

A KINGDOM COLLABORATIVE CLASSROOM

WHOLENESS

Foundations

Workbook

Abner Suarez, D.Ed.

LeAnne Suarez, DMin., LPC

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For Such a Time as This, Inc.

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Wholeness Foundations Workbook
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WHAT TO EXPECT

God made humanity in His image and designed them with three distinct parts (like God) operating as one. Original creation according to God's design was perfect and complete, lacking no deficiencies. But because of Adam's sin, all humanity has been born into learned dysfunction. Yet through Jesus' life, death, and ascension, the good news is that God has made a way for humanity to live as Jesus, the Son of Man.

Wholeness Foundations is designed to equip you to live a lifestyle that God intended—one of freedom and purpose, bearing fruit in every season, and experiencing the reality of God's blessing, thereby writing eternal history for future generations. God designed wholeness to be a believer's lifestyle as we walk with God, grow in the knowledge of God, and mature in the process of fully living as God designed.

A KINGDOM COLLABORATIVE CLASSROOM

- To learn about wholeness according to God's divine design and your inheritance as a son/daughter of God.
- To facilitate the process of equipping you to identify and work through emotional and relational challenges to live the life that God intends and to thrive in your divine purpose.
- To identify and receive healing for heart issues and repeated patterns of defeat.
- To identify any ungodly beliefs and possible demonic influences or strongholds to walk in freedom.
- To advance in God and live fully in God's divine design by living a God-centered lifestyle.



Instructors

Abner Suarez, D.Ed.

LeAnne Suarez, DMin, LPC

Welcome!

The master key to living as God designed begins with complete surrender to God. True surrender unlocks humanity into becoming a new creation. God has beautifully designed this new creation of people to live as whole persons. Yet God's design for humanity is not automatic by virtue of becoming born-again; becoming a whole person is also a choice of daily surrender. Discipleship is the God given process of learning to live as a whole person, with Jesus the Son of Man as our example.

A whole person is:

- An individual who lives out their God given purpose and, as a consequence, contributes to writing God's story on earth
- Is one who knows by experience the goodness of God and is learning to see reality from God's perspective
- An individual who is joyfully embracing a lifestyle of repentance
- Learning and growing in a lifestyle of faith
- One who is learning via the word of God and the empowerment of the Holy Spirit to live an overcoming life

We believe God Himself birthed *Wholeness Foundations* to equip you to live as God designed. Our time together will certainly not be exhaustive, but rather one in which seeds will be planted in your heart that will equip you for your current season. LeAnne and I are honored that you have chosen to join us. We encourage you to join your faith with ours, believing that this will be a time of profound transformation and purpose.

Know that you are loved and known by God!

Abner and LeAnne Suarez

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*He'll take over the running of
the world. His names will be:*

*Amazing Counselor,
Strong God, Eternal Father,
Prince of Wholeness.*

*His ruling authority will grow,
and there'll be no limits to the
wholeness He brings.*

Isaiah 9:6 msg

*Behold, I lay in Zion
for a foundation a
stone; a precious
cornerstone.*

Isaiah 28:16

W H O L E N E S S F O U N D A T I O N S

Be equipped to leave an eternal legacy

PURPOSE

- To bring understanding of God's divine design
- To bring understanding of how original sin distorted God's design
- To define and bring understanding to the function and purpose of the human heart
- To define the concept of wholeness with Jesus, the Son of Man, as our example
- To bring understanding of how Jesus' death, resurrection, and ascension has made a lifestyle of wholeness possible
- To equip believers to live like Jesus, the Son of Man—a whole man
- To bring understanding of God's divine design for Kingdom relationships and receive healing for relational wounds
- To define and bring understanding of emotional wholeness
- To define matters of the heart and life patterns to help you receive healing and move forward in God where there may be hindrances or restraints
- To bring understanding of Jesus' ministry of deliverance and why this is important to live in spiritual freedom
- To possibly identify any ungodly beliefs that limit our ability to live as God designed
- To bring understanding of the process of how the mind is renewed and the transformative power of the word of God
- To learn how to live a God-centered life

God's Divine *Design*

Abner Suarez, D.Ed.

And God said, let us make a man and a woman in our own image to be like us. Let them reign over the fish of the sea, the birds of the air, the livestock, over the creatures that creep along the ground, and over the wild animals. So God created man and woman and shaped them with His image inside them. In His own beautiful image, He created His masterpiece. Yes, male and female, He created them. And God blessed them in His love, saying, "Reproduce and be fruitful! Populate the earth and subdue it!"

Genesis 1:27-28 tpt

In the beginning, the Word already existed. The Word was with God, and the Word was God. He existed in the beginning with God. God created everything through Him, and nothing was created except through Him. The Word gave life to everything that was created, and His life brought light to everyone.

John 1:1-4

GOD'S
Original
INTENT

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Ephesians 2:10

GOD'S ORIGINAL *Intent*

OBJECTIVE: To explore the necessity of what it means to live according to God's divine design for humanity. The world system places humanity as the source of its own existence. In the Kingdom of God, God places Himself as the source of all existence. Humanity can only properly relate to God in the manner that He designed. Our personal opinions and mistaken views of God, no matter how well intended, do not change God and spiritual realities (Mal. 3:6). We are required to live according to God's divine design if we are to fully experience the rich and satisfying life that Jesus Christ came to give to humanity (Jn. 10:10). God's standard for our lives is the holy scriptures and our example for living is Jesus Christ. God's divine design for all humanity is for us to be like Jesus.

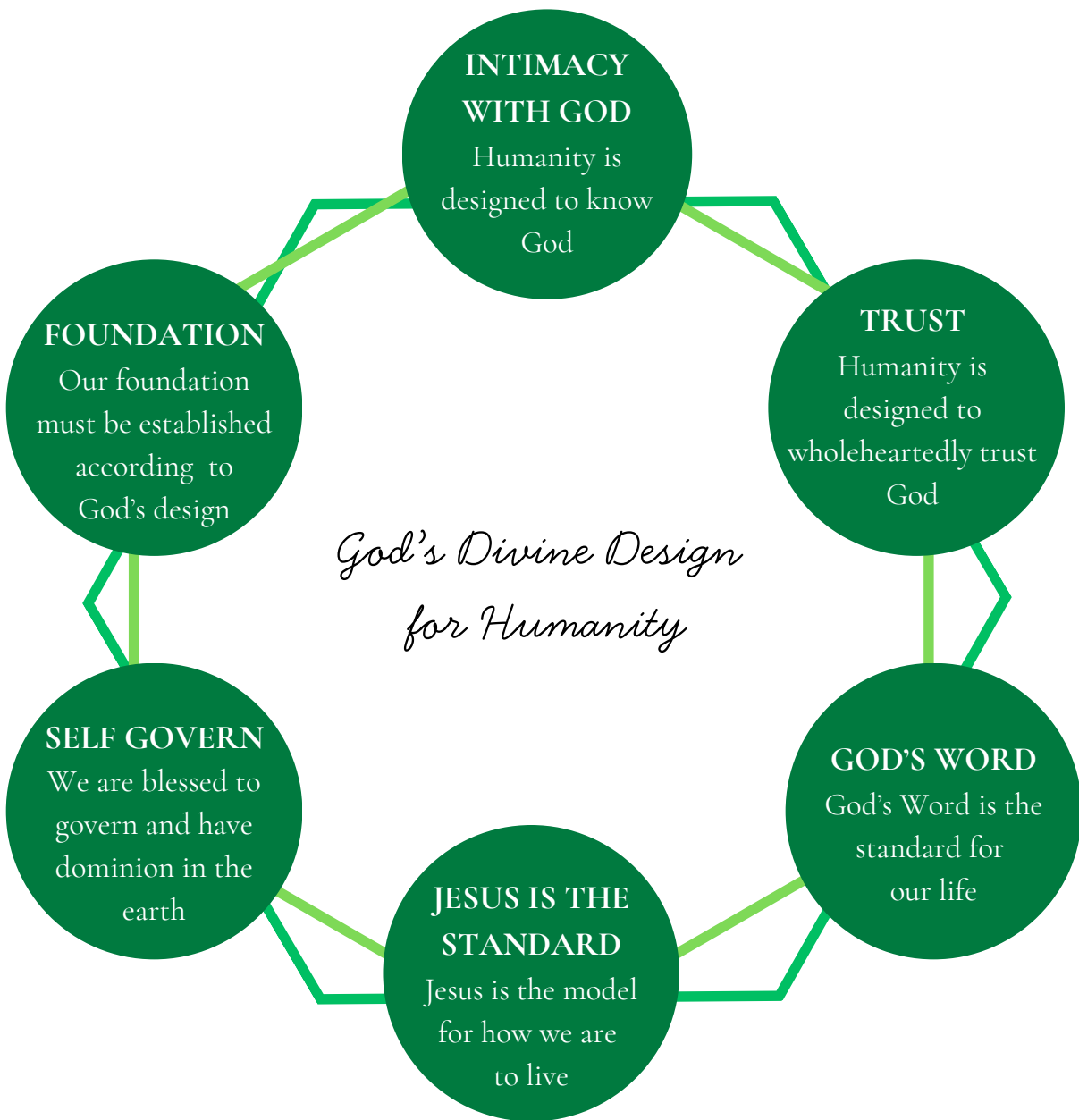
Kingdom Truths

- A house is not properly built if the foundation is flawed.
- While externally an edifice may appear beautiful, improperly established internal structures will eventually cause the house to be seriously compromised and perhaps without attention collapse.
- Our lives can never function correctly as God has divinely designed if we have a flawed foundation (Is. 5:1-7; Mt. 7:24).
- Without the foundation being rebuilt and established, the house cannot function as it has been originally designed. Similarly, God has divinely designed humanity to function in a precise manner.
- God is the source and originator, the designer of all things in creation (Gen. 1:1).
- Everything in creation finds its source in God the Father (Col. 1:16).
- God designed humanity with needs and He intended to be the supplier of those needs.

- The fulfillment of these needs is essential to living as God has divinely designed.
- Humanity was created by love, to know love, and to receive love and affirmation (Eph. 1:4).
- Humanity was created to live from a place of rest and to live a lifestyle of worship.
- An essential aspect of any relationship is trust—without trust, there can never be an authentic relationship (Prov. 3:5).
- Humanity has been designed to know and trust God, much like drinking water is necessary to survive. We cannot survive without ongoing, growing intimacy with God (Jn. 15).
- The trinity (Godhead) has a relationship with itself, and we have a relationship with ourselves.
- Humanity was created to be self-governing (Gen. 1:26-27).
- Humanity was created with the power of choice (Gen. 2:16-17).
- Death is the result when humanity violates God's divine design (Gen. 2:16-17).
- When dysfunctional living is normative among God's people, the world functions at a deficit.
- When dysfunctional living is normative among God's people, our expectation of what is possible is often defined by our experience and not the standard of scripture.

GOD'S ORIGINAL INTENT

Growth in understanding what it means to be made in God's image and likeness



G O D ' S D I V I N E D E S I G N

Fundamentals of God's divine design

FUNDAMENTALS

- God's divine design is the greatest love story ever told.
- God is the supreme owner of the world who created a family called humanity to rule the earth by virtue of their complete dependence upon Him (Ps. 24).
- God is the ultimate Father who supplied humanity with all that was ever needed for eternity.
- Humanity was created to have a heavenly existence.
- God's motivating passion for designing humanity to live by faith is love. God does not express love—He is love (1 Jn. 4:8, 16).
- Humanity was created to be fathered by God and through our parents as God's ordained representatives.
- Humanity was created to have an earthly family. We were created to have a father and a mother who represents God and to help meet our human needs that are given to us as a virtue of God's divine design.
- Humanity was created to live with complete, deep heart attachment to God. The experience of being intertwined with God is meant to define humanity's existence. We are created to wholeheartedly trust God and be fully entwined to Him spiritually, emotionally, and physically (Ps. 27:13-14).
- Humanity was designed to live by faith knowing they were created for the blessing of God. In the beginning, the first words that humanity hears is the word of blessing from the heavenly Father (Gen. 1:28).
- God created the earth to function with man governing by the blessing of the Lord (Ps. 8:6).
- For the earth to function as God intends, man is to cooperate with the blessing of the Lord.
- Humanity was created to live from a place of rest and shalom (Is. 26:3; Jn. 14:27).

