your story as (1) you become more aware of the influences that are driving your present life, and (2) the more you feel that you can trust this group of people.
- Reflect on the following as you tell your story:
 - » What were the events that have had an impact on who I am today? Include the highs and the lows.
 - » Who are the people that influenced and significantly shaped my life

(parents, siblings, etc.—share five to six adjectives describing your parents)?

Were there family slogans, spoken or unspoken, that influenced me?

» What significant circumstances changed the direction of my life (these include painful times, hurts and wounds, spiritual encounters, losses, some which might have even happened before you were born)? 22

- Think through your life in segments. What happened during:
 - » Different stages of your educational life?
 - » Geographical moves that give some boundaries?
 - » Major events that changed the shape of your life?
 - » Occupation or job changes?

How do I listen to someone's story?

- Give full attention to the person talking.
- Ask questions for clarification, but don't add your input or examples. This is his or her story, not yours. Everyone's story is unique.
- Resist the urge to interrupt, to comment, to comfort or give advice. Listen!
- Commit yourself to confidentiality. This story belongs to the person telling it. It is not yours to share and you want to make this Christian community a safe place for everyone.
- Resist becoming judgmental. Don't come to any conclusions about the person until you have heard the whole story and remember that you might not be hearing it all in this telling.
- When the person is finished, respond with thankfulness for the gift of this person and their story to the group and your own life. Reflect on any themes or underlying issues that you heard, giving the person room to respond. If appropriate, place the person in the center of the room for a prayer of blessing and ministry. This still is not the place to give advice or offer solutions for their life.

Meditating on Scripture

Why should we meditate on scripture?

Psalms 1 tells us that there are benefits when we meditate on Scripture. It says, "But they delight in the law of the LORD, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do" (Psalm 1:2–3, NLT).

Meditation means "the act of focusing one's thoughts: to ponder, think on, to muse." Eastern forms of meditation attempt to empty the mind. Biblical meditation, however, is an attempt to empty the mind of the wrong things, in order to fill it with what is right and true according to the God's Word, which is the standard by which all truth is weighed.

All Eastern forms of meditation stress the need to become detached from the world. Biblical meditation involves becoming detached from the controlling and hindering influences of the world, while becoming attached to the living God.

How do you meditate on Scripture?

1. Meditation is much like muttering. When you mutter, you speak things quietly or under your breath, regardless of whether people are present to hear you. You may find yourself muttering when you are driving, at work, or shopping, etc. Here is an example of meditating by muttering:
 - » Take a verse and begin to mutter something like this: "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28, NIV). God is able to carry my load I just need to surrender it to him, take a deep breath, and enter into his rest."
 - » There is power in the Word of God. Meditation on God and his promises will bring your mind and emotions under control. It will increase your faith and bring peace to your soul.
2. Meditation is much like pondering. To ponder means to contemplate, think over, or to wonder about something. Pondering meditation requires a slow, deep, and repeated look at Scripture for the intention of drawing near to God. Here are a couple of suggestions on how to go about pondering meditation:
 - » *Lectio Divina*, or divine reading, is a classic method of meditation. It requires reading a passage of Scripture aloud, stopping and pondering on it, praying about it, and contemplating God in it. As the passage is read, wait for a word or phrase to resonate and then meditate on that word or phrase to hear what God might have to say. After praying on what this means, we rest in quiet, reflecting before God.
 - » Entering a gospel scene is another method of meditation on Scripture where we use our imagination to enter into a gospel scene. At first we might just be an observer, but then we can imagine ourselves as one of the characters in the story and listen to what God might be saying to us. Revelation and healing can take place as we enter into the story and allow God to apply it to our lives.

As you meditate, you will receive fresh revelation for yourself. There is no substitute for knowing you have heard from the Holy Spirit. There is no replacement for time spent in meditation and fellowship with God. He will become intimate with you. This is the desire of God: to have an intimate relationship with his children. The Apostle James said, "Draw near to God, and he will draw near to you" (James 4:8, NKJV).

Journaling

“In journaling, we know ourselves as we really are and feel the acceptance of the one who loves us without reservation.” —Anne Broyles

The point of journaling is for us to get in touch with what is true about us and what is true about God and how he views us. It helps to reveal the inner workings of our hearts so that we can see ourselves and understand our behaviors more clearly. It is an ideal place for us to confess our sins and express to God how we are feeling and what is going on in our souls, allowing him to respond, and to reveal the inner motives of our hearts.

