



## *2020 Hindsight and Healing*

*My word is a lamp to your feet and a light to your path. Ps 119:105*

*You have made known to me the path of life; you will fill me with joy in your presence,  
with eternal pleasures at your right hand. Ps 16:11*

Welcome!! How blessed are we to get this time together! It's rare and we know it didn't happen by accident. Our very breath is a gift, and our lives and calendars are full. So, we are grateful and excited that God purposed for us to have this weekend together. We hope that stirs up eager anticipation for what God has for you as we open our ears and hearts to Him. Our prayer is that the Spirit will awaken our souls a fresh to His word and work for our lives, that we'd know His healing, freedom, peace and joy and be encouraged and inspired to walk with integrity and strength the path God has for each of us!

*Oh Father, thank You for the one who is right here where You've placed her. We know Your plans for her are good this weekend, and we trust You to accomplish them! We pray that her heart, which You've been preparing for this time together would be soft and open, ready and expectant for the good You have in store for her. We pray for her mind—please let Your voice be the one she hears the loudest this weekend, and Your thoughts of her to be her truth. We pray for her soul, that it would be nourished, filled to overflowing with Your love, Your hope, Your peace, Your joy. We pray that in the stillness of this time together, that You would quiet the noise of the world, let Your Holy Spirit fall fresh in this place and awaken her to know Your Presence beside her all over again. Thank You that You love her so deeply and completely. We pray that the conversation between You and she would be sweet, instructive and transformative for her blessing and Your glory. In Jesus name and for His sake ~ amen*

## HINDSIGHT AND HEALING

Heritage Women's Event; September 2021, Dr. Tammy Smith, drtammysmith.com

### Hindsight: The effects of the last year and a half:

Psychological footprint tends to exceed the medical footprint in size and \_\_\_\_\_.

Most people will be changed in some way.

Columbia: One of the most widespread challenges will be coping with the anguish of loss.

*The pandemic has made me more \_\_\_\_\_.*

*The pandemic has made me less \_\_\_\_\_.*

There is simply no way that our lives will resume as if this had never happened.

We find ourselves objecting against these things because we were not made for \_\_\_\_\_.

We all face minor \_\_\_\_\_ almost daily in some situation or another. It's impacting your life.

We rail against \_\_\_\_\_ in any form.

We all have \_\_\_\_\_. It's impacting your daily life.

Grief is the normal and natural emotional reaction to a \_\_\_\_\_ of any kind.

Grief is an inescapable part of everyone's life.

Grief has already been a part of your life, whether you've known it or not.

In grief we have a sense of \_\_\_\_\_ that we must face that we are not living in the Eden or eternity we were created for.

Spiritual maturity is NOT \_\_\_\_\_ it down.

The point is that we must not \_\_\_\_\_ it.

How do we misinterpret grief?

*God's not coming through for me like He said He would.*

*He's hurting me on purpose, in all sorts of intentional ways.*

*I'm a bad Christian for not being happier.*

*Something's wrong with me.*

*My faith isn't strong enough.*

BUT Jesus has come and \_\_\_\_\_ us from sin, death and brokenness!  
Romans 8:2  
Luke 17:21

With the coming of Christ, we live in this mysterious already/not yet aspect of the \_\_\_\_\_, so we've got to do life on both of these realities.

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10*

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 16:33*

All of life is lived on the two "\_\_\_\_\_" of joy and grief.

Grief confirms something inside of us – that \_\_\_\_\_ is set in our hearts.  
Ecclesiastes 3:18

Goal of grieving is to acknowledge 4 things:

1. My world won't be the same and neither will I.
2. I have a wide range of emotions that accompany these changes.
3. I now have doubts I didn't otherwise have at some level.
4. I need to embrace the mystery of God.