G O D ' S D I V I N E D E S I G N

The Blessing of the Lord

THE BLESSING OF THE LORD

- The first words humanity heard were God's words of blessing.
- **Blessing Defined:** To bless in the OT means to endue with power for success, prosperity, fecundity, longevity; to bestow goodness and favor, and to invoke such qualities upon another (Copeland, 51).
- God's blessing expresses more than a positive sentiment. God's blessing releases the power to bring that blessing to pass. God's favor was released upon humanity to function in the task that they had been divinely given. When God spoke His words of blessing, He endowed mankind with the divine power to increase and excel in everything good. God empowered them (man and woman) to fill the earth with that goodness (Copeland p.51).

Resource: Copeland, K. *The Blessing of the Lord: Makes Rich and He Adds No Sorrow with It.* Destiny Image Publishers, 2012.

- God created the earth to function with man governing with the blessing of God.
- For the earth to function as God intended, man was to cooperate with the blessing of the Lord.

*The blessing of the Lord
makes one rich and adds
no sorrow.*

Proverbs 10:22

MASLOW'S HIERARCHY OF HUMAN NEEDS

Humanity's Essential Needs

5 STAGE MODEL

PHYSIOLOGICAL:

- there are biological requirements for human survival (e.g. air, food, drink, shelter, clothing, warmth, sex, sleep.)
- if these needs are not satisfied the human body cannot function optimally. Maslow considered physiological needs the most important, with the other needs becoming secondary until these needs are met.

SAFETY:

- protection from elements, security, order, law, stability, freedom from fear.

LOVE AND BELONGINGNESS:

- after physiological and safety needs have been fulfilled, the third level of human needs is social and involves feelings of belongingness. The need for interpersonal relationships motivates behavior.
- examples include: friendship, intimacy, trust, and acceptance, as well as receiving and giving affection and love, affiliating, and being part of a group (family, friends, work).

SELF ESTEEM:

- esteem for oneself (e.g. dignity, achievement, mastery, independence).
- the desire for reputation or respect from others (e.g. status, prestige).
- the need for respect or reputation is most important for children and adolescents and precedes genuine self-esteem or dignity.

SELF ACTUALIZATION:

- realizing personal potential, self-fulfillment, seeking personal growth, and peak experiences.
- A desire "to become everything one is capable of becoming."

*Maslow first postulated his theory in 1943.

Resource: Maslow, Abraham Harold. "A Theory of Human Motivation." *Psychological Review* 50.4 (1943): 370.

HUMANITY'S ESSENTIAL NEEDS

God's divine design for human essential needs

GOD'S DIVINE DESIGN

- God designed humanity to trust Him as the source of all things; faith was meant to be understood in the context of our essential human needs being met.
- Humanity was created to be fashioned and transformed.
- Humanity was created to exist with God attachment.
- Humanity was created by love, to know love, and receive love.
- Affirmation and encouragement were intended to be a way of life for humanity.
- Humanity was created to live in a state of peace and rest.

- Humanity was created for worship as a lifestyle.
- Humanity was created to be self-governing.
- Humanity was created with the power of choice.
- Humanity was designed to live by faith.
- Humanity was designed to be fashioned and transformed.

And God is able to make all grace [every favor and earthly blessing] come in abundance to you so that you may always [under all circumstances, regardless of the need] have complete sufficiency in everything [being completely self-sufficient in Him], and have an abundance for every good work and act of charity.

2 Corinthians 9:8

Reflection: God's Original Intent

Define in your own words what it means to be a whole person. Do you have a vision for becoming a whole person? What are some possible adjustments needed in your lifestyle to walk more fully as a whole person?

Have you recognized that you have God-given needs? Are you allowing God to meet your deepest needs?

Do you live with a deep conviction that God takes pleasure in you? If not, what is a mindset shift that would help you to receive God's love for you in this way?

THE *Human* HEART

In the history of the human family there has been only one completely whole man. This was Jesus of Nazareth. This solitary life, this Word made flesh, this incarnate Son of God.

I am asking you to get the vision of wholeness and reach it by making every effort to develop your spirit, your mind, and your body; and to help to start a unique trend toward sanity and achievement in this exploding civilization.

Oral Roberts (1965)

THE HUMAN *Heart*

OBJECTIVE: To explore God's divine design for the human heart and focus on how humanity is designed to function from a biblical and wholistic point of view. Humanity was created to be completely dependent upon God, yet self-governing. Wholeness can be defined as an assemblage of parts associated together as one thing. Related to this wholistic thought is the emphasis on the totality of a person's being—spirit, soul, and body.

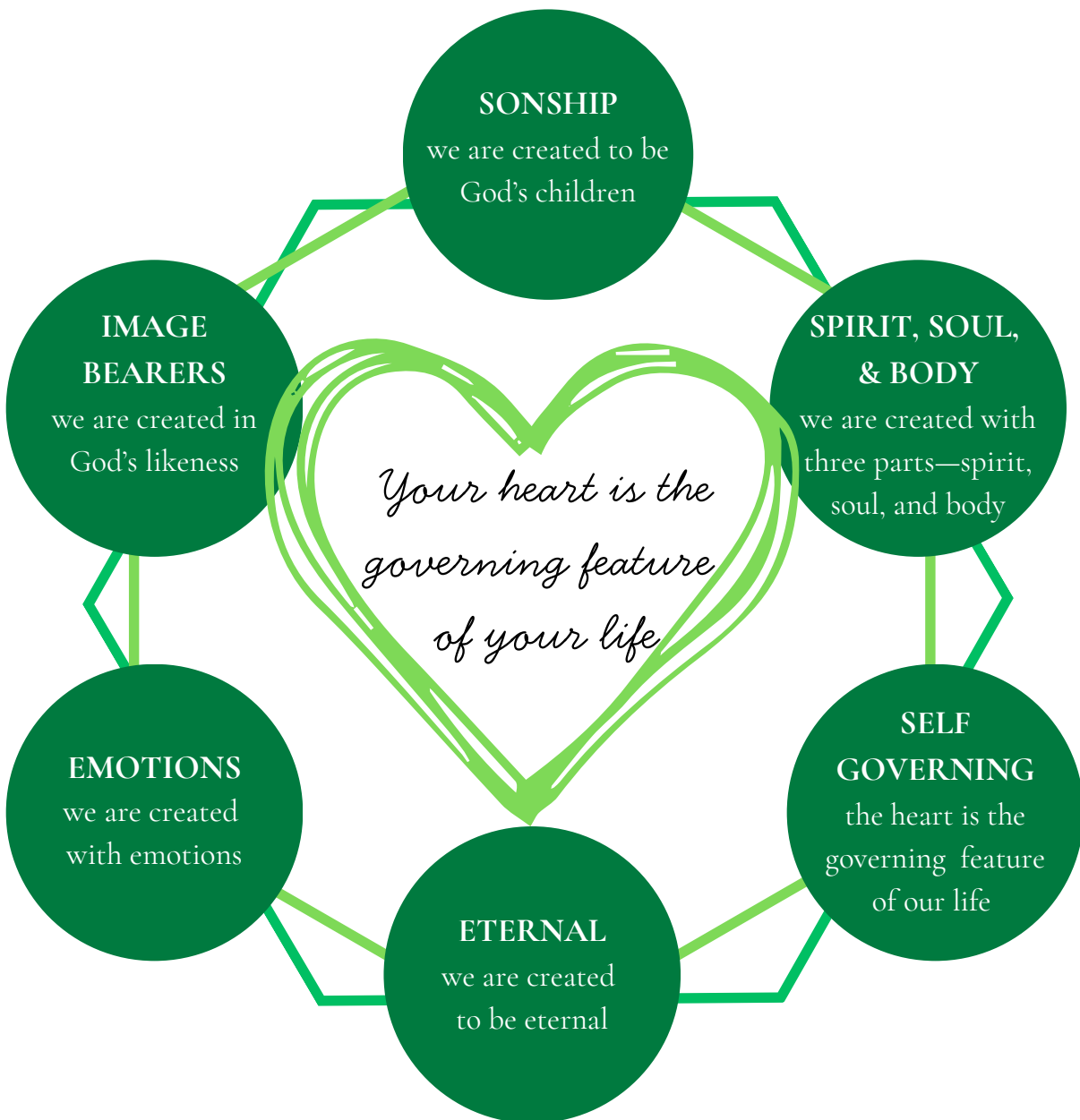
Kingdom Truths

- Humanity is not designed as a little God, but as God's children.
- Humanity is made in the image of God as one person with three distinct parts—spirit, soul, and body.
- God is eternal—God created humanity to be eternal (Jn. 17:3, I Tim. 1:17).
- God is three distinct persons, one God (Jn. 1:1-5).
- God is three distinct persons—God the Father, God the Son, and God the Holy Spirit (Jn. 4:24).
- Humanity is three distinct persons, one spirit—we do not have a spirit, we are spirit.
- God is described in scripture as having a heart and mind; humanity has a heart and mind (1 Sam. 2:35, Prov. 23:7).
- God is described in scripture as having emotions; humanity has emotions (Zeph. 3:17, Jn. 2:17, 11:35).
- God calls things be not as though they are; humanity has been designed to call things be not as though they are (Rom. 4:17, Mk. 11:23).

- The heart of man is the redeeming feature of its existence.
- Humanity was created to be learners from the moment of conception.
- Humanity was created to never have an experience or a consciousness of ungodly realities.
- God's desire for us is to have a heart of understanding. The heart's function as the source of thought and reflection highlights its intellectual capacities (Is. 6:10; Mk. 7:21–23). To hold a truth in one's heart is to understand it fully in a way that will impact one's life (Deut. 8:5). Conversely, when people do not take something to heart, they fail to understand it in a manner that actually makes a difference in their life (Is. 42:25). The heart provides wisdom to rule justly and wisely (1 Kgs. 3:12; 10:24), and it discerns good and evil (3:9). In Luke's story of the birth of Jesus (Lk. 2:19), Mary treasured all the things that were happening in her heart, pondering them (Powell, 2011). [Resource: Powell, Mark Allan, et. al. *Harper Collins Bible Dictionary*, Harper One, 2011.]
- The heart is the home of one's personal life and is the seat of the conscience (Rom. 2:15). [Resource: Carson, David K., et al. "The Unconverted Subconscious in Psychotherapy: Biblical Foundations, Psychological Explorations and Clinical Applications." *Journal of Psychology and Theology* 37.4 (2009): 276-293.]
- The Apostle Paul speaks of our eyes having a heart and how the collective consciousness of humanity's heart is distorted due to sin (Eph. 1:18).
- Humanity experienced a reality God never intended as a result of sin—disconnection from Him. We open ourselves to experience death when we believe a lie.
- A defining feature of original sin was abdication of authority, though humanity had all authority; authority to define the earth was limited by their choice not to function as God designed. The choice affected their family and the sphere of influence God had assigned them to govern.
- God through Jesus Christ—fully God and fully man, has made provision for humanity to live exactly according to His intended design. When humanity functions as God has designed, there can be days of heaven on earth (Deut. 11:21).

THE HUMAN HEART

growth in learning how to self govern righteously according to God's original intent.



G O D ' S D I V I N E D E S I G N

The Human Heart: Created with purpose

COMMONALITY BETWEEN GOD AND MAN

- God is three distinct persons—one God (Jn. 1:1-5).
- God is three distinct persons, but also as Spirit (Jn. 4:24).
- As human beings, we are three distinct parts—spirit, soul, and body. We do not have a spirit, we are spirit.
- God is described in scripture as having a heart and mind; we also have a heart and mind (1 Sam. 2:35, Prov. 23:7).
- God is described in scripture as having emotions, as do we (Zeph. 3:17, Jn. 2:17, Jn. 11:35).
- God calls things to be not as though they are. We can also call things to be not as though they are (Rom. 4:17, Mk. 11:23).

CREATED WITH PURPOSE

- Just as God is three distinct persons (God the Father, God the Son, and God the Holy Spirit) that operate as one, humanity has been designed with three distinct parts—spirit, soul, and body.
- The material world was first governed by a Spirit God, then by a spirit man who was made in the image of God (the seen world was to be governed by unseen realities).
- God designed humanity with eternity; purpose is planted in our hearts (Ecc. 3:11).
- Humanity was fashioned for a specific purpose (Eph. 2:10).
- Purpose is common to all human beings.
- Purpose for humanity is uniquely individual.