The Psalmist says in Psalm 139:23–24 (NIV), “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” Journaling is a tool that allows God to search our hearts and reveal life-giving truth to us that can set us free.

Some practical suggestions for journaling

One of the keys to journaling is to write. Write your confessions, write your heart’s desires, and write where you are struggling (relationships, finances, work, family, sin patterns, etc.) Write your praises, write about your current life situations, and if you are wrestling with a decision. Write freely, without filtering or censoring yourself. It doesn’t matter if it is complete sentences or bullet points, write whatever is on your mind onto the page. Then listen to what God is saying in response. Don’t filter or debate whether it is God speaking or your own thoughts, just write it down. Then you can test what you hear by the written Word and mature discerning people in your community. Be assured that God wants to speak to you.

Some people like to:

- Journal to God everyday, like a diary or letter, reflecting on their day and where they have been aware of God’s presence, allowing the Holy Spirit to prompt their thinking.
- Journal when they are in crisis or when they are trying to make a decision, sharing with God openly and honestly what is going on and listening for his response.
- Journal about a particular sin pattern or struggle in their life that they may be struggling with, asking God for wisdom as to what might be behind it or to show them how he is working in their particular struggle to form Christ in them (James 1:2–8).
- Journal by keeping track of God’s blessing in a “Gratitude Journal”

There is no right or wrong way to journal. Fredrick Buechner reminds us in *Listening to Your Life*, that “there is no chance thing through which God cannot speak.” If we pay attention, we will see that God is always speaking to us.

Additional Resources

- *An Ordinary Day with Jesus* by John Ortberg and Ruth Haley Barton

Drafting a Rule of Life

Some things to consider when you are creating a rule of life:

1. When and where do you feel closest to God? How do you enter most deeply into an awareness of his love for you? 25
2. Are there particular practices that open you to God (worship, scripture reading, prayer, fasting, gratitude, retreats, solitude, etc.)?
3. Are there practices that seem to hinder you?
4. What receives the most attention in your life currently? Job? Family? Friends? Hobbies? (These are not bad things, but when we love them more than God, they can compete for our hearts and become an idol.)
5. What practices suit your daily, weekly, monthly, and yearly rhythms and cycles?
6. What limitations are built into your life at this moment? What are some longings that you are experiencing these days? Are you even aware of them?
7. Where do you want to change? Where do you feel powerless to change? Ask the Holy Spirit, by his grace, to help you do what you cannot do through effort alone.
8. Choose several disciplines to work into your rule of life. Choose some that appeal to you because they fit easily into your life and help you connect with God, but see if God is inviting you to challenging and stretching places, too.

Additional Resources

- *Crafting a Rule of Life: An Invitation to the Well-Ordered Way* by Stephen A. Macchia
- *Celebration of Disciplines* by Richard J. Foster
- *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun
- *Sacred Rhythms* by Ruth Haley Barton

Personal Rule of Life

Ask God, “Lord, what daily, weekly, monthly, and yearly rhythms do I need to establish to connect with you and give myself over to your life-transforming power?” As you hear, jot the rhythms down and begin to put them into practice. This may mean you set your calendar around these habits so they can begin to have the right priority in your life. Don’t get discouraged, keep at it.

Daily

Weekly

Monthly

Yearly

Principles to Prepare You for God-Initiated Conversations

1. First, take time to worship. Worship ushers us into God's presence and connects us to the heart of God. Worship reminds us of God's greatness, and his affection for us. Expressive worship breaks down the religious spirits that seek to sap the power out of our walk with God. Psalm 100:1–5 (NIV) states, "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations." 27
2. Second, take time for surrender and confession if there is anything blocking your relationship with God. Psalm 139:23–24 (NIV) states, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
3. Third, meditate on Scripture to prepare your heart. Here are some good meditative things to do. First, read the passage slowly out loud, with inflection. Read it several times. Second, reflect on the passage. What jumps out at you? What phrase? What word? What image? Where does the passage catch your heart? Third, pray the passage back to God. Pray the passage into your life. Pray for insight (for this exercise, Isaiah 40 and 2 Corinthians 4 are good passages with which to begin).
4. Fourth, pray through the issues on your heart. Pray over any issues that are troubling you. Leave them with God. Speak to God about the desires of your heart. You will want to get all of the interference out of your soul, so when it comes time to listen, you will have nothing coming up. The goal is a quiet inner being, stillness.
5. Philippians 4:4–7 (NIV), "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Follow the passage. Do what it says.
6. Fifth, let God speak. Now you are ready and prepared to wait in stillness. Up until this point you've been offloading, you've been preparing your heart to meet with God, and to hear his voice. Now, simply invite God to speak and listen. Shut off the music. Don't present any requests to God during this time. Don't initiate any of the conversation from this point forth. Just allow God to speak to you about whatever is on his mind, then respond to what he initiates.

