

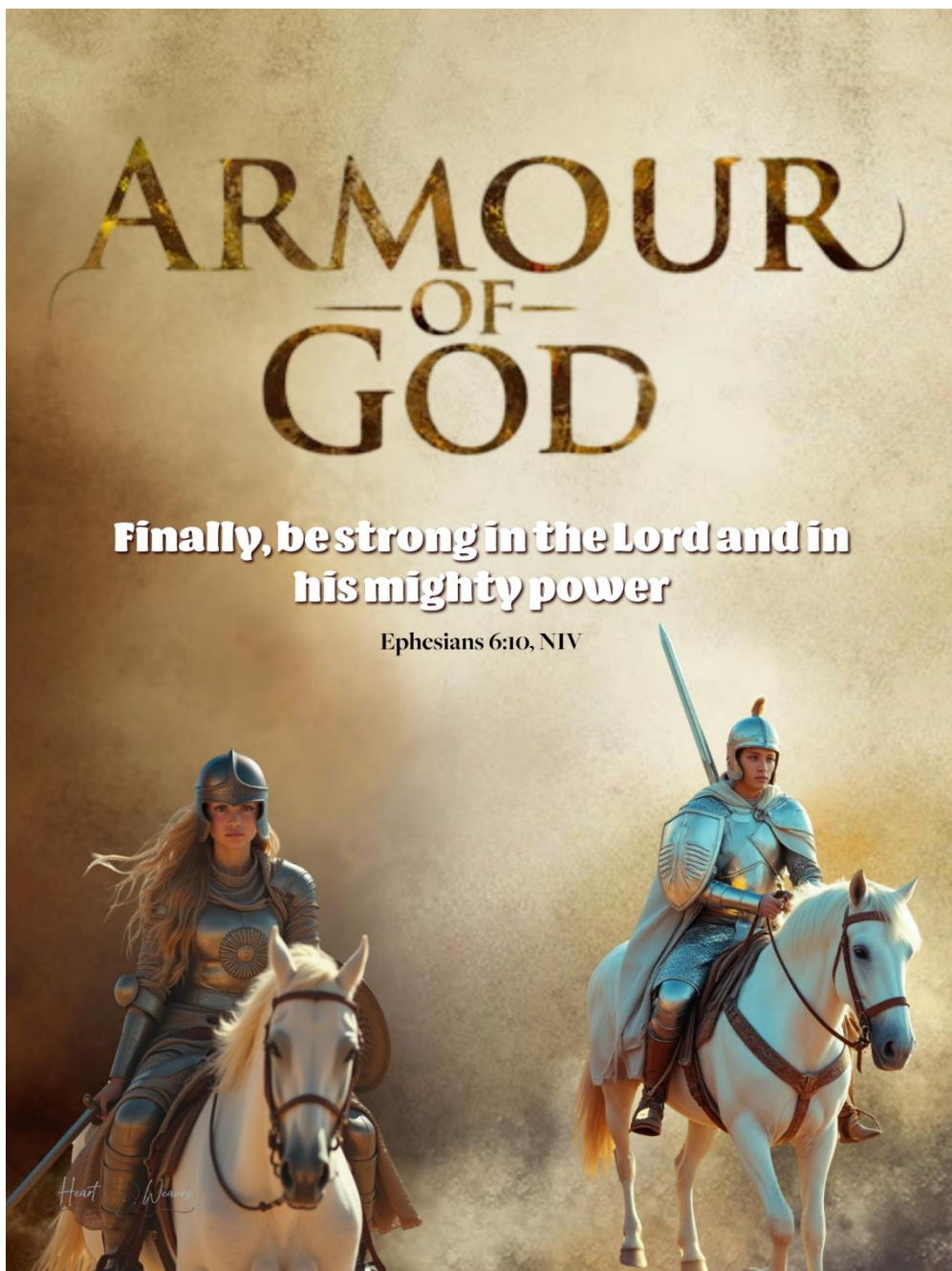
TRAUMA HEALING

&

SPIRITUAL EQUIPPING

with the

Armour of God Recovery Program



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Second Revised Edition Print – June 2025 ©



REWEAVING HEARTS FOR VICTORY

© 2025 TRAUMA HEALING & SPIRITUAL EQUIPPING with the Armour of God Recovery Program.

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All Heart Weaves pictures © Created by Gloria Sibetso Siluka
Poetry is from COLOURFUL THREADS – Author: Megan Reda

THE HEART OF HEART WEAVES



Heart Weaves Ministry was conceived in 1995. God breathed His call into Megan Reda to write her life journey and publish a book for men and women to read and know about the miraculous healing power of God in her life. After years of trauma and years of healing Megan knew that her story had to be told. It took 25 years for her 'such a time as this' moment and in 2020 her book *My Child and the Tapestry of Life* was born. A Destiny Woven for Victory! A woman's journey to heal the little girl inside.

Since 2020, God has expanded Heart Weaves Ministry to a not-for-profit charity; Heartweavers Inc., in 2024 and now Megan's healing journey has evolved into a Trauma Healing and Spiritual Equipping Program.

This program has been inspired by many scriptures. Psalm 139:15 speaks of where God made you in the secret place with a destiny full of hope and a great future. Jeremiah 29:11 speaks of this. But in this life, we have an enemy called Satan who has one agenda for our life. To rob, kill and destroy as the Bible states in John 10:10. It is vital to know how to protect yourself, how to heal yourself and how to take back all that Satan has robbed from you. God wants us to be whole and restored so that we can go out and share His LOVE, HEALING and SALVATION with whoever and where-ever He takes us. It is vital to know how to dress yourself in God's Spiritual Armour, as we read in Ephesians 6. This program will equip you to be able to do this.

The lessons in this program have been forged and fashioned as spiritual weapons of warfare and as you apply these Biblical truths in a practical way, even in the midst of your trials you will be able to protect yourself and take back what the enemy has stolen from you. You will learn how to live in daily Victory!

May this program not only equip you with your own healing, but also train you to be able to use it to share with others so that God can restore, heal and equip all His children to be ready, dressed and strong for service in what God calls them to do.

OUR CALLING

Jeremiah 1:5 (NLT)

I knew you before I formed you in your mother's womb. Before you were born, I set you apart and appointed you as my prophet to the nations.

This program is to teach and train you in your calling and to help you facilitate healing through God's Holy Spirit to others.

HEART WEAVES MANDATE

As mentioned previously our Heart Weaves Trauma Healing and Spiritual Equipping Program has been birthed and forged in the fire and foundationally built step by step with the Spirit of God over many years.

Heart Weaves has been born from the very HEART of GOD. God's heart is for us to know how much He loves us and how He has given US EVERYTHING we need to heal; to be saved; to walk in Victory! It is all through Jesus, His son and through the POWER of the Holy Spirit!

We have felt the tangible Breath of God upon this program and so we want to say to you, that as you impart these healing principals to either your own life or to others, the breath of God is also with you.

As you minister you can be confident that you do so under the love, guidance and anointing of Holy Spirit. God in His infinite kindness has shown us again and again His favour, mercy and grace. The many wonderful testimonies and the positive feedback we have received from those who have done this program, testify to God's love, healing and touch from Heaven.

HEART WEAVES MISSION STATEMENT

Heart Weaves Mission Statement has been formed from -
Psalm 139, Isaiah 60 & 61, John 4:35 and Ephesians 6.

We have been created in the secret place and born to let our lives shine with the Glory of the Lord and go out into the world to gather, rescue and use our Armour of God Recovery Program to help bring recovery to those trapped in darkness and bondage through spiritual and generational curses and painful life circumstances due to trauma.

The Spirit of the Lord has anointed us to heal the broken hearted and bring freedom to the captives; to share the good news of salvation and bring restoration and comfort to those in need.

We will train up and invite men and women to use the Armour of God Recovery Program and go out as Facilitators into the fields that are ripe and

ready for harvest. Together we will gather, rescue and allow the Spirit of the Lord to give His oil of joy to all those who are mourning and beauty for their ashes.

Who the SON sets free is free indeed!

Trauma is not gender-based and this program is for both men and women. So, together we will rise up and march forward as mighty warriors in the ARMY of GOD, KINGDOM WARRIOR men and HEART WEAVER women, side by side, dressed in our armour; ready for service!

In His powerful name...JESUS!

Amen.

TO BE DRESSED AND READY FOR SERVICE – EQUIPPED WITH THE ARMOUR OF GOD.

Ephesians 6:10-18 (NIV)

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² 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.

¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

THE HEART POSTURE OF THIS MANUAL

As you use this manual, see it as a tool box. These lessons are many different tools of educating, equipping and healing. Every tool has a different application. As you embark on your healing journey may the Holy Spirit lead you into wholeness and help you use these simple yet powerful methods for your life.

THE DEEP HEART CRY OF LAMENT

Experiencing trauma is different for everyone. Our emotions don't follow a set of rules or guidelines. Navigating trauma is complex but there is one thing that everyone must go through to find deep healing and that is the WAY OF LAMENT.

At some point in your healing journey, you WILL NEED TO LAMENT. So, what is LAMENT? The Oxford Dictionary explains it as follows.

A passionate expression of grief or sorrow.

A complaint.

To express passionate grief about something.

To express regret or disappointment about something.

Psalm 42:3-5 (NIV)

3 My tears have been my food day and night, while people say to me all day long, "Where is your God?" 4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. 5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Saviour and my God.

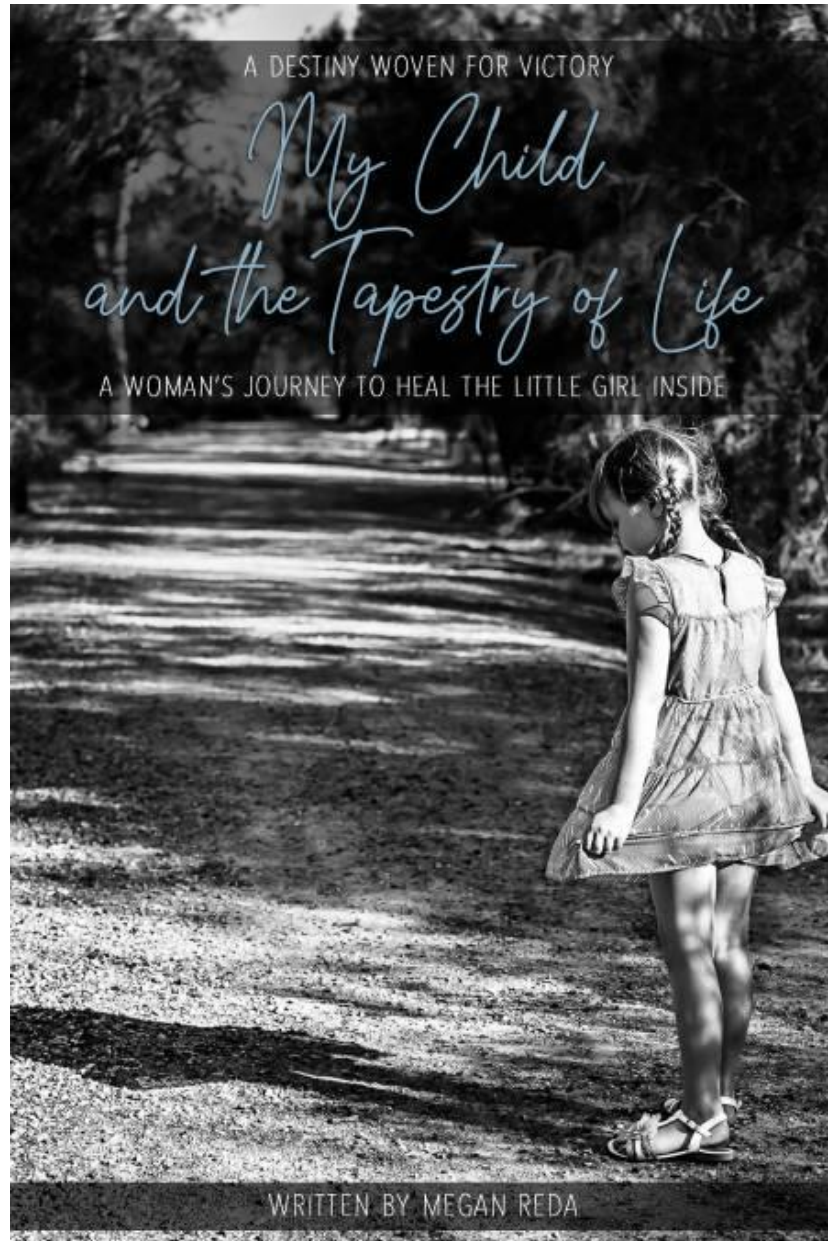
Again, it is a **must** that you are **real** with God in your pain and suffering. Tell God your anguish, your disappointments, your anger, your grief. You may think He has left you or forgotten about you. The truth is He hasn't. God will walk with you in the depths of your brokenness to bring healing into all those areas of your life. There is only Heaven's pattern for your healing journey. Everyone's healing is as unique as their pain, but step by step the Lord will lead you.

The tools we offer are simple but effective for everyone's situation. As you use the tools in this healing manual, the Lord may lead you into an intense place of repentance and sorrow. Lean into it and let God hold you as He does a deep work within you.

Be encouraged there is always victory at the end. Be brave and embrace this healing journey as you go forward in the Lord's LOVE.

Megan's Testimony

(Condensed Version)



RE-WEAVING HEARTS FOR VICTORY!

My Child and the Tapestry of Life is my life story. After my book was published in 2020, with God's leading, eventually Heart Weaves Ministry was formed. Then in 2024, the Ministry grew into our not-for-profit charity - Heartweavers Inc.

The healing journey which God took me through to heal my trauma has now been developed into a TRAUMA HEALING & SPIRITUAL EQUIPPING with the Armour of God Recovery Program.

What I share now of my story is just a glimpse of my life but you will still see the wonderful testimony of God's faithfulness, His all-consuming unconditional love and His promises fulfilled. And for everything God has done, I give Him ALL the GLORY – because as you will also see – from the moment of my conception - GOD HAD A PLAN.

I'll start by reading these scriptures.

Psalm 139:13 (NIV) *For you created my inmost being; you knit me together in my mother's womb.*

Jeremiah 29:11 (NIV) *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.*

Psalm 23:1 (NIV) *The Lord is my shepherd; I lack nothing.*

Psalm 23:4 (NIV) *Even though I walk through the darkest valley, I will fear no evil, for you are with me.*

Hebrews 11:33,34 (NLT) *By faith these people overthrew kingdoms, ruled with justice, and received what God promised them. They shut the mouth of lions, quenched the flames of fire, and escaped death by the edge of the sword. Their weakness was turned to strength. They became strong in battle and put whole armies to flight.*

My birth mother fell pregnant with me at 17, in 1961 which brought great shame on the family. In her trauma, she tried to self-abort me with knitting needles but as you can see, she was unsuccessful. Satan was trying to rob, kill and destroy my life, in that secret place. BUT GOD HAD A PLAN.

My birth mother was sent away to live with Aunty but was brought home for visits. These visits were a nightmare. Her father was a drinker and he would come after her shouting his displeasure. She would always hide in the spare dark and musty wardrobe with me in her every growing belly to escape the drunken abuse from her father, my grandfather. She would leave the

wardrobe door open, just a crack for fresh air. I apparently would spin and bounce around in her belly as she shook with fear. Her father had a butcher business connected to their home and for his daughter to fall pregnant out of wedlock brought shame on the family and people would have snubbed them. Hence, they would lose customers and this would affect their means to live. Angry and hateful towards my birth mother, fear pulsed through her whole body while she was hiding in the wardrobe. While escaping his abuse the fear and anxiety she felt permeated into my whole being too. I was born with an anxiety, fear phobia which would rule my whole life. BUT GOD HAD A PLAN.

I was adopted into a lovely Christian family. My mother and father were very kind people and brought me up with a lot of love. They sent me to Sunday School. It was here that I was introduced to Jesus as my good Shepherd and as a little four-year-old girl, I loved him. Even though I was young and naïve. GOD HAD A PLAN.

My phobia fear exposed itself early in my life in the form of me being traumatised by my wardrobe door not being shut tightly. It couldn't even be open just a crack. Waves of trauma flooded over me every night when I was trying to sleep and when it started to get dark. The wardrobe door HAD to be shut tight. No crack could be there at all. When I knew the wardrobe door was shut tight my fear subsided. This ruled me night after night and year after year. It never went away. BUT GOD HAD A PLAN.

My adoptive parents had a biological child. A boy, 4 years older than me. He was somewhat put out with this little adored girl who had taken up space in his home. So, for all my childhood and teenage years, because of his jealousy of me – he bullied, taunted and psychologically abused me mentally and physically continually, every moment in every day for about 12 years. BUT GOD HAD A PLAN.

This constant abuse affected me greatly. I had so much self-hate and took my pain out on myself. At the age of 6, I started drinking alcohol daily and at the age of 9, I tried to commit suicide. BUT GOD HAD A PLAN.

Deep rejection had also taken over my life when I was told I was adopted at the age of 6. My real mummy and daddy didn't want me and all the symptoms of abandonment set in. Needless to say, I developed many health issues as a child but way back then displays of trauma signs were often missed. With the trauma from the subconscious fear from inside the womb and the wardrobe door, the trauma from my brother, and the trauma from the realisation my real parents didn't want me, I always felt swamped with

black hole feelings I was being sucked down into an abyss never ending hopelessness with no way out. As a teenager, the effects of trauma kept growing, along with my daily addiction to alcohol. I used to sneak it from my parent's liquor cabinet. My body at 14 years of age was so broken down. BUT GOD HAD A PLAN.

But also, at 14 years of age, I went to a Church youth group camp and had an encounter with Jesus himself! Everyone was so happy and full of life and I made friends with a beautiful Christian girl. She led me through a prayer and I gave my heart to Jesus one afternoon at the camp and that night Jesus came as a person to me. Jesus came to me clearly as a real person and spoke deeply into my spirit – We talked Spirit to spirit. He said, “I will never leave you or forsake you.” I thought that was such a lovely thing to say. I didn’t understand the magnitude of that encounter but in time God would reveal it. HE HAD A PLAN.

Growing up with major mental health issues trauma choices became my default and at 17, I fell pregnant but I wasn’t allowed to keep my baby. It was terminated against my deepest desires to have and to hold another human being that I identified with as my bloodline in this world. This led me to guilt, shame, depression and alcohol became the only one who understood and soothed my pain. Then alcohol introduced me to drugs. I lived with my happy mask firmly on but behind the mask, I was a mess. I developed anorexia and then bulimia. I had so much self-hate. The deep anger I had towards all these injustices against me displayed themselves in hating myself. The internal war to punish ‘ME’ in any way I could, ruled my life. BUT GOD HAD A PLAN.

My dating life was dysfunctional and the dysfunctional romances always ended up with dysfunctional breakups. I went further down my dark hole of drugs and alcohol. Then at 24, I married. Like chooses like so we drank and took drugs together daily until I fell pregnant with our first child. Then - I had a 360 turnaround of responsibility for this little life growing inside me. When I became sober, I could see the man I married was a narcissistic, sociopath who bullied, taunted, lied and psychologically abused me every day. I had attracted the only relationship style from men I knew – just like my brother. BUT GOD HAD A PLAN.

Needless to say, as I flourished in my pregnancy, my husband and I started growing apart until one day he just walked out on me never to see or hear from him again. Abandonment had struck again and I was devastated. BUT GOD HAD A PLAN.

I thought back to when I went to Sunday School where Jesus was my Good Shepherd and the youth group camp where everyone was happy and full of radiant life. I wanted to have a life just like that. I started to pray. Then one day at 26, I completely broke down. My life flashed before me. I saw that nearly everyone in my life had left me, abandoned me, chewed me up and spat me out. I was at my rock bottom. I wanted to die. I hated my life. I was so sick mentally and riddled with so much self-hate for myself and life. I wasn't a bad person so why had all these bad things happened to me in my life? I couldn't see any way out of this hellhole I had found myself in. All of a sudden, I had an open vision and God took me into another encounter. This encounter was hours long. God showed me a broad and narrow road and I had been on the broad road that led to destruction. On this road, God showed me all the people living in torment, surrounded by pain and abuse and addictions, and a life without Jesus. This was me. I was on this road and this is where I walked daily. He showed me Satan and how Satan hated God and was doing everything he could to destroy what God had created and the good plans for all His people. Then God showed me the narrow road and Jesus stood there with loving arms outstretched to me, wooing me to come and receive all of his love – just for me. The love Jesus had for me was so strong yet tender and deeply life-giving – I had never felt such a pure love like this before. The love from Jesus consumed me.

Jesus spoke the same words he had spoken to me when I was 14. “I will never leave you or forsake you”. That was it! I surrendered to the Holy Spirit and he filled me with fire. Now, I was born again. In an instant, in the spirit realm, I stepped out of the kingdom of darkness and into the Kingdom of Light. GOD WAS FULFILLING HIS PLAN.

I prayed for my wayward husband and he got born again too. God put us back together and we then embarked on ministry but something was off with him. He was what is known as a wolf in sheep's clothing. He deceived everyone he met with such strong seducing charisma including other Pastors. We very quickly moved into ministry and were offered a senior position to run a church. This looked good to people looking in from the outside, but the abuse that I lived with in our early years of marriage was back but now all under the guise of religion and the control of using scripture out of context. I was trapped and living with what seemed to be the devil. The strain of this spiritual abuse caused my health to be greatly affected. BUT GOD HAD A PLAN.

We had two more children together and now behind closed doors, myself and our three children suffered this spiritual abuse. We lived psalm 23 literally, in the valley of the shadow of death and wore a smiling mask to

hide our tormented reality. We were physically and spiritually captive and trapped. BUT GOD HAD A PLAN.

In his Pastoral role, my husband eventually fell into sinful behaviour. Affairs, lying and stealing money from the church, drinking and taking drugs. He had reverted to his old unsaved behaviour while wearing his church mask when needed. I was very sick by this stage, spiritually and physically. I was crying out to God once again to save me from another hellhole I lived in. Then God did another supernatural miracle. Literal angelic beings in the spirit realm came into the house to rescue me and the children. GOD HAD FOR US A PLAN OF ESCAPE.

Overnight, I lost everything. My marriage, ministry, my house. The next 20 years were hard years bringing up my three children as best I could. I had developed chronic fatigue, acute anxiety and panic attacks, depression and insomnia to name a few. My life was hard but Jesus has never left me or forsaken me. BECAUSE GOD ALWAYS HAD A PLAN.

God my Father, Jesus, my Saviour and best friend and beautiful Holy Spirit have walked with me through years and years of healing, both spiritual and physical. I have journeyed with them learning the importance of forgiveness, how through the word I can renew my mind, why having firm boundaries is so important, that to walk in deliverance from my past is also a choice, and be accountable for my actions and stop being a victim of my circumstances. How to live out of the Spirit of God and not out of my woundedness. Also, to know my identity and my self-worth are found in who Jesus is and what He has done for me, and it is God's will for me to LOVE SHARE and CARE for those around me with His unconditional and Agape love. Nothing is impossible with God and He is the God of the turnaround!

Also, in my late fifties, God healed me physiologically, spiritually, emotionally, physically and subconsciously from my tsunami of fear from the wardrobe door. He took me through a deep healing which lasted for hours. I was finally free from my fear of the wardrobe door. God also healed me from the abuse from my brother and all the men who had hurt me. This was not done overnight. This took years and layers of forgiveness on my part. GOD WAS COMPLETING HIS PLAN.

God called me to write my life story which was published in 2020. My Child and the Tapestry of Life. A DESTINY WOVEN FOR VICTORY! A woman's journey to heal the little girl inside. I had prayed and waited on the Lord for 25 years for this promise to happen. God told me I would write my story in a

book in 1995 just after I had lost everything and it has been a long journey of faith, trust and healing.

It is not a book for women. It's a book about trauma. Trauma is not gender-based and many men have read this book and been blessed. If I were a man writing this book it would read 'a man's journey to heal the little boy inside'. I just happen to be a woman so it's a book glorifying God's healing power and plans, not because trauma has to stay as trauma.

God led strong faith-filled women around me to love me, pray for me and stand with me in now what God was birthing out of my trauma and pain, a trauma-healing ministry. And Heart Weaves Ministry was born. 'Reweaving Hearts for Victory' through God's LOVE and healing power. I wrote and put together with these beautiful women a unique faith-filled Trauma Healing Workshop and we have done one as a trial with 12 women. It was 100% successful. Now the workshop has evolved into a TRAUMA HEALING & SPIRITUAL EQUIPPING with the Armour of God Recovery Program for both men and women.

I also created a Jewellery line called WOVEN inspired by Psalm 139.

The jewellery represents that we are all woven in the secret place by God with a wonderful destiny because the plans He has for us are for hope and a great future.

God also connected me with a Pastor and his wife in Pakistan. Through our relationship over the last 6 years, God has opened up doors of ministry. They have translated My Child and the Tapestry of Life into the native Muslim language, URDU and 1500 copies have been given to men and women in churches and villages. Women have contacted me from Pakistan thanking me for my story telling me I wrote this book – just for them. Heart Weaves Ministry has sown funds into Pakistan for blankets and food and the door is open wide for future ministry as the Lord leads us.

I have also written 110 poems divinely sent from the Holy Spirit about my life journey, but in verse. This was published in 2024. It is a book of poetry called 'Colourful Threads'. They are personal and prophetic poems woven from God's heart to mine to encourage you in your life.

I have also published in 2024 a children's book called 'God Loves Knitting'. A rhyming poetry-style teaching book to let every child know that God has knitted them in the secret place for a wonderful destiny full of hope and a great future. Now one book has turned into 7 in a GOD LOVES SERIES.

As we pioneer this call our vision for Heart Weaves has grown over the last 4 years. We are now a not-for-profit Charity and our vision is big. Our heart is to reach the lives, communities and nations to help women, men and teens with their trauma. Our vision is to help men, youths and children as we know trauma is not gender or age-based.

All the sales from the books and jewellery go straight back into the ministry to make our trauma healing program free for those who do it. One of our Heart Weavers makes beautiful Christian giftware and part of our vision is to have a Christian bookstore in our home town.

I want to finish with the last scripture I started with.

Hebrews 11:33,34 (NLT) *By faith these people overthrew kingdoms, ruled with justice, and received what God promised them. They shut the mouth of lions, quenched the flames of fire, and escaped death by the edge of the sword. Their weakness was turned to strength. They became strong in battle and put whole armies to flight.*

Remember the knitting needles?

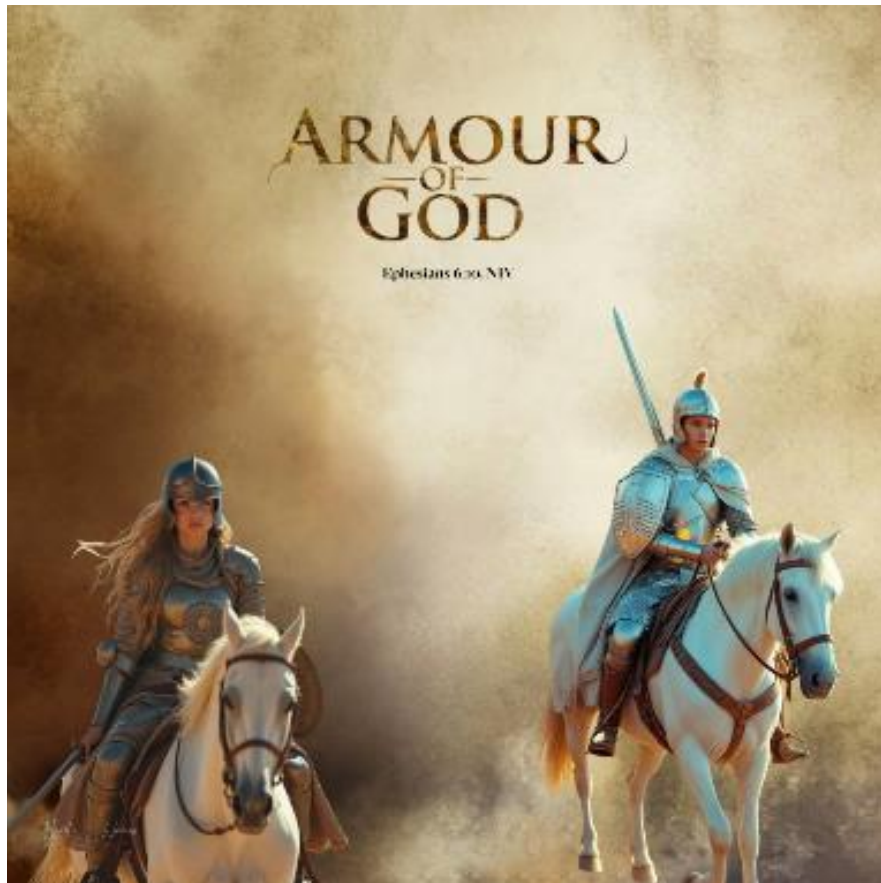
Where Satan tried to destroy my life with knitting needles at the very beginning of my conception, God has now turned it all back around onto Satan. My weaknesses have been turned into my strengths through the faithfulness and grace of God and His powerful word. Now with God, Jesus and the Holy Spirit, whole armies will be put to flight because 'God loves knitting' will be read far and wide to children telling them the truth about God and how GOD has KNIT them in the secret place and how much Jesus loves them and has a wonderful life for them and to put their hope and trust in HIM.

God has also downloaded six more children's books to me to make up a GOD LOVES series all based on scriptures from the Bible.

I want to encourage you, no matter what YOU have been through in your life or are going through right now as you put your hope in the Shepherd, He will never leave you or forsake you. God will turn everything around the devil has done or is doing to destroy your life – and God will restore it ALL for His Glory because - GOD HAS A PLAN.

The full story of my healing journey can be found on the website shop along with my other books. Total sales from all the books, jewellery and merchandise fund the continuing work of Heart Weaves Ministry @ www.heartweaves.com.

ARMOUR OF GOD



RECOVERY PROGRAM

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BELT OF TRUTH

WHAT IS YOUR IDENTITY?

You are His Masterpiece

In this lesson you will learn to understand
the TRUTH of your identity.

Written by Megan Reda

You are a Masterpiece! Yes, YOU are! That's **THE TRUTH!**

The dictionary meaning for masterpiece is – “a work of outstanding artistry, skill or workmanship.”

Psalms 139:14 (NIV) – *I am fearfully and wonderfully made.*



When you look at a newborn baby all you see is just how perfect they are. And...everything God has created is perfect. God says in Genesis 1:31 (NLT) *Then God looked over all He had made and it was very good!*

So, that is what God thinks about YOU. You are VERY GOOD!

Good in Hebrew can also mean the following taken from Strongs Concordance:

Phonetic Spelling: (tobe) Strongs 2897

Definition: Good, pleasant, agreeable, beneficial, beautiful, best, better, bountiful, cheerful, at ease, fair, favour, fine, glad, goodly, graciously, joyful, kindly, loving, merry, pleasant, precious, prosperity, ready, sweet, wealth, welfare, well-favoured.

YOU ARE ALL THOSE THINGS!

Before you were even created in your mother's womb, God KNEW YOU. Knew in the Hebrew can also mean the following taken from Strongs Concordance:

Phonetic Spelling: (yaw-dah') Strongs 3045

Definition: In the biblical context, "yada" often implies a deep, personal, and relational knowledge, such as the intimate relationship between God and His people or between individuals.

GOD KNOWS EVERY PRECIOUS PART OF YOU INTIMATELY!