Some suggestions for engaging God in grief:

- Make a list of losses
- Do a journal entry of "What might have been?" if...
- Think, write and talk about the truth that things won't ever be what they were before this. We/things can never return to life the way it was before.
- Set timer for time period of grief either daily like 10 min or weekly
- Write out a lament in the manner of Psalms of how you long to "get back to normal" or "way it should be."

How we are made more effective through engaging grief:

1. Grieving helps us realize there is no true and lasting comfort apart from \_\_\_\_\_.  
Matthew 5:4  
Isaiah 53:3  
Psalm 56:8

2. Grieving helps us become more \_\_\_\_\_ - in the lives of others.

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. (see 2 Corinthians 1:3-7)*

To believe in Christ's rising and death's dying is also to live with the power and the challenge to rise up now from all our dark graves of suffering love. If sympathy for the world's wounds is not enlarged by our anguish, if love for those around us is not expanded, if gratitude for what is good does not flame up, if insight is not deepened, if commitment to what is important is not strengthened, if aching for a new day is not intensified, if hope is weakened and faith diminished, if from the experience of death comes nothing good, then death has won. Nicholas Wolterstorff

3. Grieving helps us live in this world while our true life and hope comes from \_\_\_\_\_.

*Occasionally, weep deeply over the life you hoped would be. Grieve the losses. Then wash your face. Trust God. And embrace the life you have. John Piper*

But what about the Joy? What of the joy in Jesus?  
Found in the question, "What is it to take heart?"

To reposition your \_\_\_\_\_. *I have overcome the world.*

*And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true. Revelation 21:3-5*

Our task is to constantly pick up grief and put it where it belongs, so that it doesn't become an \_\_\_\_\_ over our hope and joy in Christ.

### **The Healing Path – a forward way of life in Christ**

A rear view mirror is not meant for navigating what is \_\_\_\_\_.

To go forward what do we have to do?

Keep our eyes on the \_\_\_\_\_.

Be \_\_\_\_\_.

"Whenever we try to put second things into the first-place position, we lose the joy of both God and whatever we are trying to replace Him with." C. S. Lewis

People, possessions, pleasure, performance, positions, productivity do not bring me \_\_\_\_\_.

*My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water. Jeremiah 2:13*

“Idolatry: trusting people, possessions, and positions to do for me what only God can do.”

Bill Gothard

Modern-day \_\_\_\_\_ is anything we depend on apart from God for significance, comfort, protection, validation and anything other than God which we give the power to give us meaning, purpose, or value in life.

Possible “fruits” from a wrong “root” (John 15 principle) – possible pointers to idolatry:

Compulsive behaviors	Shame	Overspending	Obsessive thoughts
Excessive guilt	Panic	Overeating	Depression
Substance abuse	Anxiety	Sleeping too much	Being secretive

It is important to remember that \_\_\_\_\_ at all can become an idol.

We need not seek other dependencies because He has given us His \_\_\_\_\_.

*Peace I leave you, My peace I give you; **not as the world gives**, do I give to you. Do not let your hearts be troubled, nor fearful. John 14:27 NAS*

What is this peace? (*not as the world gives*)

Peace that doesn't \_\_\_\_\_.

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7*

We can have peace because all that is Christ, in Christ and of Christ, is \_\_\_\_\_ upon salvation.

*Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. Romans 8:17*

*Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. 1 Peter 1:3-4*

*I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people. Ephesians 1:18*

## Aspects of our glorious inheritance:

### 1. Guaranteed \_\_\_\_\_ beyond imagination

*God is love and the one who abides in love abides in God. 1 John 4:6*

*And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ. Ephesians 3:18*

*The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. Zephaniah 3:17*

We are the object of His affection -

He cares for us as our shepherd: John 10:3,4; Ezekiel 34:15, 16

We are called the bride of Christ: Revelation 21:2

You are referred to as the apple of His eye: Zechariah 2:8, Psalm 17:8

He has engraved your name on the palm of His hand: Isaiah 49:16

He feels for us as a mother nursing her baby: Isaiah 49:15

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:38-39*

*His love endures forever. Psalm 118:1*

*I have loved you with an everlasting love; I have drawn you with loving-kindness. Jeremiah 31:3*

