



Bible Class

WALKING OUT TO WHOLENESS

After confession and deliverance is the time to apply new truth to your life. This application process we call Walk-Out. There won't be time for a dress rehearsal or a test drive. This is real life. Issues will come up. Challenges will knock on your door. Choices will have to be made. But, now you have tools.

In *A More Excellent Way*, you were introduced to the 8 R's to Freedom. The first step, the first R - is to **Recognize**. Once you have recognized the "issues" in your life, then you can do one of two things:

1. Fall back into that comfort zone of denial. or
2. Step out and deal with them.

Yes, thoughts and behaviors can be changed. Psychologists say that it takes weeks, or even months, to break a habit. So, give God a little time to work on you. As you renew your mind, He will renew you! When issues come up and check you out, that renewed mind will be tested. Will you react the way you have always reacted in the past, or will the Mind of Christ be revealed in your actions?

And be renewed in the spirit of your mind;

Ephesians 4:23

Walk-Out is simply the process of renewing your mind. It is making God's mindset your own. You must walk away from those old, instilled habits. You must walk out of old, ungodly ways of thinking - and into new godly ones.

You Are Not Alone

It is true that not all of us live in a perfect, Norman Rockwell family. The more stressed and harried your life may be, the more you will need to employ these simple steps. Your world may not seem quite as safe and supportive as you would want it to be. That's okay. You may now find yourself on your own in your beliefs and have no one who understands the new things that you've just learned. That is normal. You may even ask yourself "How am I ever going to do this alone?"

Well, you are never alone. The Living God is with you. That's as "Unalone" as you can get. God's word is always true; He will guide us in our thinking and behavior.

Give Yourself Time

This is not a quick fix, but for the long haul! As you walk-out, you will replace wrong thoughts and behaviors and habits with godly ones. It may take weeks, or even months, to firmly establish new habits. As you appropriate your freedom day by day, your obedience will create new long-term memory patterns of righteous behavior.

Remember to get your self worth from God and his Word - not from other people and their evaluations.



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Take Every Thought Captive

How does one handle ungodly thoughts such as doubt, unbelief self-hatred addictions or behaviors? By holding every thought captive.

- Recognize the thought for what it is - **Temptation**
- Temptation is not sin, it is only Satan's kingdom checking you out.
- Take that thought captive and cast it out of your mind before it becomes your Sin.

For Example: Someone threw some fiery darts at you because of your childrearing skills. You are tempted right away to get angry and throw some fiery darts right back at them. You could be tempted to take offense and feel rejected. You could feel guilty and ashamed. You could get into strife with the other person. Thus, you now have a decision to make.

You can say to yourself: "I know this is you tempting me, Satan. God's word says that I should not sin in my anger. I won't go there anymore! I know that the Bible says I should cast down any imagination that does not agree with God's word."

Casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2 Corinthians 10:5

Know the Tricks of the Enemy

Remember separation. Those thoughts may not be coming from you! Something may be trying to

For the word of God is quick, and powerful, and sharper than any twoedged sword piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. 13 Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.

Hebrews 4:12-13

gain access to your spirit, coaxing you to accept its lies. It would try anything to convince you that these thoughts are just your own innocent ideas! Beware! Recognize the source. (See the teaching on Romans Seven)

What Do I Do If I Fail?

Remember that the Holy Spirit brings conviction Guilt and condemnation Come from the enemy.

Confess your sins to God and to one another so that the sin may be exposed and forgiven. Thus it will no longer have a hold over you. Then, hold your head high and walk in the light of God.



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Apply the "8 R's To Freedom"

1. **Recognize** - an issue in your life that is not from God.
2. Take **Responsibility** for what you have recognized. Don't blame God or anyone else.
3. **Repent** for your participation with the enemy and the problem you recognize.
4. **Renounce**. Fall completely out of agreement with your sin.
5. **Remove** the sin from your life. Cast it out.
6. **Resist**. Draw nigh to God and resist it coming back. Absolutely refuse to get involved with the sin. Flee from and resist evil temptation.
7. **Rejoice**. Give thanks to God for your freedom.
8. **Restore**. Help to restore others held captive.

What Do I Do if I Do Not Receive the Healing I Expected?

Prayerfully consider:

1. Whether your confession was just mental assent or whether you really have turned your heart away from those things you have confessed as Sin.
2. Consider the "Spiritual Blocks to Healing" in *A More Excellent Way*
3. It may just not be God's timing for you. He knows what healing would be appropriate for you and at what pace.
4. Seek help from a trusted, godly friend, pastor or family member from whom you will accept the truth. Keep in mind that it may be difficult to discern things in yourself

How Do I Continue to Walk in Victory in the Light of Christ

1. **Keep your house filled** with the Word of God and praise and worship. Strengthen your relationship with the Godhead

That he might sanctify and cleanse it with the washing of water by the word.