Read aloud Psalm 139 below and listen to the outstanding work of our Creator. Psalm 139:13-18 (NKJV)

*For You formed my inward parts;
You covered me in my mother's womb.
I will praise You, for I am fearfully and wonderfully made;
Marvelous are Your works,
And that my soul knows very well.
My frame was not hidden from You,
When I was made in secret,
And skilfully wrought in the lowest parts of the earth.
Your eyes saw my substance, being yet unformed.
And in Your book, they all were written,
The days fashioned for me,
When as yet there were none of them.
How precious also are Your thoughts to me, O God!
How great is the sum of them!
If I should count them, they would be more in number than the sand;
When I awake, I am still with You.*

Wrought means embroidered or WOVEN. YOU were woven by God in your mother's womb with such delicate skill and tremendous thought to who YOU were going to be.

YOUR features, YOUR personality, YOUR strengths and your weaknesses. The colour of YOUR eyes, the colour of YOUR hair, how tall YOU would be, how short YOU would be. Whether YOU were dark or whether YOU would be fair. Yes, genetics did have a hand in all of this too, but ultimately it IS GOD who created YOU and said who YOU are.

YOU are Fearfully & Wonderfully Made.

Psalm 139:13 (NLT) *You made all the delicate, inner parts of my body and knit me together in my mother's womb.*



YOU HAVE BEEN WOVEN AND KNITTED TOGETHER BY THE HAND OF GOD INTO SOMETHING **VERY GOOD AND **GOD KNEW YOU INTIMATELY** BEFORE YOU WERE EVEN CREATED!**

NOW THAT'S AN AMAZING TRUTH! WEAR IT LIKE A BELT!

(Give yourself a thread of cotton or wool, plus give it out to others as we will talk about this later on.)

Have a look at the drawing below.



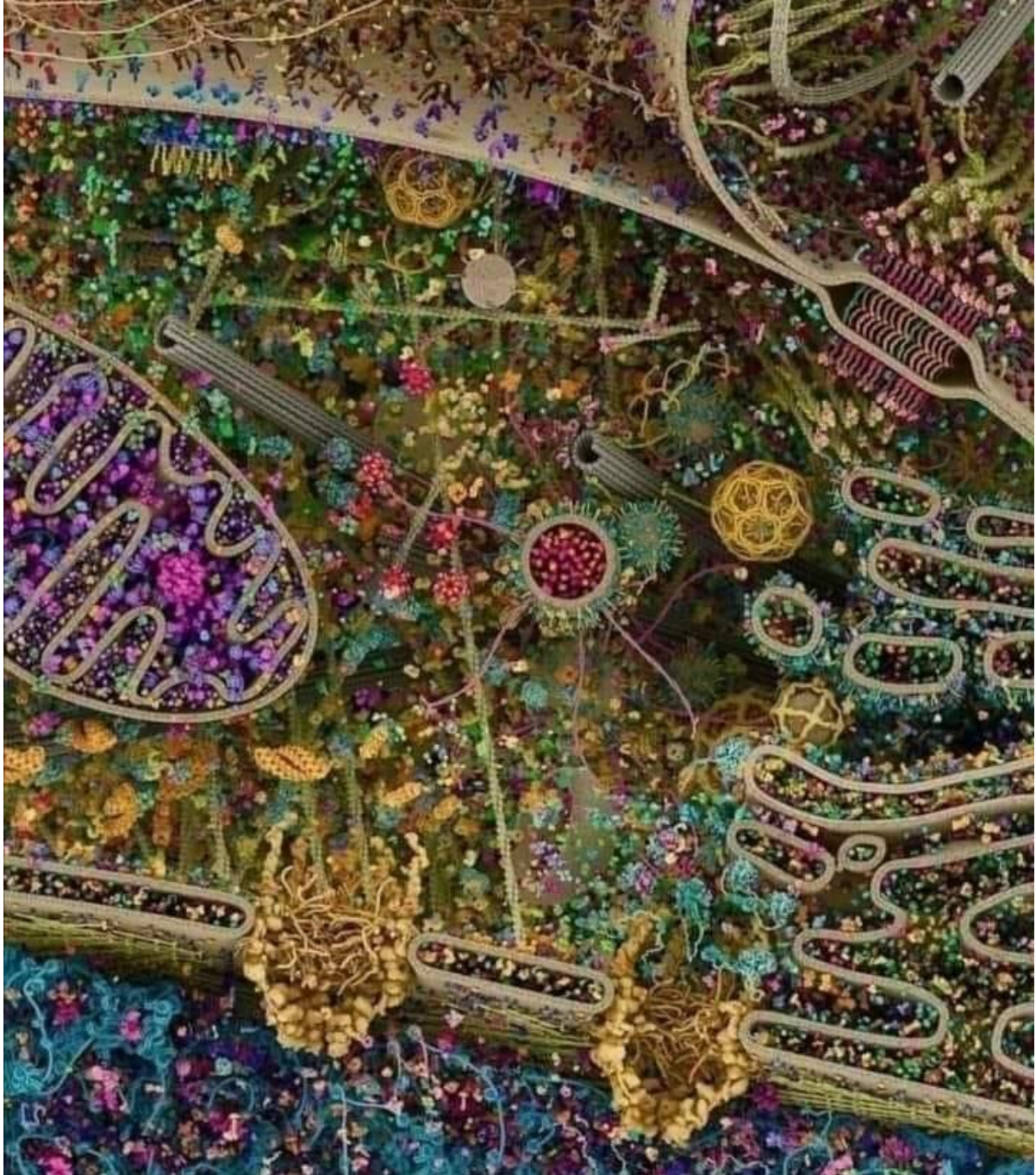
I WAS MEANT TO BE!

YOU are exactly WHO you are meant to BE in this world.

(Write your name) _____ was meant to BE!

Let's look at human beings at a cellular level because it is at this level that trauma and grief and spiritual wounds get trapped.

Look at the picture below. What do you think it is? A painting? A tapestry or perhaps something you would find on a beautiful coral reef?



It is none of the above.

Now the picture below will show you exactly what it is!

This is not a beautiful woven tapestry. It is not a painting. It is the most detailed image of a human cell to date, obtained by radiography, nuclear magnetic resonance and cryoelectron microscopy.

Thanks to Paul Shoffner.

Psalm 139:14

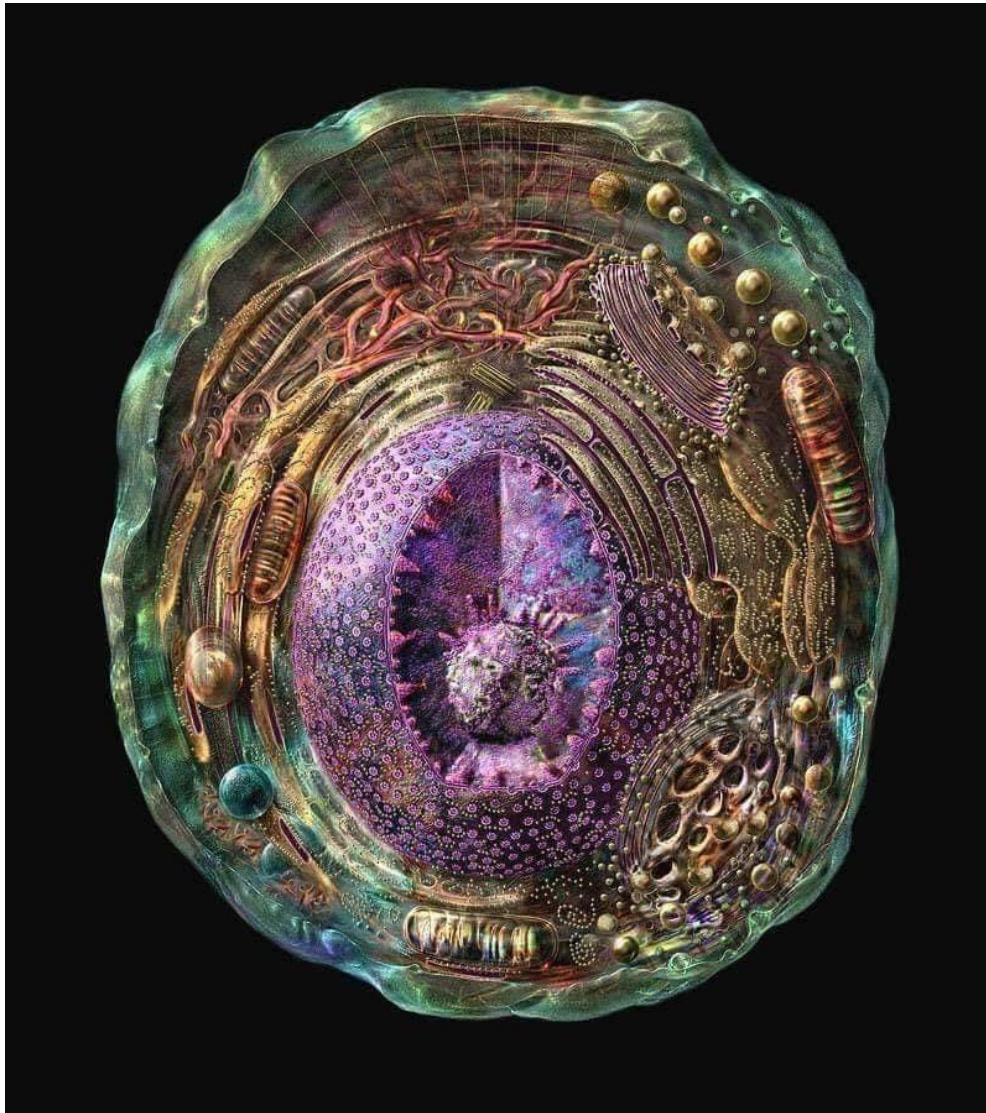
I will praise thee; for I am fearfully and wonderfully made

(Note: The mitochondria is the purple oval on the left of the photo.) Elmarie Richards



Yes, that's right! It is a human cell.

The following picture is of a cell in its entirety.



The average adult male has around 36 trillion of these beautifully designed life-giving cells. The average adult woman has around 28 trillion. God can look right into you at this cellular level and know every part of you because He formed you. God knows you right deep down to your cells.

You are that special to God.

You are unique; one of a kind.

Even your thumbprint is one of a kind.

There are no two thumbprints the same.

Below are four main types of cells.

Epithelial (Skin) Cells – these cells are tightly attached to one another.

Nerve Cells – these cells are specialised for communication.

Muscle Cells – these cells are specialised for contraction.

Connective tissue Cells – the cells that make up YOU!

There are more cells – blood cells, bone cells, and one we talk about quite a bit and relate to in our day-to-day life are brain cells.

Did you know you have three brains?

The Head Brain, the Heart Brain and the Gut-Brain.

Let's read through each of these categories on the next page.

Did you know? YOU HAVE 3 BRAINS

The Head Brain
(the cephalic brain)

Your head brain deals with cognition, perception & it's what allows you to master language & communication. Neurons in the brain help to process and send information where synapses, electrical impulses & hormones talk to each other. This is what gives you the ability to identify objects, patterns and make sense of the world; where creativity and conscious thought take place.

The Heart Brain
(cardiac brain)

The heart has about 40,000 neurons that operate independently from the brain. Think of your heart as your emotional brain. It's connected to what you value in life and how you feel. Your heart communicates with your head both through electrical signals and chemicals. This is why a healthy heart is necessary for a healthy mind.

The Gut Brain
(enteric brain)

You have 100 million neurons in your gut. Your gut helps to regulate hormones, metabolism, blood pressure & processes information as you sleep. The gut sends about 400 more messages to the brain, than the brain to the gut. Your gut plays a key part in your emotions. For example, almost 95% of your body's serotonin is found in the gut.

SUNWARRIOR

We know that our body holds trauma.

In our head: memory, thoughts, and sub-conscious.

In our heart: our emotions and our feelings.

In our gut: In our stomach and nervous system.

Throughout this program, we aim to give you some tools and strategies and walk you through any anxieties, trauma, grief, and pain and help you heal and get the VICTORY!

As you learn these tools you will be able to use them for your own life and also you can share with others in your 'Harvest Field'.

With God's help through the Holy Spirit and the power of the NAME of JESUS, we believe God can restore and repair any damage that you have encountered in your life journey right back to the cellular state of your inner-self.

You were WOVEN in your mother's womb for VICTORY! And God had a plan for your life that was good.

For You formed my
inward parts;
You covered me in my
mother's womb

**I will praise You,
for I am fearfully and
wonderfully made**

Marvelous are Your works,
And that my soul knows
very well

Psalms 139:13-14, NKJV

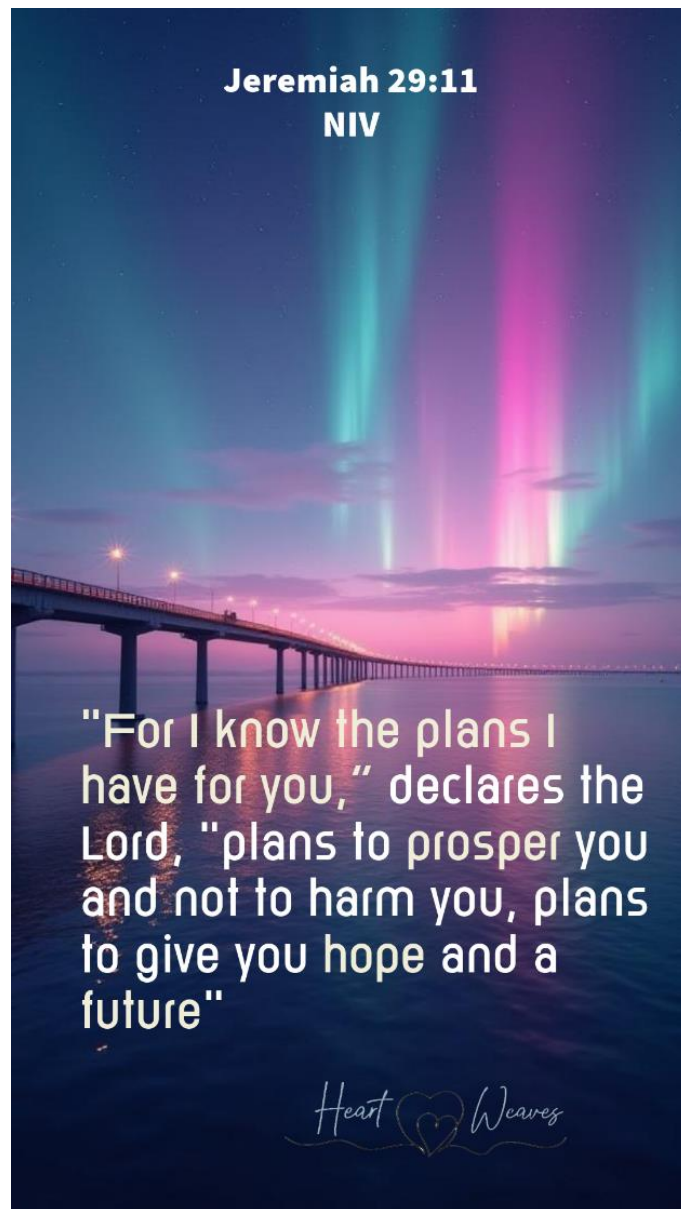


When God created you in your mother's womb, He had thoughts of peace for your life, not anxieties, chronic stress, PTSD, panic attacks and fear. So likewise, God had no ideas of evil for your life, in the form of abuse, trauma, chronic illnesses, grief, torment and hopelessness.

YOU ARE GOD'S PRECIOUS CHILD. He is your Father, and you are His utmost delight, the apple of His eye, His precious Jewel, His pride and joy, to name a few. Read the scripture below out loud.

Jeremiah 29:11 (NKJV)

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.



Let's get back to seeing what a Masterpiece you are as we read this poem.

You are His Masterpiece

*I am a simple strand of thread
in my Father's hand.
And I must truly trust
whatever - He has planned.*

*His colours for me are gold;
His path for me is bright.
He keeps me in the palm of His hand,
I never leave His sight.*

*Sometimes He weaves so tightly
I feel like I will break.
And I am not exactly sure
how much pulling I can take?*

*I see the underside at work,
frayed knots and tangled ends.
It makes only sense my life's a mess
that never has an end.*

*Then I turn the fabric over
to see my stitching story told.
My Father's love planned all along
I am His masterpiece, foretold.*

Megan Reda

This is why you have been given a thread. To remind you of the fact that God can stitch, undo and restitch YOU and make something beautiful of your life, no matter what you have been through, where you are right now or what you are going to go through.

Let's have a look now at a real tapestry.



Now, look at the reverse side of the tapestry house.



These messy, tangled, frayed and knotted threads kind of resemble the cells we have just looked at, don't they? But like 'those' cells that God created (and because God knows each cell right down to the finest microscopic detail), you can trust Him with your life, emotionally, physically, financially etc. right down to the most delicate tiny details.

God is looking over your life; He sees YOU...God is feeling what YOU are feeling, to the depths of your soul, heart, emotions, mind, and will - even in all your cells!

EVERY CELL! God can heal and reconstruct and restore you DEEP inside your spirit, soul and body.

God formed you inside your mother's womb; God can re-form you outside your mother's womb as well.

It takes faith and simply believing God wants to. And He does because GOD loves YOU!

You only have to pray to God – even a two-word prayer like I did many times – **Help me!**

And...God **will** help you!

God wants to LOVE you; God wants to HEAL you; God wants to give you a FUTURE and a HOPE!

Why? Because you are Fearfully and Wonderfully made!

YOU ARE HIS MASTERPIECE!

DO the - Wonderfully & Fearfully Made – Armour Healing ACTIVITY

On the #1 [ARMOUR WORKSHEET](#) provided at the back of the book write the following TRUTH starting with your name.

I _____ am Wonderfully and Fearfully Made by God.

Underneath are the following four sentences –
Next to these write what they are.

- My favourite memory.
- A physical feature of myself I like.
- A skill I have.
- A talent I was born with.

Doing this builds self-esteem and self-love to help you realise –

YOU ARE A MASTERPIECE...and are worthy of God's Healing.



Prayer ...

Father God, thank you for showing me I am your masterpiece and that you knew me even before you formed me in my mother's womb. I know my value as a human being because you created me. I am fearfully and wonderfully made. You know me to the depths of my being, even right into every cell of my body. I know that TRUTH now! You know where I need healing. You know every trauma that has happened in my life and I trust you to gently lead me into complete healing in every area of my spirit, soul and body. I trust you in the healing process of my Head Brain and my Heart Brain and my Gut Brain. Thank you that the plans you have for me are good. Thank you, Lord for restoring back to me my destiny. Thank you for your love and guidance every day. Amen.

BELT OF TRUTH

WHAT IS TRAUMA?

Living out of your Woundedness

In this lesson you will learn to understand
the TRUTH of living out of your woundedness.

Written by Megan Reda

In this lesson, we will endeavour to discover the layers of any hurt, pain, trauma and illness that are trapped, stuck or stored inside you that cause you to live life – living out of your woundedness.

What is TRAUMA?

Trauma is like a lightning STRIKE to your spirit, soul and body.



The dictionary meaning for a strike is –

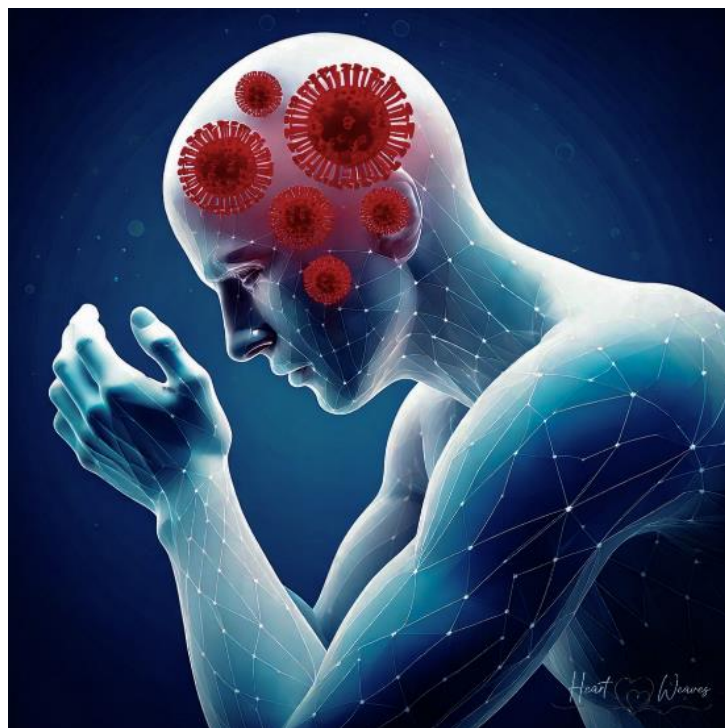
To strike or to send forcibly or loudly or to be struck or sent forcibly or loudly.

Trauma is something your whole body, soul and spirit can be affected by when you have an accident, abuse, or a natural disaster happen to you. It is anything that penetrates

your emotions or physical body to cause you pain. At the precise moment of the trauma strike and shock, your mind takes a picture of it on a cellular level—the greater the shock, the larger or deeper the imprint. This happens in the prefrontal cortex of the brain.



When you suffer a trauma - a copy is stored in your brain cells.



Your brain takes a copy of that incident. Not just in the memory, but also, smell, sound, touch and sight can be impacted in that memory. The energy of the trauma is stored in

your body's tissues (primarily muscles and fascia) until it can be released. The symptoms of stored trauma can also be known as PTSD. (Post-Traumatic Stress Disorder).

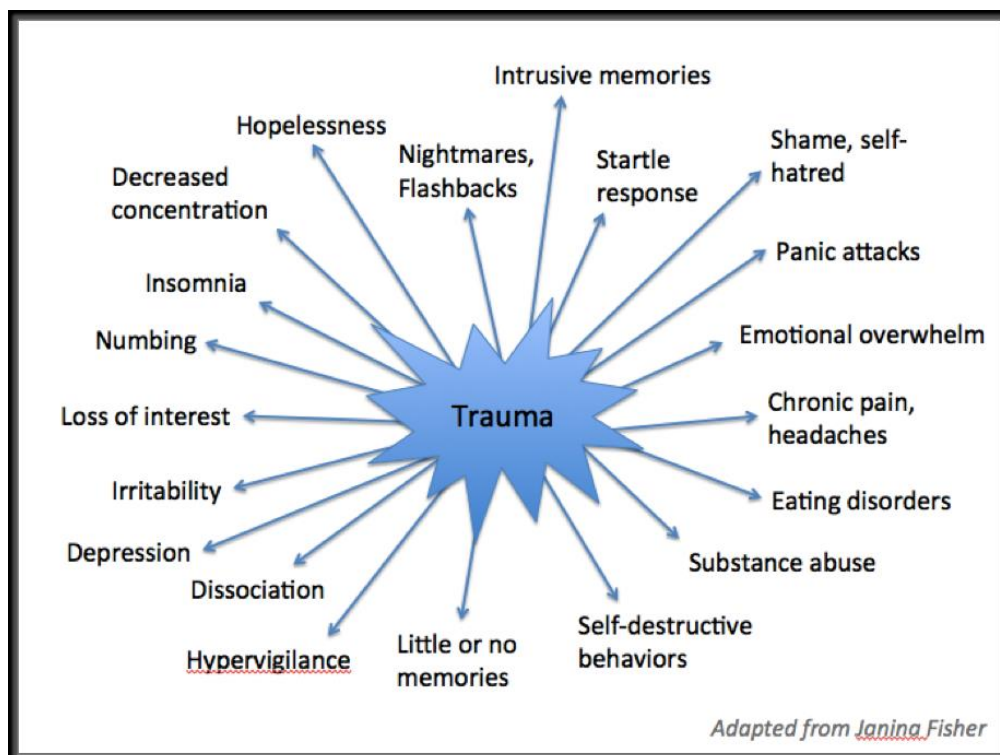
It is as though your brain takes a quick picture of it and that picture is stored in the memory cells and it doesn't get deleted until it is taken out of that file, so to speak which is stored in your brain cells. So, your brain is just like a filing cabinet. And you store everything you hear/see/feel/smell and taste in there. Good and bad. And with your trauma files/the bad files – they stay there until you remove them. This is then called healing.

THAT'S AN AMAZING TRUTH! WEAR IT LIKE A BELT!

Sometimes when we go into shock our brain can do strange things. It can go into denial, or black out, or suppress what has happened as it is too huge to deal with. This then is stored as suppressed trauma.

When this happens, we can live with unpredictable emotions that flare up out of nowhere and we have no idea why? We can have flashbacks and dreams that rule and haunt our daily lives. Our personality changes to suit traumas not dealt with, and this can put a strain on relationships and affect us to the point of not living a happy, free and fulfilling life. Trauma can also turn into illnesses and physical symptoms like headaches, nausea, depression, phobias, PTSD, psychotic disorders, anxiety, and many more.

The chart below shows some of the traits that trauma can cause.



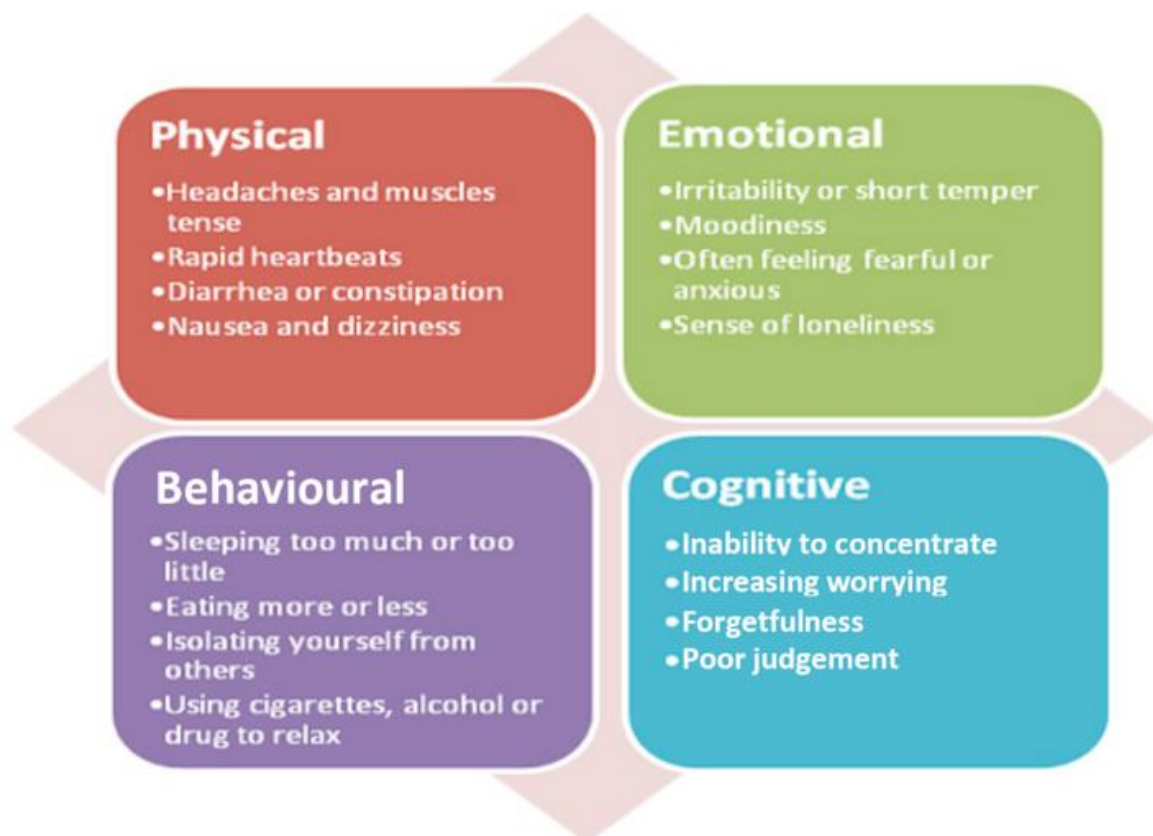
Write down any symptoms or illnesses you have that affect your daily life.

Can you see that these are related to a hurt or trauma you have suffered?

If you need more space to write, use the #2 [ARMOUR WORKSHEET](#) provided at the back of the book.

Also, Trauma can have these effects.

Tick any of these you identify with.



TRAUMA can keep you TRAPPED and then you start to LIVE OUT OF YOUR WOUNDEDNESS.

How do you know if you are living out of your woundedness?

You TRIGGER or KNEE-JERK!

You get upset, or angry, or respond accordingly with strong emotions that have been touched deeply inside your heart.

It can be something someone says or does, or something that is familiar to remind you of the exact trauma. You may even find yourself reacting without understanding why.

This is when it can be trauma stored in your subconscious.

Even in your subconscious things can touch a nerve or trigger a response within your heart and cause you to react with strong emotion.

STORY – Megan Reda

Subconscious PTSD trigger from womb trauma.

“My birth mother fell pregnant with me at 17, in 1961 which brought great shame on the family. In her trauma, she tried to self-abort me with knitting needles but as you can see, she was unsuccessful.

My birth mother was sent away to live with Auntie but was brought back home for visits. These visits were a nightmare. Her father drank heavily and after quite a few, he would go and look for her, shouting his displeasure. She would **always** hide in the spare, dark and musty wardrobe, with me in her ever-growing belly, to escape the drunken abuse from her father, my grandfather. She would leave the wardrobe door open just a crack for fresh air. I, apparently would spin and bounce around in her belly as she shook with fear. Her father had a butcher business connected to their home and for his daughter to fall pregnant out of wedlock brought shame on the family and people would have snubbed them. Hence, the butcher business would lose customers and this would affect their means to live. His anger and hatred towards my birth mother, caused fear to pulse throughout her whole body while she was hiding in the wardrobe. While escaping her father's abuse, the fear and anxiety she felt, permeated into my whole being too. I was born with an anxiety, fear phobia which would rule my whole life.

From birth, I was adopted into a lovely Christian family. My mother and father were very kind people and brought me up with a lot of love. My phobia fear exposed itself early in my life in the form of me being traumatised by my wardrobe door not being shut tightly. It couldn't even be open just a crack. Waves of trauma flooded over me every night when I was trying to sleep and it started to get dark. The wardrobe door HAD to be shut tight.

No crack could be there at all. When I knew the wardrobe door was shut tight my fear subsided. This ruled me night after night and year after year. I was in my late fifties when the Holy Spirit took me through a deep healing process one night and I will share that process in a future lesson.”

Now let's look at the picture below to see what is and is not a trigger.

NOT A TRIGGER

It's normal to feel upset, anxious, or extremely uncomfortable when we encounter difficult content. Having a strong reaction is normal & learning to regulate is part of normal emotional development.

