

Personal Study Tips!

“How to get the most out of this study”

To get the most out of this study, I recommend buying and reading the book 😊, getting a notebook or journal to write out the key points, scriptures and prayers that speak to you in the book, areas where God is tugging at your heart, learnings from group discussions, and to answer the reflection questions after each chapter and given out at weekly meetings.

- **Book:** Read assigned chapters each week
- **Notebook/Journal:** Reflect on key points & answer reflection questions
- **Attend Discussion Gathering:** This is where the real growth happens. This is where you process the content, learn from others and listen to what God is doing in their lives. (Remember: You don't have to share!!!)

Reading, processing and reflecting on what you read and hear, allows you to be open to what God wants you to hear and how to apply it to your life.

- **Reflection:** Spend time during the week uncovering the areas you need to surrender and pray to God for healing.

Remember: This group is for us to connect, hear and learn with each other! If you didn't read the chapters or answer the questions for the week, it will still benefit you to attend the weekly meeting by hearing and connecting with others.

~ We are a “support” group to help and encourage each other on our journey to FREEDOM! 😊

The book is full of great scriptures and prayers relating to areas of surrender and freedom. I encourage you write out the prayers and scriptures for specific areas that you are needing freedom in, and then pray them out loud throughout the day.

My hope for you and this study:

- You will find Freedom so you will be able to help others walk in Freedom
- Develop deep and genuine connection with others in our group
- Be able to love, encourage and support others by listening and sharing
- Be able to surrender areas of your heart that you've held tightly to control
- You will truly feel closer to God and fully accepted just as You are
- This will be a safe place for you to share and find healing with others

Reflect ~ Confess ~ Respond ~ Act ~ Pray

Important!!! Before you begin reading, ask God to illuminate the words/topics that He wants you to pay attention to.

Reflect ~

Reflect on those areas and ask God to uncover the areas that he wants you to have Freedom and Healing in.

Confess ~

Confess ask for forgiveness in areas that you have kept control and ask God to take lordship over that area.

Respond ~

How will you respond to the message and information you've read and heard? How will you do things differently?

Act ~

Acting is important! We can't go on doing the same thing expecting a new result. If you've surrendered an area, determine with God's help what you will do differently and avoid falling back into old patterns.

Pray ~

It is important to continue praying about areas that you struggle with and give thanks for what He is doing in your life. Even if you feel that nothing has changed, remember God is working behind the scenes and will reveal fruit in due time.