

“Now that Christ has really set you free, make sure you stay free...” Galatians 5:1

Please contact me after you complete each exercise, to share your “take away” & “God’s Character.” After I listen to how God is speaking to you I want to pray with you. My job is to get you to God & what a joy and privilege that is! Please return the favor anytime!

Remember I am giving you my time to walk through this with you, please keep your commitment to do what I am asking you to do.

You can do this at your own pace. Recommendation: One exercise a day at least or more if you have time.

The “How To” Worksheet:

***1. Psalm 40**

1. **Cross reference**, look up word meanings, Read it relationally: pray through the chapter as you read.
2. What is your **Take away**: how is God specifically speaking to you? Personal Application-be specific.
3. List **God’s Character**: What is He like from what you just read? Be sure to list the scripture verse that goes along with His character.

***2. Now listen to the Freedom Message** (The booklet you will be using for the pages below are also found at this link)

http://www.saltandlightgroup.com/_freedom_workshop.html *How did God speak to you? *Please be specific.

***3. Honesty with God Pg. 6-10 in “Freedom Workshop Booklet”** http://www.saltandlightgroup.com/_freedom_workshop.html

1. What is your **Take away**/application? List scriptures that validate your answers.
2. List **God’s Character**: What is He like? List scriptures that validate your answers.

***4. How do I begin to walk in Freedom Pg. 41-42 in *Freedom Workshop Booklet**

1. What is your **Take away**/application? List scriptures that validate your answers.
2. List **God’s Character**: What is He like? List scriptures that validate your answers.

***5. Meet your King at the Keyboard Pg. 10 *Freedom Workshop Booklet**

1. Pour out to God at your computer and then **delete it** and tell me that you “met your King at the Keyboard by texting me. Do this daily for a week and then as needed.
2. Be prepared for resistance when you do this....for the rest of your time on earth. But do this for the rest of the journey here, this is crucial.
3. What is your take away from doing this? Write out your experience from beginning to end at the key board after you are done.

***6. My Sheep Hear my Voice Pg. 17** see ex. “God always has the answer” bottom of page *Freedom Wkshp Booklet

1. What is your **Take away**/application? List scriptures that validate your answers.
2. List **God’s Character**: What is He like? List scriptures that validate your answers.

***7. God’s Words on Trials, Temptations and Suffering Pg. 32-38 in *Freedom Workshop Booklet**

1. Ask God to show you one verse to memorize after reading straight through all these verses.
2. Please read all these pages/verses in **one setting**. The goal is to “wash your mind” with the Truth
3. What is your **Take away**/application? List scriptures that validate your answers.
4. List **God’s Character**: What is He like? List scriptures that validate your answers.

AFTERGLOW

Hi _____I have something I would like to ask you to do.
I think it is really important to sit still before the Lord and ask
Him to help you answer these questions. There will be other
events in the future and while it is fresh on your mind, it is so helpful to
jot down your answers, so you can refer back to them, so you can apply
what you learned and you don't have to relearn it. (Be sure to **save a copy**
of what you write to refer to.)
(You are doing this for yourself, not for me, only for me to pray for you ;)
If you are willing to do this, can you share it with me by _____?
If another day is better, just let me know.
God just brought all this to my mind, so I wanted to be faithful
To follow through :) xoxoxo

What did you learn from the situation you just went through: (Please read all the questions first before you start answering. You can change the order if need be or format it to fit your working style. You can even add questions that you think would be helpful to you to answer.)