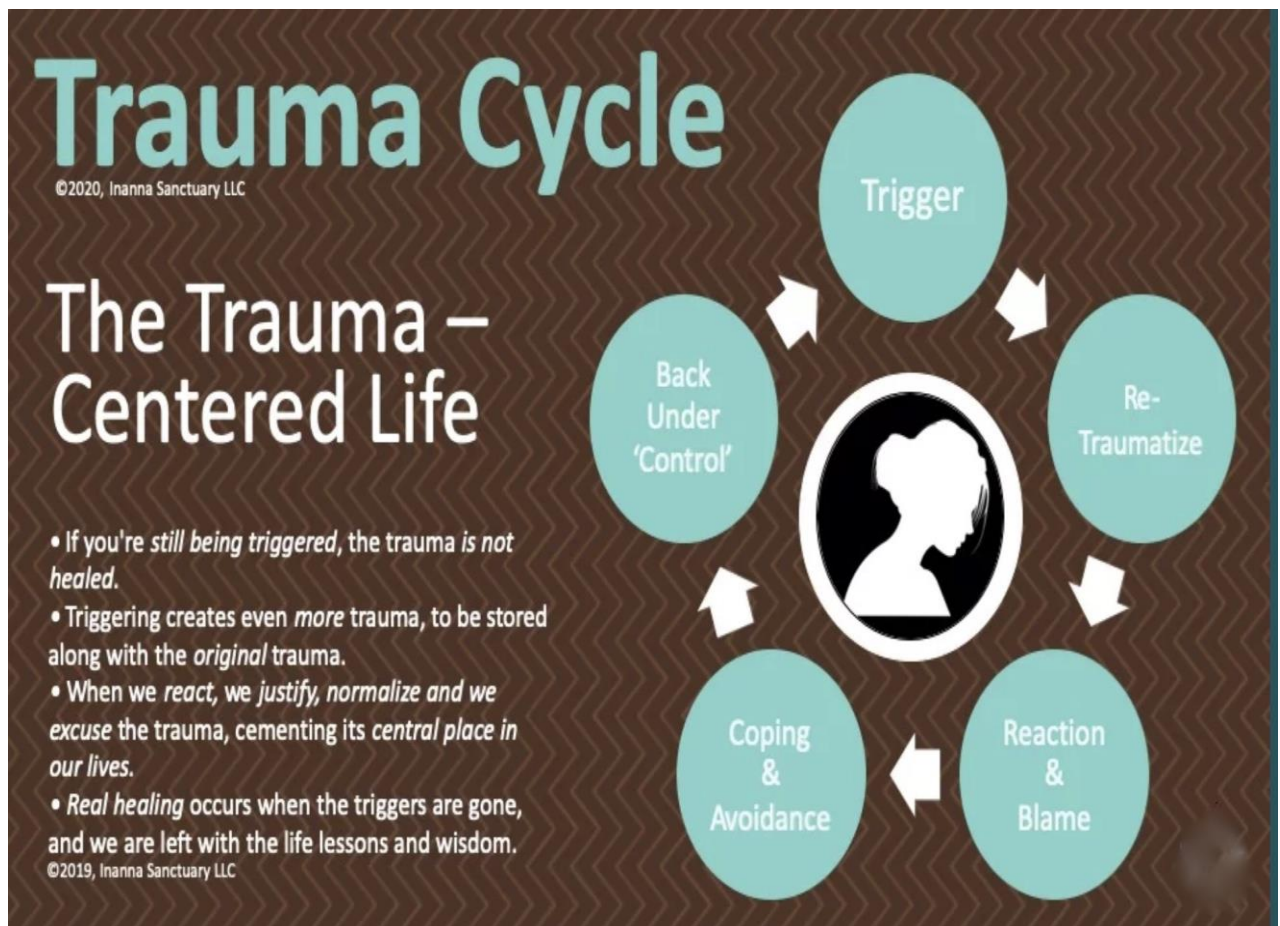


TRIGGER

Trauma triggers are different. They often include a loss of a person's sense of time, space, &/or self. Emotion is amplified, or completely muffled, or sometimes seemingly unrelated to a situation. Triggers are like a TRAP DOOR in the brain.



There is an actual cycle to unhealed trauma in the following picture.



Now let's look at triggers.

You might not know the root of these triggers in your life. That actually doesn't matter because God does and He will either show you or heal you directly or indirectly. Identifying triggers is a step to shine light onto them and show you what you need to let go of.

If you are aware of what triggers you, write it in the space below.

Trigger –

When –

Reaction –

How I cope to get back on top of it –

Trigger –

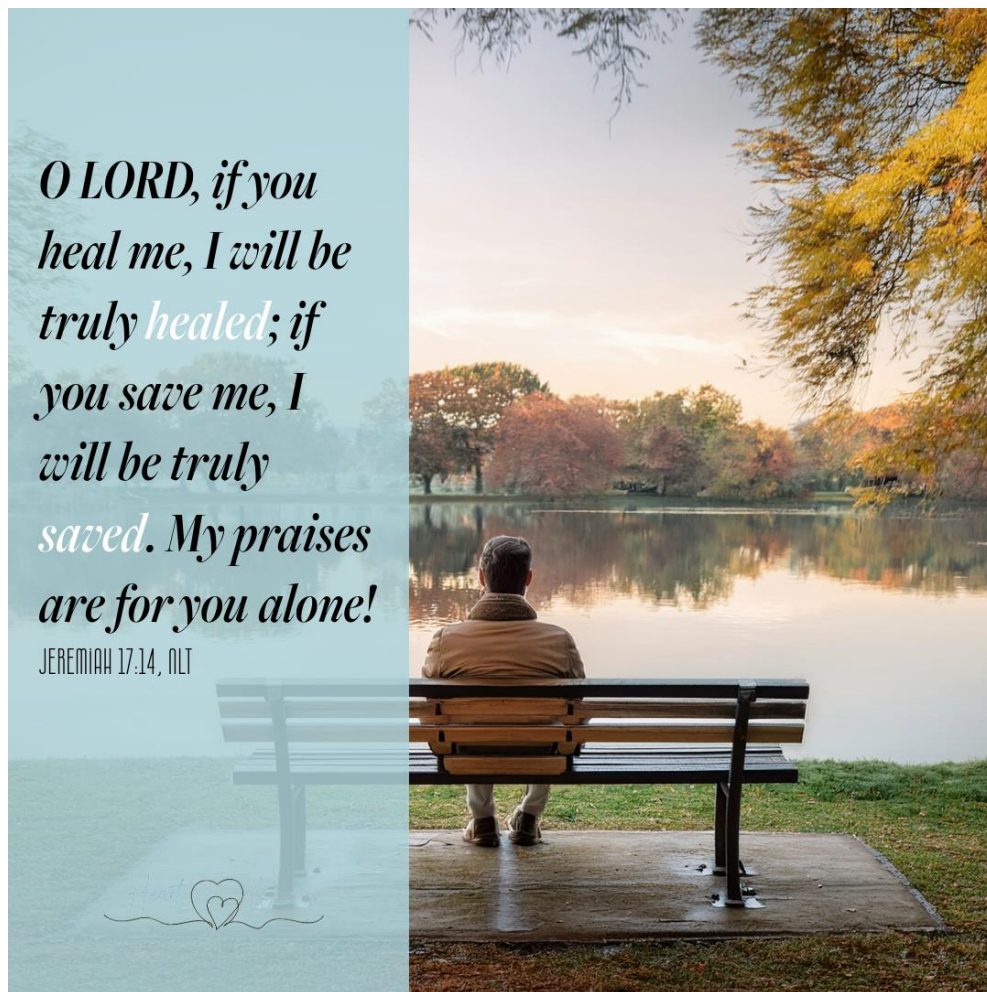
When –

Reaction –

How I cope to get back on top of it –

Is triggering my normal way of life?

If yes, the root is not healed.



Prayer ...

Lord, you know my journey. You know what has happened to me in my life. You know my trauma and my triggers. I trust you completely to heal me right into the deep roots that hold me in bondage. I might not be aware of all of my trauma and triggers but I ask you Holy Spirit to show me and make it clear to me what they are so I can work together with you to bring healing to those areas and situations. I give you all the pictures of trauma that are stored in the filing cabinet of my mind both conscious and subconscious. I thank you that you will heal the PTSD that affects me. As I wait on you Lord, give to me your peace that surpasses all understanding and help me to rest in your love. Thank you for your TRUTH in my life. Amen.

HELMET OF SALVATION

HOW TO HEAL (1)

Renew your Mind

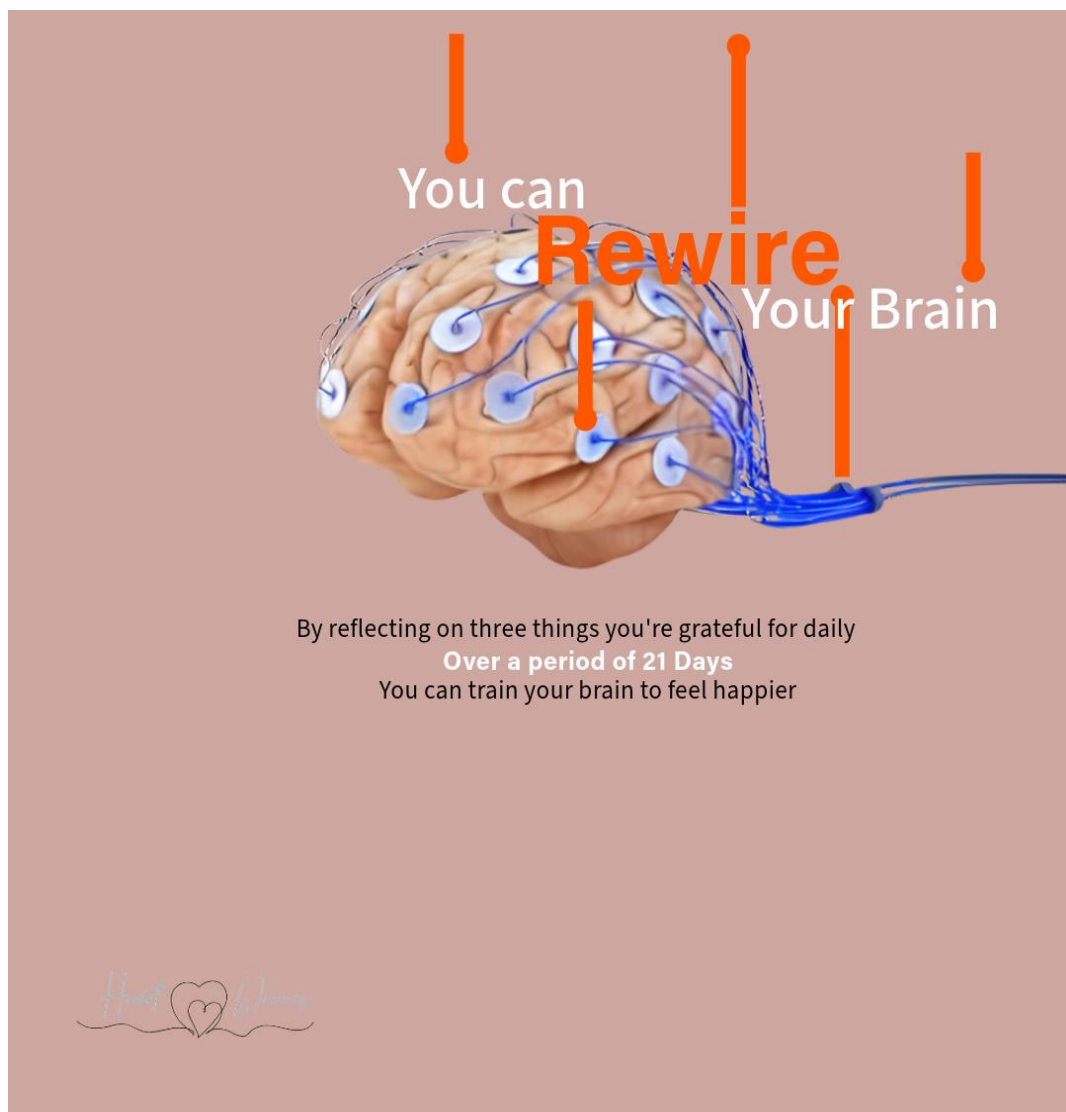
In this lesson you will learn to understand
the healing aspects of SALVATION.

Written by Megan Reda

In this lesson we will look at the mind and how it is possible to rewire your brain. The Bible is clear about renewing the mind. The Bible is also clear about protecting our head/mind and we can do so with the Helmet of Salvation.

Romans 12:2 (NKJV)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.



THAT'S AN AMAZING TRUTH! WEAR IT LIKE A HELMET!

We learned how we are made up of millions and millions of cells. These cells are the live building blocks that make up you.

Healthy cells = a healthy you. Physically, mentally and emotionally.

Harmful, damaged and toxic cells = illnesses and an unhealthy you. Physically, mentally and emotionally.

We learned that living out of your woundedness, when a trauma STRIKES, it strikes you at a cellular level and especially in your brain. As a result, your memory cells are damaged, and until the cells are healed, the injury will remain. In addition, this injury will set off a domino reaction and have a negative effect on your spirit, soul and body.

But there is good news. Damaged cells can be reversed and healed. So that means TRAUMA can be healed. The best place to start this process is to **renew your mind**.

Renewing your mind is SO important. It is VITAL! After a trauma strike, the memory of the abuse, trauma, or event wire a harmful programme into your mind. You can re-wire your programme into a positive script. You do this by replacing the negative with a positive.

As you believe, speak and focus only on **the positive**, the **power** of these positive vibrations, chemically force the negative ones off. So, positive cells then take the place of the negative cells. You actually renew your cells. We have the power of prayer to assist us as well in the process. This has been scientifically proven and I give reference to Dr. Joe Dispenza/ TED TX for his explanation of how this works and can be found on YouTube.

SKIT TO SHOW HOW BRAIN CELLS CAN BE REPLACED
(Please rehearse this to be effective).

Props and people needed for skit –

1 chair, 3 people (narrator and 2 actors), 2 cloths (black & white), 2 signs.

Instructions for skit –

Prepare signs one saying NEGATIVE/SAD THOUGHTS.

The other sign saying POSITIVE/HAPPY THOUGHTS.

Narrator to stand behind the chair holding the black and white cloths.

The two actors are waiting off to the side for their cues.

As the narrator reads their script (below) the sad and happy thoughts act out their roles.

Chair and actors are in place.

NARRATOR

Think of a brain cell like an empty chair. A negative (dark) thought or memory sits on this chair. So - a negative (dark) thought or memory sits on the brain cell.

(Actor 1 to hold up NEGATIVE sign and sit on the chair. The actor is heavy and depressed in their countenance. Narrator puts the black cloth over their body covering them completely. They are still and heavy with depression.)

NARRATOR

The negative thoughts release toxins into your body. If you looked at your negative mind, full of negative thoughts and memories, it would be black and toxic. Eventually, all the harmful chemicals they release make you sick and depressed.

When you think happy, positive (light) thoughts and speak positive (light) words, these are more powerful than the (dark) ones and forcefully bump the negative ones off the chair. Being positive has a higher vibrational force than being negative and LIGHT is more powerful than DARKNESS.

(Actor 2 holds up their POSITIVE sign while expressing happy moves and comes next to the actor covered in the black cloth and gradually bumps the black toxic thought off the chair. The NEGATIVE person runs away and drops their cloth and sign. The POSITIVE person sits on the chair and the narrator covers them completely with the white cloth. The actor can still be dancing in their chair.)

NARRATOR to read the scripture

John 1:5 (NIV)

The light shines in the darkness, and the darkness has not overcome it.

NARRATOR

As a result, the (dark), negative memories in this cell release and swirl away and out of your system. They are gone forever.

The positive (light) thought releases all the happy chemicals and, over time, create positive re-wiring in your brain to be healthy, happy and well.

END OF SKIT.

YOU have the POWER with YOUR thoughts – to create your happiness and well-being. BELIEVE you are the Masterpiece God created you to be and are worthy, beautiful and deserving of healing, justice and freedom. If you change the way you think – YOU CAN CHANGE YOUR LIFE! Pray and ask God for scriptures that you can speak out.

When you have had too many dark, depressive, PTSD, and anxiety-filled memories, dig deep inside and replace all the negative thoughts, and memories with positive ones. It will take time to create (21 days), but it WILL HAPPEN and the freedom from trauma thoughts will be amazing!



GROUP DISCUSSION OR SELF-REFLECTION

Read the following scriptures. What are your thoughts on how to renew your mind according to the word of God and the tools you are learning and how you can implement these in daily life? You can choose to do this as a group or on your own in self-reflection.

Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy – think about such things.

1 Corinthians 2:16 (NIV)

Who has known the mind of the Lord as to instruct him? But we have the mind of Christ.

HEALING THROUGH COLOURING IN

Another method for changing the cells in your brain is to draw your own POSITIVE affirmations, sayings, words and pictures on a blank piece of paper and then colour them in. Let the designs come from within your soul. Many times, our subconscious knows the hidden things and by doing creative activities our deepest, hidden trauma and pain can come out of us and expose what is really there by what we draw.

When you focus on the positive words and images and look at them and say them over and over again, it triggers the release of calming neuro-transmitters. This in effect helps with stress, relaxes you, improves your mood, changes your cognitive function, releases serotonin and dopamine. These are your feelings of happiness and well-being. Doing it regularly will affect your neural pathways in a positive way.

For this next ARMOUR HEALING ACTIVITY use any positive method - edifying words, Bible scriptures, quotes, an image or picture, or anything positive to redirect your brainwaves in your cells to change.

Draw or write anything positive.

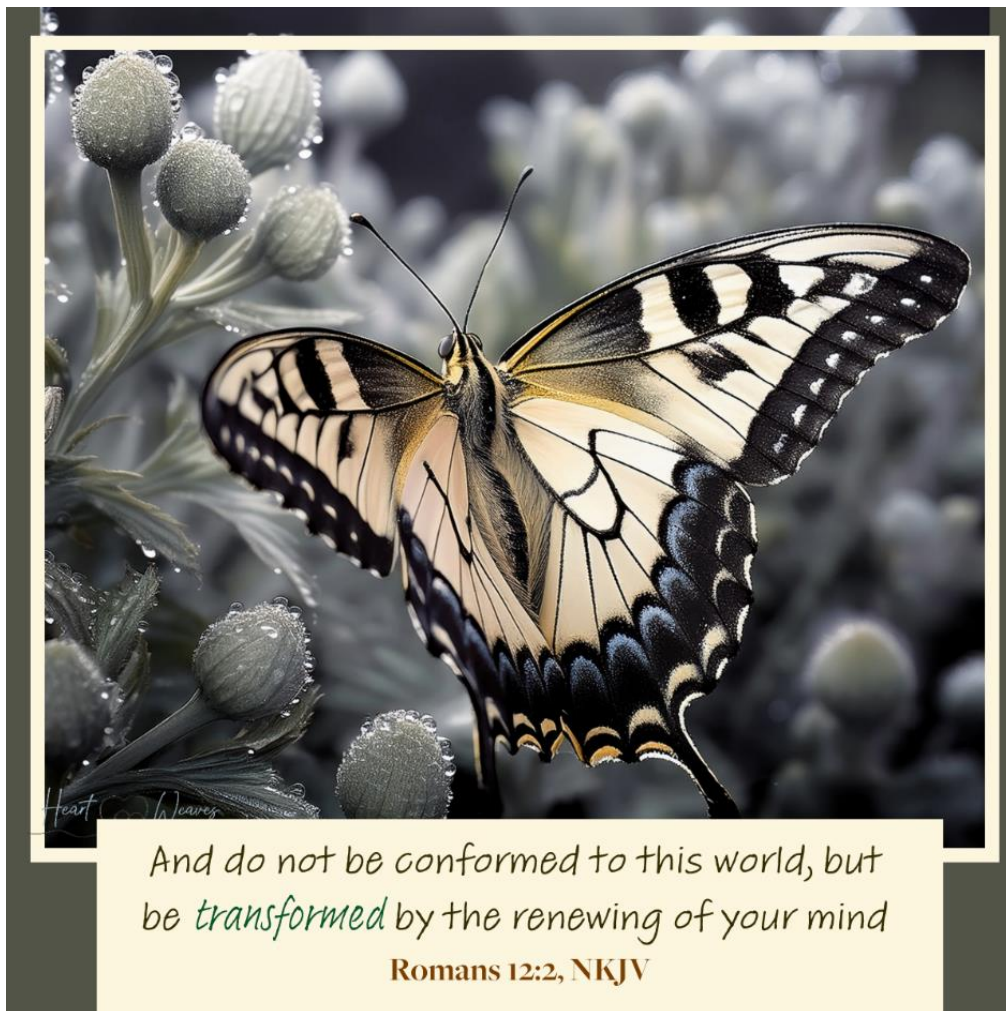
As often as you can; speak, think, draw and colour. By ridding your mind of the negative cycles, this will aid in breaking the strongholds of darkness that have kept you trapped in mental trauma and sickness in your body.

Just as you would eat food to nourish your body, let your mind absorb the truth as you colour. Let the truth nourish you, re-wire the cells in your brain and change your situation and heal your life.

Speak and think positively – over and over, every day until you have created a new you.

Then, even when you don't feel like it, - do it and - It WILL HAPPEN! As you pray while doing this through the power of the Holy Spirit change WILL come!

Use the #3 [ARMOUR WORKSHEET](#) in the back of the book.



Prayer...

Thank you, Lord that you have created every part of me. Thank you especially for my mind. Now I have learnt that my mind does not have to stay trapped in my old patterns and ways of thinking consciously and subconsciously, I ask you Holy Spirit to help me. When I am trapped in my own thoughts, I thank you that you will come and guide me in the tools I have learnt. Give me the strength and courage to change my thoughts from negative into positive. Renew my mind with your word as I put it into my life daily. Heal me deeply Lord in my mind I pray, as I wear daily my Helmet of Salvation. In Jesus name, Amen.

HELMET OF SALVATION

HOW TO HEAL (2)

Swap It!

In this lesson you will learn to understand
the healing aspects of SALVATION.

Written by Megan Reda

In this lesson, we will learn a strategy and technique called **SWAP** that will revolutionise your whole life, with **everything** you think, say and do. When you practice this **repeatedly** and get into the habit of using it, eventually, it will become second nature to you. It will become part of your everyday thinking and **change who you are** and how you get the VICTORY in your life. Your thoughts start in your mind so you can apply this learning tool and put it on as part of your armour; your Helmet of Salvation.

We use the SWAP technique frequently as it is the Biblical, spiritual and practical application for many of the healing tools we use. It is a foundational truth in the Bible. God backs up SWAP in His word as we shall see. IT WORKS!

You have already used it in the last lesson without realising it, so now we will shine the light on this method clearly so you can change your life. You will learn to live in the positive lane automatically.



Your mind

*is your most
powerful tool
—nurture it
with positivity,
and your life
will reflect the
transformation*

S.W.A.P. broken down it means –

See **W**hatever **A**pply **P**ray, and so this method is called – SWAP IT!

The SWAP method doesn't just have to be for sickness, you can swap anything you need with Jesus. For example: finances, salvation, negative thoughts, sin, temptation, negative food choices, bad habits, bad attitudes, grief, sickness etc.

The SWAP healing method is nothing new. Changing or letting go of thought patterns has been done in many forms of inner healing over the years. The swapping with Jesus-method is biblically, biologically, chemically and scientifically proven to work.

SWAP © is just the name Megan Reda formulated to make this healing method easy to remember and do.

We will run through this teaching on how to SWAP IT, and you can then continue your SWAP IT when you need to.

When you are going to SWAP - pray before you start and ask the Holy Spirit to come and heal your spirit, soul and body while you are doing this.



This is how SWAP works –

S – See (Identify whatever it is)

To be able to subconsciously visualise, feel, hear or know - something in your past, present or future is a great way to heal cognitively. If you are not a visionary person, that's okay; you can use your other senses. The way to explain this is to get into a state of stillness and calm where you can get in touch with what is inside you.

W – Whatever (spirit, soul or body)

Whatever your pain, hurt, trauma, unforgiveness, grief, subconscious triggers or past or present turmoil. Go right back to the point of injury.

A – Apply (put into action)

You have to tangibly take part in the steps and believe in faith that God is with you at this moment to change you at your cellular level.

P – Prayer (asking God to help)

This is simply talking to God from your heart. Ask the Holy Spirit to heal you as you make this exchange.

STORY

(Megan Reda) – Healing of PTSD in the womb.

“I shared earlier that when I went to bed every night and it started to get dark, I would go into a panic. My whole being went into PTSD and I needed to get up and check that the wardrobe door was shut tight. When I knew it was, my panic and fear went away. This had been happening every day of my life since the wardrobe came into my bedroom at the age of five. The following is how the Lord healed me.

I would like to take you a little deeper into my healing experience. This might seem to be a very unusual healing process but this is the way the Lord chose to heal me. Just because God healed my womb trauma this way, it does not mean that what I am about to share is a formula for everybody. This is just my story.

In my mid-fifties, God healed me psychologically, spiritually, emotionally, physically and subconsciously from my tsunami of fear from the wardrobe door. The Holy Spirit took me through a deep healing which lasted for hours.

One afternoon as soon as it started to get dark, the Holy Spirit instructed me to bathe and remove all my jewellery and nail polish. I obeyed without knowing exactly why. Then, I felt to open my Bible at Psalm 23 and leave it on my bedside table. I was praying the whole time. Then I felt to open up my wardrobe doors as wide as they could go. As soon as I did this a whoosh of dread came over me. It felt like my wardrobe was wanting to suck me down into the black abyss of hell and it took all my strength to hold onto my mental reality that it was just clothes hanging in the wardrobe.

The Lord instructed me to get into bed with only a sheet as my covering. As I lay there facing the wardrobe, looking at the black hole, it took all my strength not to be sucked down into the PTSD symptoms flooding my spirit, soul and body. I was praying continuously.

The Holy Spirit was all encompassing and peace had settled me down. To my own thinking I thought, that's it! I have conquered it. But then...the Lord told me I had to turn over and put my back towards the blackness of the open wardrobe.

Well...this nearly destroyed me. It took all my effort to draw on every bit of strength from God, to help me do this. Just imagine, someone is coming at you with a knife and God asks you to turn your back towards them and TRUST HIM. That was the fearful intensity of my womb trauma phobia. As I cried out to the Lord to help me, a vision appeared in front of me. I saw my birth mother hiding in the wardrobe escaping from her drunk father and I saw myself inside her belly. Because she had actually told me that event had happened, now I knew I had gone back in time, in the spirit to conquer my ultimate life time fear!

As fear pulsed through my birth mother's body that same fear pulsed through my body too. The amniotic fluid that surrounded me grew ice cold and I started to shrivel up like a prune. I was cold and shaking in the vision but I noticed I had also become cold and shaking as I lay there.

I didn't know what to do, so I prayed to God for His love, joy, warmth and healing to come into the amniotic fluid and penetrate right through into my life and restore my mind. This baby was me.

Somehow, spiritually and mentally I had gone back in time to this exact moment. I was lying in my bed as an adult, but also in the womb of my birth mother as a baby. Now it

made sense to me why I had to follow the specific instructions the Holy Spirit had given me earlier. I had to be clean, innocent and untainted in my human form. I knew that in the spiritual realm and in this present moment deep healing was taking place. This was happening simultaneously as I lay there. I stayed praying for hours in this transitional state.

Unintentionally, I was cognitively swapping the thought patterns in my mind right at the root cause and exchanging fear for peace, anxiety for calm. God's peace now covered me like a warm blanket and I could sense the amniotic fluid in my vision was now warm and peaceful too. As warm as it was in my vision, I was also now warm. I saw the skin on the little baby was now soft and not shrivelled up anymore. I fell off to sleep with my back facing the wardrobe. In the morning, I knew I had been set free. I had swapped at the root of my trauma strike, God's peace for my pain and now from my trauma came a testimony."

In Isaiah 61:3 (NKJV) it says; *"To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness, that they may be called the trees of righteousness, the planting of the LORD, that He may be glorified."*

People in Bible times would put on sackcloth made of coarse material such as goat's hair and cover themselves with ashes when they were in mourning. This would be an indicator to those around them that they were grieving and feeling heavy-hearted. In contrast to this, God desires to give us beauty instead of ashes. The oil of joy instead of sadness. He places a garment of praise on us instead of the spirit of heaviness. He gives us the gifts of beauty, joy and praise instead of ashes, mourning and heaviness.

Therefore, God does a SWAP with us!

God WILL exchange with us or swap these things in our lives because His word in the Bible says so.

THAT'S AN AMAZING TRUTH! WEAR IT LIKE A HELMET!

What do you need to swap?

Forgiveness for unforgiveness

Love for hate

Self-love for self-hate

Old memories of the trauma to be taken away
Joy for depression
Healing for grief
Peace for anxiety
Pure truth for toxic voices

The list is personal to you, so write down yours.
Swap your negative for the positive you want.

So, let's start with **how** to apply the application of **SWAP**.

S (see) See and write down the negative things and **W (whatever)** you have.

Now, **A (apply)** write or draw your new perspective of what you want.

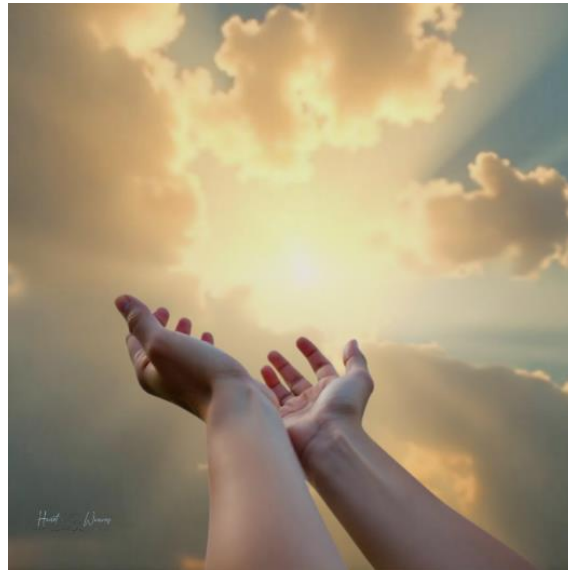
Apply the renewing your mind technique where your light, white positive thought bumps off the black toxic thought. The old going and the new taking its place.

P (prayer) Ask the Holy Spirit to come and make the changes necessary for you to be whole and set free, renewed, restored and victorious in whatever it is you need.

If you haven't prayed before, you can say something like this –

Father God, I thank you that you know and see my pain and my deep wounds of trauma, and I ask you Holy Spirit, to come and heal me. Replace the darkness for light, sickness for healing, sadness for joy, and bring me to a place of complete recovery, in Jesus' name as I now swap my negative for your positive. Amen

Now **see** yourself swapping it. Believe it **IS** happening!



Don't rush this process. Stop, breathe, get in touch with your emotions, your thoughts, your reactions, everything that is real to your pain. You can stay in this position for as long as you need until you see the old completely gone out of your spirit, soul, (mind) and body. So, there is no time limit for this. And if you need to do this again and again in a few sessions - THEN DO IT!

Do it as much as YOU need to until your trauma and pain have changed. It will happen if you keep doing it and don't give up! You **will** get the VICTORY! If you **don't give up**, focusing on this technique **will change** the negative to the positive!



Healing is like layers of an onion, and sometimes there is no quick fix but to work with your wounds until you heal. The process can be instant or take years, so don't be discouraged if you either 1. Don't feel any different or 2. Experience only a slight change.

The fact is you **are** shifting things, so keep going. One day the onion will have no more layers, and your healing will be complete. And you will **know** when it is done! That's the day you long for, and it **will** come if you don't give up!

By doing this, you cognitively reset your cell structure at the roots.

And because you have prayed, God will also work with your prayers in the unseen miracle realm by His Spirit.

In the spirit realm, Jesus SWAPPED His LIFE for our HEALING. He died so we can be BLESSED. Jesus was whipped for our DISEASES instead of US having them, so we can literally SWAP our SICKNESS for LIFE and HEALING.

Jesus has SWAPPED generational curses, all spiritual darkness, fear and sin for TOTAL VICTORY! It is OURS!



Isaiah 53:4a-5a (NKJV)

(4a) Surely, He has borne our griefs and carried our sorrows; (5a) But He was wounded for our transgressions, He was bruised for our iniquities.