### 2. Guaranteed \_\_\_\_\_ for all sins

*...who forgives all your sins and heals all your diseases... Psalm 103:3*

*When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having cancelled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. Colossians 2:13-14*

*For while we were still helpless, at the right time Christ died for the ungodly....But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.*

*Romans 5:6,8*

### 3. Guaranteed release from any \_\_\_\_\_

*Therefore, there is now no condemnation for those that are in Christ Jesus. Romans 8:1*

*Therefore the Lord longs to be gracious to you, He rises to show you compassion. Isaiah 30:18*

*Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning, great is your faithfulness. Lamentations 3:22-23*

4. Guaranteed \_\_\_\_\_

*For it is by grace you have been saved through faith – and this not from yourselves - it is the gift of God. Ephesians 2:8*

*For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ. Romans 5:17*

*God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. 2 Corinthians 5:21*

5. Guaranteed absolute \_\_\_\_\_

*But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.*

*1 Peter 2:9*

*For I am confident of this, He who began a good work in you will continue to perfect until the day of Christ Jesus' return. Philippians 1:6*

*I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms. Ephesians 1:18-20*

*Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. Romans 8:17*

*If God is for us, who can be against us? Romans 8:31*

*We have this hope as an anchor for the soul, firm and secure. Hebrews 6:19*

*Let the beloved of the Lord rest secure in him, for He shields Him all day long, and the one the Lord loves rests between his shoulders. Deuteronomy 33:12*

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11*

6. Guaranteed that you will never be \_\_\_\_\_

*Never will I leave you; never will I forsake you. Hebrews 13:5*

*Surely I am with you always, to the end of the age. Matthew 28:20*

*Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. Psalm 139*

*The Lord himself goes before you and will be with you; he will never leave you nor forsake you.*

*Do not be afraid; do not be discouraged. Deuteronomy 31:8*

*In Him we live and move and have our being. Acts 17:28*

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. Isaiah 43:12*

*And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. 1 John 4:16*

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10*

7. Guaranteed \_\_\_\_\_  
God has a specific \_\_\_\_\_ for you that no one else can fill.

*For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10*

*...for it is God who works in you to will and to act according to his good purpose. Phil. 2:13*

8. Guaranteed \_\_\_\_\_  
... "to put their hope in God, who richly provides us with everything for our enjoyment. 1 Tim.

6:17

*His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world. 2 Peter 1:3-4*

*And my God will meet all your needs according to his glorious riches in Christ Jesus. Phil. 4:19*

*Give us today our daily bread. Matthew 6:11 ; see Exodus 16:4*

He has given us provision for our every \_\_\_\_\_ and deep \_\_\_\_\_.

*But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life. John 4:14*

*Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink."*

John 7:37 The

*Spirit and the bride say, "Come!" And let the one who hears say, "Come!" Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life. Revelation 22:17*



**Two stunning realities that provide these guarantees and make them sustained realities in our everyday lives:**

*Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.” Romans 8:17*

*And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.*

*Ephesians 2:6*

We are \_\_\_\_\_ of all that is Christ’s and have been \_\_\_\_\_ with Christ.

*Where there is forgiveness of these, there is no longer any offering for sin. Hebrews 10:18*

Jesus has done it all. 100%. We must always look at the cross instead of our failings, shortcomings, weaknesses, sins.