THE HUMAN HEART

God's Divine Design

(adapted from journal article cited below)

- The heart is the home of one's personal life and is the seat of the conscience (Rom. 2:15).
- In the Old Testament, heart is actually used in place of conscience, for which there is no word in Hebrew (Job 27:6; I Sam. 24:5; 25:31).
- In the heart also reside the emotions, passions, and appetites (Lev. 19:17; Ps. 104:15).
- The heart is also sometimes used for the "mind" (Num. 16:28).
- The heart is designed to be whole by God (Ps. 51: 10-14; Rom. 10:9-10).
- The heart is by nature wicked (Gen. 8:21) and influences one's entire life and character (Ps. 73:7; Matt. 12:34; 15:8, 17-20).
- Rejection of God and His word hardens the heart (Ps. 95:8; Prov. 28:14).
- The heart sometimes points to that which is innermost, hidden, and deepest (Ps. 119: 9-11), that is, the inward man (Eph. 3:16-17; I Pet. 3:15-16).

- In sum, heart in the Bible is sometimes used for mind and understanding (the place where consciousness is carried out), the human will, our character and personality, our affections, our conscience, our moral choices and operations, and our place of doing good and evil.
- In essence, it is the center of who we are and all the faculties of our self.
- It is the heart which makes a person who and what he or she is, and governs all our actions (Prov. 4:23; Mark 7:21-23; Luke 6:45).

Resource: Carson, David K., et al. "The Unconverted Subconscious in Psychotherapy: Biblical Foundations, Psychological Explorations and Clinical Applications." *Journal of Psychology and Theology* 37.4 (2009): 276-293.

***You will love the Lord with all your heart,
and with all your soul, and with all your
mind. This is the first and
greatest commandment.***

Matthew 22:37

THE LEARNING PROCESS

God's Divine Design: You are meant to be a continual learner

- From the moment of conception, humanity is learning. Humanity was created to be lifelong learners; family was the foundation of humanity, learning about the nature of God.
- We were made in the image of God, and we were made in the image of our parents.
- The learning process for humanity begins in Genesis 1-3.
- God created the learning process to be a heaven on earth existence.
- Understanding and knowledge were both via the senses and revelation, with revelation being vital to how humanity existed.
- Learning is about oneself, God, and how to see the world that God has created humanity to be a steward over.
- God chose words (the words that were actually God Himself) to create the heavens and the earth according to His divine design (Gen. 1:1).

- The highest form of reality is God's word.
- Humanity was designed to trust God as its source of all things.
- Humanity's trust in God is demonstrated in our trust in His words.
- Humanity was created to receive understanding and correct perception through our trust in God's word.
- Humanity was created to receive empowerment from God's word. Humanity's perception of reality is to be word-governed.
- God's words are the governing power of creation and reality.

But grow [spiritually mature] in the grace and knowledge of our Lord and Savior Jesus Christ.

2 Peter 3:18

THE EFFECTS OF ORIGINAL SIN

Examining the effects of sin to grow in personal wholeness

A DISTORTED PERCEPTION

- As a result of sin, all of humanity is born into a reality that God never designed since Adam abdicated responsibility.
- A distorted self-image is an inherited human mindset.
- As a result of original sin, the earth is cursed and animals are cursed.
- Our family lineage is pivotal in shaping our level of dysfunction.
- As a result of sin, interpersonal relationships are distorted.
- Disconnection from God is an inherited human mindset.
- Victimization is a collective human mindset at birth (often expressed in fatalism).
- God's divine design for humanity was distorted by original sin.

WORLDVIEW

- Each individual has developed a dysfunctional worldview; who you are and why you are the way you are is not coincidental.
- A worldview is expressed in every area of life. Worldviews are largely unconscious, but generally coherent. Your worldview is usually a mixture of truth and error.
- **Worldview defined:** a comprehensive conception or apprehension of the world, especially from a specific standpoint or point of view (Merriam Webster, 1828).
- A worldview is a collection of values, attitudes, expectations, and stories about the world. It is a set of beliefs and presuppositions that shape how a person makes sense of the world.
- Life experience, family values and heritage, repetition, and reinforcement shape our beliefs and worldview.
- The development of a worldview begins the moment a child is conceived.

Reflection: The Human Heart

What does it mean to be a self-governing person, yet also designed to be completely dependent upon God?

What is the heart of man and why is it of vital importance? How does the condition of your heart affect your purpose?

In your own words, describe your understanding of how original sin affects a person's worldview. How can you grow in developing a biblical worldview?

GOD'S

Restoration

PROCESS

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.

Ezekiel 36:26-27

GOD'S RESTORATION *Process*

OBJECTIVE: To explore God's restoration process for humanity since the fall to original sin. Learn Kingdom truths about God's purpose for humanity and gain understanding in how to live as God intends to fulfill your purpose and walk in the reality of your inheritance that is possible because of what Jesus accomplished through His death, resurrection, and ascension.

Kingdom Truths

- **Restoration defined:** the condition of being restored; a bringing back to a former position or condition; a reinstatement; restitution; a restoring to an unimpaired condition; the instance of bringing something damaged or worn back to its original state; rehabilitation; renewal; reconstruction; re-creation; reanimation; resurrection (Merriam Webster, 1828).
- The thief's purpose is to steal and kill and destroy. God's purpose is to give humanity a rich and satisfying life (Jn. 10:10).
- While we were all wounded by what occurred with the original sin via Adam and Eve, we can all be redeemed via Jesus Christ's death, resurrection, and ascension (Rom. 5:12-21).
- Jesus came to restore us to the Father's original intent.
- God through Jesus Christ (fully God/fully man) has made provision for humanity to live exactly according to His intended design.
- When creation functions as God designed, it can be days of heaven on earth (Deut. 11:21).
- Unless we are born again, we cannot see the Kingdom of God (Jn. 3:3).

- Our heart that is improperly aligned cannot receive fullness, though fullness is available. Jesus restores it, making it possible for humanity to be restored to the Father. Jesus was separated from the Father so humanity would never have to be separated (Mt. 27:46).
- Jesus came to restore us to childlike trust.
- Challenges to childlike trust include 3 different types of fathers: 1. Non-existent, present but not connected, 2. performance and interest-based love, 3. permissive with little or no consequences.
- All of humanity is born with either a conscious or subconscious mindset of rejection. Adam and Eve believed a lie about a fruit—the lie was an agreement with death, resulting in gaining a death mindset, which caused them to hide from God who was coming close to them (Gen. 3).
- God relates to us in the present and future, but He often will need to heal our past and the accompanying mindset to help us thrive in our present and bring us into our future. This is accomplished through the great gift of the Holy Spirit (Jn. 14:26).
- God now relates to us as His children, who in His eyes has become a new creation. Since we have been divinely placed in Jesus, God relates to us according to our new nature as His children and not according to our sin (2 Cor. 5:17).
- The cornerstone of divine placement is that we are loved and therefore dearly loved. God sees what areas are missing from the righteous experience of who we really are and issues that keep us from wholeness.

THE WHOLE MAN

The quest for the whole man

THE QUEST

- True discipleship is the journey to wholeness.
- Fullness can be our possession if we are willing and honest.
- One of the greatest gifts you can give yourself, your family, and your future is the gift of honesty.
- Seeking first the Kingdom of God is a learned behavior (Mt. 6:33; Jesus called trusting Him for our daily needs “little faith”).
- Seeking First the Kingdom of God has recognizable fruit—fellowship with God, the word of God as essential, and acting on the word.
- Seeking first the Kingdom of God is demonstrated when you are connected to a community; the local church (e.g. leaders and leadership teams must be seeking wholeness themselves).

- Seeking first the Kingdom of God, you serve the community to which you have been planted.
- Seeking first the Kingdom of God positions you for purpose.
- The path to purpose is often the path to wholeness (Ex. Moses; Ex. 3).
- Often your greatest attack will be in the place of purpose (Ex. Peter).

*But seek first the Kingdom of God
and His righteousness, and all
these things will be added to you.*

Matthew 6:33

Reflection: God's Restoration Process

In your own words, describe what you believe God's restoration process is for humanity and how it is attained.

Describe what you believe it means to seek first the Kingdom of God.

What are 2-3 specific life areas that would be beneficial for you to focus on this season to grow more in seeking first the Kingdom of God?

Restoring the *Ancient* Foundations

LeAnne Suarez, DMin., LPC

Thus says the LORD, “Stand by the roads and look; ask for the ancient paths, where the good way is; then walk in it, and you will find rest for your souls.”

Jeremiah 6:16 amp

*It is through Him
that we live
and function
and have our identity.*

Acts 17:28

RELATIONAL

Wholeness

*Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long-suffering; bearing with one another, and **forgiving** one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.*

Colossians 3:12-15

RELATIONAL

Wholeness

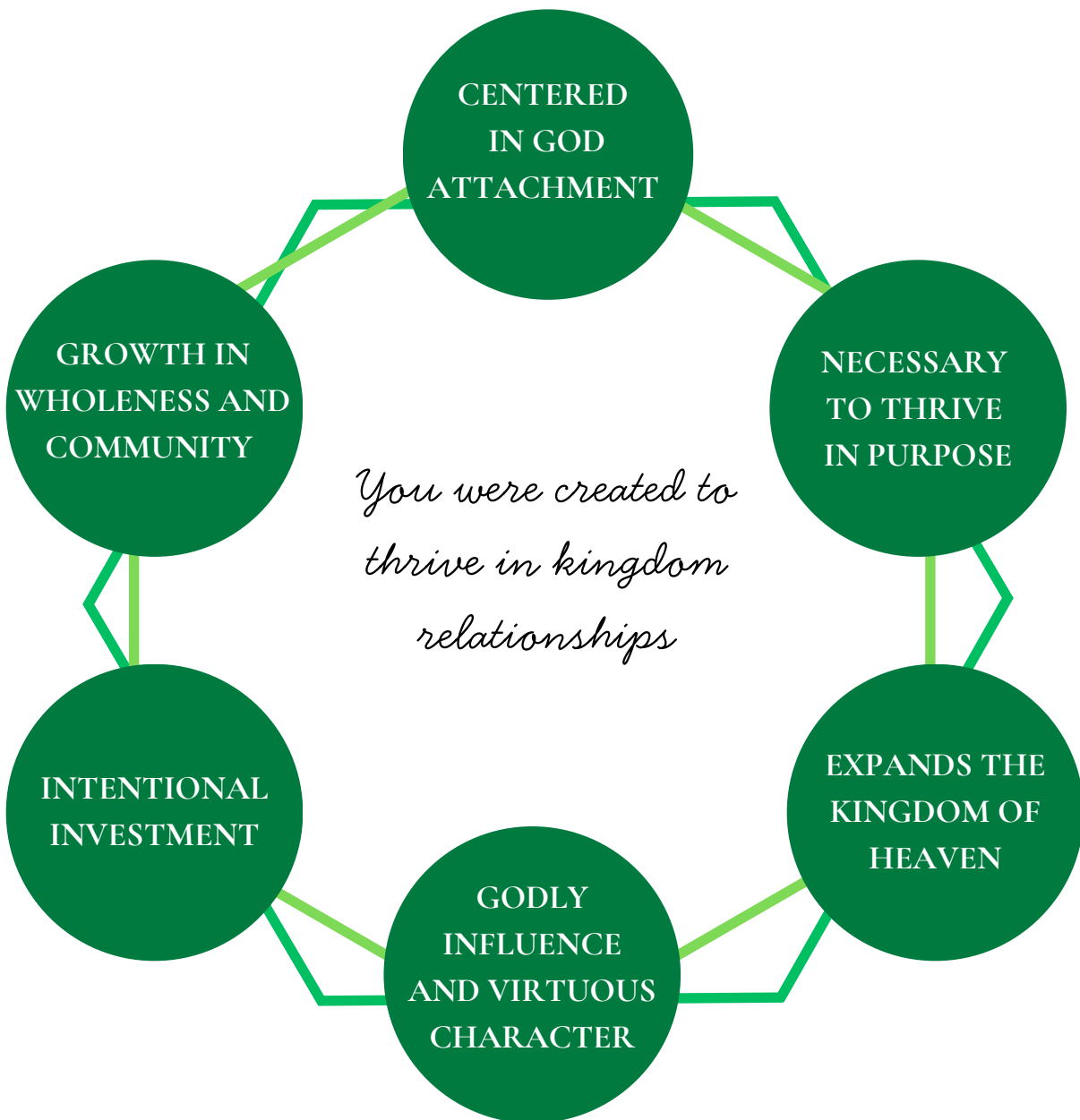
OBJECTIVE: To explore how God designed humanity to thrive and function in human relationships; to identify potential dysfunction in human relationships contrary to God's divine design and emotional wounding that has occurred for healing and restoration purposes. To grow in understanding the necessity of living a lifestyle of forgiveness to walk in emotional and spiritual freedom.