Matthew 8:17 (NIV) *He took up our infirmities and bore our diseases.*

If you desire all that God has for you, reach out to Jesus and give Him all your brokenness, pain, sickness, diseases and trauma. Anything that you have held onto for years; anything that is holding YOU back. Does anything come to mind right now? What memories are surfacing as you think of trauma?

What do you want to SWAP WITH JESUS?

This image shows a full page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.



Prayer...

*Thankyou Lord, you took **ALL MY** sickness and pain upon the cross. Help me to have a deeper revelation of your love so I can receive **ALL** that you have for **ME**. Help me to let go and give it to you and make the swap! Thankyou Lord, as I give my infirmities to you – you give back to me healing and wholeness in my spirit, soul and body. They are mine to take. You died for my healing on the cross and I will be forever grateful. I understand that healing can be an instant miracle or a miracle journey. Help me to walk with you in my healing process and leave the timing and the way you lead me in the infinite wisdom of your Sovereign will. Amen.*

BREASTPLATE OF RIGHTEOUSNESS

UNDERSTANDING PAIN

Grief & Loss

In this lesson you will learn to understand
the healing of grief and loss by God's righteousness.

Written by Megan Reda

We can associate GRIEF with death, but grief not only affects us when we have lost a loved one.

Grief can affect us with any kind of loss that has upset us emotionally.

We need healing for our heart when we are grieving so putting on our breastplate of righteousness will serve as protection through this process.

Everyone manages their grief differently. No matter what it is, it takes time to heal and work through the after-effects of it.

Understanding grief is a complex subject and in this session, we will offer some tools to help you.

Again, grief can be very delicate to navigate so we trust that you will be comforted and find strength through this lesson. One thing we must say before we start is that the Holy Spirit is your Comforter and He knows you the best.

God can heal you deeply at the root of your pain. And as you allow God's word to wash over you the Holy Spirit will indeed heal your grief.

THAT'S AN AMAZING TRUTH! WEAR IT LIKE A BREASTPLATE!

John 14:26 (AMP)

But the Helper (Comforter, Advocate, Intercessor—Counsellor, Strengthenener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you.



Here is a list of some things that can cause grief.

- Death
- Relationship breakup
- Job loss
- Financial instability
- Loss of a dream
- Loss of health
- Loss of a pet
- Loss of a friendship
- Moving away from the familiar
- Retirement
- Empty nester
- Loss of a baby
- Infertility
- Loss of sense of self
- Identity
- Anniversaries or special dates of loved ones
- Addictions

STORY

MEGAN – GRIEF

“One of the things that happened to me when I lost everything was very strange. I was set free from the daily abuse that myself and my children had to endure, so you think that I should have been relieved and full of joy and grateful I was no longer with my ex-Pastor husband. And I was. But the flip side of that reality was that I had overwhelming feelings of sadness, anger and even depression. These emotions swamped me daily for **WHAT COULD HAVE BEEN**. I didn’t realise that my negative feelings were actually a form of grief. **If only** he wasn’t like that. **If only** he didn’t do that. How our life could have been **SO** good - **IF ONLY**.”

STAGES OF GRIEF

SHOCK – The instant numbing effect that happens to our body when we first hear the bad news or negative experience.

What can this look like?

Crying, vomiting, nausea, dry mouth, weakness, fainting, anger, struck dumb, numb, mute, sweaty.

How can you practically help a person in this state?

Hold the person, use calming words, sit down with them, make them a water with a teaspoon of sugar to drink, get them a cold cloth, use sensitivity and discernment, ask them what they need.

DENIAL – Shutting down and avoiding reality.

What can this look like?

Busyness, not wanting to talk about it, creating a fantasy world around yourself, refusing to listen to the truth, become defensive.

How can you practically help a person in this state?

Arrange an intervention, gather others to help you to make more of an impact of the truth, understanding and time, be there to listen and gently impart truth.

ANGER – frustrated outbursts of bottled-up emotions or internal seething.

What can this look like?

Blaming God, blaming others, unforgiveness, yelling, wanting to kill, get in the car and drive fast, verbally abusive language, hitting the walls and doors, self-harm, passive anger, silent treatment, revenge.

How can you practically help a person in this state?

Remove any danger from them. e.g.: car keys, alcohol, drugs, knives etc... You just remain calm and listen, don't take what they are saying personally, pray under your breath, remove yourself if needed, call the police if needed.

BARGAINING – Looking for a way out.

What can this look like?

Desperate actions, bribing, trying to do a deal with God, pleading, manipulative behaviour, finding any way of escape, make a deal with money.

How can you practically help a person in this state?

Understand/empathy of what they are going through, try to get them to see reason, suggest counselling at this stage.

DEPRESSION – Final realisation of the inevitable.

What can this look like?

Withdrawal from life; family; social activities and events. Shut down internally, crying for no reason, numbness, lack of joy, sleeping too much, sleeplessness, abuse of substances, watch TV excessively, suicidal traits, negative responses, don't shower or wash, self-neglect, hopelessness.

How can you practically help a person in this state?

Listen without judgement, offer to go with the person for counselling or seek medical advice, medications if needed whether short or long-term use, cook them healthy meals, clean their house, read them the Bible, all the practical ways of showing them God's love.

ACCEPTANCE – Finally finding the way forward.

One of the greatest things we can do in our life when it comes to any Trauma or situation in our life is **ACCEPTANCE**.

This is going to take a process to get to this point. But the quicker we can get to this place – the healing process will start to happen.

Acceptance will help us begin to deal with the 'reality' of the situation and not continue to fight the what-ifs or stay in a place of unreal fantasy or **denial**.

Acceptance will help calm our desire for **anger** and revenge.

Acceptance will help us to **forgive**. Yourself and others.

Acceptance will help us have the right perspective and not bury ourselves in **busyness**.

Acceptance will help us talk about it and not **bottle it up**.

Acceptance will help us look outward and not inward and be tempted to soothe any self-pity with **addictions**.

Don't underestimate the power of **ACCEPTANCE**.

Do I identify with any of these stages for my life right now?

- Yes?
- No?
- If yes – What can I do to heal and move on? Write your answer on the following page.

The Holy Spirit WILL comfort you at the very depths of your soul and pain.



Write your prayer to ask God to heal you of any grief you are feeling...



Sometimes grief can be a lonely time. It may be a time to **LAMENT** with God in the depth of your being. This is a vital part of healing. Surrender to God ALL your pain and questions. It's okay to be angry with God. Just BE REAL but know God is holding you.

You may feel that no one understands you at all because while people may sit with you and listen and offer empathy and sympathy it is not their heart that is hurting. It can feel like no one understands you at all and this can be very isolating.

By honouring your loneliness and accepting it, peace will be able to reside. This is a time to rest in the palm of God's hand. Don't be hard on yourself.

Remember, don't rush the process but with each step just ask God to heal you and one step, one day at a time you WILL heal.

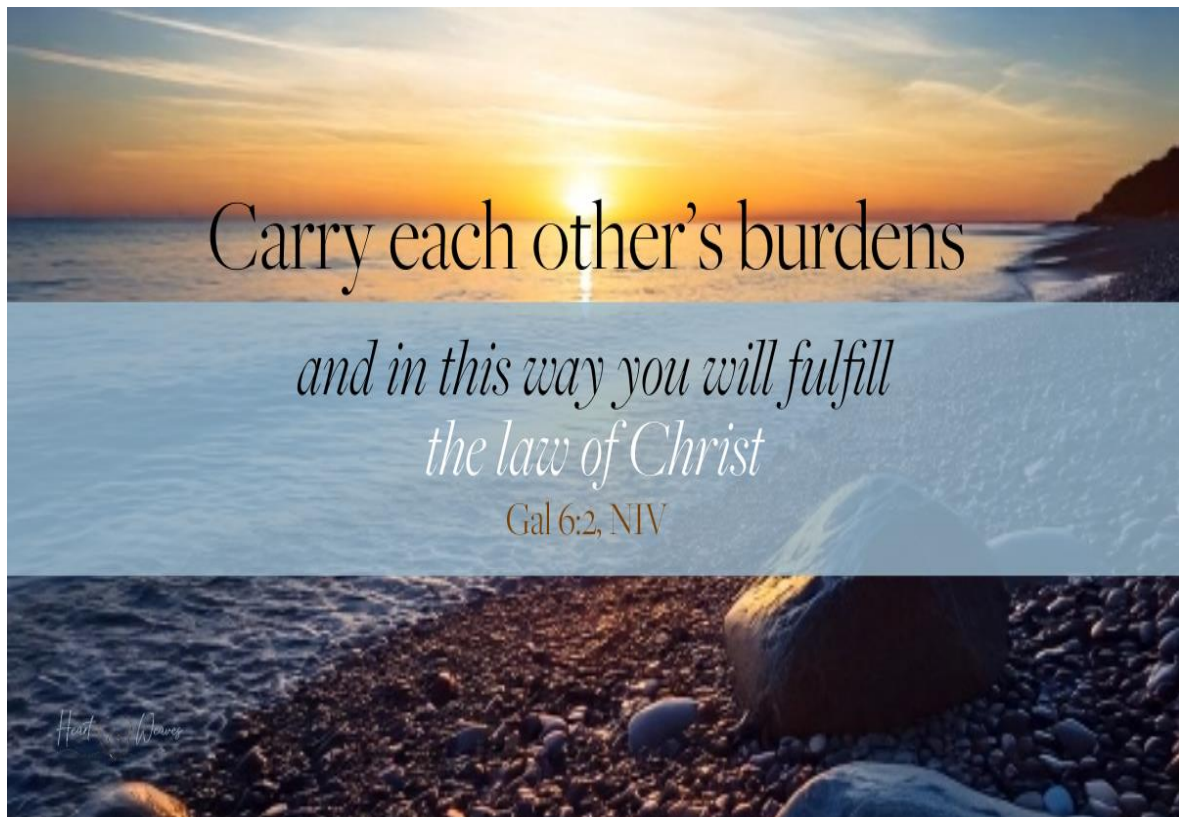


Remember it is THE JOURNEY and the only way forward is THROUGH. But you are never alone. When you are quiet with the Lord, reflecting on any of the Psalms will bring you great comfort.

Write down things that you can do that will help you with your grief process.

WHAT TO DO WHEN SOMEONE IS GRIEVING

The Bible says in Galatians 6:2 that we need to bear each other's burdens. Yes, we must offer comfort to those who are suffering but sometimes we just don't know exactly what to do and that makes us feel awkward, especially if we have not gone through the same deep loss or grief as someone else. We feel inadequate to the task and instead of saying or doing something – we say and do nothing which is not the right thing to do either.



HOW TO CARRY ONE ANOTHER'S BURDENS

1. Check in on them.

A quick phone call or a cup of coffee. Be guided by their response to your follow-up. If you feel it is too-much for them at this time, make it brief – but to let them know you are there and thinking of them although it is a small gesture is HUGE when you are grieving.

2. Educate yourself with grief.

Some of the symptoms and reactions are sadness, depression, anger, anxiety, digestive issues, sleep problems, fatigue, introverted behaviour, blaming themselves, blaming others, hopelessness. Watch out for any of these and offer help either from yourself or ask them if they want to seek help professionally.

3. Listen more and talk less.

This might be obvious BUT when you don't know what to say sometimes in your nervousness you say the opposite. You say too much and the wrong thing. Putting your foot in the conversation is easy when you are nervous. Just sitting in silence is okay.

4. Let them cry.

It may be tempting to stop them crying by cheering them up or saying things to take their mind off their sadness, but crying is healing. So just sit and offer understanding and comfort. Maybe hold their hand or even just let them sit comfortably in their own space. Just let them cry!

5. Ask Questions

It's okay to ask questions about how they are coping and their self-care. It is important to let them to speak of their loved one or why they are grieving. It stops them from bottling it up which is not good for their health.

6. Offer to help.

Coping through the grief process can be exhausting. Find out if there is anything you can do whether it is running errands, shopping, cleaning, laundry or taking care of their children. Any small helping hand is huge.

7. Don't be afraid to talk about the deceased person.

We think by talking about the deceased person it will upset them even more but most grieving people want to talk about their loved one. Ask questions about their loved ones and share good memories. It helps with the process.

8. Don't try to fix them.

Grief cannot be fixed. Grief can only be healed. Over **time**, compassion and support is the only remedy they need. Time is the keyword here and everyone is different. If you try and hurry up their process, they may see you as an unsympathetic friend and not their supporting friend and they might withdraw from you as well.

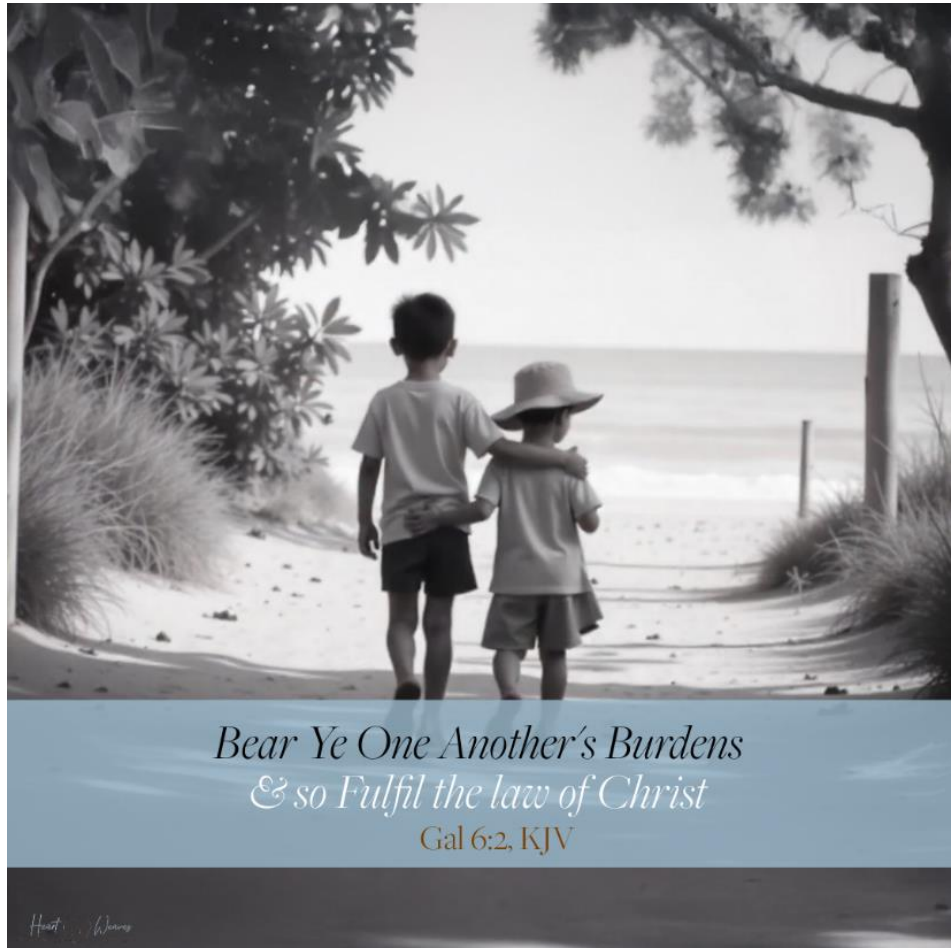
9. Don't diminish their grief.

Don't say quick fix lines like "You'll be fine" or "You'll get over it", or even worse – offer them scriptures – as "all things work together for good" – or "God has a bigger plan in all of this". While that is true in God the grieving person does not want to hear that right now.

10. Don't say a dull or trite remark.

Saying things like – Your loved one would want you to move on or they are in a better place now, meaning heaven or they wouldn't want you to be sad so cheer up. These things minimize their feelings of grief or even make them feel guilty for grieving.

The best advice is to be present and in the moment with them at all times offering love, kindness, prayers and practical help and walking with them step by step in Galatians 6:2. No matter the age of a person this is the basic need of everyone.



Love, Share and Care

*There is something that I live by
Everyhow and everywhere
To everything I say and do
I must love, share and care!
They did this in the Bible
Many years ago
Jesus taught His followers*

So, they will surely know
That God's two new commandments
Were all to do with love
First and foremost, it is God
Our Father up above
Then, well it's your neighbour
That's every human heart
God wants us to love people
We need to do our part
In sharing and caring for others
It's how God spreads His love
God will teach us through His Spirit
Just follow the white dove
By doing this we're pleasing God
Life's not just all about self
To love and care for others
Will bring to earth great wealth
One thing I will remember
When I've said 'YES' to my call
Is to love and share and care for those
Spreading God's pure love to all.

Megan Reda

Prayer...

Lord, help me in my own grief in areas of my life that still need a deeper healing from you. Help me to also love, share and care for others, coming alongside them in their grief also. Where I lack understanding, help me to understand with deeper empathy. Let me feel your heart in all situations for myself and also others. You, Lord, are pure love and it is through the power of your love that we are healed. Be with me deeply Lord when I am grieving and help me to bear others burdens with your love too. Thank you for your Breastplate of Righteousness that is my protection at this time. Amen.

BREASTPLATE OF RIGHTEOUSNESS

IGNITE FAITH

Hope & Hope Jar Activity

In this lesson you will learn to understand
that RIGHTEOUS hope ignites faith.

Written by Megan Reda



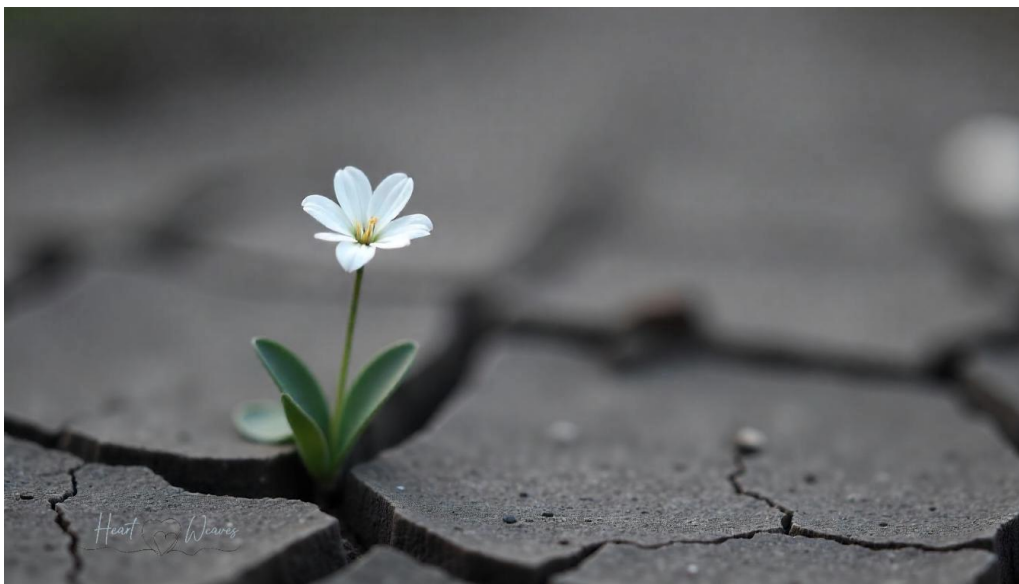
WE ALL NEED HOPE.

Hope is the belief things will work out, especially when it seems otherwise. **Hope** helps you stay calm and peaceful when something terrible is looming at you. **Hope** gives you the belief that you are going to get through whatever is happening to you. **Hope** remembers the times you made it through. **Hope** when it teams up with faith helps you to believe for the IMPOSSIBLE!

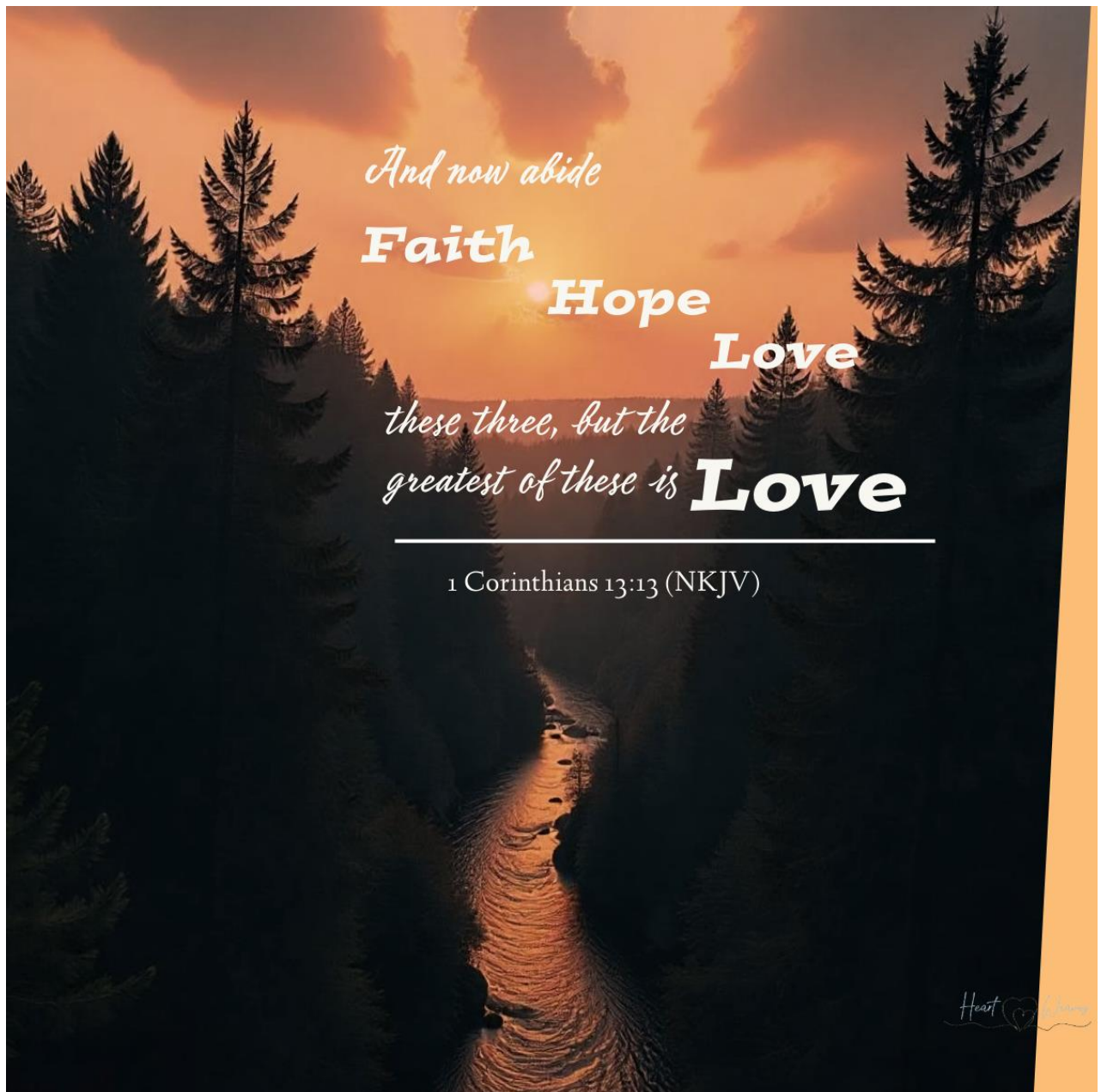
Romans 8:28 (NKJV) says, *'all things work together for good to those who love God – who are the called according to His purpose'*.

THAT'S AN AMAZING TRUTH! WEAR IT LIKE A BREASTPLATE!

Even in your darkest hour, God will work it ALL out for good as you trust His purpose in it. Sometimes you only need a small thread of hope for God to weave something amazing into your life - **BUT** that's okay - God can work with small!



FAITH, HOPE & LOVE



If we are honest, it's a struggle to live a happy, healthy, fulfilling existence without these three things. **Faith, Hope and Love.** They are the POWER source for every part of life.

We can put on faith, hope and love as part of our armour. These three attributes of integrity dwell in our heart so the breastplate of righteousness safeguards us to succeed.

Let's look at faith and hope for a moment. They are a powerful force on their own, but faith and hope are so closely entwined together, and when they are activated as a pair, the miraculous takes place.

Now, break it down even further. The Bible says, *'Now faith is the substance of things hoped for, the evidence of things not seen'* Hebrews 11:1 (KJV).



Let's have a little look at what faith is first, so we know what to activate. The Bible says it's the **substance** of what you are hoping for.

The Webster's Dictionary meaning of the word **substance** is:

That which is or exists; equally applicable to matter or spirit.

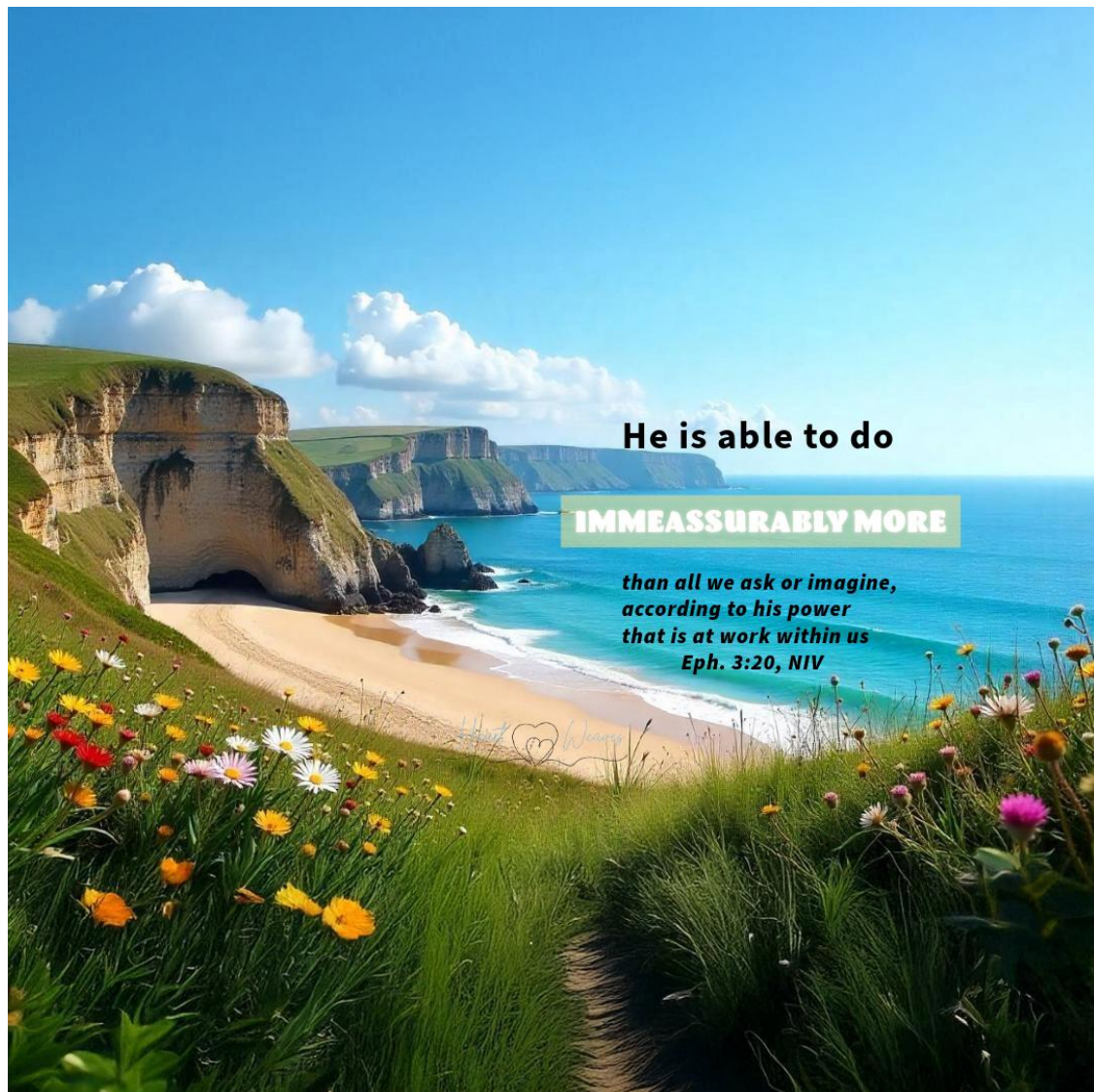
The Webster's Dictionary meaning of the word **hope** is:

To cherish a desire with anticipation: to want something to happen or be true.

Let's put that together in an easier way to understand. When you really, really want something to happen, that longing turns into HOPE. And when you hold onto that HOPE and don't let it go but keep putting it out there, it builds up, and builds up and eventually turns into FAITH.

FAITH becomes its own creative substance in the atmosphere and creates what you HOPED for.

We read before the word anticipation. Another word for anticipation is expectancy. We can EXPECT God to grant us what we are hoping for according to His will and timing.



The Bible says we take our substance (something which exists, even though we can't see it yet), cherish our desire, and expect it to materialise from the invisible realm where it exists into our natural realm for where our need is.

What is the substance you are hoping for? Healing? Deliverance? Provision?

What desire is it you cherish that hasn't happened yet? It is hard to believe for anything good to happen for you when you are trapped, depressed or sick, especially when it seems impossible for it to happen.

Since it is easy to understand things in a visionary sense, let's do this. (Later we will actually be doing this as an activity.)

As I'm reading, just imagine there is an empty glass jar and a pad of sticky notes.

Hope is in the unseen realm and hope has an invisible spiritual force of its own. Imagine writing down on a sticky note what you are hoping for. Remember the hope you are writing down is invisible but it still has a powerful vibration. We are just trying to imagine how hope and faith operate together.



So, you put the hopeful thoughts and prayers in the empty glass jar. Of course, in reality, you can't see your thoughts or prayers, but they are there. So, you continue to hope, and you keep filling up that glass jar. Remember, this is all invisible in the natural realm but can be seen in the Spirit realm.

When you keep believing and expecting, eventually hope turns into faith and becomes the substance of WHAT we are hoping for.



Your expectant HOPE was activated and turned into FAITH and produced the very thing you were hoping for in His timing. Amazing! Now you can see how hope and faith work together.

Even when God answers your prayers, sometimes it's not in the ways you imagine. Ultimately, you must trust it is for your highest good.

Write down **what you are hoping for** in your life – on the #4 [ARMOUR WORKSHEET](#) at the back of the book - and remember, it only takes a tiny spark to create a raging fire! And yes, write down even those things which seem IMPOSSIBLE!



Remember: HOPE is the KEY to your healing.



Safe in My Father's Hand

*There is a place I often go
A place of safety that I know
When I am lonely or deep in fear
This place is very, very near
You cannot see it with your eye
But it is vast
It's as large as the sky
Full of love and warmth and peace
Ever flowing and will never cease
I close my eyes and it's dark and dim
I take a breath and run into HIM
Right into the place that's made for me
My senses are full – no need to see
And there I sit so still and safe
There is nothing like
This incredible place
My God, my Father –
This is where you planned
For me to be safe
In your magnificent hand.*

Megan Reda

Write on #5 [ARMOUR WORKSHEET](#) at the back of the book, a time when the statements about hope below **were real** for you in your life.

1. **Hope** is the belief things will work out, especially when it seems otherwise.
(Example: *My mother always told me, 'When one door closes, another one will open.'* This gave me **HOPE** during tough times.)

2. **Hope** helps you stay calm and peaceful when something terrible is looming at you.
3. **Hope** gives you the belief that you are going to get through whatever is happening to you.
4. **Hope** remembers the times you made it through.
5. **Hope** when it teams up with faith helps you to believe for the **IMPOSSIBLE!**



*Never Stop Trying
Never Stop Believing
Never Give Up
Your Day Will Come*

Hope Jar Activity

Preparation - Every participant has a jar (or anything that can be used as a container, e.g. – paper cup etc,) and sticky notes (or piece of paper).