As co-heirs with Christ, raised with Him, we are:

1. I \_\_\_\_\_ bearer – I have been made in the image of God

*So God created man in his own image, in the image of God he created him; male and female he created them. Genesis 1:27*

His \_\_\_\_\_

*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*

Made with great \_\_\_\_\_ and attention to detail

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14*

2. Beloved \_\_\_\_\_ of God

*See what great love the Father has lavished on us, that we should be called children of God! 1 John 3:1*

I b \_\_\_\_\_

*But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. 1 Peter 2:9*

3. Entity crafted specifically for Kingdom \_\_\_\_\_

I am a \_\_\_\_\_ of love and light

*You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden.*

*Matthew 5:13-15*

For the purpose of displaying His glory and proclaiming His goodness

4. Citizen of the \_\_\_\_\_

*Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. 1 Peter 2:11*

Heaven is my true \_\_\_\_\_

*But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ. Philippians 3:20*

5. Part of a collective group organized by God specifically reflective of the attributes and qualities of His Son - Part of the \_\_\_\_\_ of Christ

*Now you are the body of Christ and individually members of it. 1 Corinthians 12:27  
And in him you too are being built together to become a dwelling in which God lives by his Spirit.  
Eph. 2:22*

***You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. Psalm 16:11***

Our path:

**P**\_\_\_\_\_ is not found in people, possessions, pleasure, performance, positions, productivity  
...but in the PERSON of Christ.

**A**\_\_\_\_\_ I need I have in Christ – approval, acceptance, affection, authority

**The critical road signs for the path of life are always God's T\_\_\_\_\_.**

No matter the situation, if you want a way out or a way through, call upon God's truth by:

Steeping yourself in the \_\_\_\_\_ Proverbs 30:5, Psalm 119:11, 2 Samuel 22:31

*Let the word of Christ dwell in you richly...Col. 3:16; Prepare your minds for action 1 Peter 1:13*

Your part to stay on the path is to \_\_\_\_\_ your mind with God's truth.

Nothing will change you more than \_\_\_\_\_ interaction with God's Word.  
John 17:15-18, Psalm 145:18

Making small \_\_\_\_\_ over time yields a reward.

*...so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. Isaiah 55:11*

*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. Heb. 4:12*

Increased \_\_\_\_\_ comes only by being under the Word of God. Romans 10:17

*"The word of God is more than a handbook of doctrine and a set of prescriptions for proper living. It is alive just as the scribbled words on a Valentine's card from a faraway lover throb with vitality. Because we are passionate people terrified of isolation, God's word to us must be understood and embrace and shared with a passion stronger than all others." Larry Crabb*

**To remain on the path, we can't be pulled by what's temporal, temporary or temptation.**

There is an active \_\_\_\_\_ trying to pull us from the PATH regularly:

*The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God. 2 Corinthians 4:4*

**We get pulled off when we give in to what's temporal (worldly):**

- 1) trying to perform/get \_\_\_\_\_ from other people and the world or just in general care waaaaay too much about what people are thinking. (Romans 8:1)

*Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. Galatians 1:10*

*Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25*

- 2) constant \_\_\_\_\_

*We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise. 2 Corinthians 10:12*

*But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 2 Corinthians 4:7*

- 3) being \_\_\_\_\_-focused and self-indulgent, giving into temptation, having little self-restraint  
*A generous person will prosper; whoever refreshes others will be refreshed. Proverbs 11:25*

*For whoever wants to save their life will lose it, but whoever loses their life for me will save it. Luke 9:24*

*This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. 1 John 3:16*

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others. Phil 2:3-4*

4) entertaining anxiety and \_\_\_\_\_

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-6*

*Anxiety in the heart of man causes depression, but a good word makes it glad. Proverbs 12:25*

*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34*

*I sought the Lord and He answered me, and delivered me from all my fears. Psalm 34:4*

*The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'*

*Romans 8:15*

*"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."*

*Corrie Ten Boom*

5) focus on \_\_\_\_\_, be discontent, and be negative

*I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. Philippians 4:12*

Possible indications of looking in the rear view mirror, being distracted, not being alert:

emotions:

anger  
resentment  
bitterness  
false guilt  
shame  
rejection  
abandonment  
confusion

thoughts/attitudes:

hopelessness  
powerlessness  
depression  
anxiety  
phobias  
blaming  
unforgiveness of self  
pride

behaviors/habits:

secret sins  
addictions  
judging others  
laziness  
cowardice  
approval seeking  
perfectionism/driven  
isolating

**S\_\_\_\_\_ are the main thing that pull us off the path, but we must remember they are TEMPORARY.**

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. Isaiah 43:2*

You cannot live zealously for Jesus while living as a victim of \_\_\_\_\_.