1. What did you learn about God's Character?

2. What did you learn about yourself?

3. What did you do that helped you, that you would do again?

4. What would you do differently?

5. How would you help someone now after your experience, who came to you with a crisis?

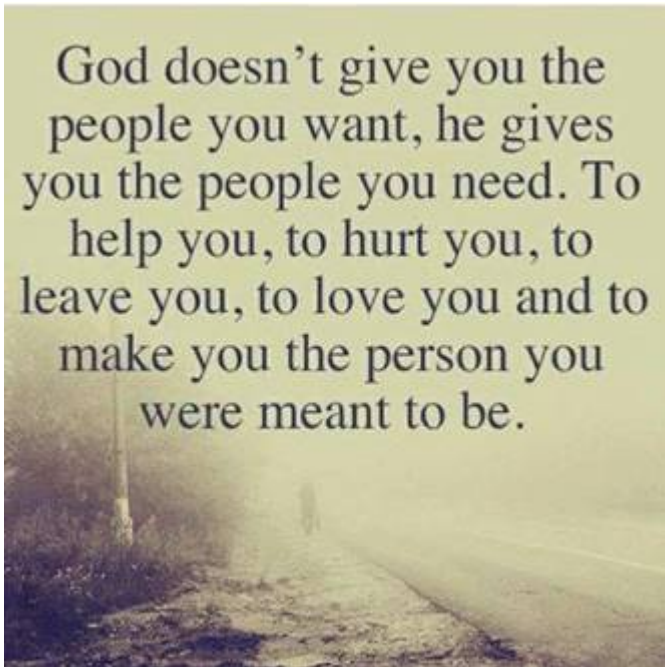
Be specific.

(Job 5:18 "For He bruises, and binds up: He wounds, and His hands make whole." Only a loving Father trains you and I like this so that we can in turn (with experience) train others. There is never any waste in God's economy! God is always for us, never against us. That fact is why we can't go by feelings)

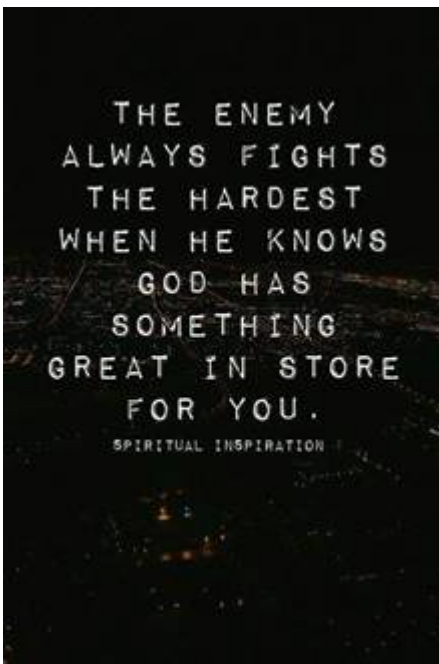
6. Summarize: What are you "taking away" from this training experience that God has allowed you to go through?

(This summary is your application for the next event that comes. Being aware of all you write for the "next time" will make you a wiser woman than you already are.)

I ran across these and wanted to share with you ☺



Wow! Is this ever the Truth!



So much to look forward to!

The enemy is only attacking you because you're valuable to God. Thieves don't break into empty houses. You are important!

Truth!



The eagle does not fight the snake on the ground. It picks it up into the sky and **CHANGES** the battle ground, and then releases the snake into the sky. The snake has no stamina, no power and no balance in the air. It is useless, weak and vulnerable unlike on the ground where it is powerful, wise and deadly.

Ton's of Wisdom here!

Sometimes you don't even realize what God is doing for you



Whoa!

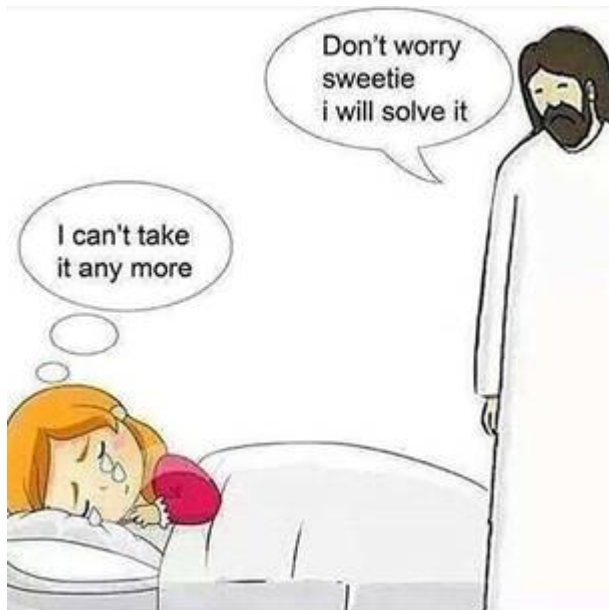
What you just
prayed for,
I'm already
working on it.
Help is coming.

-God

These words above encourage me greatly and
puts a high Value on the time spent in prayer!
Very encouraging! It's always great to have a
safe place to share & pray in confidence.



Yes, the best is yet to come!



And solve it He did! He heard us!



So glad you and both are & if not that you will
be!!