You can decorate your jar with the craft materials provided. Be as creative as you want to be. Afterwards, write some of your hopes down on the sticky notes and place them into your jar.

You can take your jar home and fill it up as you desire.

Put prayers, hopes and dreams into your jar.

And remember - FILL IT UP with your HOPES!



TESTIMONIES

When we did our trial workshop and did the hope jar activity session, the women put their hopes into their jars. The following are some testimonies about answered prayers because of HOPE. There is nothing magical about the jar. It is merely a means to action your hopes towards your loving Father.

- A lady put her written desperate hope into the hope jar. She was trying to find somewhere to live for herself and her 4 children. She had been trying for weeks with no success and time was running out. Literally 20 minutes after she had placed her written Hope note into the jar, she received a call about a place that had become available for her. She shouted with joy of the news and we all shared with her the powerful testimony of God honouring faith which started with HOPE.
- Another lady was going to court that weekend to win her children back. It looked an impossible situation. She put her hope into the jar. During the next lesson she shared with us she was granted full care of her children. Again; we shared in her joy.
- A primary school teacher heard about our Hope Jar Activity and took jars and little note pads to school and she taught the children the importance of having hope in everyday life. What a blessing it is to be able to share this truth at any age.

Prayer,

*Thankyou Lord, **YOU** are my hope in this world. As I press into hope, I know faith will come and my life will change for the better. Strengthen me Lord in the weak areas of my life. Where I feel hopeless, help me Holy Spirit and strengthen me. When a situation seems absolutely impossible give me hope Lord to never stop believing for a turn around and breakthrough. Let my hope turn into faith. I trust you Father God that I am your child and you have me in the palm of your hand. Amen.*

SWORD OF THE SPIRIT

TAKING BACK YOUR LIFE (1)

Power of your Words

In this lesson you will learn to understand
how to use your words through the power of God's Spirit.

Written by Megan Reda

Genesis 1:1 (NKJV) says *“in the beginning God created the heavens and the earth.”*

Psalms 33:6 (NLT) says *“The Lord merely spoke, and the heavens were created. He breathed the word, and all the stars were born.”*

John 1:3 (NKJV) says *“all things were made through Him, and without Him nothing was made that was made.”*

Hebrews 11:3 (NKJV) says *“By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things that were visible.”*

Scientists and people who don't believe in Creation say that the earth and everything in it were created by “The Big Bang” or an explosion.

They are right. There was an explosion!



So, where, who, why and what made that Big Bang happen? Scientists cannot give a satisfactory answer.

This is where the Bible can and does.

God created the explosion because; HE is THE CREATOR of the creations.

We can put our faith with this answer! And the more we look into this power source; everything else makes sense too.

The scriptures we just read are really saying that out of nothing, the Creator SPOKE and the universe leapt into existence. The Sword of the Spirit is God's powerful WORD. Now we will endeavour to understand just how POWERFUL His WORD and SWORD are!

So...God made a SOUND.

We know when we speak, the sound of our voice is made up of vibrations.

God the Creator started creating with HIS VIBRATING POWERFUL SOUND.

An explosive sound.

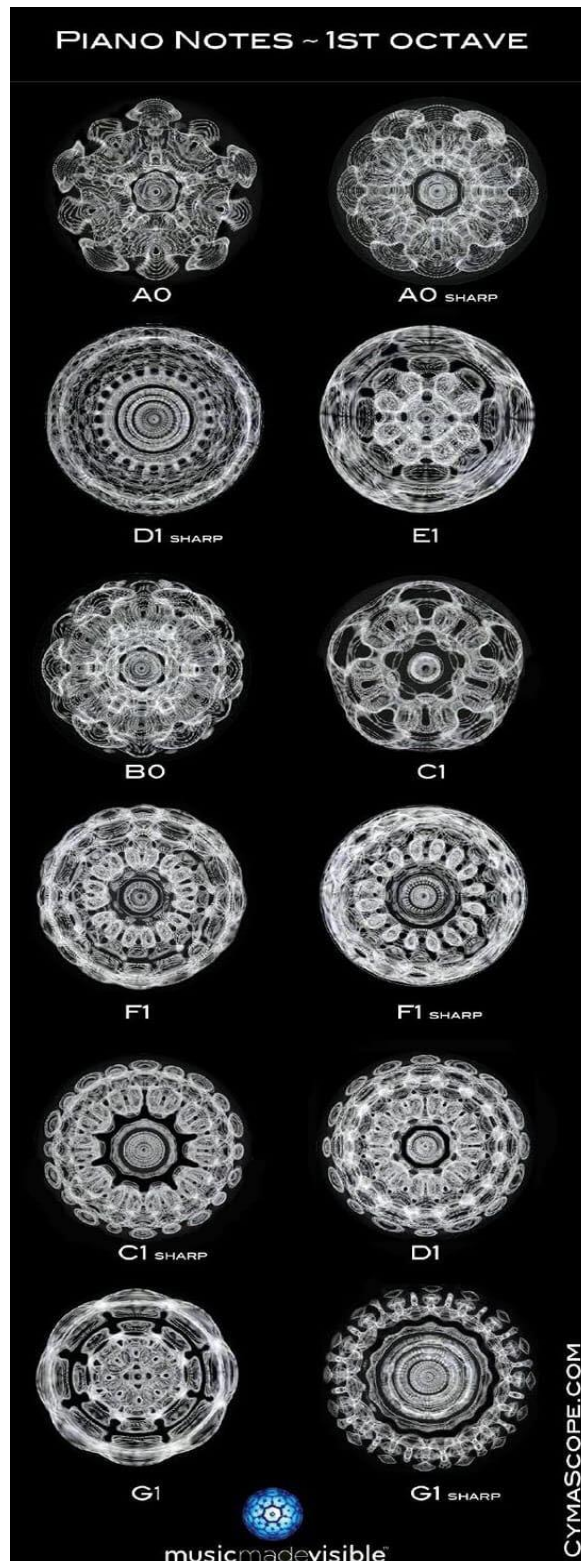
A vibrating sound.

We have already looked at how the human cell is made up under the microscope.

Now in today's lesson, we will look at words and sound under the microscope.

We will look at MUSIC NOTES recorded underwater.

(To watch this in video form, the following picture can be found on CYMASCOPE.COM)



You can see here that each note, each SOUND, has its own vibrational pattern or wavelength. Each wavelength has its own blueprint, its own purpose, its own assignment, its own accomplishment. It is in the vibrations where the POWER is released.

Now let's look at WORDS.

Words have their own vibrational rhythm, so when spoken and sound is made, they have their own energy pattern which is vibrational POWER.

And that is in any language. It is the sound, meaning and assignments of those vibrations. That is amazing. Only a living Creator can follow up with something so ingenious. Someone who created this, in the beginning, can manage it.

How can nothing or just gasses have so much intelligence, structure, design, power, wisdom or brilliance in this?

Our finite logic says it can't.

BUT an all-knowing, all-powerful, always-present loving God who cares enough to interact with us in this way? That's believable!

Also, THINKING WORDS contain the same POWER.

We have to watch not only what we speak but also think!

Let's look at WORDS three ways:

- **GOD'S WORD**
- **THE POWER OF GOOD AND BAD WORDS**
- **THE POWER OF THE TONGUE**

Let's look at **GOD'S WORD**

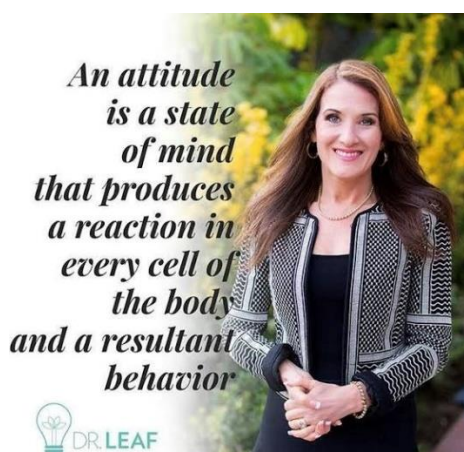
Hebrews 4:12 (NKJV) says *"For the word of God is living and powerful, and sharper than any two-edge sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."*

Isaiah 55:11 (NKJV) *"So shall My word be that goes forth from My mouth, it shall not return to me void But, it shall accomplish what I please And, it shall prosper in the thing for which I sent it."*

So, with the understanding of what we have just read before – God's word is alive and sharp, and when a word goes out from your mouth, the word will do what God has vibrationally blueprinted and assigned that word to do. (In any language)!

THAT'S A POWERFUL TRUTH! HOLD IT LIKE A SWORD!

That's why **WORDS have power**, and they **do fulfil** their vibrational assignment.



(For more information on the science of this, look at some of Dr Caroline Leaf's teachings on YouTube).

Let's look now at the **'THE POWER OF GOOD AND BAD WORDS'**.

Below are words, good and bad, spoken over drops of water and frozen. The good words create a beautiful shape and the bad words create an ugly shape. It is interesting to note that our bodies are made up of 80% water, so look how words can significantly affect us.



PRAYER REALLY DOES CHANGE EVERYTHING!

Let's view the diagram of the apple below.

The apple was cut in half, and one half had words of hate, negativity and death spoken over it. The other half had words of love, positivity and life words spoken over it daily. Over time the apple with the bad words got brown, old and bruised, and the apple with the good words wasn't affected much at all.



Let's read what the Bible has to say about **THE POWER OF THE TONGUE**.

Proverbs 18:21 (NKJV) says *"Death and Life are in the power of the tongue, And, those who love it will eat its fruit."*

Literally, what you speak is what you are creating!

And the incredible thing is – NO MATTER WHAT LANGUAGE YOU SPEAK!

Luke 6:45 (NKJV) says *"A good man out of the treasure of his heart brings forth good, and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart, his mouth speaks."*



STORY

Megan's testimony of the power of words.

"When I had given birth to my first child, I wasn't a Christian. The labour was a long and painful one. When I fell pregnant with my second baby, I was a Christian and talking with another Christian mother, we swapped labour stories. She told me that she had a pain free labour! Well, if that was at all possible, I wanted it! She told me what she did. Every day she spoke over her body and the little baby growing inside for a normal healthy delivery. She spoke over her womb and birth canal, the amniotic fluid and her muscles. She spoke against the pain with the contractions and anything else the Lord led her to speak. Her labours were easy and yes, the miraculous part – totally pain free.

I set about to do the same and for months I spoke to my body, the birth canal, the contractions and yes, that Jesus had taken all my pain upon himself at the cross so I would have no pain even in childbirth.

When my labour began my contractions were firm but I had NO pain! I can only explain it like this. It was the same stretching sensation of a cramp that we get in our feet or legs - BUT there was NO pain. Only the strong stretch. I gave birth without any pain relief and the nurses were amazed at how easily the delivery happened.

With my third pregnancy I did the same. I spoke over myself all the positive words and commands and had another pain free labour, just the same as the last one.”

As we have said before, the aim of this program is to help heal the three brains; the heart, mind, and gut. So, in this next exercise, let's look and listen at the fruit of your lips, in what you say, and how you speak.

Ephesians 4:29 (TPT)

And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts that encourage others; do this by speaking words of grace to them.

Exercise – Take a moment and think about what negative words you use to speak about yourself or others.

For example, you could hear yourself say, “I’m so stupid!”

And for others catch yourself saying, “You are annoying.”

There are more positive words and ways to make comments even about trying situations.

Identifying these negative words is your starting point.

NOW you can change the power of that bad spoken word and replace it with a good spoken word. Try saying something like this.

You are using the SWAP IT technique.

Instead of “I AM STUPID!” say.... “I AM BRILLIANT!”

Don't say the phrase – I am ‘**NOT**’ **STUPID**. That is still repeating the negative sound and vibration of the word STUPID. Instead, change the power of the vibration to the word BRILLIANT!

Instead of saying, “I AM UGLY” say... “I AM BEAUTIFUL”. Don't say “I AM **NOT** UGLY” because you are still using the **negative vibration** of the word UGLY!

Instead of saying to someone, “YOU ARE ANNOYING! say “PLEASE STOP DOING THAT, I DON'T LIKE IT!

The power of the new sound, the positive vibrations will go on their blueprint assignment and create what you speak.

Remember – God's word tells us - ‘to be very careful what we speak’.

And now we understand why.

The Power of God's Word

*Do you know your words have power?
In the atmosphere
Speak them loudly as you claim
And a shift will soon appear*

*No, it is not magic
That is quite absurd
It is the power of Almighty God
The power of HIS WORD*

*In the beginning, God did say
To the dark, "Let there be light"
And immediately He created
An essence oh-so-bright
Everything was established
By the power of God's word
The trees, the rivers, the sun and moon
Mountains, flowers and every bird*

*No, it is not magic
That is quite absurd
It is the power of Almighty God
The power of HIS WORD*

*Then God spoke into the dirt
And a man was formed
Then from man came woman
And both God did adore
God told them that He loved them
And gave them a special gift
That they can speak words from their mouth
The atmosphere to shift*

*But we are not a big God
Just favoured on this earth
And from God's hand of love to us
We can have new birth
To speak out words of power
To renounce all of our sin
To acknowledge Jesus as our Lord
His Spirit to live within
Now we can daily declare God's will
In the power of HIS NAME
Speaking Jesus Christ is Lord
We will never be the same
What a gift God's given us
To daily speak His word
I declare it to the atmosphere
To Heaven, it is heard*

*No, it is not magic
That is quite absurd
It is the power of Almighty God
The power of HIS WORD.*

Megan Reda

ARMOUR HEALING ACTIVITY

Write down all the negative things you say and think about yourself on the left-hand side of the #6 [ARMOUR WORKSHEET](#) provided at the back of the book, and then on the right-hand side, write down the positive to override that negative.

Say the positive over and over every time you think of it, and indeed, if you catch yourself saying the negative – pull yourself up and replace it!



Prayer,

Father God, you are Almighty and Powerful! You are the Creator of all things. Your WORD is powerful and sharper than a two-edge sword. Thank you for teaching me how important it is to be careful in how and what I speak. Help me when I fall short. Help me to change the way I speak about myself and others. As you are healing me and renewing my heart and mind, let my mouth only speak of positive words and blessings towards others. Teach me how to wield my Sword of the Spirit so I can be effective in every word I speak. Amen.

SWORD OF THE SPIRIT

TAKING BACK YOUR LIFE (2)

Forgiveness

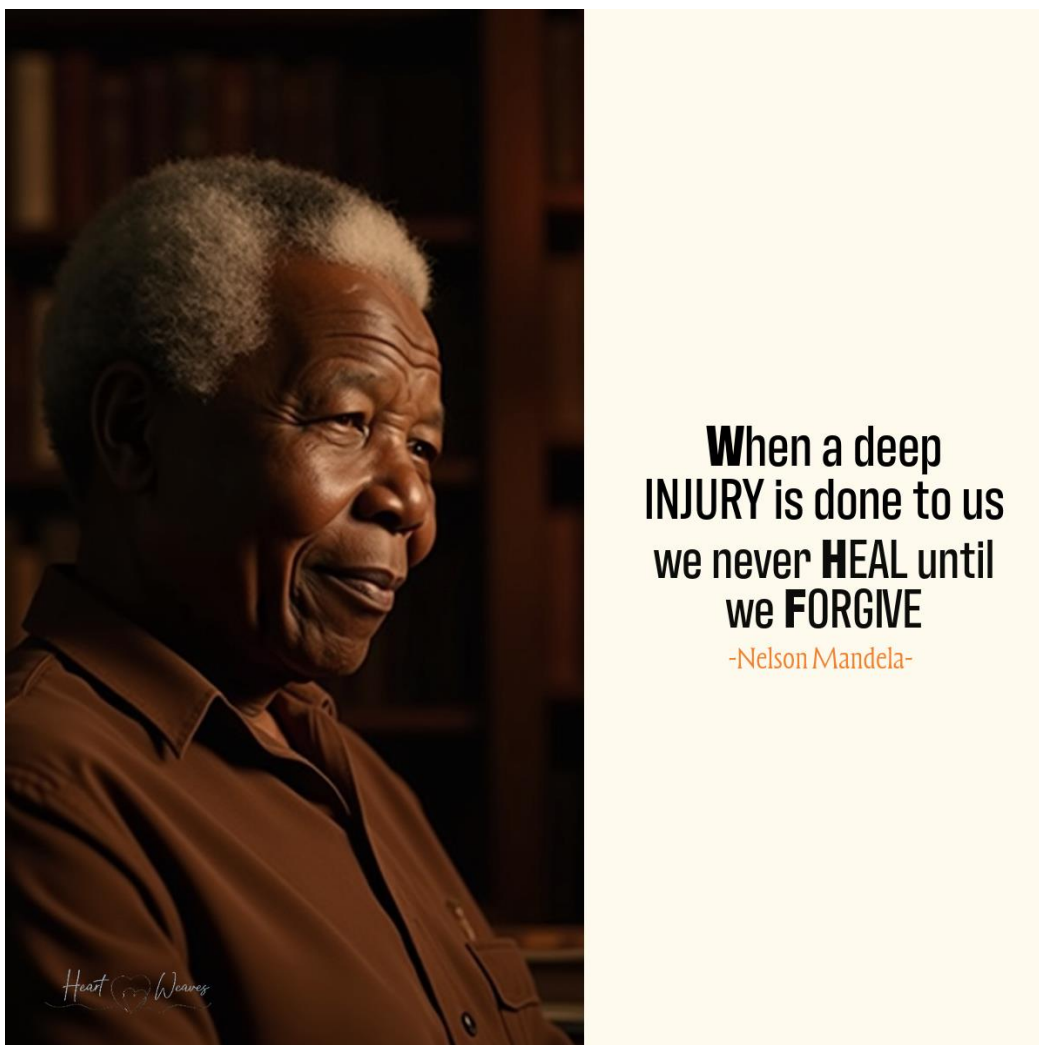
In this lesson you will learn to understand
how to forgive through the power of God's Spirit.

Written by Megan Reda

FORGIVENESS is an important part of your healing journey. Words and actions cut deeply. In this lesson you will learn how you can use the Sword of the Spirit to bring healing and also help you with your own protection.

Wikipedia defines forgiveness – ‘the intentional and voluntary process by which a victim undergoes a change in feelings and attitudes regarding an offence, and will let go of negative emotions such as vengefulness, with an increased ability to wish the offender well.’

THAT’S A POWERFUL TRUTH! HOLD IT LIKE A SWORD!



Forgiveness doesn't excuse their behaviour and what they have done.

Forgiveness prevents their behaviour from destroying your heart.

There are three crucial areas of forgiveness.

- Ask God to forgive you and thank Him that He does.
- Forgive yourself.
- Forgive others.

Forgiveness is a CHOICE and as you continue to forgive, on a cellular level, because you are SWAPPING the NEGATIVE thoughts for POSITIVE ones, eventually your feelings will change. This may still take time. It could take days, months and sometimes years. The Holy Spirit will help you do this, so be encouraged to keep going!



Do you know that you can forgive someone BUT still be RESENTFUL? Resentment and forgiveness are different things.

The dictionary meaning for resentment is – *bitter indignation at having been treated unfairly.*

You can forgive someone in your heart for what they did to you. But it is necessary for your healing not to hold anything against them. You can forgive the person and let them go (WHO they are) – BUT – you can still hold on to the frustrations, disappointments and anger of ‘WHAT they did’ and how – ‘WHAT they did’ affected your life and the lives of your children, family and friends. Because ‘WHAT they did’ changed and affected your destiny and path in life, which is your daily reality.

If you are not careful, consciously or subconsciously, you can suppress the underlying sense of being mistreated or wronged by the person, which can turn into resentment. Resentment left untreated then forms a root of bitterness.

Hebrews 12:15 (NIV) – *See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.*

Forgiveness and resentment are dealt with by firstly making the CHOICE to do so. A technique that helps you to let these go is to change your perspective.

The following example is a true story of how this is done.

A father and his teenage son were having a battle. The son was continually in trouble and not listening to the father’s instructions. One day the son had gone too far and now was also in trouble with the police. The father was furious and wanted to strangle his son. In his fury, the father prayed, and he felt God say to take his son to the top of a mountain not far from their house. When they climbed to the top and looked down at the tiny houses and the dots of cars, everything in life became small and the son’s rebellion became inconsequential in comparison to the hugeness of God’s love. They prayed; the father could let his anger go; the son still had to suffer the consequences – but the shift in their perspective was the gift the mountain top gave them.

The following poem was written with the same perspective of coming up higher.

Forgiveness - I did choose

*I had every reason
to hold my lifelong grudge,
and no matter what had happened,
why should “I” have to budge?*

*You see - there was 'this' time
and don't forget about 'that'.
I couldn't let it go
so, I swept it under my mat.*

*It hurt so much to think about
such pain I had to bear.
You tormented me day and night,
and life was so unfair.*

*My little mound of bitterness
grew bigger when until;
my little mound of yesterday
had grown into a hill.*

*It could go on no longer
I had to finally see,
to forgive, I'll loose the grip of pain
and in time - be a memory.*

*But my thought's raged inside my head,
black bitterness filled my soul.
The poison kept on pouring in
I am trapped in this dark hole.*

*And now my hill inside me
was mountain size instead.
It brought me pain and sickness,
anguish never left my head.*

*I had to climb my mountain.
It was so high and wide.
It seemed to take a long, long time
Now, determined in my stride.*

*When I reached the top and looked down
at 'this' time and at 'that'.
It was so far away
I could hardly see the mat!*

*Resentment - you are not my friend,
I have to let you go,
Your poison I refuse to drink -
Today I will say NO!*

*I released all of my hatred,
I let it fall away.
“Don’t come back, let me be free,”
For now, and every day.*

*Sometimes thoughts still remind me,
though their sting now doesn’t last.
The gesture of forgiving you
is my gift for your past.*

*Looking back, I’m finally free
It’s my gain, and you lose
Your power and pain over me – no more
Forgiveness - I did choose.*

Megan Reda

Can you relate to any parts of this poem for your own life?

Be honest with yourself regarding anyone in your life you need to forgive.

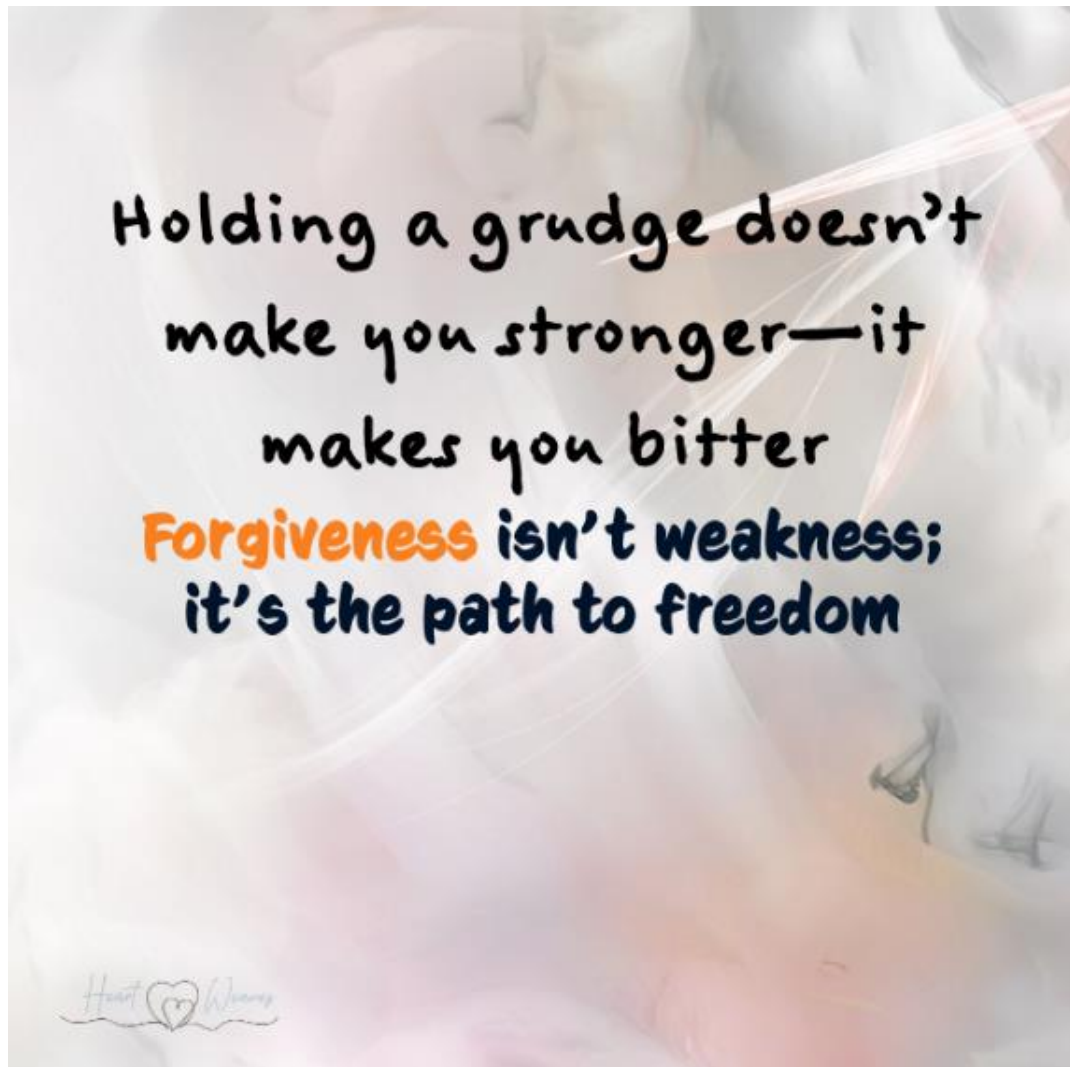
Write on the #7 [ARMOUR WORKSHEET](#) at the back of the book the people you need to forgive in your life.

Forgiveness is a key that opens the door of trauma to come out of you. It can be tough to do – BUT necessary for deep healing.

Some people declare, ‘I will NEVER forgive such and such for what they did’. If they only knew they were allowing the person who hurt them to continue poisoning their lives

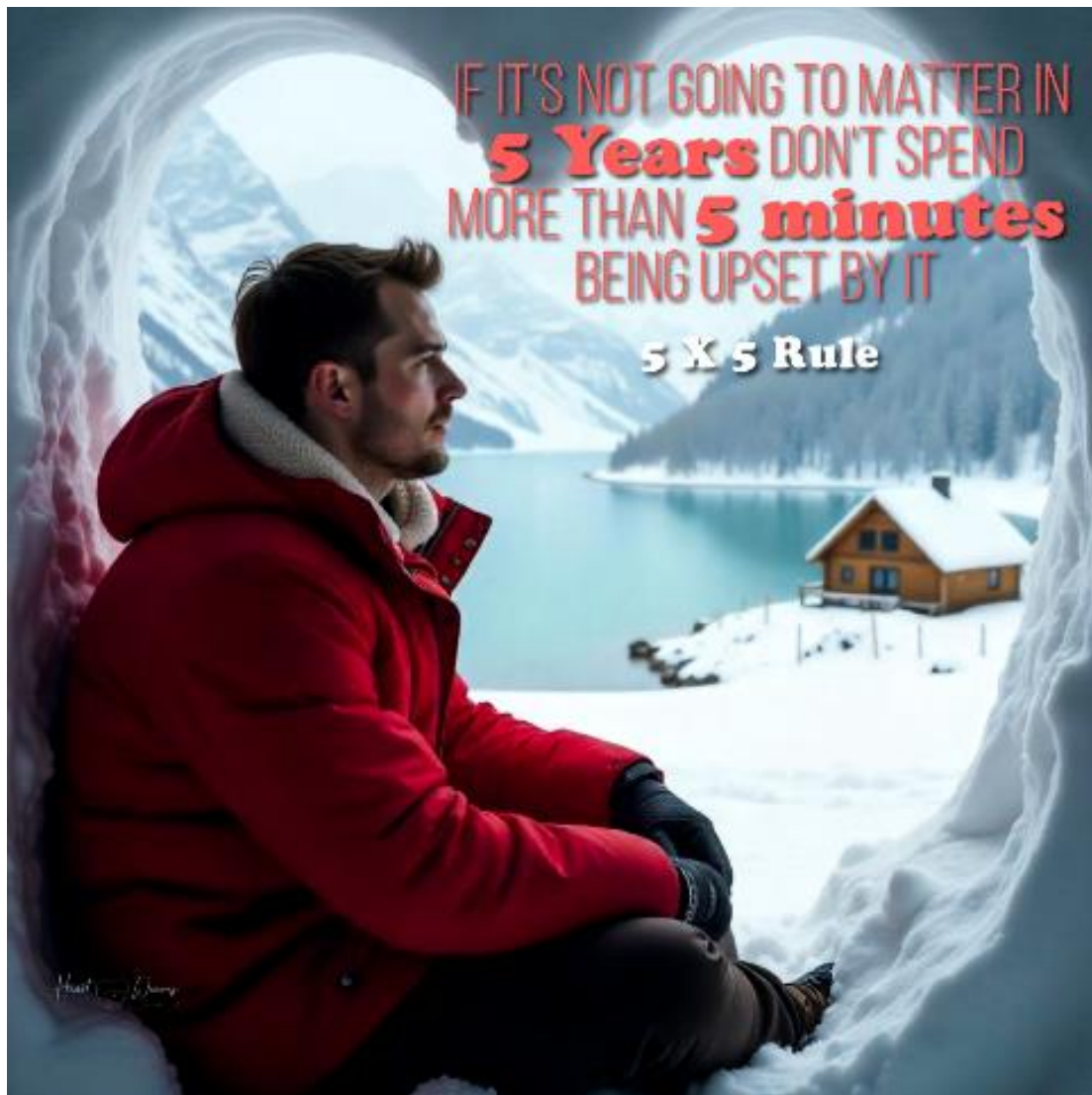
purely through their unforgiveness. The toxic, harmful substance and essence of their resentment and unforgiveness, permeates throughout their body and eventually makes them sick.

Please, if this is you – LET IT GO!



The act of forgiveness can release total healing in your spirit, soul and body. But, on the other hand, Unforgiveness causes sickness as the damaging black toxins from your thoughts and emotions attach to your brain cells and poison the body (remember what we learned in the lesson – RENEW YOUR MIND with the dark and light cells sitting on the chair in your mind.)

That is why forgiveness is VITAL for your health and well-being. On the other side of this is freedom and healing, and you deserve ALL the healing and freedom life has to give you from this point forward.



HOW DO I FORGIVE?

Follow these seven steps and write your answers on the #8 and #9 [ARMOUR WORKSHEET](#) in the back of the book.

1. [ACKNOWLEDGE](#) your hurt and be aware of just how it feels.

Who hurt you?

Why did they hurt you?

2. [THINK ABOUT](#) how it has affected you.

What negative traits did this bring up or create in you?

Do you need to deal with these in your own life?

Is there any resentment in your life because of this?

3. **ACCEPT** that you can't change it.

Your anger won't change or reverse the damage. So, do you ever get angry? Why and when and how, and with who?

Ephesians 4:26 (NIV) *"In your anger do not sin": Do not let the sun go down while you are still angry.*

4. **DETERMINE and CHOOSE** to forgive.

This is important because forgiveness is YOUR choice.

Who do you need to forgive?

What about yourself?

5. **HEAL and REPAIR** the relationship.

Do you want to reconcile? Should you?

If NO! Let it go!

Forgive and let go!

If YES! What are some healing gestures you could do?

Example: words, gifts, letters, attitudes?

6. **LEARN and UNDERSTAND** what forgiveness is.