If you are easily swayed by your circumstances, your quality of life will be manipulated by the enemy of God.

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given you. James 1:2-5*

Faith really does grow in the \_\_\_\_\_.

The spiritual war requires great focus and the ability to \_\_\_\_\_ in dark places.

**We will be pulled off the path when we fail to realize we are constantly being t\_\_\_\_\_.**

*Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith. 1 Peter 5:8-9*

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12*

Our true struggle is not against \_\_\_\_\_.

Instead, we must realize we have an \_\_\_\_\_ looking to destroy our faith.

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:9-10*

Evil is actively \_\_\_\_\_ to you about you, about God, about your life, and about others...*constantly*.

The major tool used to get us to doubt God's goodness and plan is \_\_\_\_\_.

#### **Examples of common lies:**

There's nothing special about me.

I'm fat/unattractive/not smart.

I'm not worth anyone's time.

I'll never be free.

I'm not good enough.

I'm not as spiritual as others, so I won't apply/try/reach out.

God can't use me.

Others are more valuable than me.

People are all self-centered.

God is not fair.

My efforts won't do any good.

I'm a failure.

I have struggles/sins no one else does.

There is no use trying.

The Bible is full of contradictions.

I'll never succeed.

No one will ever love me for me.

I'll never be as good as him/her.

I'm dirty.

People can't be trusted.

I don't have what it takes.

I can't be forgiven for that.

God doesn't love me like others.

God is not good

It's not worth it.

It's too late.

I have nothing unique to offer.

My life is not making a difference.

God doesn't make sense.

The Bible doesn't apply to today.

*...in order that Satan might not outwit us. For we are not unaware of his schemes. 2 Corinthians 2:11  
He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. John 8:44*

The battlefield in this war is your \_\_\_\_\_. Proverbs 23:7, Philippians 4:8, Romans 8:28, 12:2

We have two options, flee or \_\_\_\_\_. If we ignore it, we've lost already.

*"To live in ignorance of spiritual warfare is the most naïve and dangerous thing a person can do...And... you don't escape spiritual warfare simply because you choose not to believe it exists or because you refuse to fight it." Tiegreen*

Any confusion, deception, untruth, half-truth, doubt, discouragement, is part of this war where evil lies to us about: \_\_\_\_\_ or \_\_\_\_\_.

*In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Ephesians 6:16*

If evil can place a thought in your mind, it doesn't take much to make you think it's your idea.

Spiritual warfare is not a power encounter, but a \_\_\_\_\_ encounter. John 8:32

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Corinthians 10:3*

*No, in all these things we are more than conquerors through him who loved us. Romans 8:37*

Practically, spiritual warfare is to remind evil of its \_\_\_\_\_.

*You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. 1 John 4:4*

We don't fight FOR \_\_\_\_\_, we fight FROM victory.

*Put on the full armor of God, so that you can take your stand against the devil's schemes...take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Ephesians 6:10-17*

Evil will do everything possible to thwart seeds of faith and trust in God. Any move you make towards that will be opposed. Expect it.

**Our deepest healing, health and hope is our true \_\_\_\_\_, which is? \_\_\_\_\_**

We won't heal unless we embrace:

Life is \_\_\_\_\_, change is inevitable.

*There is an occasion for everything and a time for every activity under heaven....a time to weep and a time to laugh...a time to mourn and a time to dance...Ecclesiastes 3:1, 4*

The past in our lives is part of a \_\_\_\_\_ story authored by God. Acts 3:21

*I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14*

God can take our place of great \_\_\_\_\_ and use it to be a place of strength and effectiveness.