Making the Most of a Spiritual Retreat

A retreat is a place set aside for peace and quiet where we stop everything and give full attention to God. It is a space that is purposely created to withdraw from all the cares and concerns of life and be in a place of quiet rest and care of body, soul and spirit. Retreats help us to re-center and fortify our foundation in Christ. Because life is so busy, drawing away in silence and solitude helps us to connect with God. It is a time to cease from all doing and focus on being.

Suggestions for retreating

1. Purposely set aside an amount of time that will be uninterrupted.
2. Find a place where you will be away from any distractions of phone, family, television, internet, work, etc.
3. Prayer and silent retreats are not a time for study or cognitive learning or anything that would distract you from attending to God in quiet silence and solitude. It may seem uncomfortable at first if you are used to these distractions, but stick with it and you will find your soul will begin to hunger for more and more of these times.
4. Less is more. Plan on taking walks and enjoying nature in whatever way is most inviting. Depending on how weary you are, you may want to begin with a nap to allow your body to stop and rest.
5. Write in your journal and use the tool God-Initiated Conversations tool to quiet your soul in anticipation of hearing God speak to you.
6. Meditate on Scripture, and enter into worship either through music, nature, or the Psalms.
7. Dialog with God either in your journal or by talking to him out loud.
8. Sometimes people will notice anxiety, fears or emotions rising up as they slow down and remove the activities and distractions that usually hide them. If that happens, spend time journaling and simply ask God to reveal what they are about and show you what the roots are. Offer them up to God and respond to his promptings.

If Jesus needed to draw away often to spend time with the Father, how much more do we need to enter into prayer and silent retreating? People come away from a silent retreat refreshed, with greater clarity and a renewed sense of God's presence.

Forgiveness Exercise

God calls us to forgive as we have been forgiven. Ephesians 4:31–32 (NIV) tells us to, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Offering forgiveness for the wrongs that have been committed against us sets us free from our past and our bitterness and prevents Satan from taking advantage of us.

Colossians 3:12–17 (ESV) says, “Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

Most people do not understand what forgiveness really is and how it has the power to release us from the pain and hurt in our lives.

- Forgiveness doesn’t mean that you forget, but rather it is a choice not to use the past against the person that has been forgiven.
- Forgiveness is a gift that is granted by the offended party, it is never deserved or earned. Forgiveness is a choice, a decision of the will.
- Forgive from the heart. Allow God to bring to the surface the painful memories and acknowledge how you feel toward those who have hurt you. Forgiveness must match the level of the offense.
- Don’t wait until you feel like forgiving. Realize that grieving the loss and disappointment is part of the process of healing, and it is necessary to grieve when you forgive.
- Forgiveness is not the same as trust—trust is earned. It may not include a restored relationship. Forgiveness is unilateral, while relationship is bilateral.

Instructions

1. Begin by praying and asking God, “Who do I need to forgive?” You may need to include yourself on this list.
2. For each person on your list, ask God, “What do I need to forgive?”
3. Then, ask God to help you recall how it felt and to be able to put into words how it made you feel. Do some journaling on this, allowing yourself to feel the emotions connected to the wrongs done to you.
4. You may also need to write down “Thoughts against God” at the bottom of your list. God has not done anything wrong, so he does not need to be forgiven, but you need to let go of your disappointments with the way life has turned out and not harbor any resentment or bitterness towards God. ALL TEXT CONTENT IS COPYRIGHT DR. ROB REIMER | **29**

5. Begin to pray blessings on each person on your list as you allow God to soften your heart as you forgive them.
6. For each person on your list, sit with Jesus and pray, telling the Lord that you are choosing to forgive them and release them from your debt. **30**
7. Spend some time in silence listening to the Holy Spirit, allowing him to bring healing to painful wounds.
8. Share with others how trusting God and forgiving those who have hurt you has changed your life.