Ask God to help you forgive. Ask the Holy Spirit to give you His love for that person.

Taking the pain away sometimes happens in layers, so be patient with the healing process.

Forgiveness is not just for them; it is for you too!

Because we are forgiven, we need to forgive others. Ephesians 4:32 (NIV) – *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

7. **FORGIVE!**

Forgiveness often is quiet and inside your soul. Usually, you will do this alone in your reflections and in your prayer times.

It can be verbal to the person or other forms of expression. Prepare yourself and consider what their response may or may not be. They may be responsive or react so be prepared to guard your heart.



Prayer...

Lord, you see me in the depths of my pain in how I am hurting. I know I have to forgive people in my life and also myself at times. When I find this really hard, please take my hand and give me the strength and my own personal revelation in how to do this. I don't want to live my life in bondage to pain. I understand that my forgiving them doesn't excuse what they did, but it releases me from my own toxicity that only harms myself. Help me Lord to take up my sword and the word of God to help me come against all unforgiveness. Thank you, Lord for your love. Amen.

SWORD OF THE SPIRIT

TAKING BACK YOUR LIFE (3)

Boundaries & You

In this lesson you will learn to understand
how to put up boundaries through the power of God's Spirit.

Written by Megan Reda

Boundaries can be a hard thing to put into place in your life – and can be even harder when you are a Christian.

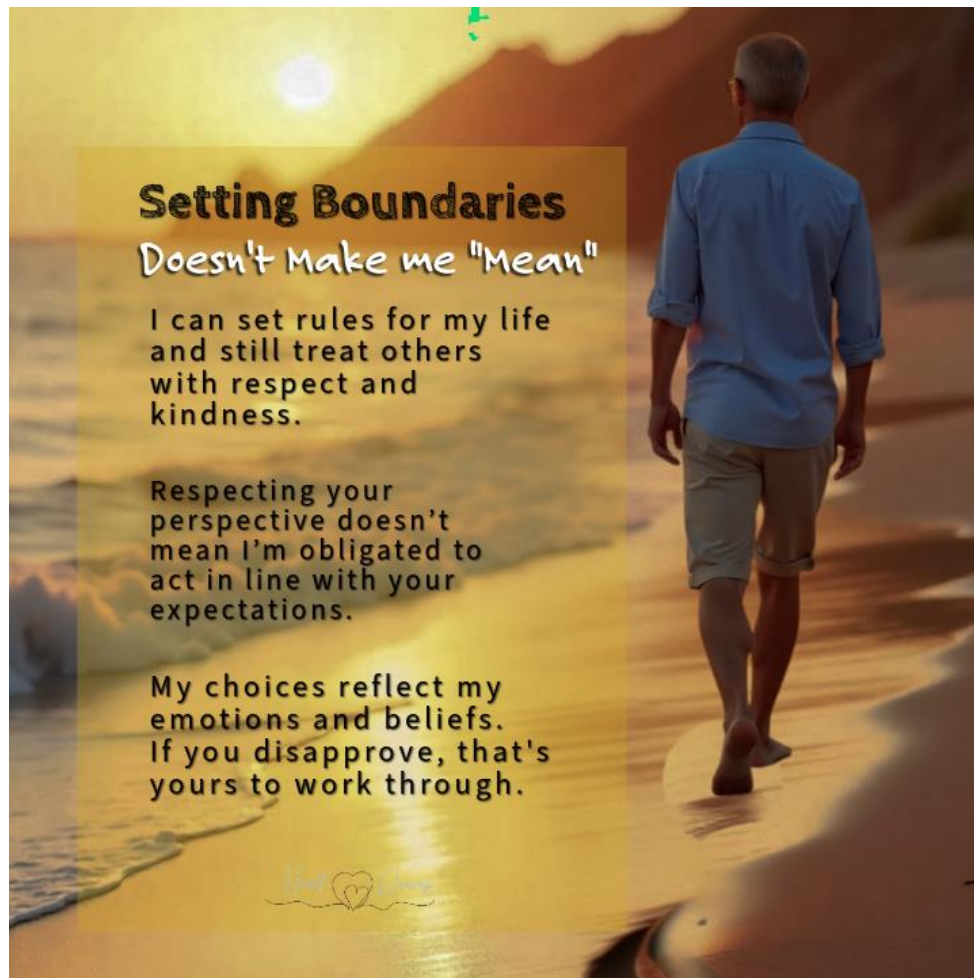
Why? Because there are many scriptures about self-sacrificing, giving and forgiving, and turning the other cheek. There are so many scriptures about loving thy neighbour and laying down your life for others. YES! We have big spiritual shoes to fill or so it feels.

Mix that with unhealed trauma, feeling guilty for saying NO, and having to stay humble and loving; you can easily get stuck in a trap where there is no boundary line around you to say – this is MY SPACE and MY TIME and I DON'T FEEL COMFORTABLE with that!



Boundaries can be uncomfortable, for everyone involved. Boundaries feel uncomfortable for **you** to start with - and when you do start to enforce them with other people, **they** can react because of them. So again – UNCOMFORTABLE!

Especially when you are just starting to put them in place for the first time, or putting them in place with a close family member, spouse, friend or business associate. It can be very uncomfortable when you are totally out of your comfort zone and have to be brave in an area where you have had hurt or trauma or feel dominated by a person.



Setting Boundaries Doesn't Make me "Mean"

I can set rules for my life
and still treat others
with respect and
kindness.

Respecting your
perspective doesn't
mean I'm obligated to
act in line with your
expectations.

My choices reflect my
emotions and beliefs.
If you disapprove, that's
yours to work through.

Right from the beginning of Creation with Adam and Eve and all through the Bible, God puts boundaries in place for us to follow. So, while there are the Everyday Life Boundaries we have to put in place, there are also Christian Boundaries as well which adds an extra dimension of responsibility to our lives.

Let's look at the following scripture as we take up our sword of the spirit.

Psalm 16:6-7-8 (NIV)

*The boundary lines have fallen for me in pleasant places;
surely, I have a delightful inheritance.*

*I will praise the LORD, who counsels me;
even at night, my heart instructs me.
I keep my eyes always on the LORD.
With him at my right hand, I will not be shaken.*

THAT'S A POWERFUL TRUTH! HOLD IT LIKE A SWORD!

How does this portion of scripture speak to you about boundary lines?

What comfort can you take from this as you trust in the Lord?

Christian Boundaries are always set in love and they keep you spiritually healthy. Christian Boundaries keep you from sinning and also help you to stay in the will of God for your life.

Everyday Boundaries and Christian Boundaries all come from learning **what** they are and implementing them. Our Christian Boundaries grow as we read the word and understand what God expects of us and also through the conviction of the Holy Spirit.

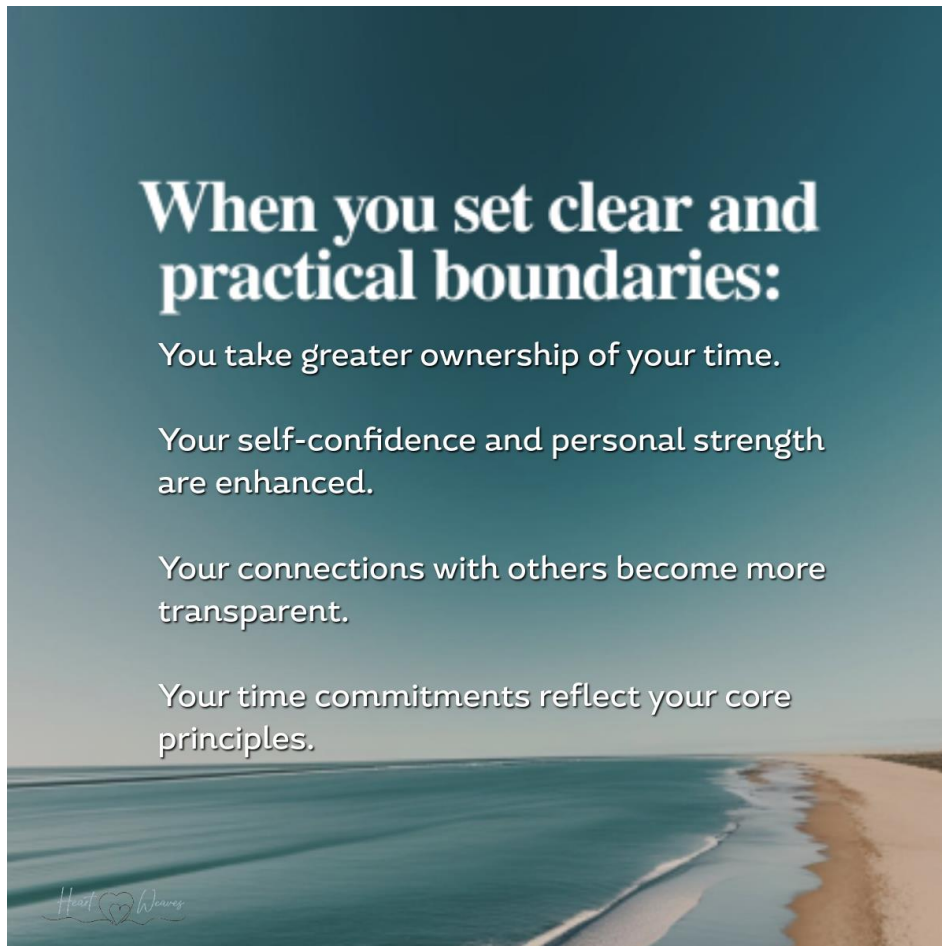
With both of these boundaries, we need God's help and strength and while there are many boundary scenarios in life, we will outline basic boundaries in this session.

A great read is a book by Drs. Cloud and Townsend, titled "**Boundaries: When to say Yes, how to say No to take control of your life**".

I recommend this if you want to explore deeper into this area.

Below is one of their quotes:

Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership.



The following chart outlines basic healthy personal boundaries. Do you feel that any of these other boundary areas encroach into your “Myself” space? If so, who and why? Write your answers on the lines below.



One of the easiest ways to tell if your boundary has been crossed is that you will instantly feel it in your gut. It will drop. You could trigger. You could feel sick. Your hands could be sweaty. You could hear an inner voice screaming at you. Your body gives you the physical and spiritual symptoms. It is up to **YOU** to stand up for yourself and do what is right for you. (We will look more into your gut response later in this lesson.)

What are *your* identifying factors to know your boundaries have been crossed?

What do you need to change to make your boundary lines clearer and more definite?

You can write these down on the #10 [ARMOUR WORKSHEET](#) in the back of the book.

Putting up a boundary line is like having a fence around your house.



Self-love is a big key for setting boundaries. Do you feel you have self-love to set strong boundaries?



If yes, why?

If no, why?

PERSONAL *boundaries*

Defining healthy personal boundaries begins with understanding what boundaries are.



PHYSICAL

- Who can touch you.
- How they can touch you.
- Where they can touch you
- When they can touch you.



SEXUAL

- Who can touch you in a sexual way and when.
- Who can speak to you in a sexual way and when.
- The limits of your sexual adventurism.
- Who can share details about your sex life, when and with whom.



EMOTIONAL

- The things people can say to or about you.
- Including uplifting people in your life.
- Removing people from your life who belittle you and bring you down.



GENEROSITY

- The things you will do for others.
- How often you will help others.
- How often you will take a break for yourself.
- How much you will give of yourself and your things.

VIOLATIONS

Boundary violations occur whenever someone does or says something which goes beyond your zone of comfort in any of the areas described above. You can stand up against these violations.

CHECK OUT OUR FREE E-COURSE ON BOUNDARIES AT
INFORMEDANDEMPowered.COM

From this chart are there any Personal Boundaries you relate to? (Go back and put a tick beside each one).

Being **aware** is your first step to Victory!

What are some things you can do to put up boundaries in these areas?



Love and Unity

*Oh, my children – please get along
And forgive each other for what was done wrong
No one is perfect in this world
Especially when sin is unfurled
Yes, they hurt you and you hurt them
But you must let go and forgive once again
Justice and vengeance are mine to deal
Trust in my WORD and not what you feel
Of course, it's okay to put boundaries in place
In fact, it's a must, but do it with grace
Forgive and let go of your troubles inside
Bless them abundantly – let go of your pride
At the end of the day, you must count the cost
Don't get distracted or you will be lost
My burden is easy and my yoke is light
Just say you're sorry to make it all right
In the realm of eternity, it's really quite small
So, lift up your eyes and let go of it all
And you will find freedom and hope for your soul
And live in a world with peace to behold.*

Megan Reda

HE MAKES PEACE IN YOUR BORDERS

Psalm 147:14, NKJV



Prayer ...

Father God, thank you that you protect me every day. Thank you that you are also teaching me how to protect myself by teaching me the importance of having good and healthy boundaries for myself. Take away from me all shame and guilt that would cause me to be an open door for the enemy. Help me to be brave and courageous. Heal me so I can have self-love and live in the confidence that I am worthy of putting up strong boundaries around my life when I need to. Teach me how I can use your word as my Sword of the Spirit to bring healing and victory to my life. I love you Lord, Amen.

SWORD OF THE SPIRIT

TAKING BACK YOUR LIFE (4)

It is okay to say NO!

In this lesson you will learn to understand
how you can say NO through the power of God's Spirit.

Written by Megan Reda

Often you can feel pressured to give in and say YES! Yet, inside you, EVERYTHING is screaming – NO – and yet you still say yes!

It doesn't matter if you have a strong personality or a gentle one: you don't have to justify who you are or make excuses for yourself. But, if you want to say NO at any time, you need to know...

It's okay to say NO!

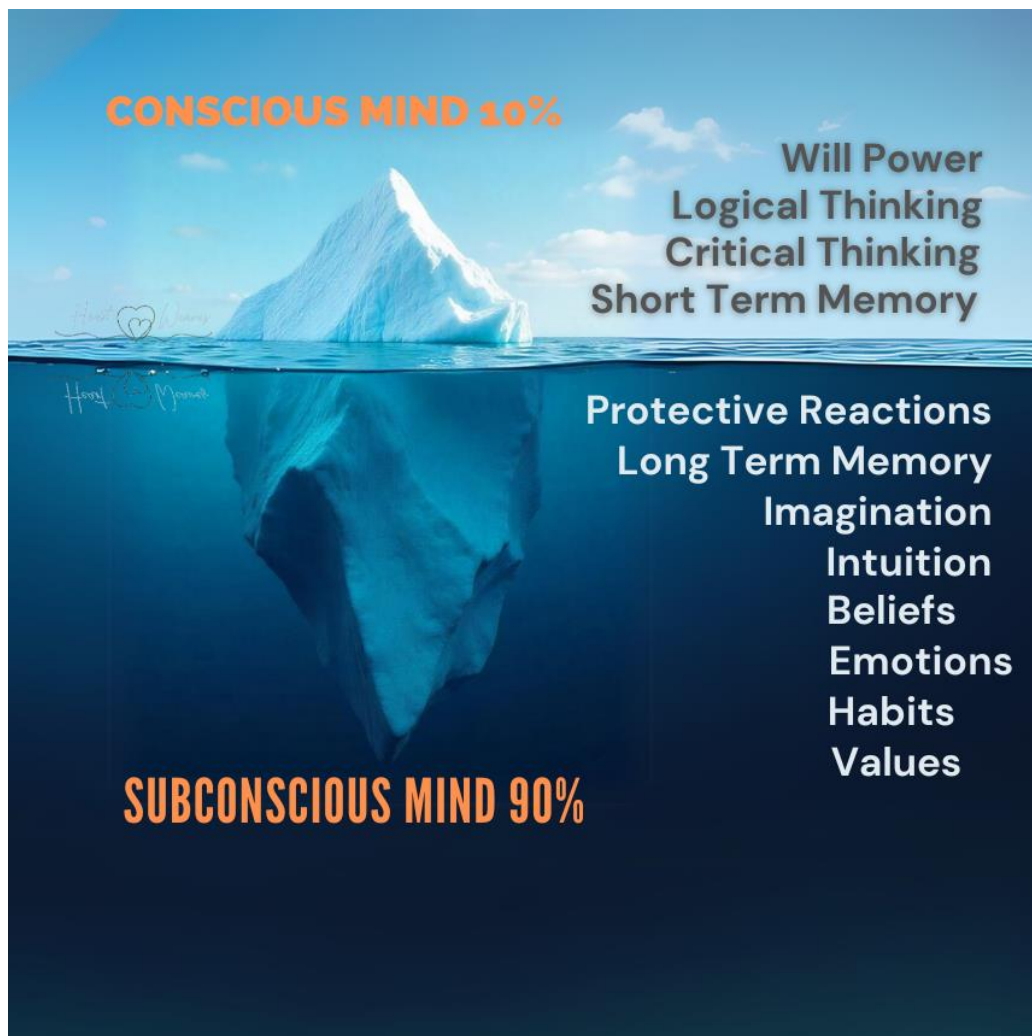


You were born with something called intuition, or sometimes we say it is our gut feeling.



It is that subconscious part of you that knows without knowing why. It is your inbuilt flight or fight instincts that are there to warn you of imminent danger.



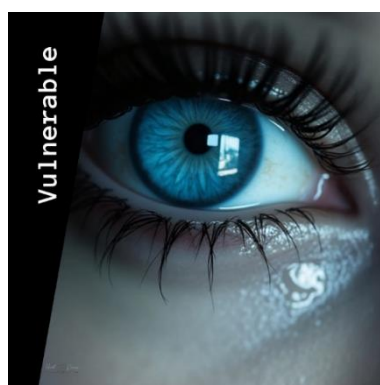


Again, these can be conscious or subconscious.

When we go through life and are hurt, abused, dominated or anything is said to make us lose our power, we can lose focus on what is right and wrong.

It is like our 'knower' gets damaged, and it is hard to make good decisions from confusion and cloudiness in our brains.

Sometimes, we can lose our power, our voice, or the right to stand up for ourselves and this can also rob us of our inner strength and place us in a position of vulnerability.



The oxford dictionary meaning for vulnerability *is a position of relative disadvantage which requires a person to trust and depend upon others.*

This is when you allow yourself to get used or taken advantage of. This leaves you damaged, afraid to trust again and traumatised, especially when you have trusted someone with your heart, life or personal details.

This is a dangerous place to live as others who are stronger see your weakness, and you become easy prey for them to attack, trap and dominate.

Your safety check with people like this is your gut feeling. It will ALWAYS scream danger inside you no matter how foggy or damaged you are!

It is your built-in survival flare, so when it goes off, learn to stop, listen, breathe, draw strength from the Lord within you and SAY NO!

THAT'S A POWERFUL TRUTH! HOLD IT LIKE A SWORD!



Now on #11 [ARMOUR WORKSHEET](#) provided at the back of the book, write down and answer the following –

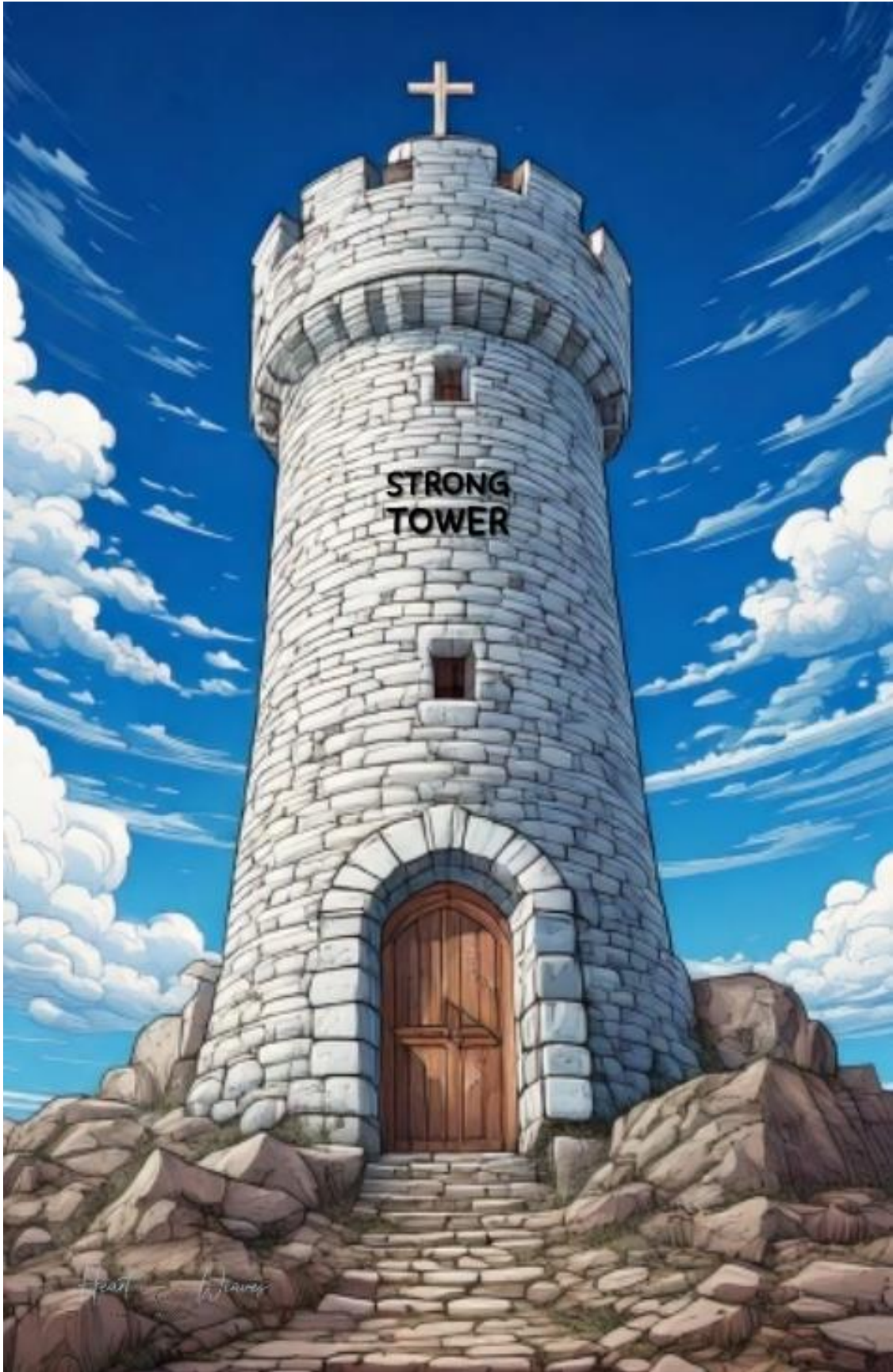
- Are there any situations or people in your life, you find yourself having trouble saying no to? Who and what are they?
- What made you say Yes? Why couldn't you say NO?
- What does losing your power look like to you?
- What would you have to do to get your power back?
- Are you in tune with your intuition or gut feeling?

If no, ask the Lord to reveal the block. This could be past trauma/hurt/damage in your conscious and subconscious. Ask the Lord to show you and heal you.

Ask the Holy Spirit to **help you** in this area of **weakness**, **make you stronger**, **teach you how to change**, **protect you** and **release you** from **any stronghold**.

In Proverbs 18:10 (NKJV) it says – *the name of the Lord is a strong tower; the righteous run into it and are safe.*

When you look at this after reading the scripture, what do you feel?



On the # 12 [ARMOUR WORKSHEET](#) provided in the back of the book write down the answers to the following.

- Have you made Jesus your strong tower?
- What does your strong tower in Jesus look like?
- Do you run to Him when you need help and rescuing?
- Ask Jesus to show you what it looks like in your day-to-day life for Him to be your strong tower.
- Write down any prayers or thoughts you have about saying YES when you should be saying NO.

Prevention is better than cure. AND practice makes perfect.

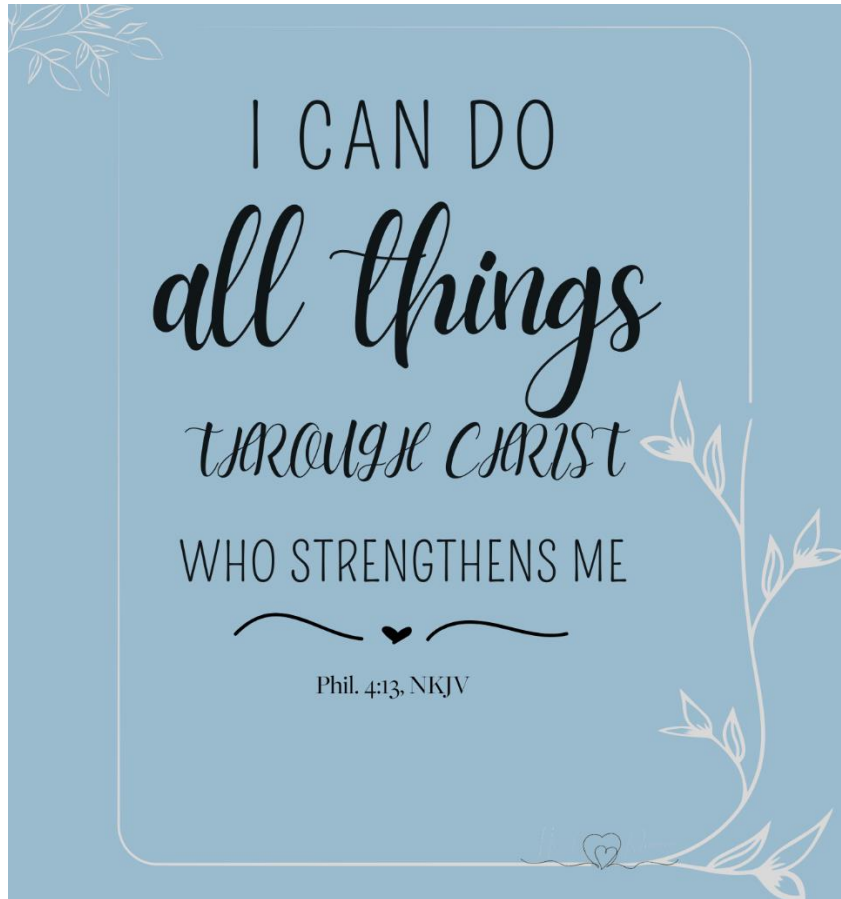
Write your list of situations where you can't say NO!

Now write your prepared response as to how you will say NO!

(Have something already prepared and rehearsed. It helps when you are taken off guard or put on the spot. It is your tool, so carry it with you always.)

Example: "I'm not comfortable with that" or "No, Thank you anyway".

Sometimes you can feel alone and not strong enough to enforce your NO or to set boundary structures around your life. This is when you need to call upon the Holy Spirit and God's word to help you.



Write down a personal prayer that you can pray to ask God to help you in setting your boundaries.

God wants you to be strong and free, so take one step at a time, even if it is a small step, each one will be taking you one step further towards your VICTORY!



Prayer...

Thankyou Lord, that you are showing me how I can say NO! I can use the Sword of the Spirit which is the Word of God when I am feeling intimidated and unsure. Strengthen me from within and guide my heart and my convictions to a place of safety in your Spirit. Give me discernment to recognise old patterns of people pleasing and help me to break them. Help me with the strength of your Spirit to rise up and say NO every time my gut and intuition guide me to do so. Amen.

SWORD OF THE SPIRIT

REGAINING IDENTITY

Authenticity & Mask Activity

In this lesson you will learn to understand
how you can be authentic through the power of God's Spirit.

Written by Megan Reda

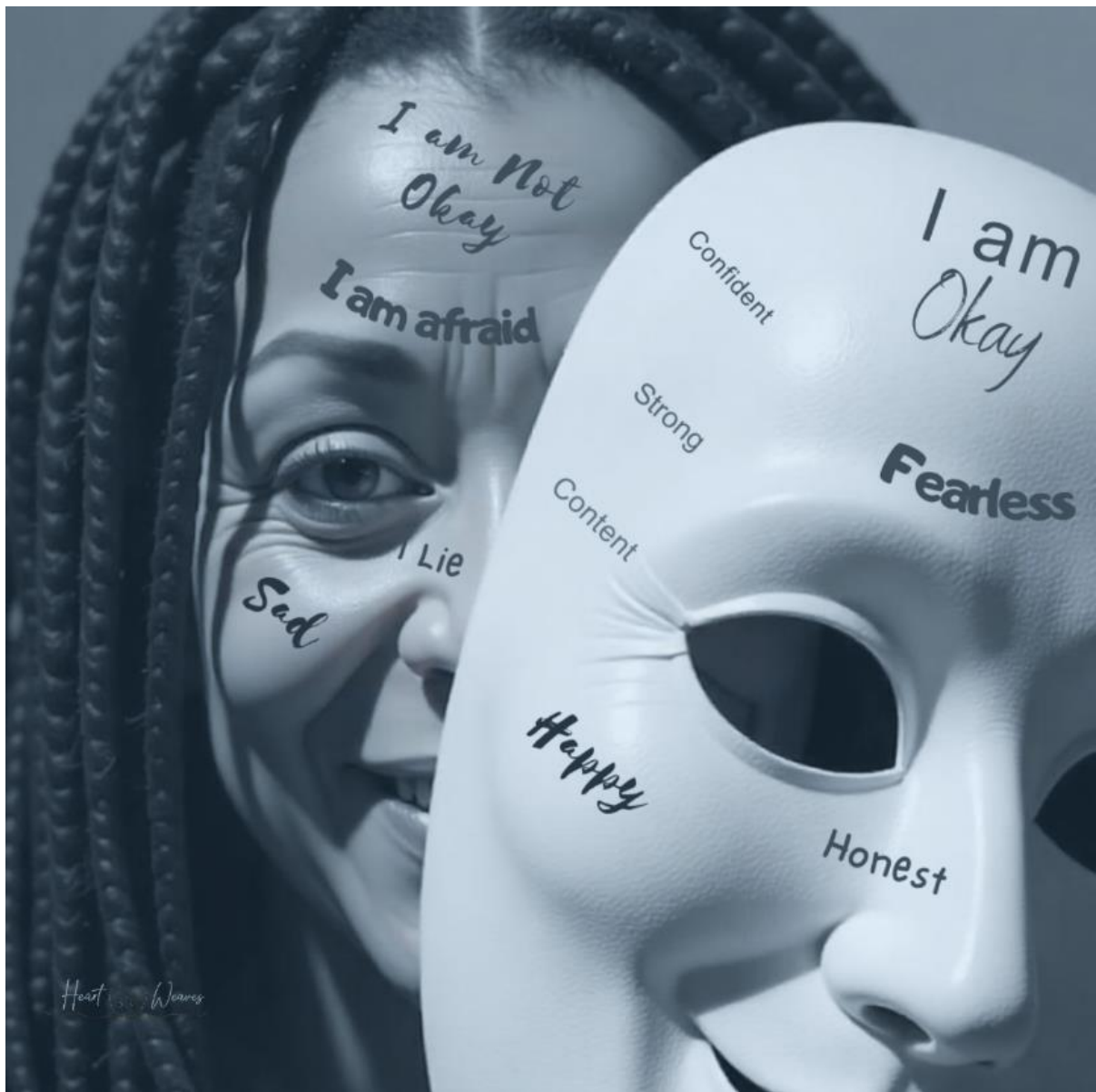
Being authentic is living your life by your values and goals rather than those of other people. The Sword of the Spirit is again here to protect you in your daily life.

When you have suffered trauma or abuse and become a victim quite often you put on a mask. Sometimes you need to if you are in danger. Other times you wear one without realizing because it has been your conditioning. Either way, your mask gets so comfortable after you have worn it for such a long time, even you don't know who you are underneath it anymore.