Kingdom Truths

- Dysfunction can be often unacknowledged when functioning in an ungodly way, prior to revelation and understanding. We only know what we know. Change becomes possible when the Holy Spirit illuminates dysfunction and leads a person into truth (Jn. 16:3), and they choose to respond in obedience to the changes that need to be made for healing, repair, and alignment according to God's divine design. We are called to be doers of the word that brings personal transformation (Js. 1:22).
- When family and relationship dysfunction become normalized, we live a life of dysfunction contrary to the life that God intends. Dysfunction is defined as impaired or abnormal functioning, abnormal or unhealthy interpersonal behavior or interaction within a group or relationship (Merriam Webster, 1828).
- Ongoing dysfunction in relationships hinders a believer from walking in the fullness of all that God desires for them. Relationship dysfunction can include: Codependency, people pleasing, parental inversion, control and manipulation, enmeshment, and silence. These are all forms of relational idolatry that hinder us from God attachment and living the life that God intends within our family units and close relationships with others (Ex. 20:3; Mt. 22:37).
- Kingdom relationships and forgiveness are the believer's inheritance in Christ and are necessary to fulfill our Kingdom purpose. Choosing to live a lifestyle of forgiveness and establishing needed changes in our relationships where there has been wounding and dysfunction are essential to walk in emotional and spiritual freedom (Ps. 23:3).

KINGDOM RELATIONSHIPS

Characteristics of kingdom relationships according to God's divine design



KINGDOM RELATIONSHIPS

Created to thrive in Kingdom relationships

- You were created to have godly relationships; you cannot function and thrive in Kingdom purpose without them.
- The Kingdom of Heaven expands through two channels: First your relationship with God and second through your Kingdom relationships with others.
- Godly relationships are marked by God attachment between two individuals.
- Godly relationships are defined by having healthy God-centered companionship, connection, togetherness, and feeling valued, supported, and understood as a human being.
- You are meant to run with people who challenge you to become more like Jesus (Ps. 27:17).
- Who we are walking with is who we are in agreement with. Two cannot walk together unless they are in agreement (Amos. 3:3).
- Our relationships influence us one way or the other. We can have godly influence or ungodly influence in our relationships; we become like those we spend our time with.
- It is important to evaluate your relationships and invest in those God has called you to be aligned with. Relationship alignment may change in different life seasons.
- A person's character reveals the fruit of their life. We are able to discern the heart of people based on the character that they exhibit.
- When we walk with godly people, we grow in godly wisdom (Prov. 13:20).
- It is wise to regularly evaluate your relationships and make needed changes to keep your relationships God-centered.
- Each believer needs godly mentoring to grow and advance in the Lord, and in divine purpose. Godly mentoring is investment in your life, family, and future.

*Your destiny is keenly related to
who you are aligned with.*

Abner Suarez, D.Ed.

G O D A T T A C H M E N T

Characteristics of God attachment

- Our needs are being fully met in God and He is our source in all things.
- We have and maintain all open spaces before the Lord at all times—we live a yielded life to the Lord in humility, vulnerability, and obedience.
- Love is being actively cultivated in us throughout our seasons of life—there is continual and measurable growth in humility, mercy, and grace towards ourselves and others.
- Our service to God and to others is genuine and pure with no hidden motives. We are motivated *only* by love in all that we do.
- Our relationships are functioning and thriving in mutual respect, honor, and support for one another—we see others as having inherent divine human worth and value.
- We may have relational challenges, but we are not debilitated by challenges or given to routine disconnection and isolation.
- God-centered boundaries are established and being maintained in our lives; relational roles are not blurred and peace is the guiding factor in our lives and relationships.
- We are living in freedom from fear, distractions, control and manipulation, and people pleasing; we are stewarding our health—spirit, soul, and body (e.g. guarding our heart, stewarding godly relationships, stewarding our time and kingdom assignments, and stewarding our physical health).
- We are being continually strengthened in godly virtues and moral values. We are living a pure and holy life before the Lord, we have accountability, and we are walking in integrity.
- We are connected to a Kingdom community—we are actively serving, growing as a disciple, and discipling others.

*Love becomes the mark
of spiritual maturity.*

Colossians 3:14 tpt

HINDRANCES TO RELATIONAL WHOLENESS

identifying dysfunction in relationships to grow in relational wholeness and God attachment



HINDRANCES TO RELATIONAL WHOLENESS

Relationship dysfunction that hinders wholeness and purpose

CODEPENDENCY

- Codependency is a psychological condition that causes dysfunction in relationships as a result of developing an unhealthy attachment to another person to meet personal needs and to fill voids (e.g. emotional, spiritual, relational).
- Codependency functions when a person needs to be needed in a relationship and sees themselves as another individual's source, or when a person seeks to get their needs met by another individual and sees the individual as their personal source. Codependency is in essence relational idolatry.

PEOPLE PLEASING

- We live to meet the needs of others and have difficulty saying no due to the need for acceptance and belonging. People pleasing can be driven by fear and intimidation. We cannot live to please God if we are living to please people (Gal. 1:10).

ENMESHMENT

- Enmeshment occurs when there are close knit relationships with diffused personal boundaries. Basically, two individuals function and blend together with little to no individuality or personal autonomy.

- In enmeshed families, there is an over concern for one another and extreme forms of closeness between family members. Enmeshment causes children to lose a sense of personal identity and autonomy as codependency develops and progresses.

PARENTAL INVERSION

- Parental inverted relationships occur when family roles become blurred and there is a role reversal between the parent and child.

CONTROL AND MANIPULATION

- Since original sin, control and manipulation have been an issue within family dysfunction and relationships when God is not the center of a person's life.
- Control and manipulation are both by-products of self dependence vs. God dependence.
- Control and manipulation are harmful to humanity because they are contrary to the nature of God that causes devastation to the human soul. God does not control or manipulate human beings—this would defy the concept of free will and love. Love does not demand its own way (1 Cor. 13:5).

RELATIONSHIP ROLES & WOUNDS

*Identifying relationship roles to identify wounds to
process, heal, and grow in relational wholeness*

- **FATHER WOUND:** safety, security, protection, provider, attentive, affirms identity and purpose, quality time
- **MOTHER WOUND:** refuge, nurturer, comforter, encourager, validates, acceptance, quality time
- **GRANDPARENT WOUND:** spiritual mentors, guides, and disciple makers, faithful intercessors, legacy builders through imparting wisdom, unconditional love and generosity, quality time
- **SIBLING WOUND:** source of unconditional love and secure friendship, relationship growth, support and care
- **FRIEND WOUND:** companionship, godly virtue and love, kindness and encouragement, challenge for spiritual growth, grace, and support
- **SPOUSE WOUND:** companionship, helper, provider, cherished and honored, tender devotion, romance, loyal, fidelity, quality time
- **IN LAW WOUND:** acceptance, celebration, valuable family addition (Kingdom increase and expansion in legacy), quality time

- **LEADER WOUND:** model Jesus, carriers of God's heart, equip & build up, invest & pull in, safety & integrity
- **CHILD WOUND:** obedient in godliness, loyal, covenant of honor, respect, connected

KINGDOM TRUTHS

- Relationship wounds are inevitable as a result and effect of original sin.
- We will experience disappointment and unfulfilled expectations in various relationships throughout our life when we or others are not functioning according to God's divine design.
- We will be affected by relationship deficits related to the measure of our wholeness work and relationship with the Lord.
- It is every believer's responsibility to process relationship issues and do the heart work as needed to grow in wholeness and spiritual maturity.
- Dismissiveness and denial are traps to developing hidden offenses. All offenses, real or perceived, need to be processed in a healthy, godly way.

SPIRITUAL AND SOUL WOUNDS

*Evaluating common types of spiritual and soul wounding in relationships
to identify personal needs for healing and restoration*

TYPES

- rejection
- abandonment
- neglect (emotional, physical, spiritual)
- betrayal
- being misunderstood
- intimidation and fear
- loss
- dishonored
- disrespected
- made to perform
- not valued
- not celebrated
- not validated
- made to feel insignificant
- not supported
- not protected
- humiliation
- shame (ex. shame on you)
- broken covenants (divorce, parental abandonment, etc.)
- false guilt/accusations
- gossip and slander
- violated
- trauma and abuse (physical, emotional, verbal, sexual, spiritual, psychological)
- racism
- demonized
- control and manipulation

*For I will restore health to you,
and your wounds I will heal,
declares the Lord.*

Jeremiah 30:17

*He heals the brokenhearted and
binds up their wounds.*

Psalm 147:3

HEALING IS

A Process...

- **Process defined:** a series of actions that produce something or that lead to a particular result; a series of changes that happen naturally; a continuous operation or treatment; the whole course of something in a legal action; a course, routine, or strategy; an accomplishment or achievement; a work (Merriam Webster, 1828).
- Pain must be processed with the Lord; there is no healing or restoration without process.
- God loves to engage with us in our heart process for healing. His desire for our lives is freedom, transformation, and wholeness.
- Being made whole is an invitation from the Lord that we must pursue and seek after with our whole heart. Wholeness flows from a personal desire and determination to be soul well (Jn. 5:6).
- The condition of our hearts will influence and impact those we are in relationship with and everything that we do. Our internal condition influences our physical homes, environment, families, and career/ministry.
- Our measure of healing is revealed in how we talk about others and the past.

- We must avoid denial and minimizing issues to be real with ourselves and with God.
- We need Holy Spirit to illuminate truth within—Holy Spirit leads us into all truth (Jn. 16:13).
- The process of healing takes time with the Lord. It is important for you to be gracious and patient with yourself, and intentional to celebrate your steps of progress.
- There is no shame or condemnation as we are walking things out with the Lord. The emphasis is on doing our healing work with the Lord—this is a mark of sonship.
- It is important to not compare your process to anyone else's process. Focus on you and the Lord, and stay engaged in what He is doing in your life.

I pray with great faith for you, because I'm fully convinced that the One who began this gracious work in you will faithfully continue the process of maturing you until the unveiling of our Lord Jesus Christ!

-Philippians 1:6 tpt

THE HUMANITY OF JESUS

Examining the humanity of the Son of Man—The Man of Sorrows

WHAT DID JESUS EXPERIENCE?

- hunger and thirst
- weariness
- being misunderstood
- He was rejected and hated by men
- family dysfunction
- betrayal
- false accusation and slander
- He was demonized by men
- abandonment
- loneliness
- sorrow and grief
- abuse and physical pain
- trauma
- separation
- brokenness
- resurrection and ascension

And the Word became flesh and dwelt among us, and we have seen His glory, glory as of the only Son from the Father, full of grace and truth.

1 John 1:14

He was despised and rejected— a man of sorrows, acquainted with deepest grief. We turned our backs on Him and looked the other way. He was despised, and we did not care—we esteemed Him not.

Isaiah 53:3

Therefore He had to be made like His brothers in every respect, so that He might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. For because He Himself has suffered when tempted, He is able to help those who are being tempted.

Hebrews 2:17-18

THE NEED FOR FORGIVENESS

Engaging in the necessary heart work for healing and restoration

- Forgiveness is God's idea for humanity's healing and solution for our personal wholeness to overcome injustice, betrayal, and woundedness.
 - God commands us to forgive. To love God is to obey His commands (Jn. 14:15; 1 Jn. 5:3). To love God is to choose to forgive. God fully knows how unforgiveness negatively affects an individual as a whole and how it negatively impacts their purpose and destiny. Everything that He commands is for our good.
 - Forgiveness liberates your heart and helps you walk in the freedom that Jesus paid for at the Cross; it releases a debt owed.
 - Forgiveness is a choice. We are called to live a 70X7 lifestyle (Mt. 18:21-22).
 - When we forgive, we are returning good for evil. When we bless those who have hurt and harmed us, we are doing good in the eyes of God. We release our anger and resentment to the Lord so that we can spiritually see correctly.
 - When we forgive, we are growing in our Christ-like nature (e.g. godly character, purity, the fruit of the Spirit, spiritual maturity, the image of God).
 - We are called to forebear with others in love according to God's love and in beholding Jesus' work on the Cross for our personal salvation (1 Cor. 13:4-7; Is. 53:5).
 - To forebear with others in love means that we endure in love. Jesus endured the ultimate suffering so that we could be forgiven of our wrongs. We are called to also forgive because of what He has done for us. This is a significant component of what it means to walk in the fear the Lord.
 - Forgiveness is not head work, but heart work. We know we have truly forgiven when we are no longer desiring for the offender to take responsibility for what they have done to us. Our heart is at rest in reconciliation and resolve in God.
 - Forgiveness is worship to the Lord. When we forgive, we demonstrate that we are loving God with all our heart, soul, and strength (Mt. 22:37).
- For if you forgive others their trespasses, [their reckless sins and willful sins], your heavenly Father will also forgive you. But if you do not forgive others, [nurturing your hurt and anger with the result that it interferes with your relationship with God], then your Father will not forgive your trespasses.*

Matthew 6:14-15

Reflection: Relational Wholeness

Is there a relationship wound that you believe needs healing in this season? If so, what has occurred in this relationship that has caused you to need healing from the Lord?

