

## Week 3 Life's Trials

Memorize: **Isaiah 26:3 in the translation you like best.**

“You will keep *him* in perfect peace, *Whose mind is stayed on You*, Because he trusts in You.” (NKJV)

Memorize: **Ephesians 6:12 in the translation you like best.**

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.” (NKJV)

### A. Situations

Name a life situation(s) that catapulted you into the DEN this week.

What were the emotions you were feeling when you were triggered?

What did you do with your emotions?

If situational issues caused you to sin, there is a sample prayer at the end of this study to help you return to the God Zone.

### B. People

Did someone trigger you emotionally and you spiraled out of the God Zone into the DEN this week? What happened?

Are you blaming them or taking responsibility for your exiting the God Zone?

Did you forgive them?

Do you need to ask forgiveness from the Lord? (There is a sample Forgiveness prayer at the end of this study.)

Do you need to ask forgiveness from that person?

Once you were catapulted out to the God Zone how long did it take you to return?

Explain to a family member, a friend, or a stranger how Life's Trials can catapult us out of the God Zone.

Share how you return to the God Zone when you find yourself in the DEN through Life's Trials.

Is there anything that was unclear to you in the teaching this week?

What do you feel was the most beneficial for you in the teaching this week?

Any questions you need to ask?

**Do a daily inventory.** Were there any situations that catapulted you out of the God Zone? How long did you remain in the DEN?

Is there anyone you need to forgive?

Situations can catapult us from the God Zone.

Sample Prayer: Father, I got so (name the emotion) when (name the event). I am so sorry I chose not to trust you during that time. I'm sorry that I allowed my emotions to rule my life rather than your peace. Please forgive me for (any sin committed by you while in the DEN). I receive your forgiveness. In the Name of Jesus I take authority over the sins of (Name the emotions and actions) and I command them to go to the feet of Jesus in the name of Jesus. Dear Lord Jesus, cleanse me from all the affects of this sin in my life and fill me with your Spirit. In Jesus name I pray. A-men.

If you sinned against anyone you must ask his or her forgiveness.

People can catapult us from the God zone.

### FORGIVENESS WORKSHEET:

Matthew 18:21-35, Hebrews 11:15, Ephesians 4:25-27, Matthew 6:9-15, Luke 4:16-21

1. Who offended you, who hurt you? (Do not take on another's offence.)
2. What did they do to you? Be specific.
3. How did it make you feel? What were the emotions that you experienced at the time of the offense?
4. What are the emotions that you feel as you remember it now?
5. Did you sin while emotionally charged? If so, how?
6. If someone spoke something hurtful, is there any truth to what was spoken?
7. Pray

Sample Prayer: Dear Heavenly Father, I purpose and choose to forgive (name of the offender #1 above) from my heart for (name the offense #2 above). I cancel all their debts and obligations to me. I release them in the name of Jesus. They owe me nothing.

Lord, I take full responsibility for my behavior. I have sinned against you by (#5 above). I am truly sorry. Please forgive me. Please forgive me for the anger, hatred, bitterness, malice, etc. (#3 and #4 above) in my heart. I have worn these as a garment. I have allowed these feelings to control me, Lord forgive me I pray. I do not want these in my heart any longer. In the name of Jesus, I command (name the emotions #3 and #4 above) to go to the feet of Jesus now. In the name of Jesus, I cancel Satan's power over me in this memory and resulting pain. I ask you Lord Jesus to come into my heart and heal the wound(s) that (name the offender) inflicted upon me. In Jesus name I pray. I invite you Holy Spirit to speak to me about this situation. (Listen, and write down what the Holy Spirit says or does. Receive it and believe it.)

#6 - Lord is there any truth to what offender shared with me even though it may not have been shared appropriately? If so, what should I do? Open my eyes to see. Open my heart to receive the truth. (Listen and write down what the Holy Spirit says to you.