You start playing a role to fit your mask. You can try to impress others, stay safe, or be accepted by your friends. You stay quiet; you don't share how you feel, you go against your true nature, and you start living an inauthentic fake self.

It is tiring and depressing living this way. It can also hold you back from living up to your full potential. Your mask becomes your protective shield which, in reality, is a suffocating place to live. You display your fake self rather than the God-given one you have been born with.





You may be aware of your mask, or maybe you are not aware. But living an authentic life is the only way to freedom and to walk in your destiny.

THAT'S A POWERFUL TRUTH! HOLD IT LIKE A SWORD!

In this next activity, you will uncover the real you and reveal the real you. So again, take a deep breath and be brave. You are doing great and getting the VICTORY with every step.

WHAT MAKES YOUR HEART SING?

On the #13 [ARMOUR WORKSHEET](#) in the back of the book, answer the following questions:

- What makes your heart sing?
- What do you like to do? Hobbies, passions, what ignites your heart?
- How can you start to make these things happen?
- Who or what is stopping you?



NEVER STOP TRYING! NEVER STOP BELIEVING!



Next, we will have a 'being authentic' skit.

If you are doing this by yourself just read it through. If you are in a large group, you will need four people. You can act it out with props accordingly.

Characters: Narrator, Anita, Sally and Helen.

NARRATOR - Anita and Sally work together in a retail clothing outlet called RAGS to RICHES, where Helen is the manager. Anita and Sally have known each other for six years and have developed a deep friendship. See if you can identify where Sally is not being authentic.

Anita & Sally arrive for work and are ready to sign in to the register.

Sally – Hi Anita, you look flushed. Are you okay?

Anita – No! I am not okay. I had a bad night.

Sally – (expresses empathy) – Oh, sorry to hear that. Here, you sign in first and make our coffees if you like, and I'll do the float and get things started.

Anita – Thank you Sal. Yes, I do deserve a coffee! (sighing deeply)

NARRATOR - Anita signs in and goes into the lunchroom. She comes out with their coffees.

Anita – Before we open the doors can I share something with you? I am devastated. I found out the other day my husband has been cheating on me and my whole life's a lie.

Sally – Oh Anita, I am so sorry to hear that. This is huge.

NARRATOR - Sally hugs Anita but is interrupted by the phone ringing. Sally answers the phone. It is Helen from Head Office.

Sally – Hello, Rags to Riches, can I help you?

Helen – Hello, It's Helen from Head office, who am I speaking to?

Sally – Oh, hello Helen, it's Sally Lake. How can I help you?

Helen – Well, there seems to be a bit of a problem from the last stock-take inventory we did. Our books show from this store that an excessive amount of clothing is not accounted for? Do you know how this could have happened?

Sally – Oh my goodness! I have no idea why? I will talk with Anita and get back to you as soon as I can!

NARRATOR - Sally hangs up the phone and goes and finds Anita.

Sally - Hey Anita, I'm sorry we have to deal with this right now but Helen from Head Office wants to know why there is so much clothing not accounted for from stock take?

Anita – Oh my goodness, Sally. I didn't think it would be picked up! (whispering) I've taken some things and sold them online. They were old stock and I honestly thought they would have just got written off. Please don't tell Helen, or I will lose my job!

NARRATOR - Sally is faced with a dilemma. Does she lie to cover for her friend so she will not lose her job, or does she stay true to her values and tell Anita she can't lie for her, or she might be found out and lose her job.

Anita – Please, Sally, don't tell Helen what I did? I really don't need that right now!

NARRATOR - Sally takes a huge breath and calls Helen back.

Sally – Helen, I have checked with Anita, and she has no idea why there would be a discrepancy unless there is a glitch in the system.

NARRATOR - Sally pulls faces, obviously telling lies is destroying her.

Sally – (angry and stressed) I just lied for you Anita. I hate lying. I don't want you to lose your job though – but now I feel terrible!

NARRATOR – The phone rings and Sally tries to push through her emotions to answer it. To her surprise it is the new man she has just started seeing.

Sally – Hello Rags to Riches, can I help you? Oh, hi Steve, yes, I'm good. I've never felt better!

THE END

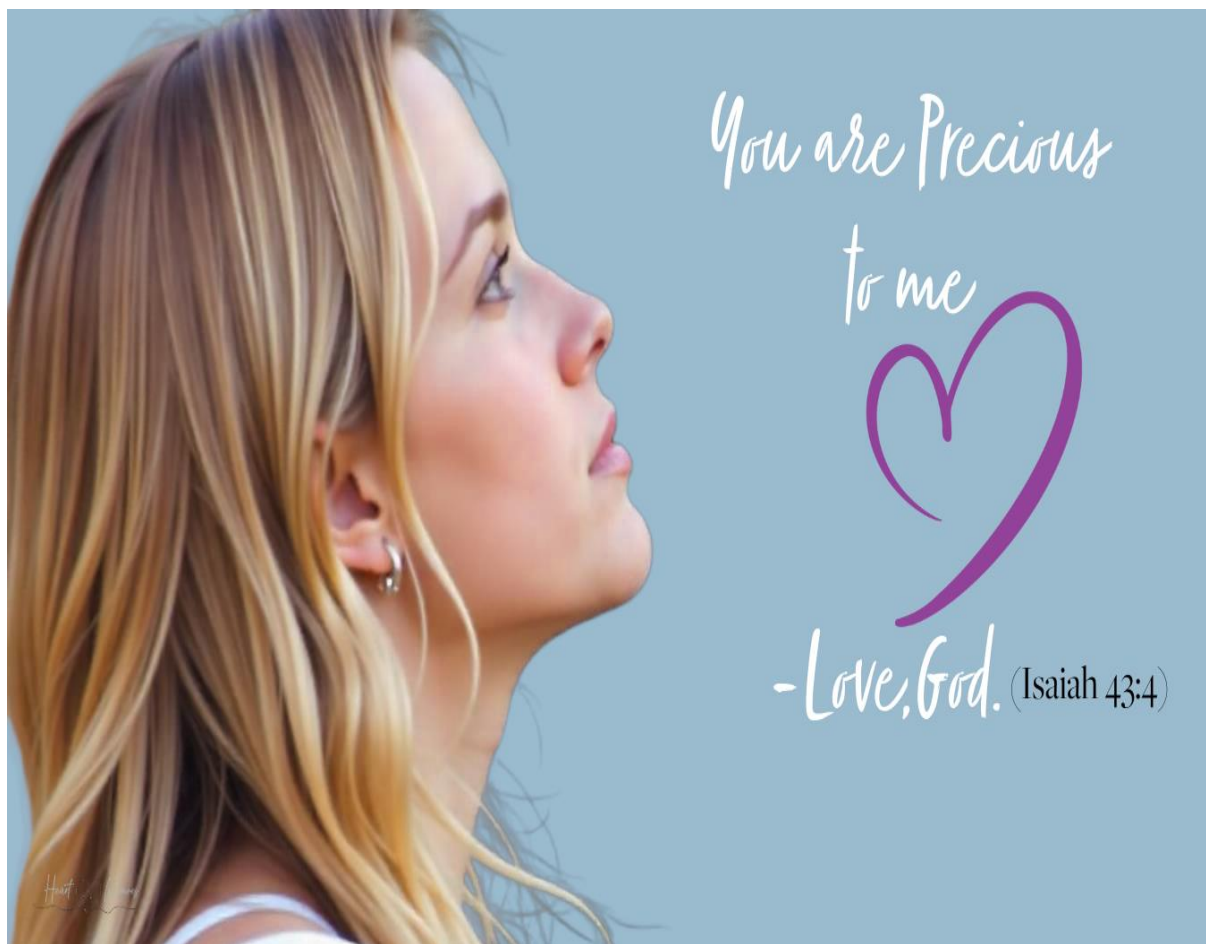
Can you see where Sally was not living being authentic to her values? Can you see why Sally may have not been authentic? Write your thoughts below.

Can you identify in your own life where you are not living authentically?

Where do you need the sword of the Spirit to cut through in your life?

Write your answers under the questions below:

- Where do I not live up to my values?
- Do I change who I am to suit other people or situations?
- Do I know how to listen to that still small voice – God?
- Can I identify when I am doing something I don't want to?
- Can I communicate honestly without intimidation?



MASK ACTIVITY #14

Materials needed: You can purchase a solid mask or use the mask template provided in the back of the book.

Look at it and feel it.

Put it on. Answer these questions with your mask on.

Where in your life do you wear a mask?

Do you like wearing it?

How long are you going to wear it for?

Do you want to take it off?

If you took it off – How would that make you feel?

How would others react if you took it off?

Does that bother you?

Now take the mask off. How does it feel to be free?

See yourself and what it would look like for you to be:

-healed

-strong

-flourishing in your destiny

-changing your entire life for the better

-improving the lives of those around you. (Your family/children)

-would your life be better?

-would you be happy?

-would you be free?



Hero Unaware

Are you called to be a HERO
By Almighty God?
You might think you are nothing
Or as some say, "a little odd"
But I have something to whisper
To those who have an ear
Something quite incredible
So, stop and come, draw near
Of what I have to share with you
From God's throne and His WORD
It will be quite spectacular
You may not have seen or heard
The Great plans and adventures
Your Destiny God's carved out
For you to fulfil upon this earth
Just believe and do not doubt
He's called you to be mighty
Stand strong upon this earth
Dreams and visions and blueprints
Inside you, God has birthed
You may feel insignificant
Treated badly, and that's unfair
But deep down there inside you
Lies a HERO UNAWARE
So, rise up in the POWER of God
He's called you to be strong
Walk daily on the path in front
Even though the journey is long
And in time and due season
God's plan will soon unfold
Your hidden life now can shine
And be forever told
Who you are and what you do
For God is oh-so-great
Your life, your struggles and your joys
So many will relate

And you will make a difference
It's what God's called you to
No more HERO UNAWARE
The hour has risen on you
Now, go and make your legacy
Go and pave the way
So, you will encourage others
When it is their day
Rise up, HERO UNAWARE
And stand strong in your gift
The future is yours to change for God
Many things that you will shift
And put in place God's destiny
Yes, He has used your hand
To be a channel for His love
Now the HERO – YOU UNDERSTAND!

Megan Reda

Prayer...

Father God, I pray that you help me to have the courage to be my authentic self. The person you created me to be in that secret place where you formed me all those years ago. Thank you that you are healing me back to my original blueprint of who I am, without the trauma and the pain. Heal me deeply so I can take my mask off and be the gift to the world which you have planned for me to be. Thank you, Lord, you are by my side, and give me strength to use the Sword of the Spirit when I need to. Amen.

SHIELD OF FAITH

SHIELD YOUR LIFE (1)

Empaths & Narcissists

In this lesson you will learn to understand
how to shield your life through the power of God's Spirit.

Written by Megan Reda

Honour

*Have you ever been dishonoured?
Somewhere in your life
I bet it did feel awful
And only led to strife
Well, let me share right here and now
That's not the heart of God
He doesn't rule with an iron fist
And beat you with a rod
No! God, He wants to love you
And sees your gifts within
He wants you to succeed in life
Despite all your past sin
And share His loving heart with you
Great love, it will abound
And all will come to know God's love
And hear true honour's sound
Honour says "You're valuable"
"And your life has great meaning"
"You are gifted with many talents"
Jesus Christ is our redeeming
He sets our feet upon His rock
And though we're jars of clay
We're filled inside with precious gold
To shine God's love display
And all God's wonderful goodness
And His plan for me
Nothing can dishonour
For I am finally free
Of all my past and sin and shame
They are forgiven at the cross
Don't let anyone ever treat you
With disrespect and loss*

*For Great is our Redeemer
And He honours who we are
So, stand up tall and live for Christ
And He will honour us far.*

Megan Reda

In this lesson you will learn about another important part of our armour. The shield. You will understand that shielding your life is one of the most powerful and practical ways to protect yourself from trauma.

THAT'S A POWERFUL TRUTH! HOLD IT LIKE A SHIELD!

We will now look at some personality traits. EMPATH, CO-DEPENDENT, NARCISSIST.

Let's learn about an empath.

Educating yourself is knowledge and knowledge is POWER!



Empath traits: Psychologically an empath identifies with the feelings and thoughts or attitudes of another. They have a vast capacity to feel and give, but if they are damaged, this beautiful quality can easily be taken advantage of, usually by a narcissist.

A narcissist is an overly self-involved person and often vain and selfish which we will look at further into this lesson.

An empath and a narcissist easily fall into this co-dependent dynamic, especially an empath who is broken and co-dependent. Narcissists, mainly on a subconscious

level, seek out such people like this because they are pliable and easy to dominate and influence for their gain.

Let's look at some of the traits of an empath.

(www.drjudithorloff.com)

Empaths are highly sensitive.

Empaths absorb other people's emotions.

Many empaths are introverted.

Empaths are highly intuitive.

Empaths need alone time.

Empaths can become overwhelmed in intimate relationships.

Empaths are targets for energy vampires.

Empaths become replenished in nature.

Empaths have highly tuned senses.

Empaths have huge hearts and sometimes give too much.

REMEMBER! Educating yourself is knowledge and knowledge is POWER!



The next personality trait is co-dependency.

It is very common for an empath to be co-dependent. In fact, they often go hand in hand.

These are the symptoms of a co-dependent personality. (www.everydayhealth.com)

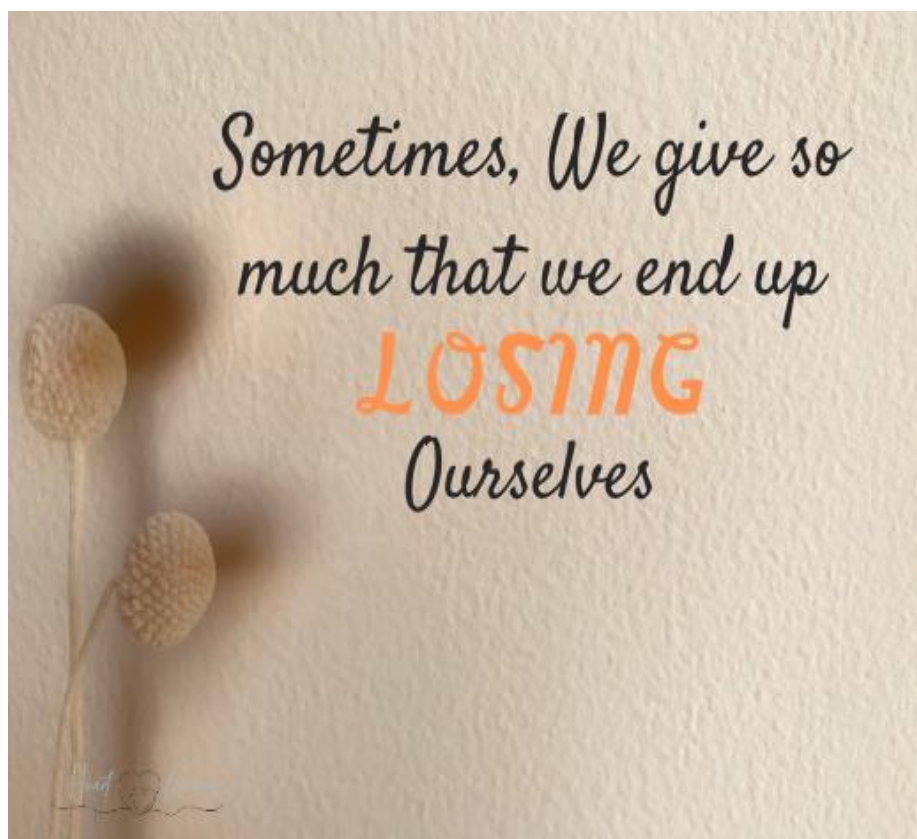
Have difficulty making decisions in a relationship.

Have difficulty identifying their feelings.

Have difficulty communicating in a relationship.
They value the approval of others more than loving themselves.
They lack trust in themselves, and they have poor self-esteem.
Have fears of abandonment or an obsessive need for approval.
Have an unhealthy dependence on relationships, even at their own cost.
Have an exaggerated sense of responsibility for the actions of others.

Co-dependency is a behavioural condition. The dictionary meaning for it relates to a relationship in which one person is physically or psychologically addicted, as to alcohol or gambling, and the other person is psychologically dependent on the first in an unhealthy way. Therefore, it is also known as **relationship addiction**.

It is literally when you become addicted to self-sacrificing your own needs and wants with everyone to the degree of self-abuse. You feel weak, timid and powerless. You don't receive; you only give. Receiving makes you feel uncomfortable. In your subconscious, you are not worthy of being given anything, and if you do take gifts or help, you feel incredibly guilty for doing so. You are allowing the other person to abuse you and take advantage of you, and you are abusing yourself.



A typical co-dependent has little or no self-love. This is especially if abuse or neglect was evident in their childhood to cause negative feelings against themselves. So, what is the opposite of self-love? That's right, self-hate. And self-hate is destructive and has many ways of displaying itself in our lives, and co-dependency is one of them.

A co-dependent has no secure or firm identity, so they create their identity around helping others to build their low self-esteem. Giving to others makes them feel good about themselves, and it also feeds the unhealthy root problems deep within them.

A co-dependent usually feels ashamed of who they are and believe they are worthless. So, they build their value by doing and giving of themselves in every way they can. Most times, this is to their detriment. They can be taken advantage of easily, which feeds their cycle of abuse and lack of respect for themselves. This adds to their devaluation. The hole gets deeper and the trap tighter.

They also believe they don't deserve happiness but crave it deeply, so they will do anything to get it, even at their own expense. Most of this is done at a subconscious level. While it is always wonderful to be a giver, you need to ensure it is done for the right healthy reasons.

Now let's look at a narcissist.



Narcissistic personality disorder is a mental condition in which people have an inflated sense of their own importance, a deep need for excessive attention and admiration, troubled relationships, and a lack of empathy for others. (www.mayoclinic.org)

Eight Signs of a Narcissist. (www.powerofpositivity.com)

They exaggerate their achievements and talents.
They are master manipulators.
They don't recognise or accept your feelings.
They are arrogant.
They require constant adoration and admiration.
They take advantage of others.
They are envious of others.
They believe they are superior.

These people have substituted the lack of love and support from a parent by over-emphasising their worth. Narcissistic Personality Disorder seems to affect more males than females. (In 2023 a comprehensive study published in the Journal of Personality and Social Psychology, measured gender differences in Narcissism among 250,000 people and found that men scored higher than women.)

It's essential to recognise the boundaries between an unhealthy ego and that of a narcissistic personality disorder. Sometimes the lines seem to overlap. The above signs differentiate a narcissist from a person who has self-assurance and confidence.



Lying is usually thrown into the mix; a tool the narcissist uses to fulfil their plans and selfish desires.

For a co-dependent, it is only when they are accountable and take responsibility for their behaviour and shortcomings and stop being the victim that true healing can come. They become released by taking ownership of their part to play in a toxic relationship.

How do you get free? By refusing to be the victim anymore. In a later lesson we will be looking more into the victim mentality. Only then, when you acknowledge your weaknesses, learn how to take back your power and grow in wisdom, can you take a step forward into freedom.

Next, we will have two skits with Jim and Joan. Here we will endeavour to show you an example of Narcissism and Empathy. You can look for narcissistic traits, co-dependent traits, victim-hood, masks, red flags, manipulation, controlling behaviour, no boundaries etc. Write down all the attributes you see in this relationship, where it is healthy and unhealthy.

There is space to write this on the #15 [ARMOUR WORKSHEET](#) in the back of the book. There are two shields provided. One for healthy attributes and one for unhealthy attributes.

Now, we will have a – ‘Relationship’ skit.

If you are doing this by yourself just read it through. If you are in a large group, you will need three people. You can act it out with props accordingly.

Characters: Narrator, Jim and Joan.

THEME – Jim and Joan have been in a relationship for only one month.

This is the **UNHEALTHY** example.

NARRATOR - The phone rings – Joan awakes. It is only 6 am – she answers squinty-eyed with a croaky voice.

Joan – Hi Jim. How are you?

NARRATOR - Jim responds with a perky attitude.

Jim – Hey, Gorgeous!

Joan – Can I help you??? Is this an emergency? It's only 6 am.

Jim – Oh, is it! Whoops! I've been up for hours; it feels like mid-day to me.

NARRATOR - Jim has a little chuckle. Joan has a little laugh in response but is not feeling respected.

Jim – Anyway – I wondered if you could type up my resume. I'm going to apply for the mines, and my laptop and printer are not working. I need to take it in today before lunchtime. I can forward my resume to you from my phone, and when you have finished, you can send it back to me.

NARRATOR - Joan, a bit stunned and taken off guard, says politely.

Joan – Oh, okay, Jim, no problems. I'd be happy to help you! I hope you get the job.

Jim – Yeah, cheers. And maybe later we can go for coffee if my day goes to plan. But I'll let you know later. Thanks, gorgeous!

NARRATOR - Jim hangs up. Joan huffs and puffs and mutters.

Joan – This ALWAYS happens to me – I give, give, give and they take, take, take. I am ALWAYS treated like this, and I am sick of it!

NARRATOR - Jim phones back, and Joan switches to being polite.

Joan – Yes, Jim. Did you forget something?

Jim – Yeah. Can you send it to this email instead – fionawinks@inet.com Thanks, beautiful. Ciao.

NARRATOR - Joan is now flustered and confused but gets straight onto typing up the resume and sends it to fionawinks@inet.com. Not feeling happy and now getting anxious, she takes some deep, slow breaths. During the day, Joan keeps looking at her watch all the time. It's now 4 pm, so she puts the kettle on as it doesn't look like Jim will take her for a coffee date.

NARRATOR - Jim phones.

Jim – Hey, Gorgeous. Sorry I got held up. I have to take a rain check on coffee. Literally! Is it raining where you are? It's been pouring down here all day, and I guessed you probably wouldn't want to get your hair wet. I know how you girls are. Always worried about what you look like.

NARRATOR - Joan answers with disappointment trying to be happy.

Joan – Oh yes, we do like to look nice for our dates, that's for sure.

NARRATOR - She hears a girl giggle in the background and suspiciously asks.

Joan – Jim, are you with someone?

Jim – Oh no, ha-ha, that's just the tv.

NARRATOR - Joan, convinced she heard a girl's laugh says.

Joan – Okay, well, when the rain stops, maybe we can have our coffee.

NARRATOR - Jim, obviously keen to go, says.

Jim – Yeah, sure, gorgeous. I'll let you know when the sun comes out – Ciao!

Joan ends the phone call, sighs and drops her head. **THE END.**



This is the **HEALTHY** example.

NARRATOR - The phone rings – Joan awakes. It is only 6 am – she answers squinty-eyed with a croaky voice.

Joan – Hi Jim. How are you? Are you okay? It's only 6 am.

Jim – Oh wow! I'm so sorry. I've been up for ages, and it seemed so much later.

Joan – Yes, I don't get up until 7 am. Next time if you wait until 7 am, I will be awake.

Jim – For sure. I'm so sorry. I will make sure it doesn't happen again.

Joan – What's up anyway?

Jim – Well, I was going to ask you for a considerable favour. I am applying for a job in the mines, and I need a resume this afternoon. Unfortunately, my laptop and printer are not working and I wondered if you could type it up for me. Sorry for the late notice. They only let me know late last night.

Joan – Oh wow, Jim, that's exciting. I hope you get the job. Sure, how can I help you do this?

Jim – I can send the draft through to you from my phone, but when you have finished it, can you send it through to my cousin at fionawinks@inet.com? She is not my cousin, but their family has been a longtime friend of my family. I hope one day you will get to meet them. I would ask Fiona to do this for me, but she works a night shift and sleeps all day. So, I really appreciate you helping me with this.

Joan – Okay, Jim. That sounds all good. It's my pleasure to help you with this. That's the beauty of me working from home. I can work with my schedule. I will have some breakfast and get started on it straight away.

Jim – Please let me take you out for a coffee date this afternoon if you are free regardless if I get the job or not!

NARRATOR - Joan blushes and giggles with happiness.

Joan – Okay, Jim, that sounds lovely. I will send it through to Fiona when I have finished.

NARRATOR - Joan types and sends it to fionawinks@inet.com. Jim messages with thanks that he has received it, followed by lots of heart emojis. Joan blushes and giggles again. At 2 pm, Jim phones again.

Jim – Hey Joan, fancy that coffee? We have some celebrating to do! I got the job. I will tell you all about it soon but hey – I couldn't have got it without your help. I really appreciate you! It's raining heavily, but what do you think? I have an umbrella!

NARRATOR - Jim has a cheeky laugh.

Joan – Oh, Jim. Congratulations! That is such fantastic news. Yes. Let's celebrate! Well done you! I am so glad I could help.

Jim – Great! I will pick you up at 3 pm. See you then.

NARRATOR - Jim arrives with 12 red roses, and they hug, and he pops the umbrella in front of them both, and Joan pops her leg! **THE END.**



Prayer...

Thankyou Lord, you have taught me how to shield my life and also to recognise what and who from. Thank you that you continue to teach me how to use my Shield of Faith. I am learning how to not allow my boundaries to be crossed, so I ask for you to give me the boldness to say NO and put my protection up when I need to. Help me Holy Spirit to recognise the different personality traits and increase my discernment so I can stay away and protect myself from all harm. I love you, Lord. Amen.

SHIELD OF FAITH

SHIELD YOUR LIFE (2)

Grooming, Flattery & Red Flags

In this lesson you will learn how to
shield your life through the power of God's Spirit.

Written by Megan Reda

Another dangerous trait to be at the ready for, with your shield up, is someone who flatters you. The dictionary meaning for flattery is - *a compliment or speech which is excessive or insincere praise.*

This alone is a red flag! When someone is very charming and charismatic and pays you lots of compliments – beware!



For example, a person hoping to get a pay rise might say, “Oh wow, your hair looks nice, or that colour suits you.” While those things may be true, if they are not told from a sincere heart and said with a heart that has an ulterior motive – that is flattery.

The Bible is also very clear about FLATTERY! There is a difference between encouraging someone or paying someone a compliment.

Let’s look at what the Bible says about flattery. What are the following scriptures trying to warn you about? Then, get into your small group and discuss or if you are on your own, think on the following scriptures.

Proverbs 29:5 (NKJV)

A man who flatters his neighbour spreads a net for his feet.

Romans 16:18 (NIV)

For such persons are not serving our Lord Christ but their own appetites. By smooth talk and flattery, they deceive the minds of naïve people.

Psalm 5:9 (NKJV)

For there is no faithfulness in their mouth; Their inward part is destruction; Their throat is an open tomb; They flatter with their tongue.

Look closely at the picture below.



Describe what you see and write it down on the #16 [ARMOUR WORKSHEET](#) in the back of the book.

Can you think of a time when someone flattered you, and you knew they had ulterior motives? What did they say, and how did that make you feel? You can also write these down on the #16 [ARMOUR WORKSHEET](#).

Flattery is dangerous. This can also be a form of GROOMING. When someone grooms you, they use words and techniques to make you think you are going crazy, or they blur your judgement and confuse your gut feeling. Grooming is using forms of subtle manipulation.

NARCISSIST GROOMING

Idealisation

Swept off your feet emotionally,
spiritually, and sexually.

Indirect Persuasion

Your behavior is programmed &
conditioned with suggestions.

Testing The Waters

Subtle digs combined with flattery.
Trained to ignore your intuition.

Heart Weaves

An example of this is, "If you loved me, you would..."

What examples of grooming and conditioning have you heard or experienced personally? Write in the following space provided.

Grooming is when someone with a hidden agenda builds a relationship with another person. They purposely build up trust and an emotional connection between them to control them or manipulate them, exploit and abuse them. This is often done with young children or someone who is naïve. Then they can be sexually, mentally, emotionally, spiritually and physically abused or materially exploited.

A person who is grooming you might pat your back, touch your arm, or try to hug you and you feel very uncomfortable about it because your intuition and gut-brain alert you. They might be trying to see if you will let them touch you.

There is a pattern for grooming a victim. ([businessinsider.com](https://www.businessinsider.com))

Step 1: Target their victim

Step 2: They gain their trust

Step 3: They find a weakness, vulnerability or naïve opening

Step 4: They fill the victim's need

Step 5: They isolate you

Step 6: They make you completely dependent on them

Step 7: They trap you

Step 8: They use tactics to maintain control over you

These are eight common red flag pitfalls to look out for: ([businessinsider.com](https://www.businessinsider.com))

1. You justify their bad behaviour
2. They don't talk through issues
3. They are constantly testing your boundaries
4. They have a massive sense of entitlement
5. Something in your gut feels wrong
6. Everything is about them
7. They are overly critical of their previous partners
8. They constantly deny, criticise, or dismiss you

Isn't it a coincidence that a lot of these traits fit the personality profile of the narcissist? So, if you want to study for yourself more about the characteristics of a narcissist and learn from the many YouTube videos available by professionals, this will give you more understanding of what to safeguard yourself from.

One of the most common things we do, especially when entering a romantic relationship, is seeing the potential in the other person. We can fall in love with the idea of what we want that person to be like, thinking we can change them or love them enough for them to rise to the possibilities that WE see in them! But, unfortunately, most of the time, they don't or won't, and WE CAN NEVER CHANGE anyone!

God can certainly work on their hearts through prayer, but still, nothing is guaranteed as each person has their own will that not even God will override.

It is true that two people **can** meet and evolve and grow together for the better romantically. It is also true for platonic friendships, BUT in saying all of that, there are definite characteristics that are toxic and dangerous. These types of relationships will cause you anxiety and stress and you will realise you can't be your true self when you are around them.

Here are a few red flags to watch out for.



8 RED FLAGS

1. Overly emphasises their goodness and kindness.
2. Damages the reputation of others.
3. Has a history of past upheavals.
4. Is mysteriously hated by people close to them.
5. Exhibits strange and perplexing behaviour or reactions to things.
6. Exercises excessive control and intrudes on others' privacy and boundaries.
7. Is extremely self-absorbed.
8. Reacts negatively when attention and credit are given to others.

Heart Wives

It is a known FACT – YOU cannot LOVE the RED FLAGS out of ANYBODY!

RED FLAG #30

After a run-in with a psychopath, you will feel insane, exhausted, drained, shocked, suicidal, and empty.

You will tear apart your entire life, spending money, ending friendships, and searching for some sort of reason behind it all.

Source: <https://www.psychopathfree.com/content.php?212-30-Red-Flags>



Have you ever dismissed RED FLAGS?

What were they, and why do you think you either ignored them or didn't see them?

Write your comments in the #17 [ARMOUR WORKSHEET](#) in the back of the book.



Beware of people who can never say they are sorry or that they are never wrong. It is always someone else's fault. Although they might be 'sorry' they got caught out and display signs of self-remorse for a brief moment – they refuse to change, or very quickly, their toxic behaviour resurfaces. So, you find yourself going around the same old negative cycles again.

The next part of this session is probably one of the essential foundational keys you need to know.

YOU ARE GOD'S JEWEL. HIS PRECIOUS, PRECIOUS LOVE.

THAT'S A POWERFUL TRUTH! HOLD IT LIKE A SHIELD!

NOW LET'S LOOK AT YOUR WORTH...

- Do you know your worth?
- Do you know your value?
- Do you believe you are **Fearfully and Wonderfully** made?

- Do you know God loves you so much He sent Jesus, His own Son, to die for you so that you can have a relationship with Him?



When you know and accept that YOU are worthy of honour, respect, love and being treated right, YOU WILL NOT fall for or allow anything else but respect, love and goodness in and around you.

It does not mean that you are self-righteous, proud, rude or arrogant, BUT you know your worth, and you will HONOUR YOURSELF!