Ephesians 5:26

2. **Fellowship with other Christians.** You may have to reevaluate some of your old relationships.

And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

Acts 2:42

Establish fellowship with positive likeminded people in your area.



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3. **Hold every thought captive.** Discern good from evil. Separate lies (even from a loved one) from God's truth. Replace the lies of the enemy with the word of God The battle starts in your mind.

For though we walk in the flesh, we do not War after the flesh: ⁴ (For the weapons of our warfare are not carnal, but mighty through God to the putting down of strong holds;) ⁵ Casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; ⁶ And having in a readiness to revenge all disobedience, when your obedience is fulfilled

2 Corinthians 10:4-6

4. **Dwell on godly thoughts and promises** - Reflect on things with virtue and praise and thanksgiving. Think about positive things.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8

5. **Quit thinking about the past.** Let go of past failures and traumas. Self-pity is the super glue of hell that ties you to the past. Keep your mind on God.

This one thing that I do, forgetting those things which are behind, and reaching forth unto those things that are before

Philippians 3:13

6. **Guard your heart.** Guard against doubt, unbelief discouragement and despair. Have patience. God's timing and ways are perfect.

Keep your heart with all diligence; for out of it are the issues of life.

Proverbs 4:23

7. **Have faith in God.** Without faith it is impossible to please him. Believe God's word, no matter what we see in natural circumstances

For we walk by faith, not by sight.

2 Corinthians 5:7

8. **Watch your mouth!** Your words today will create your life tomorrow. If it's not godly, don't say it. The tongue determines life or death.

And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defijeth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. But the tongue can no man tame; it is an unruly evil, full of deadly poison.

James 3:6,8



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9. **Guard your eyes and ears.** Your eyes are the windows to your soul. Be careful of what you see and hear. Be selective of movies, television programs and books. Be very discerning about what kind of music and radio that you listen to.

He that walketh righteously and speaketh uprightly; he that despiseth the gain of oppressions that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood and shuteth his eyes from seeing evil; he shall dwell on high.

Isaiah 33:15-16

10. **Separate people from their sin.** Observe their actions without judging them.

Judge not, that ye be not judged.

Matthew 7:1

11. **Indecision leads to ungodliness.** Choose God in everything. Decide to be in peace.

A double-minded man is unstable in all his ways.

James 1:8

12. **Be willing to go into the fire** (see Daniel 3). The battle is in the fire. Stop making an idol of illness or programmed behavior. Face your fears and stressors in order to overcome them.

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

Galatians 5:1

13. **Remember that all good things come from God.**

Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

James 1:17



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Keeping the Windows of Heaven Open!

There are keys for living under an open heaven.

You must be a tither

Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me herewith saith the LORD of hosts, if I will not open the windows of heaven, and pour you out a blessing..."

Malachi 3:10

1. Because..., the tithe belongs to God.

...all the tithe of the land, whether of seed of the land, or of the fruit of the tree, is the LORD'S: it is holy unto the LORD.

Leviticus 27:30

2. Because, .not tithing is robbing God.

Will a man rob God? Yet ye have robbed me.. .In tithes and offerings.

Malachi 3:8

3. Because..., faithful tithers will have plenty.

Honour the LORD with.. .the firstfruits [tithe] of all thine increase: So shall thy barns be filled with plenty...

Proverbs 3:9,10



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Faithfulness

1. God requires faithfulness in stewards.
2. Faithful now, in little things, in that which is another man's, and in money matters,

God promises to reward those who are faithful

1. Faithful saints are protected.

O love the LORD. all ye his saints: for the LORD preserveth the faithful

Psalm 31 :23

Preserveth - means to guard, watch over and keep.

2. Faithful saints receive abundant blessings.

A faithful man shall abound with blessings:

Proverbs 28:20

3. Faithful saints are promoted.

He also that had received Iwo talents came and said. Lord, thou deliveredst unto me two talents: Behold, I have gained two other talents beside them. His lord said unto him, Well done, good and faithful servant~ thou hast been faithful over a few things, I will make thee ruler over many things.

Matthew 25:22-23

The offering plate is one of the best places to prove your faithfulness to God.



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The four “musts” of faithfulness

1. You must be faithful now.

He that IS faithful

Luke 16:10

2. You must be faithful in little things.

He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.

Luke 16:10

Not giving in times of shortage will cause you not to be able to give when you have abundance.

3. You must be faithful in money matters.

If therefore ye have not been faithful in the unrighteous mammon, who will commit to your trust the true riches?

Luke 16:11

4. You must be faithful in that which is another man's

..if ye have not been faithful in that which is another man's, who shall give you that which is your own?

Luke 16:12

5. The tithe is the Lord's SO faithfully pay it.

...all the tithe of the land is the LORD'S

Leviticus 27:30