In reference to types of spiritual and soul wounds listed on pg. 50, list any that you identify with, specifically with this relationship wound.

Read Isaiah 53:3-5 and 1 Peter 2:24. How do these passages personally speak to you with this relationship wound? What do you believe is needed to help you walk in greater spiritual and relational freedom this season concerning this relationship and heart issue?

RESTORING THE ANCIENT FOUNDATIONS:
RELATIONAL WHOLENESS

EMOTIONAL

Wholeness

*“Are you weary, carrying a heavy burden? Come to Me. I will refresh your life, for I am your oasis. Simply **join** your life with Mine. Learn My ways and you’ll discover that I’m gentle, humble, easy to please. You will find refreshment and rest in Me. For all that I require of you will be pleasant and easy to bear.”*

Matthew 11:28-30 tpt

EMOTIONAL NEEDS

God's Divine Design

OBJECTIVE: To explore humanity's emotional needs according to God's divine design and identify current emotional needs for healing and renewal.

- **SECURITY:** the need for you to know that your basic needs will be met; to experience unconditional trust in a specific relationship and to feel unconditionally protected.
- **AFFIRMATION:** the need for you to know your personal value, significance, and worth through receiving authentic life-giving words. The need for you to be loved because of who you are and not because of what you do. To feel believed in and supported; to be encouraged and strengthened in hope and purpose.
- **ACCEPTANCE:** the need for you to know that you are unconditionally accepted for who you are and that you have a seat at the table. The need for you to feel free in who God uniquely created you to be; to feel you belong and can be yourself in your own uniqueness—not feeling diminished in value (Gen. 1:31).
- **ATTENTION:** the need for you to have intentional quality time with a significant other; to know that you are seen. To know that someone cares for you and enjoys being with you; to feel that time spent with you is valuable and a gift to be treasured.
- **RESPECT:** the need for you to know that you are important and have great worth, that your voice matters, and that your personal boundaries are considered, valued, and respected.
- **CELEBRATION:** the need for you to feel celebrated for who you are, to feel significant and valuable, and to know that you are special (Gen. 1:27; Lk. 15:22).
- **AFFECTION:** the need for you to feel adored and cherished, and to receive godly emotional nurturing. To experience tender love, to receive tender and kind words, and to receive godly physical touch that affirms your value as being made in the image of God.

- **VALIDATION:** the need for you to feel heard on a heart level and understood; the need for your feelings to be accepted as reasonable when sharing and processing a personal experience with another person.
- **SPIRITUAL BLESSING:** the need for you to receive a spiritual blessing by both your father and mother, to have God's love communicated to you through words of blessing, and for your spirit to be blessed with God's desires for your life to help encourage and direct you in walking out your God-given purpose.

UNMET EMOTIONAL NEEDS

Potential Consequences

HUMAN EMOTIONAL NEEDS

- SECURITY
- AFFIRMATION
- ACCEPTANCE
- ATTENTION
- RESPECT
- CELEBRATION
- AFFECTION
- VALIDATION
- SPIRITUAL BLESSING



UNMET EMOTIONAL NEEDS: POTENTIAL CONSEQUENCES

- Identity issues
- Life dysfunction and Instability
- Divorce and broken covenants
- Infidelity
- Patterns of defeat
- Resentment
- Bitter Root Judgments
- Performance Orientation
- People pleasing
- Codependency and relationship dysfunction
- Substance abuse
- Addictions
- Self harm
- Mental illness
- Health issues

“Follow your heart” has ended more marriages, mutilated more bodies, destroyed more souls, and ended more lives than the devil even imagined. It is hells most effective slogan yet.

- Nate Pickowicz

Reflection: Emotional Wholeness

In reference to the emotional needs described on pgs. 57-58, what are the emotional needs that you need God to minister to for healing and restoration where you have experienced emotional lack and wounding in certain relationships?

How have these unmet emotional needs affected your well being, your relationships with others, and with God?

In what ways do you identify with any of the potential consequences listed on pg. 59 that can happen as a result of unmet emotional needs in relation to the human condition, if applicable?

Matters of *the Heart*

LeAnne Suarez, DMin., LPC

So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life.

Proverbs 4:23 tpt

*As a man thinks
in his heart,
so is he.*

Proverbs 23:7

HEALING THE *Wound of Rejection*

*And you did not receive the spirit of religious duty, leading you back into the fear of never being good enough. But you have received the Spirit of **full acceptance**, enfolding you into the family of God. And you will never feel orphaned, for as He rises up within us, our spirits join Him in saying the words of tender affection, "Beloved Father!" For the Holy Spirit make God's fatherhood real to us as He whispers into our innermost being, "You are God's beloved child..!"*

Romans 8:15-16 tpt

HEALING THE *Wound of Rejection*

- **Rejection defined:** the act of throwing away; the act of casting off or forsaking; refusal to accept or grant (Noah Webster, 1828).
- Rejection causes deep grief to the human spirit. Humanity was not created for rejection, but for acceptance and belonging. Rejection defies the image of God and God's divine design of humanity.
- The spirit of rejection works with the spirit of fear. Rejection can cause the development of a fear-based mindset and worldview.
- Childhood rejection causes spiritual, emotional, and psychological wounding. A child was created for love, security, acceptance, and belonging.
- Worldviews that are based on the foundation of rejection cause rejection perception in your relationships and Kingdom endeavors in purpose until the flawed foundation is repaired and restored in Christ.
- The wound of rejection causes a person to feel unwanted, unloved, devalued, and dismissed. They will routinely feel unsafe in close relationships, often fearful of eventually being rejected.
- The wound of rejection causes trust issues and hinders wholehearted trust in the Lord. Rejection can cause a distortion in how you see, hear, and experience God.

- When grief from rejection wounding is not processed with the Lord and healed by the Lord, the result is developed resentment; a person can become stuck in the anger phase of the grief process (denial, anger, bargaining, depression, acceptance). The only way forward is in finding truth about your identity and acceptance in your identity.
- A significant component of healing from the wound of rejection is searching for revelation of life's meaning. Your story is meant to equip you in divine purpose—not derail or debilitate you from it. When we find meaning and purpose from the painful things we have experienced and overcome with the Lord, our God-dreams are fulfilled. Your story leads to your purpose.
- There is no rejection in the Kingdom of God; you are accepted in the Beloved. Rejection is a lie about who you are that originates from the evil one.
- We have to train ourselves in righteousness and choose to be intentional in putting on the mind of Christ.

HEALING THE WOUND OF REJECTION

Identifying causes of rejection

CAUSES OF REJECTION (often rooted in childhood; affects your life foundation and worldview)

- Abandonment
- Loss of a parent or caretaker
- Neglect
- Adoption
- Broken covenants
- Foster home placements
- Bullying and being ridiculed
- Abuse
- Invalidation of abuse
- Favoritism
- Being made fun of by people that you love and who are meant to love and care for you
- Lack of affirmation and emotional security
- Lack of attention and quality time
- Lack of being celebrated
- Lack of honor and respect
- Lack of spiritual blessing and leadership
- Constantly playing alone (childhood)
- Made to feel physically unattractive by others
- Negative comparison with others by others
- The belief that something is wrong with you
- Being critically misunderstood and assumed falsehoods
- Being shamed by authority figures
- Being demonized
- Physical health conditions
- Mental health diagnoses
- Skin conditions
- Academic challenges

HEALING THE WOUND OF REJECTION

Exploring characteristics to identify the need for healing

CHARACTERISTICS

- Deep insecurities
- Low self-esteem
- Social withdrawal
- Hopelessness
- Anxiety
- Constant worry
- Perfectionism
- People-pleasing
- Anger issues
- Frustration and irritability
- Doubt in God's goodness and love for you
- Doubt in God coming through for you
- Fear in God not coming through for you (situational times of panic, thoughts of negative extremes)
- Highly sensitive
- Fear and paranoia of being rejected in relationships (world of assumption and presumption)
- Fear of marriage and family
- Fear of hoping and dreaming with God
- Waiting on the Lord for specific things for extended periods of time can cause internal pain to surface when rejection trauma has not been fully healed
- Cycles of feeling abandoned by God (doubting prophetic promises)
- Can feel "punched in the gut" when hurt in close relationships
- When triggered, can be emotionally pulled into a dark place of the soul believing the worst outcomes
- Health issues (e.g. weakened immunity, autoimmune diseases, insomnia, fever blisters, obesity, diabetes)
- Mental health issues (e.g. chronic depression, anxiety disorders, obsessive-compulsive behaviors, anti-social personality disorder)

Reflection: Healing the Wound of Rejection

What are the specific characteristics of rejection that you identify with personally?

What do you believe are some causal factors for the wound of rejection in your personal life?

In what ways do you believe God wants to bring healing in this area? As a child of God, what does acceptance and belonging in God mean to you?

HEALING FROM *Resentment*

*And do not give the devil an opportunity to [to lead you into sin by holding a grudge, or nurturing or harboring **resentment**, or cultivating bitterness.]*

Ephesians 4:27 amp

HEALING FROM *Resentment*

- Resentment has been a matter of the heart since the fall to sin that we first observe in the story of Cain and Able. Cain's unhealed resentment continued to progress and develop that led to the murder of his brother.
- Unhealed resentment will damage and destroy relationships and hinder us from walking in God's blessing. Resentment robbed Cain of the divine destiny that God had for him, because he refused to turn his heart towards God for healing and restoration (Gen. 4).
- The causes of resentment can be either real or perceived. Resentment is a self-defeating emotion and a reaction of the heart when a person has been treated unfairly, misjudged, humiliated, shamed, devalued, dishonored, rejected, abandoned, and not protected.
- The root cause of resentment that often manifests later in one's adult life usually stems from a childhood offense.
- Resentment is known as the emotion of justice where there is a cry of the soul for a personal wrong to be made right. Resentment is an internal layered heart issue that often develops through recurring life events, when a person continues to rehearse and meditate on a real or perceived offense.
- Resentment is often accompanied with anger and disappointment that is self-justified (Num. 20:7-12).
- Common manifestations of resentment are exhibited in the following ways: passive aggression, aggression, verbal outbursts, verbal defense, abuse, criticism, dishonor, sarcasm, eye rolling, the silent treatment, symptoms of depression, and having a long countenance (Gen. 4:6).

- When a person is dealing with resentment, they will tend to have an inability to see anything outside of their personal experience and perspective until they allow themselves to become fully open to the Lord for self evaluation and invite the Holy Spirit to illuminate the pain within their soul (Jn. 14:26; 16:13-14).
- The fruit is revealed in our thoughts, words, and heart reactions towards another (e.g., what is happening within you when their name comes up, when you think about them, or when you see them?) Self and emotional awareness are key to helping you grow in healing and emotional maturity (Mt. 15:11; Mk. 7:20-23).
- Resentment becomes progressive if it is not dealt with and leads to increasing levels of self deception, delusion, and bitterness over time, creating a stony heart (Ez. 11:19; 36:26).
- Holy Spirit leads us into all truth and gives us spiritual understanding, insight, and counsel for inner healing and deliverance as needed in our walk with the Lord and pursuit of wholeness (Is. 11:2; Eph. 1:18; Jn. 16:13; Rev. 4:5, 5:6).