My scars remind me that I did indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else, too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the present." — Steve Goodier

Because of God's great and mysterious plan, the \_\_\_\_\_ is yet to come. Isaiah 61:1-4

*no eye has seen or ear heard or mind can conceive what God has in store for those who love Him 1 Corinthians 2:9*

When we stay close to Jesus and the story of God, we can start to look forward to a future with eyes of H\_\_\_\_\_.

*Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:18-19*

### **Helps for health – to keep our hope in the right place:**

1. Mindfulness, or STAY IN \_\_\_\_\_, attend to this moment

Daily quarantine questions:

- What am I grateful for today?
- Who am I checking in on or connecting with today?
- What expectation of "normal" am I letting go of today?
- How am I getting outside or moving my body today?
- What beauty am I creating, cultivating or in today?

## 2. Gratitude

*Give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thess. 5:18*

Focus on what you have, not what you \_\_\_\_\_ have.

Make thankfulness a part of your \_\_\_\_\_.

How much time in conversation do I spend using words of thankfulness, gratefulness or praise?

*The power of life and death is in the tongue and those who love it will eat it's fruit.  
Proverbs 18:21*

## 3. Community. Hebrews 10:24-25

## 4. Remembering/Calling to mind/Ebenezers/lists. 2 Samuel 7:12

## 5. Grieve \_\_\_\_\_

## 6. Don't ever forget you reap what you \_\_\_\_\_. Galatians 6:9

Our truest hope is fulfilled in \_\_\_\_\_.

*They are longing for a better country – a heavenly one. Hebrews 11:6*

We can \_\_\_\_\_ the fact that things are working out to a beautiful conclusion.

*I am making everything new! Revelation 21:5*

That day is on the \_\_\_\_\_.

The hope of the Christian always looks forward to the blessings, relief, fulfillment which are not presently seen but which God has promised, while being empowered and fueled by that future fulfillment in daily life.

We are to embrace hope for the future that God has prepared for us. It is a real hope that, properly understood, offers a reason to go on living. The goal of the grieving process is not recovery but remembering the loss in an appropriate way so that our hope for the future is intensified.

“We must meet the uncertainties of this world with the certainty of the world to come.”

A. W. Tozer



## The PATH of life:

**P**\_\_\_\_\_ is not found in people, possessions, pleasure, performance, positions, productivity  
...but in the PERSON of Christ

**A**\_\_\_\_\_ I need I have in Christ – approval, acceptance, affection, authority

**T**\_\_\_\_\_ Not what's temporal, temporary or temptation

**H**\_\_\_\_\_ Our deepest healing, health and hope is our true \_\_\_\_\_

***I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Matthew 16:19***

## I PRAY WE DON'T GO BACK TO NORMAL

1. I pray that the next time a friend grabs me and pulls me in for a hug, I actually take the time to appreciate the gift of their embrace.
2. I pray that when school resumes and people are dropping kids off, they take the time to thank the staff for the amazing gift that they give to our community.
3. I pray that the next time I'm sitting in a crowded restaurant I take the time to look around at the smiling faces, loud voices and thank God for the gift of community.
4. I pray that the next time I'm standing in church listening to the voices of praise and worship that I take a moment to thank God for the gift of congregation.
5. I pray that the next time I see a person or situation that needs prayer, I hope I pray as passionately and fervently as I have these past few weeks.
6. I pray that when I am at the grocery store that I take a moment to thank God that He provides us with the necessities of life and the amazing people who work so hard to keep us supplied.
7. I pray that I never again take for granted the ability to hop in the car and visit a friend, go to the mall, go to a gathering, etc.

So, truth is, I don't want things to return to the way they once were. I pray that we take the lessons and challenges of the past few weeks and create a new normal.

My goal is to pray more, love harder and truly appreciate the daily abundance of blessings that were so easily overlooked just a mere few weeks ago.