Taken from *The Steps to Freedom in Christ* by Neil T. Anderson

Deliverance Help Sheet

1. Explanation: Explain deliverance. There are good spirits and bad spirits. Bad spirits seek to indwell. Explain that God, and demons, speak in six ways: audible, thoughts (whispers), feelings, pictures, cartoon caption (word in mind's eye), you "just know." Explain that they should not filter responses. This is a common problem.
2. Prayer: Pray for protection, wisdom, power. Ask the person to pray a prayer of surrender to Christ. You can also make a series of commands in this prayer time; this is to limit the demons activity in the session, you will have to reinforce it during the session at times. Command (in italics):
 - » Stay in the hierarchy that you are in. Demons come in hierarchical structures, like a pyramid with a leader at the top. It is quicker and easier to do deliverance if you keep them in their hierarchy.
 - » You will cause no harm to anyone here, or to his or her family. No throwing up. No anxiety. (When some manifestation starts, you can try to command it to stop. For example, there is usually some low level of anxiety that is felt, but if it intensifies you can usually limit it. Typically a person will feel some tightness in their chest. If any other symptoms arise in the deliverance, you can command it to stop. This is why it is important that the person reports whatever is happening. For example, sometimes they will feel pain in a part of their body as a demon manifests, but you can command it to stop in Jesus' name.)
 - » No undue physical manifestations, no confusion, no deception, no condemnation.
 - » No dividing, or hiding. No fleeing to escape this session.
 - » These commands are made in Jesus' name.
3. Do a test: Below you will find the test questions. Go through until you hit a wrong response. If you hit a wrong response, ask the spirit's name.

Test Questions

*Remember: Any wrong answer is an indication of spirits. When you get a wrong answer, **STOP** and move to the list of "Key Questions to ask Demonic Spirits" on the following page.*

- Is Jesus Christ the Lord? Is Jesus Christ your Lord?
- Did Jesus Christ come in the flesh?
- Do you honor the blood of the Lord Jesus?
- Did Jesus Christ die on the cross and rise again?
- Is it through faith in Christ alone that we can be saved?
- What is your purpose in this person?
- Is it your desire to pour out the love of God in this person's heart?
- Do you produce the fruit of the Holy Spirit in this person?
- Does the Scripture say that the Holy Spirit proceeds from God the Father? **31 ALL TEXT CONTENT IS COPYRIGHT DR. ROB REIMER | 31**

- Spirit, do you have any resistance toward God the Father?
- Is it your desire that this person walks full and free in Christ?
- Do you love this person?
- Is it your desire that this person brings glory to Jesus Christ?
- Is there anything you would like to say to this person?

When you get to the end of a positive test, the Holy Spirit is often recognizably present, and this can be a very powerful time for the individual to hear from God.

Key Questions to Ask the Demonic Spirits:

You can verify answers—is that the truth before God?

- “Spirit at attention, what is your name?” (If the name is not an obvious function, ask, “What is your function?”)
 - “I bind any spirits beneath you to you. Do you or any of the spirits beneath you have any ground to stay?” (Ground must be specific, unconfessed sin. Do not allow accusations to stand.)
 - “Do you have a leader within this person?”
 - » If yes, “What is its name?”
 - » If no, “Is that the truth before God that will stand before the white throne of judgment?”
 - “Do you see any gates, windows, or portals open?”
 - “Are there any secrets or curses that give you any right to return?”
 - Once the needed information is acquired from the spirit, and there is no ground (no ground ever or any ground that was present is broken), state, “You and all spirits bound to you, leave this person and go where Jesus sends you in Jesus’ name.”
4. Deal with the next leader, whose name you got from the spirit you just cast out. Always try to keep spirits in groups. If you did not get a leader’s name, do another test.
 5. Once the last group of spirits is cast out, go back through the test questions and make sure there are no “hidere.” Keep going through the process until you come up with a clean test, and all the demonic spirits are gone.
 6. When the test finishes clean, and the Spirit of God is answering the questions, then end by asking the Holy Spirit if there is anything further he would like to say to the person. Many cool God encounters happen during this time!
 7. End with prayer and final instructions. The demons will sometimes come back on the outside and threaten. The person needs to take their stand in Christ, submit to God, and tell the enemy to flee (James 4:7). It is helpful for the person to “renew the mind” (Romans 12), and to replace the lies the demons have been speaking with the truth of scripture.

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