RESENTMENT:

INVALIDATED JUSTICE

CHARACTERISTICS

- A settled internal offense after a judgment has been made
- Stems from an orphan mindset; spiritual healing and growth in sonship/acceptance is needed
- A constant state of victimization (e.g. blaming, self pity, unfulfilled expectations)
- Focused on the negative; harboring wrongs and faults
- An emotional mixture of anger, disappointment, and frustration
- Passive aggressive behavior
- Cynical, critical, sarcasm, eye rolling, grumbling and mumbling
- Heightened emotions when triggered by a specific individual
- Live in constant defensiveness and easily offended; self defenses to self protect
- Lack of spiritual maturity and godly love of self (self-rejection; self-hatred)

- A hardened heart and self righteousness
- Jealousy, envy, and murdering others through thoughts, words, and actions

CONSEQUENCES OF UNRESOLVED RESENTMENT

- Harms relationships
- Physical sickness (e.g. liver, insomnia, heart/cardiovascular issues, weakened immunity, digestive issues, autoimmune disorders, headaches, muscle tension, skin issues)
- Hardness of heart progresses
- Distraction from God's purposes for our lives
- Hinders divine destiny that God intends
- Becomes progressive if not dealt with; leads to increasing levels of self deception, delusion, and bitterness over time

HEALING FROM RESENTMENT

Matters of the Heart

HOW WE HEAL

- Seek God's perspective
- Explore the real issue as Holy Spirit leads and guides
- Forgiveness work—heart work is a process
- Take ownership for your heart issues; engage in repentance as needed and take communion. Seek to repair relationships as needed with the Lord's guidance and counsel.
- Grieve losses and release expectations of others to the Lord
- Seek unmet emotional needs from the Lord
- Live in the Cross and ascend as the Bride of Christ
- Love the evil out—love always wins
- Cultivate Kingdom culture in your life

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4-7

*At the Cross we die with Christ
and rise with Christ.*

- LeAnne Payne

Reflection: Healing from Resentment

Why is it important to heal from resentment? Describe the effects of unresolved resentment.

Ask the Holy Spirit to reveal to you if there is anyone you may have resentment towards or if there is something that has happened that has caused resentment to develop in your heart in any measure. What happened and how has this affected you emotionally, relationally, and spiritually?

With God's help and grace, meditate on the Cross and engage in forgiveness work with the Lord. Journal your experience. Take communion and worship the Lord.

HEALING FROM

Bitter Root

Judgments

*Let all **bitterness** and wrath and anger and clamor [perpetual animosity, resentment, strife, fault-finding] and slander be put away from you, along with every kind of malice [all spitefulness, verbal abuse, malevolence. Be kind and helpful to one another, tender-hearted [compassionate, understanding], forgiving one another [readily and freely], just as God in Christ also forgave you.*

Ephesians 4:31-32 amp

HEALING FROM

Bitter Root Judgments

- Bitter root judgments form within the soul of a person due to an underlying spiritual and soul wound, and the development of resentment that takes root over a period of time.
- Bitter root judgments form when negative seeds of offense are watered and cultivated within the soul by dwelling upon, self-affirming, and self-validating a personal offense—either real or perceived.
- Bitter root judgments cause harm to relationships and ultimately cause the greatest harm to ourselves if they have formed and grown in our lives.
- A person who has a bitter root judgment will find that they are stuck living in the past and tends to have a negative outlook on life. They will have difficulty seeing and perceiving others rightly, and their behavior will become progressively destructive towards others and themselves until there is acknowledgement of the bitter root judgment, true repentance, and the process of working through forgiveness as needed with the Lord.
- A person who is dealing with heart judgments needs a revelation of Jesus Christ and the healing truth about their sonship in the inward parts before true deliverance and healing can take place (Ps. 51:6; Rom. 8:15-17).
- As sons and daughters of God we are called to judge and discern wrongs and situations rightly with the help and the guidance of the Lord through the lens of love. When we personally take on the role of judging another person, we are taking on the role of God to be another person's judge. Only God is the real and true judge of a human being and He alone can judge a person righteously (J.s. 4:12).

- Heart judgments typically form in childhood when there has been unresolved hurt, disappointment, and unfulfilled expectations that can cause repeated dysfunctional patterns in relationships. The language of a heart judgment is blame, shame, and condemnation towards another person. Heart judgments are dangerous to our spiritual walk because we will personally reap the fruit of the heart judgment that we have sown towards another person (Gal. 6:7).
- The good thing is that bitterness is a choice. If we find that we are dealing with bitterness, we do not have to stay bitter. God loves to make the bitter waters sweet and turn our emotional and spiritual mourning into the freedom dance of love (Ex. 15:22-26; Ps. 30:11).

BITTER ROOT JUDGMENTS

Matters of the Heart

CHARACTERISTICS

- Hyper-focused on negatives and wrongs of others (fault-finding)
- Critical, cynical, complaining, and self loathing (harbored resentment)
- Unable to see the beauty and goodness in a person (you rehearse what you believe to be wrong with a person)
- Challenged with being grateful and able to see the goodness of God in certain situations
- Damaged relationships
- Envy and jealousy
- Shaming and disdain of others
- Mental illness, chronic disease, and health problems
- Stunted spiritual growth (little to no forward movement with purpose)
- Defiling to both you and your relationships

CAUSES

- Unhealed emotional and spiritual wounds (usually childhood wounding)
- Lack of self-acceptance
- Unfulfilled expectations
- Unmet emotional needs
- Unresolved resentment
- Unresolved grief
- Anger and disappointment

See to it that no bitter root grows up to cause trouble and defile many.

Hebrews 12:15

Defile Defined: to make unclean or impure: such as to corrupt the purity or perfection of; to have a debase mind; to violate the chastity of; to deflower; to make physically unclean especially with something unpleasant or contaminating. To violate the sanctity of; to desecrate and to sully; to dishonor (Merriam Webster, 1828).

Reflection: Healing from Bitter Root Judgments

What is a bitter root judgment and how do they develop in a person's heart?

If you recognize that you are dealing with a bitter root judgment towards someone, how can you grow in healing from the offense that has occurred? Ask the Holy Spirit to reveal to you if you have a bitter root judgment towards someone and engage in heart work with the Lord as the Spirit leads (**Ask for God's perspective, Repent, Renounce, Forgive, Bless, Receive God's love into the place of pain**).

Identify 2-3 practical ways that you can grow spiritually in this season to live free from heart judgments towards others.

INNER

Vows

*Whatever a man sows, this and this only is what he will reap. For the one sows to his flesh [his sinful capacity, his worldliness, his disgraceful impulses] will reap from the flesh ruin and destruction, but the one who **sows to the Spirit** will from the Spirit reap eternal life.*

Galatians 6:7

INNER

Vows

- Inner vows are words and agreements that a person makes with themselves as a means to self-protect.
- An inner vow is a promise and a heart pledge to oneself in a time of pain, disappointment, fear, rejection, or abuse to prevent something that is painful or harmful from ever happening to them again.
- Inner vows can seem reasonable in the moment they are made, however they are deceptive because inner vows are legally binding.
- God has given us free-will to govern our heart how we so choose. An inner vow is a form of self idolatry. When a person makes an inner vow, they have placed their trust in themselves for protection instead of trusting in God to help, heal, and protect them.
- A wound of rejection is the most common reason for a person to make an inner vow.
- Inner vows are often attached to a heart judgment and a lie that has been believed in relation to a specific life event, that are established by internal agreements of self-will (e.g. I will, I will never, I will always, I am done).
- Holy Spirit can reveal to us if inner vows have been made unknowingly and lead us into truth for deliverance. Holy Spirit is the revealer, illuminator, counselor, adviser, comforter, and helper as we are pursuing God for truth to help us walk in greater measures of wholeness (Jn. 14:26-28; 16:7-8, 13).

- Often times, inner vows are made in childhood due to spiritual and soul wounding, where we had a limited capacity to process life events rationally from a true identity perspective.
- Inner vows can become a learned habitual way that we protect ourselves as our defense mechanism when we feel unsafe or threatened in relationships or in our environment.
- Inner vows are broken through repentance, renouncement, and healing by the blood of Jesus.
- As we grow in our wholeness, we grow in learning the reality that God is our ultimate Protector and how to become dependent upon Him for all things relative to life and godliness (Mt. 5:3; 2 Pet. 1:3).

I N N E R V O W S

Examples of inner vows

EXAMPLES

- I will never marry if this is what marriage looks like.
- I will never marry again.
- I will always love you and be with you forever.
- I will never trust a man; a woman; a spiritual leader; (fill in the blank) again.
- I will take care of and provide for myself.
- I will never be like my father; mother; (fill in the blank).
- I will never put myself in that situation again.
- I will never allow this to happen again.
- I will never allow someone to get too close to me again.
- I will never be vulnerable again.
- I will never teach or speak in public again.
- I will never sing or play music in church again; I will never lead worship again.
- I will never pray in public again.
- I will not be in leadership. I am better behind the scenes; I am done pastoring.
- I will never forgive them for what they did.
- I will never fly on an airplane.
- I will stay to myself to be safe.
- I will never have children.
- I will protect myself; my husband; (fill in the blank).
- I will never allow myself to get pregnant again.
- I will never walk away from others like (fill in the blank) did to me.
- I am done with _____ (erects internal walls).

VOW DEFINED:

a solemn promise or assertion; one by which a person is bound to an act, service, or condition to bind or consecrate by a vow; a covenant, pledge; a person's solemn declaration that he or she will do or not do something (Merriam Webster, 1828).

BREAKING FREE FROM INNER VOWS

Spiritual, emotional, and relational freedom

THE DANGER OF INNER VOWS

- Inner vows originate from Satan (Ez. 14:13) and are legally binding
- They are first spoken in your heart
- Inner vows lock you in, enslave the heart, and direct your life in a specific direction, contrary to God's will and plans for you
- Deceptively reasonable
- Self protection vs. God protection (self dependence)
- Self will vs. God's will
- Self idolatry (rely on personal strength instead of relying on the Lord)
- Deliverance is necessary for spiritual and emotional freedom; requires repentance, renunciation, and healing by the blood of Jesus

*My Beloved is like a gazelle or a young stag.
Behold, He is standing behind our wall,
He is looking through the windows,
He is gazing through the lattice.*

Song 2:9

PRAYER FOR BREAKING INNER VOWS

Lord, I ask you to forgive me for making an inner vow in my time of pain and hurt to self protect instead of trusting you to protect and care for me. I yield to You alone as my protector and source of all things.

I renounce the inner vow of "verbalize the inner vow here" and I break my agreement with it by the power of your Name, Jesus. I ask you for a new beginning and the cleansing of your blood over this area in my life, and I thank you for setting me free. Thank you Lord that today is a new day and today I move forward into the new with you. Thank you that your leadership is perfect in my life and that you have the best in mind for me.

I choose to trust you Lord. Direct my heart and life into your purposes and divine will in every way. Lead and keep me on the paths of righteousness for Your Name's sake, in Jesus' Name, Amen.

- Take communion and worship the Lord

Reflection: Inner Vows

What is the main reason for a person to make an inner vow?

What are the spiritual effects of inner vows?

Ask the Holy Spirit to reveal to you if you have made an inner vow that needs to be broken and if applicable, pray through the prayer for breaking inner vows. Take communion and worship the Lord.

THE
God
PATTERN

Be imitators of God.

-Galatians 5:1

THE GOD

Pattern

- God is the master designer who has created a complete pattern for all things—His character, nature, and word is the blueprint for how we are called to tailor our lives.
- God’s divine life pattern causes everything that He has created to function effectively according to His intended purpose. God’s pattern in all things is always the pattern of love and for the purpose of love that we may richly succeed in life in every way (Ps. 1:1-3; Prov. 4:25-26; 16:3).
- As human beings, we were created to adapt to godly patterns and we are wired to live a godly patterned lifestyle. One way or the other, the patterns that are active in our lives will bring some form of continual order to our lives that are either functional or dysfunctional.
- Our lives are meant to be a model and a witness of God’s nature in every dimension of our lives and not anything like the world (i.e. those who do not know God). This is why we want to examine our life patterns to determine if they are in alignment with how God has called us to live.
- Dysfunctional patterns will keep us in bondage, but the truth will liberate us from deception and limitations in our functioning as we evaluate our lives in the light of God’s word and are intentional to make consistent changes to shift the course of our lives towards godliness as needed (Jn. 8:36).
- If you have experienced family and generational dysfunction, you have the ability to shift things for your family lineage as a pioneer for God’s glory (Ruth 1:16-17).

- A pattern is a style or a particular method of doing something, a standard of living, specific character traits, and behaviors that represent something active in our lives.
- Patterns are formed through consistent repetition where something that we do is repeated over and over again, and become something that we will return to time and time again without consciously thinking about. This is how life habits are formed.
- Patterns are learned behaviors that can be both godly and ungodly, based on our life experiences and what we have come to believe about something.
- Patterns are a by-product response of our spiritual, soul, and physical condition as a whole that need to be challenged with the word of God to determine if we are living and functioning as God intends (Heb. 4:12).
- Ungodly patterns can be unlearned with God's help, applying His word to our lives in every way, and putting godly habits into practice for life transformation (Rom. 12:2; Eph. 4:23).
- Nothing changes unless something changes and for something to change, something has to change. Godly change will always bring inward transformation.

CHARACTERISTICS OF GODLY PATTERNS

Matters of the Heart

- Personal integrity in life management (e.g. God is first place, growth in godly character, family, stewardship, bible study and prayer, wise speech, healthy relationships, healthy self-evaluation, and pursuit of personal wholeness).
- Dependable, committed, and a person of follow-through (decisive).
- Beginning and finishing kingdom assignments (finishing what you start).
- Commitment, teachability, and continual measurable growth in Kingdom community and discipleship.
- Progressive growth in loving and honoring others well.
- Pure speech that is redemptive and life-giving.
- Ability to establish, invest in, and maintain healthy relationships.
- Growth in healthy communication and conflict resolution.
- Wise steward of time, Kingdom assignments, and finances.
- Intentional investment in emotional and mental health for soul prosperity (living with a guarded heart).
- Wise steward of our physical health (diet, exercise, rest).

Pattern Defined:

a form or model proposed for imitation; a reliable sample of traits, acts, tendencies, or other observable characteristics of a person; to make, adapt, or fashion according to a pattern; a design that is repeated; a usual manner of behaving or doing; something learned through practice; a habit; ritual; manner; disposition (Merriam Webster, 1828).

E F F E C T S O F P A T T E R N S

Matters of the Heart

- Patterns are tri-fold; we have thought patterns, emotional patterns, and behavioral patterns.
- Healthy patterns cause stability and efficiency in fulfilling Kingdom purpose.
- Ungodly patterns cause instability, indecision, and impairment in life functioning as God intends. Ungodly patterns are a hindrance to fulfilling Kingdom purpose.
- Dysfunctional patterns can be due to generational sin and ungodly generational cycles that need to be repented of and broken in the Name of Jesus. We have the power to shift things for our family lineage as pioneers of glory for breakthrough, freedom, and legacy.

UNGODLY GENERATIONAL CYCLES

- Based on a lie we have believed and agreements with a lie we have made
- Recurring life events that are predictable and have negative outcomes; recurring failures
- **Examples:** poverty, physical sickness, mental illness, broken covenants, divorce, barrenness, untimely death, etc.

L I F E P A T T E R N S

Matters of the Heart

DYSFUNCTIONAL PATTERNS

- Lifestyle centered in self-will
- Broken covenants; divorce
- Blurred family roles
- Family dysfunction (codependency, control and manipulation, enmeshment, parental inversion, etc.)
- Relational issues
- Control and manipulation
- People pleasing
- Performance orientation
- Codependency in the Church
- Career issues (inability to maintain a job)
- Indecisive (make plans and break plans)
- Inability to commit and follow through
- Constant job changes/relocations
- Habitually late
- Fear and anxiety
- Addiction
- Self loathing
- Isolation
- Abusive behavior
- Anger issues
- Dishonor
- Critical and complaining
- Gossip and slander
- Lack of communication
- Impulsive and compulsive behaviors
- Excessive spending (inability to save)
- Self sabotage type behaviors
- Idleness and laziness
- Passivity

GODLY PATTERNS

- Lifestyle centered in God's will
- Godly covenants; godly marriage
- Godly family dynamics
- Kingdom relationships
- Lifestyle of worship to the Lord
- Honor and humility
- Integrity and honesty
- Commitment and follow-through
- Healthy communication
- Excellence in the workplace
- Life-giving words
- Motivated by love
- Gratitude
- Lifestyle of forgiveness
- Kingdom vision and advancement in spiritual maturity and growth
- Good steward of time and resources

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and pleasing in His eyes.

Romans 12:2 tpt

Reflection: The God Pattern

In a few sentences, describe what you believe God's pattern for your life is meant to be according to His original intent.

In reference to pg. 97, list any dysfunctional patterns that you personally identify with as being current challenges in your life. What are you in need of overcoming with the Lord to spiritually grow in this season?

What are the current godly patterns that you recognize in your life? Identify a godly pattern that you desire to grow in with the Lord in this season and list 2-3 practical steps that you can take to implement change.

FREEDOM:
Humanity's
INHERITANCE

Abner Suarez, D.Ed.

Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.

John 8:34-36

*The Spirit of the Lord is upon
Me, because He has anointed Me
to preach the gospel to the poor;
He has sent Me to heal the
brokenhearted, to proclaim
liberty to the captives
And recovery of sight to the
blind, to set at liberty those who
are oppressed; to proclaim the
acceptable year of the Lord*

Luke 4:18-19

DELIVERANCE:

The Ministry of Jesus

OBJECTIVE: To explore the topic of deliverance: the need for deliverance ministry and truths about Jesus as humanity's Deliverer. To grow in learning how to practically steward your life in a healthy way to thrive spiritually, emotionally, and physically.

Kingdom Truths

- Our beliefs, words, and behaviors attract unseen realities—either the Kingdom of heaven or the kingdom of darkness.
- When we align with God's word and speak God's word, the unseen angels operate on our behalf (Heb. 1:14, Ps. 103:20).
- When we align with wrong, ungodly thinking and declare ungodly words, we will often attract demonic influence into our mindset and into our heart (2 Cor. 10).
- The sins of our forefathers can cause patterns of generational sin. There is always a part (*large or small, deep or shallow*) of our mental life and experience that resides somewhere below our understanding that cannot be accessed through volitional or intellectual means. This material is unique to the individual—a product of one's personality, temperament, and life-long experiences which form one's worldview. The subconscious can carry unresolved issues, deep layers of pain, and conflicts that conflict with conscious awareness.
- Physical health is essential to living the life that God intends. When we are physically healthy, we are able to thrive in the purposes of God. Caring for our physical health is worship to the Lord—our body is the temple of the Holy Spirit (3 Jn. 2; 1 Cor. 6:9-10). Unhealthy lifestyles are the most significant contributing factor to the staggering health-care costs in the United States.
- Just as wealth is more than the absence of poverty and happiness are more than the absence of sorrow, health is far more than the absence of disease. Health is freedom from diseases plus the possession of physical vitality. Improvement in our physical fitness promotes our quality of living as well as longevity. Without full surrender to God with every dimension of our lives, we can never live as God intends.

- Deliverance is not automatically accomplished at the moment of salvation. It often be pursued as an experience after salvation, just as the rest of the Good News must be pursued.
- God designed our minds and expects our minds to be renewed (Eph. 4:23).
- Without mind renewal, you cannot demonstrate the will of God as a lifestyle.
- God speaks rhema words to us as He desires to communicate a truth to us in a time of need to accomplish a purpose. *Rhema* can simply be defined as any spoken word from God in the present moment (Lk. 5:5).
- The rhema word, when built on a proper foundation, comes from our relationship with God. God releases His rhema word to us to bring us into divine alignment with His purposes. God's word then, is an invitation to change the way we think and to step into an upgrade in identity, into how God sees us.
- From heaven's perspective, it is not sufficient to know a truth intellectually, but for it to be expressed in a daily living reality. Truth is meant to flow from our heart.
- The rhema word gives an understanding of how and what God is thinking in a specific situation, which is always rooted in scripture. It also gives you an understanding of what you are thinking and your value in light of how God is viewing a particular situation.
- When God speaks, everything contrary to the word in our mindset will come to the surface. One of the fundamental ways in which we cultivate the word of God is by making an intentional, conscious decision to receive and believe it. God wants us to have such a trust in His spoken word that we will stake our very lives on that which He is speaking.
- Making a conscious decision to believe God's rhema words does not mean we have figured out everything the word entails, neither does not make it our job to bring fulfillment to that word.

DELIVERANCE

Concepts

(Resource Material from *Prophetic Deliverance* by Tim Mathers)

Deliverance defined:

- Deliverance is the action of a believer upon another person to cast out or command away one or more demonic beings.
- Jesus' earthly ministry can be defined by three main deeds—Jesus preached the Good News, He healed the sick, and He cast out demons.
- Jesus' mission statement (Lk. 4:18-19) presents deliverance as one of six major tenets of the faith. In Jesus' own words, He declares the very first sign marking believers from that time forward, was the ministry of deliverance:

And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well. -Mk 16: 17-18

Satan defined: This is from the Greek word *satanas*, meaning “adversary,” and “one who resists.” He is the fallen archangel Lucifer who, in eternity past, decided he would make [him] self like the Most High (Isaiah 14: 14).

- Everything Satan does is aimed toward that end. He has become the master counterfeiter, counterfeiting the Most High in all that he does.
- This word is from the Greek word *diabolos* meaning an “accuser,” and “a slanderer.” This is an indication of Satan's employment as “the accuser of our brothers” (Rev. 12:10 b). It has been misused in a general sense referring to demons, but there is only one “devil,” and his name is Satan.

Demons defined:

- This is from the Greek word *daimon*, meaning an “evil spirit being inferior to God and superior to man.”
- Demons are evil angels, part of the contingent cast from the third heaven with Satan during his rebellion against the Father.
- As a group, they are referred to as the spiritual forces of evil (Ep. 6:12).
- Deliverance ministry, for the most part, takes place against this lowest level of demonic spirits.

Demon Possession Explored:

- The phrase “demon possessed” has been adopted in error by translators. We find, by deeper study of the language, the word “demonization” is a more accurate term.
- The participle used most often in the New Testament for the presence or power of unclean spirits is the Greek word *daimonizomai*, which means “a demon caused passivity.” This definition indicates a somewhat passive individual; that is, one who by ignorance, neglect, or others-imposed trauma, allows a demonic being to exercise some sort of control in his or her life.
- An unclean spirit influences the person, who is passive to the demon’s action to one extent or another. This indicates a continuing state of being harassed by demons.
- There has been much confusion caused by incorrectly translating *daimonizomenos* as “demon possessed.” That is because “possession” implies ownership. But Scripture is clear, demons own nothing: They are only counterfeiting what they see the Father doing.

And he blessed him, and said, “Blessed be Abram of the most high God, possessor of heaven and earth.” - Genesis 14: 19 KJV.

- The New Testament treats them as squatters or invaders of territory which is not their own. As invaders, demons can exercise control over only what is yielded (actively or passively) to their control.
- Demons can control only the aspects of one's life, which are yielded to them.
- A central role of demons is to oppress individuals. The word oppressed is *katadunasteuo*, which means to exercise dominion against. Jesus is the Anointed One who does good and heals those oppressed by the devil (Acts 10:38)

RESOURCE

Mather, Tim. *Prophetic Deliverance: The Missing Ministry of Jesus in the Church*. TrimVentures Publishing, 2018.

U N G O D L Y B E L I E F S

Identifying ungodly beliefs for healing and deliverance

EXAMPLES

- I don't belong. I will always be on the outside.
- My feelings don't count. No one cares how I feel.
- No one will love me or care about me just for myself.
- I will always be lonely. The special man/woman in my life will not be there for me.
- I need to protect myself by keeping to myself. I won't be vulnerable to hurt, rejection, etc. anymore.
- I am not worthy to receive anything from God.
- I am the problem. When something is wrong, it is my fault.
- I am a bad person. If you knew the real me, you would reject me.
- I must wear a mask so that people won't know the real me and reject me.
- I have messed up so badly that I have missed God's best for me.
- I never get credit for what I do.
- I will never get ahead.
- My value is in what I do. I am valuable when I do good to others.
- Even when I do/give my best, it is not good enough.
- I must choose to be passive to avoid conflict that would risk others disapproval.
- I have to plan every day of my life. I have to plan/strategize continually. I cannot rest until my tasks are done and the work is completed.
- I must keep peace to avoid tension and conflict in relationships. The perfect life is one in which no conflict is allowed, and so there is peace.
- I am unattractive. God shortchanged me.
- I am doomed to have specific physical disabilities. They are just part of what I have inherited. _____ runs in my family.
- It is impossible to lose (or gain) weight. I am just stuck and must deal with it.
- I am not competent/complete as a man/woman.
- I will always be _____ (angry, shy, jealous, insecure, fearful)
- I should have been a boy/girl. Then my parents would have valued/loved me more.
- Men / Women have it better.

Resources:

1. *Restoring the Foundations* notes
2. *Catch the Fire* teaching notes

RENOUNCING UNGODLY BELIEFS

Deliverance prayer for ungodly beliefs

- Identify the ungodly belief.
- Confess to the Lord the sin of believing the lie of what you have believed.
- Engage in forgiveness work and vocalize to the Lord your forgiveness process. Forgive those who have contributed to the formation of the ungodly belief.
- Ask God to forgive you for receiving and agreeing with the ungodly belief, for living your life based upon the belief, and for anyway that you have judged others because of its influence.
- Receive God's forgiveness and His love for you.
- Vocally renounce the ungodly belief and break your personal agreement with it.

- Ask God to reveal to you His truth in exchange for the ungodly belief.
- Take communion and worship the Lord.
- Journal your process with the Lord.

(Deliverance prayer model is adapted from *Restoring the Foundations* notes)

PHYSICAL HEALTH ISSUES

Four main contributing factors to disease and death

By: Fritz Huber

HEALTH CARE:

- Health care is the organization and administration of health services by professionals in our society. It involves doctors, nurses, hospitals, clinics, ambulances, and related health-care personnel and facilities. Occasionally this area is to blame for the death of a person because of the misdiagnosis of a problem, wrong prescription of medication, or some other neglect or lack of knowledge.

ENVIRONMENT:

- The evidence is clear that environment (physical, social, economic, and family) can affect our health. Living and working in high-pollution areas contribute to higher rates of emphysema and lung cancer. Other environmental problems may be stress, toxic materials, transportation, and so forth.

You should know that your body is a temple for the Holy Spirit that you received from God and that lives in you.

You don't own yourselves.

1 Corinthians 6:19

GENETICS:

- A person's basic cell structure and characteristics are determined by heredity. The tendency toward heart disease, cancer, hemophilia, sickle cell anemia, diabetes and certain other diseases may be present at birth. However, heredity alone rarely causes the disease. Usually the tendency interacting with an individual's lifestyle and environment can delay or hasten the prospects of the disease.

LIFESTYLE:

- The way we live influences our health and can be a major cause of our own diseases and death. In some cases we are literally digging our own graves. Lifestyle involves total behavior, 24 hours a day, seven days a week, 52 weeks of the year. The number of sleeping hours, the food consumed, the fluids drank, the type of work, relationships with others, leisure time activities, plus all other aspects of living, reflects an individual's lifestyle.

Resource: Huber, Fritz. *Essentials of Physical Activity*, 6th edition, 2013.

THE NEED FOR A RENEWED MIND

Freedom: Humanity's Inheritance in God

- God designed and expects our minds to be renewed.
- Without mind renewal, you cannot demonstrate the will of God as a lifestyle.
- A lifestyle choice to present your body as a living sacrifice.
- Discipline is essential and godly discipline birth godly habits; godly habits birth a godly Kingdom lifestyle.
- We renew our mind through having friendship with God and fellowship with His word.
- We renew our mind by putting the word of God in first place.
- In prayer, ask God to frame your perception of the world through His word.
- We grow in the knowledge of God as we act on His word.

Discipline Defined: control gained by enforcing obedience and order (Merriam Webster, 1828).

Habit defined: a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance (Merriam Webster, 1828).

And be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude], and put on the new self [the regenerated and renewed nature], created in God's image, [godlike] in the righteousness and holiness of the truth [living in a way that expresses to God your gratitude for your salvation].

Ephesians 4:23-24 amp

A WORD RULED LIFE

Putting the word of God first place

- Humanity was created to have one appetite —the word of God (Mt. 4:4).
- How we approach the word of God defines what we receive from the word.
- God releases His rhema word to us (a spoken word in the present moment), bringing us into divine alignment with His purposes.
- The voice of God—His spoken word, carries with it all the power needed for the fulfillment of that word that has been spoken by His mouth (Is. 55:10-11).
- When God speaks, it locates our current thought and invites us into how God intends for us to think.
- God's spoken word to us is an invitation to change the way we think and to step into an upgrade in identity, into how God sees us.
- Truth is meant to flow from our heart and be our daily reality.
- God's word first comes to give us an expected outcome, but also as an invitation for us to shift our inner man to be a person who changes the foundation of inner life to inherit that which the Father is speaking.
- To be one who shapes the world, we must first be shaped on the inside.
- We can bring heaven to earth if we have learned to shape by heaven on the inside. We are called to live from the inside out.
- The reason we react to situations, people, and life events a certain way is that we learned to think a certain way. Ask the Lord to give you increased understanding and awareness to wrong thought patterns and beliefs.
- The word of God has the power to transform us through prayer, meditation, continual study, journaling revelation. and applying truths to your life. You are meant to live the reality of a progressive transformed life.

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 4:12

Reflection: Freedom: Humanity's Inheritance

In a few sentences, describe your understanding of deliverance and the mission of Jesus as the Deliverer. Why is deliverance ministry important for the believer?

List any ungodly beliefs that you identify with in reference to pg. 108. Pray and ask the Holy Spirit to reveal to you any ungodly beliefs that may not be listed that you need deliverance from. By revelation and understanding, walk through the deliverance prayer model on pg. 109 for renouncing ungodly beliefs.

How does your mindset need to change for you to step into the next season that the Father has in store for you? How can you practically grow in renewing your mind this year?

Living a *God Centered* Life

LeAnne Suarez, DMin., LPC

Everyone then who hears these words of Mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock

Matthew 7:24-25

*Therefore, just as you received
Christ Jesus as Lord, continue
to live your lives in Him,
rooted and built up in Him and
firm in your faith just as you
were taught, and overflowing
with thankfulness*

Colossians 2:6-7

A LIFE
of God's
PRESENCE

It is only by remembering that 'Another lives in me' that we can die daily to that old, false, usurping self, and that we can continue to be drawn further in and higher up into the life of God. To 'practice the presence' is to continually call to mind this great reality.

-LeAnne Payne

CULTIVATING

A Life of Presence

- We were created to continually live in the presence of God—this is meant to be our continual experience and reality (Gen. 3:8).
- The presence of God is necessary to live and function according to God’s design for our lives; it is where we experience glory, divine identity, and are progressively transformed.
- Our journey with God is meant to be a personal transfiguration experience and process. It is in the presence of God that healing, renewal, and restoration occurs within us emotionally and spiritually (Ex. 33:15).
- The fruit of living with the awareness of God’s presence is overflowing joy and perfect peace as we learn how to enjoy the Lord.
- It is in the presence of God that we grow in intimacy, identity, and friendship with the Lord (Ps. 25:14).



Because of You, I know the path of life, as I taste the fullness of joy in Your presence. At Your right side I experience divine pleasures forevermore! - Ps. 16:11 tpt

Then [with a deep longing] you will seek Me and require Me [as a vital necessity] and [you will] find Me when you search for Me with all your heart. - Jer. 29:13 amp

THE BEAUTY OF GRATITUDE

The key to hosting God's Presence

- Gratitude is the gateway to glory—it invites God's presence.
- Gratitude deepens your intimacy with God and helps you gain a Kingdom perspective.
- Gratitude is the healthiest emotion that brings healing and conversion to our soul and keeps us spiritually aligned in God and on the path of divine destiny.
- Gratitude helps you progress with purpose and develop in spiritual maturity.
- Gratitude releases angelic activity in your life.
- Gratitude is a lifestyle of intentional celebration.
- Gratitude improves your relationships and causes your relationships to thrive.
- Gratitude strengthens your faith and grows you in the gift of encouragement. The Holy Spirit is the Divine Encourager.

- God is positive. Cultivating a lifestyle of gratitude positions us for divine favor, spiritual blessing, and the miraculous.
- Through a heart posture of gratitude, we grow in deepening intimacy with God and attract beautiful heavenly things.
- Complaining and criticism are deterrents to divine destiny that will attract the opposite in our lives. Gratitude stabilizes us in God's love and causes us to live in the abundance of His goodness and faithfulness.

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

- 1 Thessalonians 5:18

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. - Psalm 100:4

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. - Colossians 3:17

GOD-CENTERED

Boundaries

Boundary defined: something that indicates or fixes a limit or extent; a real point beyond which a person or thing cannot go; a perimeter; borderline; hem (Merriam Webster, 1828).

JESUS:

Our Boundary Model

OBJECTIVE: To explore how Jesus established boundaries, for He is the standard in which we are to live. Learning how Jesus established boundaries when He lived on the earth and applying biblical principles to our lives equips us in how to live a God-centered life.

Kingdom Truths

- Jesus is our standard for how to live and fulfill divine purpose. Jesus lived in continual union with God the Father and Holy Spirit.
- Jesus guarded His time and remained focused on His God-given assignments and responsibilities daily. He was undistracted and busy about the Father's business.
- Jesus did not make decisions based on other people's opinions or demands.
- Jesus knew His limitations and cared for His human needs (solitude with God, food, rest, etc.).
- Jesus did not allow Himself to remain in abusive and life-threatening situations. He retreated to safe places to preserve purpose and destiny.
- Jesus refused to get entangled in religious arguments and debates.
- Jesus said no to people to say yes to God. Jesus said no to intimidation, cynicism, manipulation, and controlling behaviors from others.
- Jesus did not retaliate or allow His heart to become offended when He was falsely accused and betrayed.

G O D - C E N T E R E D B O U N D A R I E S

How to grow in a God-centered lifestyle

- Keep God as first place in everything as your source (Mt. 6:33; Phil. 4:19).
- Know your daily limitations and only focus on fulfilling your daily assignments—guard yourself from distractions and time wasters.
- Care for yourself and get the rest that you need—we cannot run on empty.
- Know and accept your personal limits—we cannot do everything.
- Have regular times of solitude with God and cultivate a life in His presence (Mk 6:31; Ps. 16:11).
- Be selective and intentional in how you spend your time and the relationships that you invest in (God-alignment; Kingdom assignments; priorities).
- Be honest, direct, and speak the truth in love (let your yes be yes and your no be no; say what you mean and mean what you say).
- Learn to say “no.”
- Guard your marriage and family from outside influences and ungodly conversations (parents, in-laws, friendships; live in the God-Spouse-Family triangle).
- Avoid allowing others to pull from you emotionally and spiritually instead of the Lord as their source (lead others to the Lord as needed; godly encouragement vs. ungodly enablement).
- Walk with the wise to grow in wisdom (Prov. 13:20).
- Regular self-evaluation and intentional wholeness investments annually for continued growth in emotional, relational, and spiritual health (Ps. 139: 23-24).
- **The Four Chambers:** guard your heart, guard your relationships, guard your physical health, and guard your time.

A GOD-CENTERED LIFESTYLE

Keys to living a victorious life centered in God



Reflection: Living a God-Centered Life

On a scale of 1-10, how would you rate yourself in living a God-centered life through current established godly boundaries? What is working well and what could be improved in this season?

What have been personal challenges for establishing and maintaining godly boundaries in your life?

Identify a few practical ways to grow in godly boundaries for your emotional and spiritual well-being, physical well-being, and relationships this season.

W H O L E N E S S F O U N D A T I O N S

*Now may the God of peace
Himself sanctify you
completely, and may your
whole spirit and soul and body
be kept blameless at the coming
of our Lord Jesus Christ*

1 Thessalonians 5:23-24

FOR SUCH A TIME AS THIS, INC.



As individuals, both Abner and LeAnne experienced many years of development and life-defining moments in their journeys and walk with the Lord. In August of 2021, they began to date. They discovered that in their journeys God had placed within them similar values, principles, and life visions that were rooted in giving God preeminence in all things. They also discovered a love for each other that both had never known. Believing God had divinely brought them together, on August 6, 2022, Abner and LeAnne were united as one. They joyfully welcomed their beautiful daughter Hadassah Joy on July 6, 2023, which was a long-awaited promise from the Lord. The ministry of *For Such A Time As This, Inc* expresses the life assignment upon both Abner and LeAnne Suarez.

Abner Suarez is the founder and President of *For Such A Time As This, Inc*. He is an ordained minister with the Apostolic Network of Global Awakening under the leadership of Randy Clark. One of Abner's greatest desires is to posture his heart as a lifelong learner. He holds both a Bachelor of Science and a Master of Education degree from Campbell University in Buies Creek, North Carolina. He also holds a Master of Ministry diploma from the Wagner Leadership Institute and a Doctor of Education from Oral Roberts University. He is an avid reader, coffee drinker, and New York Jets fan.

LeAnne is a licensed professional counselor, she is ordained with Women in Ministry Network, and holds three Master of Arts degrees (Professional Counseling, Theological Studies, and Health & Human Services) and a Doctor of Ministry in Worship Studies from Liberty University in Lynchburg, Virginia. She loves early mornings with the Lord, spending quality time with her family, strong coffee, writing, creating music, and prayer retreating. LeAnne is married to the love of her life, Abner Suarez, and resides in Dunn, North Carolina with their beautiful daughter, Hadassah Joy.

BE EQUIPPED
to leave
AN ETERNAL
legacy