On the #18 [ARMOUR WORKSHEET](#) in the back of the book, write all the beautiful gifts, talents, and qualities about yourself. Don't be shy or proud. Instead, you see your worth and value as God created you.

**Your Value doesn't decrease based on
Someone's Inability to
See Your Worth**



When you honour yourself, you will not allow disrespect, hate or dishonour to come upon you. It will not trap you. It will not leave you helpless. It will not shame you. It will not strike you down. It will not keep you in darkness or keep you in bondage.

YOU WILL NOT ALLOW IT! And you definitely will not stand for any of the signs and symptoms of any red flags. Take ownership of your self-worth. Take ownership of how much Christ loves you.

Never Leave or Forsake

*There is a promise in the Bible
Open it and see
Jesus will speak into your heart
It is for you and me
The words declare a promise
That He will never break
Whatever path you take in life
Whatever plans you make
He will never leave you
Or ever will forsake
But follow right behind you
Make no mistake!
That God's love is Agape
That means He has no strings
He doesn't manipulate you
Or bribe you with many things
Because His love is oh so pure
And His promises are true
And this one is very special
To never leave or forsake YOU!*

Megan Reda

INNER VOWS

Have you made any inner vows knowingly or even unknowingly?

An **inner vow** is usually the result of an unhealthy or fleshly response to hurts, unfulfilled expectations and unmet needs. God can shield us and show us how to stand up against life's disappointments and pain. By not turning to God, we rely on our limited strength and create a lot of stress and strife as a result. Read through quietly and put a tick against any of these inner vows if you have made them.

INNER VOWS



*Inner vows imprision us to think
and act as they have set the mold.*

I will never

- ... LET MYSELF BE LOVED
- ... SHOW VULNERABILITY
- ... TRUST ANYONE
- ... DEPEND ON ANYONE
- ... SHARE WHAT BELONGS TO ME
- ... ALLOW ANYONE TO TOUCH ME
- ... ACCEPT FINANCIAL HELP
- ... WRITE, READ, UNDERSTAND
- ... GO OUT AT NIGHT
- ... REVEAL MY TRUE SELF
- .. ADMIT MY PAIN
- ... LET A MAN CONTROL ME
- ... BE RESPONSIBLE FOR THE ACTIONS OF OTHERS
- ... RECEIVE COMPLIMENTS
- .. PARTICIPATE IN LIFE
- .. CONFIDE IN A WOMAN
- .. BE ANYTHING WORTHWHILE
- ... BE SICK
- ...SHOW OR ACT OUT IN ANGER
- ... BE VIOLENT OR ABUSIVE
- ... GROW UP, MATURE

I will always

- ... REMAIN ALOOF, INDEPENDENT
- .. BE LOGICAL
- ... MAINTAIN CONTROL OF MY LIFE



If you have made any of these inner vows against yourself or others that are personal to you, here is the place to break them. First, write down the negative inner vows you have made for yourself.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



PRAYER TO BREAK AN INNER VOW

Lord, I come to your throne recognising that you are God and that you have made a way through the cross to break any inner vow I have made against myself. I confess to you that I have made a vow.

Father, I now repent for not trusting you and not surrendering fully to your will for my life. I repent for thinking that I could do a better job than you of keeping myself safe.

I renounce the negative vows I have set up over my life in Jesus' Name, and I now break agreement with them.

(Speak out what they are).

I renounce and break the power ofover my life and pull down all negative strongholds I have set up and constructed over my life.

I now break and cut off every curse that has come from my disobedience and self-protection, and I break the power of every evil force released to carry out these curses over me, my family, my destiny and my future.

I thank you, Lord, that my family and I are covered in the precious and powerful blood of Jesus. We are redeemed from every curse because Jesus became a curse for us. Thank you, Lord, that when I confess my sin to you, you are faithful and just, and you forgive me and cleanse me from all unrighteousness.

I receive your forgiveness and cleansing, Lord. I now bring every part of myself and my life back under your authority and protection and if I ever fall back into my negative thoughts, speak to me so I can renew my mind and declare positive words and vows over my life and destiny.

Thank you, Father God, in Jesus' name.

Prayer...

Thankyou Lord, I ask that you help me to see my worth and know what a masterpiece I am in YOU! Help me to realise I am worthy of being loved and worthy of being treated with respect. Help me to break old habits and release any inner vows I have made over my life. Show me how I can live my life with greater self-love. Increase my discernment so I can know who is using flattery and who is genuine. Let me spot the red flags that come across my path so I can protect myself from the plans of Satan who I know only wants to cause me harm. Give me wisdom in this area and turn my weaknesses into my strengths so I can shield my life. In Jesus name. Amen.

STAND FIRM IN PRAYER

DEEPER HEALING

Womb Trauma

In this lesson you will experience that
standing firm in prayer brings deeper healing.

Written by Megan Reda

How a Caregiver's Trauma Can Impact a Child's Development

EARLY DEVELOPMENT

Caregiver With Traumatic Experience

Mother releases cortisol

Baby absorbs cortisol through placenta

Can impact baby's:

- HPA axis
- Central nervous system
- Limbic system
- Autonomic nervous system



Caregiver struggles to regulate

Attachment relationship between caregiver and child may be strained

Can impact child's:

- Development of a core sense of self
- Ability to integrate experiences
- Epigenetic expressions

ADULTHOOD

A Person Who Has Had a Caregiver With *Untreated* Trauma May:

•Be more prone to PTSD after trauma

•Struggle to repair after conflict

•Struggle with relationships



•Unintentionally bring out negative behaviors in others

•Be emotionally detached

•Be more prone to dissociate

BREAKING THE CYCLE OF TRAUMA

This can become a cycle, impacting future generations.



The good news is that healing trauma can break this loop. Seek help from a licensed health or mental health practitioner.

nicabm

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In this lesson we will understand that the power of prayer is so powerful and the Holy Spirit can penetrate right back to your moment of conception and into your cells. So, **STAND FIRM IN PRAYER** and see the Lord work out your healing in the supernatural and incredible way that He does.

In our very first lesson you learned how you are fearfully and wonderfully created by God in the secret place in your mother's womb, starting with your very cells. It is at this very cellular level that you are given nourishment from your mother through the placenta, but now we will learn how stresses and trauma can also be passed into the growing baby.

Yes! If a mother suffers trauma or heavy stress during her pregnancy it can be passed through to her growing baby and affect the baby's mental health and growth development.

The following pictures will help as a visual aid.





Mothers who are stressed in pregnancy transmit stress to their unborn baby as early as 17 weeks.

It all has to do with the stress hormone cortisol, which can cross through the placenta and into the fetus, and then can affect fetal development. Doctors and psychology biologists found the higher the level of cortisol in the mother's blood, the higher the level of cortisol in the amniotic fluid surrounding the fetus. Therefore, a higher level of stress hormone surrounds the growing baby. This hormone can then be absorbed into the baby and affect its development.

Average intermittent amounts of stress are okay between mother and child. But, daily stress, trauma, extreme depression and anxiety, and severe cases of abuse to the mother, unfortunately, can have a long-term effect on the child's brain development and future behaviour through the overproduction of cortisol.

The baby can be miscarried, born prematurely, have a low birth weight and of course, have mental health issues of its own.

STORY

Megan's trauma in the womb

“As you have already heard from my testimony, found at the front of this book, I tell of my own real-life experience where I suffer a trauma in the womb. My trauma was passed into me from my birth mother's fears, anxiety and panic.

To escape the regular narcissistic, drunken abuse from her father, my mother hid in a musty, dark wardrobe in the spare room. It was in this wardrobe that her fears pulsated into me inside her womb. The cells in my body were affected by her fear. Scientifically, this is now proven to be true. A mother's stress can be transferred into the baby.

At the age of five, a wardrobe was brought into my room. I triggered into an uncontrollable panic attack when it was night time and I was going off to sleep.

No-one had any idea why the wardrobe door triggered me with a tsunami of fear?



I was 'born a victim' of this trauma which had been totally out of my control. Because I was a baby forming in my birth mother's womb, I could do nothing to escape her stress. I was born with subconscious trauma and fear in my memory cells.

My story continues, and after unfortunate childhood abuse, teenage rebellion and a list of bad choices, I ended up with addictions, many mental health issues and anxieties.

After a life-long pursuit of healing, finally, I am now healed in my subconscious and my memory cells. The Lord has healed me by His Spirit and healed my brain, right back to when the trauma first struck me inside the womb.

The full story of this is found in my book.

God deeply called me to write my journey to share that HEALING and VICTORY IS POSSIBLE through the Healing Power of God.

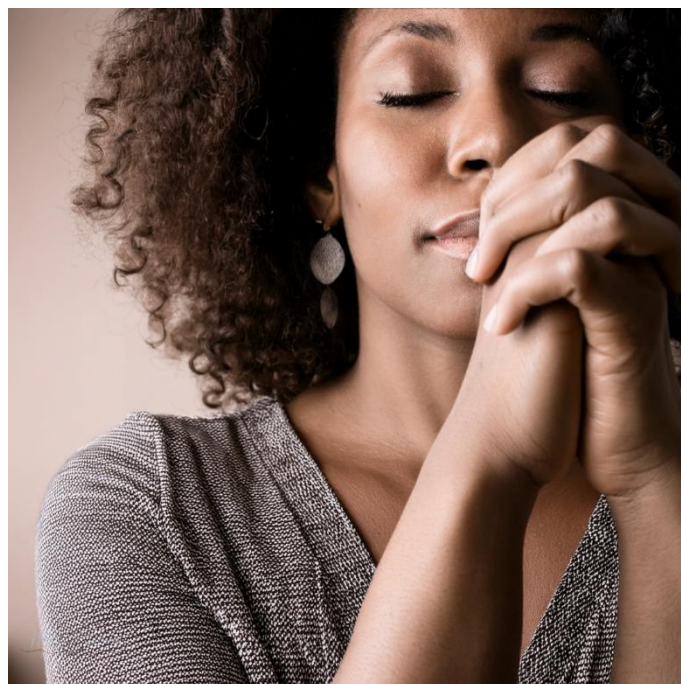
The good news is that with prayer we can now pray over the trauma wounds even right back to the moment of conception.”

You may know that your mother suffered with trauma whilst carrying you in her womb. You may have symptoms of mental health issues and anxieties etc., but you can't trace them back to where they started from. There is a possibility it could have happened in the womb.

On the #19 [ARMOUR WORKSHEET](#) in the back of the book write down any trauma you think may have happened inside your mother's womb. If you don't know you can still write down and ask the Lord to heal you if there was.

Let's read this prayer together for any known and unknown trauma you may have absorbed while you were in your mother's womb.

Let the healing words flow over you.



PRAYER FOR WOMB TRAUMA HEALING

Father God, I thank you that I am fearfully and wonderfully made.

I thank you, that you are all-knowing, all-powerful and ever present even right now. I thank you Jesus that you died for me so that I can have healing, even right back to when I was inside my mother's womb.

I forgive my mother or anyone else involved in initiating any trauma that affected me inside her womb.

I renounce and revoke the legal right for Satan to have any access over my life, even from the moment of my conception. I renounce and revoke all generational curses that have come through open doors into my bloodline. I plead the blood of Jesus to cancel these out and shut those doors.

Holy Spirit right now, I ask you to heal any part of my subconscious and conscious mind that is holding onto trauma. I give you permission from now on to lead me into complete healing in my spirit, soul and body.

I ask that you would remove and re-create cognitive reconstruction healing and wholeness in my mind.

Take away all memory and triggers of sight, smell, sound, touch and taste.

I ask that you would untangle any trauma threads and reweave your perfect threads of healing into my spirit, soul and body and lead me into your perfect plan and destiny that you have ordained for me since my moment of conception. Help me to be patient and humble in the process.

I now rest in the palm of your hand. I abide under the shadow of your great love for me, and know that I am your masterpiece.

I am Your Child and I thank you for my healing. AMEN

THAT'S A POWERFUL TRUTH! STAND FIRM IN PRAYER!

Stay in this place of reverence and surrender while we have a Soaking/Healing time. Bring everything before God in this time.

Your fears, worries, addictions, pain, trauma, disappointments, triggers, your hopes, dreams and deep longings. The secret desires that no-one else knows about. This soaking time will be between you and Father God. Give Him Everything!

Let go of being a victim and claim your VICTORY!

Let God's Spirit wash over you and bring healing to every cell in your body. Soak and renew every cell in your mind. Let your spirit rise up and take hold of all your promises.

Soaking/Healing Time

(song - breathe You in - is found on iTunes)

breathe You in

Julie True – Album - Let my life be.

I invite you to sit and soak in God's presence for approximately 10 mins.

Just get comfortable, relax and focus on God. Beautiful, gentle, peaceful soaking music from Julie True will be our meditative tool.

This quiet time is between you and God. You may want to focus on Jesus. You may want to sit looking up to the Heavens and connect with Father God. You might ask the Holy Spirit to speak to you through a vision or scripture.

However you use this time, be free to be yourself and receive what you need from God's presence.

But now, as the music plays, soak in God's presence, RELAX, surrender and let the Holy Spirit bless you...

There is a #20 [ARMOUR WORKSHEET](#) in the back of the book. Afterwards, feel free to write down all that the Lord said and did in this healing session when you have time to do so.



Prayer...

Thankyou Lord for going to the deep places in my life. Places I never knew were there. You have shown me today how much you love me and want me to be whole right back to when I was first conceived. Your creating healing power was with me inside my mother's womb and your creating healing power is also with me outside my mother's womb. Thankyou for healing me right back to my cellular level. I praise you for I am fearfully and wonderfully made. I stand now in prayer and on your word for my complete healing. Amen.

SHOES OF PEACE

HEALING IDENTITY

Victim No More

In this lesson you will learn how walking out
God's healing brings peace.

Written by Megan Reda

In this lesson we will learn how God's Peace can transform us and heal our identity. We will learn how we can walk away from being a victim of our circumstances and walk into the peace and freedom we were destined for. Now we will learn the definition of a victim and how we can recognise the trauma signs and how to start walking in our healing.

The dictionary meaning for a victim is – *A person, harmed, injured, or killed due to a crime, accident, or other event or action. A person who is tricked or duped. A person who has come to feel helpless and passive in the face of misfortune or ill-treatment.*

Being a victim is a REAL THING! You don't escape this life without something happening to you to put you in this category, placing a label on yourself!

You can be a victim of emotional, physical, spiritual or verbal abuse and all will leave you with a trauma injury.

STORY

Megan's trauma strike and fractured soul.

"My deep trauma strike happened when I was 6 years old. It was when my mother told me I was adopted. In that split second of SHOCK WAVE something happened to me. The shock caused a fracture inside my soul. It is actually called a fractured soul and from that moment on you become split in two halves. One half of you stays stuck with the trauma of the shock and the other half grows and develops. But there are always these two identities living inside you. Like a split personality. I will describe the split soul like this:

One half of me remained a little 6-year-old girl and the other half of me grew in body and learning. I had a very playful personality and my little girl always had fun. I was also suffering abuse at home daily so this little girl inside me became timid and fearful too.

As I grew into a teenager, I was still playful and that still seemed fine. But then as I was growing into a mature woman, I would notice I would flip between these two identities. One was my little girl and one was the woman I was becoming. The little girl just wanted to play and I took on the actual persona of my 6-year-old girl in my soul. Part of me had never grown up and so I was never a whole woman. I had a vulnerable, naïve, timid and immature way of thinking that held me back in life.

Let me give you this analogy to help you understand what had taken place. Imagine you broke your arm and you were not given any opportunity to have it reset properly. That arm would heal and keep growing but it would be hindered, restricted and not a healthy whole arm. To restore it back to wholeness, it would need to be operated on and set correctly at the broken point of damage so that it can function as it was designed to. God had to go back into my fractured soul at the point of damage and heal me so I could be whole.

It wasn't until I was in my mid fifties that God healed me. He healed the little damaged girl in her fractured soul. I knew she had been healed because she had left me. And in a strange way, I missed her. She had never harmed anyone but she was my friend and I grieved her for sometime. It took me a few years to feel like I was a mature 50-something woman. Half of me had to catch up to my other half. But my story just goes to prove trauma can fracture you but also that God can heal that fracture too."

Not every trauma strike, will fracture your soul to the extent that you have two identities like I did. But every trauma you experience causes injury which may affect people in different ways. This caused me to live like a victim of my circumstances.

Let's continue to explain what happens to us when we suffer a trauma strike. That strike can cause you to stick a "VICTIM LABEL" onto yourself either consciously or sub-consciously. Until you remove those labels, you can live as a victim for the rest of your life. Unfortunately, other people see you this way (as a victim), and these labels then become part of who you are. And because they become a part of who you are, your personality and mental state act out the victim labels without even thinking. Our goal is to learn what our value is, heal and remove the labels.



Now let's look at how to recognise if you see yourself as a victim because...

YOU DESERVE TO LIVE IN VICTORY!



AND YOU CAN!

Firstly, you can often feel sorry for yourself. Because of the unfairness and the injustices, it is only fair and natural to feel this way. You would not be normal if you didn't. BUT you cannot stay in this place, or you will never heal.

This can then develop into a syndrome. A **poor little old me** syndrome otherwise known as PLOM!

STORY

My (Megan) realisation I had a victim mentality

“When someone told me that I had PLOM, I wanted to hit them over the head with their insensitivity for my ‘poor little old life’ and all the terrible things people had done to me over the years when I was sharing with them for the 100th time.

Sharing over and over and over the same things for years is a sign of damaged and unhealthy fruit. The fruit has a tree to grow on, and the tree has a root. This is where you have to get to the source of the damaged fruit. Heal the root to then grow good fruit.

This is precisely what I did. I was stuck with so many trauma-strikes in my lifetime; I had many victim labels attached to me. As a result, I lived in a constant state of PLOM without realising it.

So, to be free, I had to own up to having PLOM and be accountable for the fact that I felt sorry for myself because in sharing my pain over and over to everyone I met, I was allowing myself to fall into the place of sorrow. So, I was feeling sorry for myself. And that place of despair naturally develops into victimhood.”

If PLOM is undealt with, it will take root and produce sorrowful, victimised fruit.



So, let's now be BRAVE and look at where you might see yourself as a victim.

AM I A VICTIM? ACTIVITY

Materials needed:

Pen, white sticky name labels.

Write down on the #21 [ARMOUR WORKSHEET](#) in the back of the book, on the left-hand side of the page where it says NEGATIVE LABELS, the answers to the questions below.

- What names do you call yourself?
- What names do other people call you?

These are labels you have used to identify yourself. Now let's read –

1 Corinthians 15:57 (NIV)

But thanks be to God! He gives us the VICTORY through our Lord Jesus Christ.

THAT'S A BEAUTIFUL TRUTH! WALK IN YOUR SHOES OF PEACE!

God promises US the following identities through Jesus Christ. We can SWAP IT as we learnt in lesson 2 in How to Heal. We swapped our old negative labels for new fresh truths about ourselves.

Below are identities of what we **can** be if we want to choose them. Read these titles aloud, starting with **I AM** before each one.

I AM

CHOSEN
REDEEMED
FORGIVEN
LOVED
ACCEPTED
ADOPTED
BLESSED
VICTORIOUS



This **IS WHO YOU ARE NOW** as a **CHILD of GOD**

You **CAN** have the **VICTORY** because **YOU** have a
NEW IDENTITY!

On your labels provided, write down your new **“I AM” IDENTITY STATEMENTS** that Jesus has given to you. Write as many new identity names as you need. Now stick these labels onto your shirt and wear them proudly!



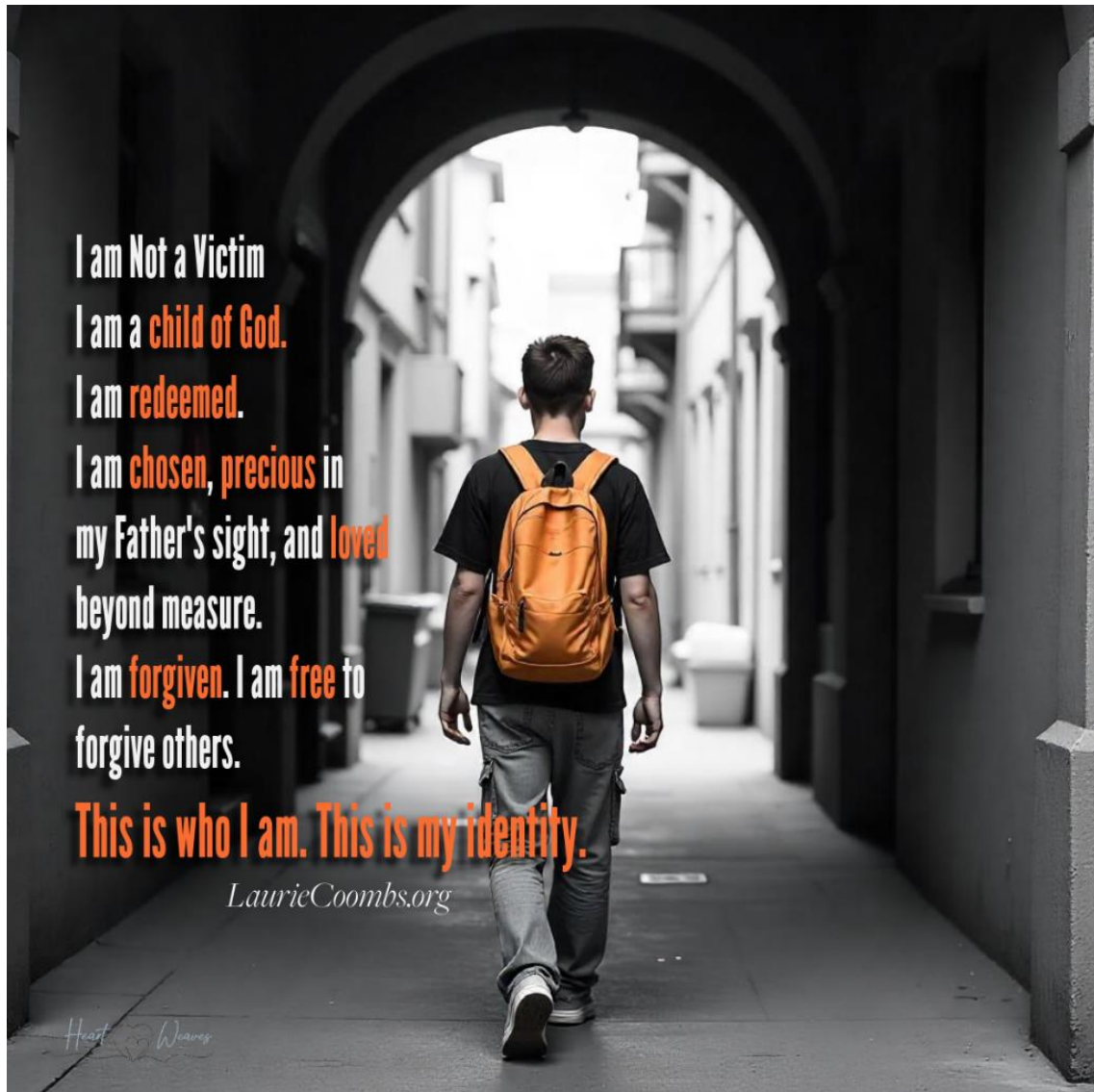
THIS IS WHO YOU ARE

Go back to your #21 [ARMOUR WORKSHEET](#) and on the right-hand side, write HOW you see yourself now with your new identity under POSITIVE LABELS.

Once you have your new, **I AM** list, do the SWAP IT method over and over again, repeating daily the new names and identities that you ARE now, and you **will** renew your mind and therefore **create** a NEW YOU to line up with the **REDEEMED new creation** that Jesus died for and offers you.

THANK YOU, JESUS...





Prayer...

Thankyou Lord that you have shown me that I do not have to be a victim of what happened to me. I can walk with Shoes of Peace in my healing. Thank you that you took all my pain upon yourself on the cross so I don't have to carry that pain any more. You have made a way for me to be able to be healed in every area of my life and especially in the way I see myself. I am not a victim of my circumstances any more but I am redeemed. I now walk in my new identity as your child. Chosen, redeemed, forgiven, loved, accepted, adopted, blessed and victorious. In Jesus name. Amen.

SHOES OF PEACE

SELF-CARE and CELLULAR HEALING

Breath of God

In this lesson you will learn how walking out
God's healing brings peace.

Written by Megan Red & Laura Ray

There is something very peaceful when we breathe deeply and slowly. In this lesson we will learn how we can walk in Shoes of Peace by choosing to breathe in the Spirit of God.

God created the way we breathe from the very first moment we entered this world – to the last thing we do – when we take our last breath. The one thing that separates us from life and death is our breath.

Think about this for a moment. We breathe in, and we breathe out.



God has created our breath and here is a beautiful explanation written by Sandra Thurman Caporale.

There was a moment when Moses had the nerve to ask God what his name is. God was gracious enough to answer, and the name he gave is recorded in the original Hebrew as YHWH.

Over time we have arbitrarily added an "a" and an "e" in there to get YaHWeH, presumably because we have a preference for vowels. But scholars and rabbis have noted that the letters YHWH represent breathing sounds, or aspirated consonants.

When pronounced without intervening vowels, it actually sounds like breathing. YH (inhale) and WH (exhale).

So, a baby's first cry, his first breath, speaks the name of God. A deep sigh calls His name – or a groan or gasp that is too heavy for mere words.

Even, an atheist would speak His name unaware that their very breath is giving constant acknowledgement to God. Likewise, a person leaves this earth with their last breath, when God's name is no longer filling their lungs.

So, when I can't utter anything else, is my cry calling out His name?

Being alive, means I speak His name constantly. It's heard the loudest when I am the quietest. In sadness, we breathe heavy sighs. In joy, our lungs feel almost like they will burst. In fear we hold our breath and have to be told to breathe slowly to help us calm down.

When we are about to do something hard, we take a deep breath to find our courage. When I think about it, breathing is giving Him praise.

Even in the hardest moments!

This is so beautiful and fills me with emotion every time I grasp the thought. God chose to give himself a name that we can't help but speak every moment we are alive.

All of us, always, everywhere. Waking, sleeping, breathing, with the name of God on our lips.

THAT'S A BEAUTIFUL TRUTH! WALK IN YOUR SHOES OF PEACE!

YHWH

יהוה



Let's begin with a breathing exercise by focusing on breathing in and out.

Close your eyes, sit up straight, allowing the oxygen to flow throughout your body and place your hands on your diaphragm.

We will begin with focusing on our breath, breathing in and out at a comfort rate for you (each individual is different). Then, start to focus on how fast or slow you are breathing in and out. Feel your stomach rise and fall as you breathe in...and out.

Now focus again at noticing your breath flowing in...filling your whole body, every cell, every muscle and every organ with clean oxygen.

As you breathe out you will expel carbon dioxide.

As you inhale, you may begin to notice your breaths are getting deeper, and as you gently exhale, you may start to notice your breathing is slowing down.

Breathe in and breathe out...Hopefully, you are starting to feel a little more relaxed; you can now slowly begin to open your eyes – how do you feel?

Can you feel the breath of God inside you and all around you?

Do you feel closer to God?

Have you got a different perspective on just how precious and incredible your breath is now?

Write down any thoughts you have or how you felt knowing you were breathing in God's breath.

Now we will look at meditation.

Psalm 1:2 NIV *"But whose delight is in the law of the Lord and who meditates on his law, day and night."*

Meditation can be done in many forms.

Phonetic Spelling: (haggah) Strongs1989

Definition: 'to meditate' means to mutter, ponder, imagine, mourn, speak, talk, study, utter or speak quietly.

Actually, what we have just done in our breathing time was also meditation.

God has designed us that when we breathe and meditate on Him this brings calm to our whole being. When we focus and meditate on every part of God, we draw closer to Him.

Meditating on God, scientifically, also invokes healing.

We will share with you in this lesson how meditation can be used to counteract the effects of stress. When stressed, our nervous system activates our “fight or flight” response.

This causes many things, including; increased heart rate, increased blood pressure, rapid breathing, and muscle tension.

When you combine meditating on God and slowing down your breathing it decreases; heart rate, blood pressure, muscle tension and more.



The best thing about meditating is that you will grow closer to God and it will benefit your total wellbeing.

Below are other forms of relaxation that you can do that will enhance your health.

- Creativity – drawing, colouring in or any form of artwork.
- Prayer – Focusing on sitting in God’s presence and reading the Bible.

- Visual – Enjoy nature and absorb God’s marvellous creation. Let it fill your soul.
- Audio – when you are listening to something relaxing, like the sound of gentle waves, scripture being read or gentle worship music.
- Singing – Praising and worshipping God at Church or at home.
- Dance – even if it’s dancing around the kitchen, in your pyjamas.
- Laying down – Even to take time-out and relax in your favourite comfortable chair.



Just make sure you schedule into your life routine, peaceful times for the soul, whatever that may be...



Note well:

A popular form of meditation is YOGA or CHRISTIAN YOGA. This is a spiritual practice where every pose invokes or invites into your body a Hindu Spirit. As Christians we need to be mindful to protect ourselves and avoid doing any form of Yoga. For further reference you can find more information from Mike Shreve on YouTube. He is an ex-yoga instructor who has seen the spiritual dangers from practicing yoga. God's word says that our body is a temple of the Holy Spirit and no other spirit.

The alternative healthy and safe form of stretching and strengthening your core is through Pilates, created by Joseph Hubertus Pilates. (9/12/1883-9/10/1967).

Prayer...

Thankyou Lord for your breath of life. I am sustained by you in every way. As I quieten myself and meditate on your word and who you are I am filled with life and strength. Help me to make time to just sit and breathe and soak in your presence which is all around me. As I practice walking with your Shoes of Peace in my day to day I will continue to heal deeply. I love you, Lord. Amen.

SHOES OF PEACE

SELF-CARE and CELLULAR HEALING

Nutrition

In this lesson you will learn how walking out
God's healing brings peace.

Written by Megan Reda & Kaz Graham

One thing that brings PEACE to our body is good nutrition. In this lesson we will look at good and bad things to eat and do. It's time to take your inner PEACE back literally to a cellular level with healing nutrients.

There are many factors to good health and well-being. Some are genetic and some are from the choices we make in life. Even if we have been born with health conditions that affect us, we must remember first and foremost that God is our Healer and we can pray to Him to help us with any infirmity we have. Your DNA is not your destiny!

We can receive our healing through an instant miracle, by progressively getting better naturally with good food, or through the medical profession and operations. We must seek out the Lord in the healing path He has for us. This can be a long journey at times but the Lord has promised to never leave us or forsake us and we hold onto Him to get us through our health trials.

Proverbs 17:22 (NLT) says, *"A cheerful heart is good medicine, but a broken spirit saps a person's strength."*

In this lesson we will learn how eating good food is healing for our bodies, just like medicine. But let's never forget that a cheerful heart is God's medicine. Being unhappy and having a broken spirit makes us unwell. The joy of the Lord is our strength and the Holy Spirit will uphold us even through our times of sickness.



Taste and See

*Taste and see that the Lord is good
Come now one and all
Can you hear God calling you
Harken to His call
Don't delay just come right now
The table is set for you
And delight in all God's goodness
His love for you is true
Jesus is just Oh, so sweet
Let His Spirit marinate
Your heart, your mind, your body
Just drink all you can take
As you feast daily on God's word
It will change your life inside
God will reveal His love for you
So deep, so high, so wide
Will you accept God's invitation?
For this banquet meal
The menu is the Bible
His word is very real
So come and sup and linger
Don't eat and run away
But savour every mouthful
And be full in God all day.*

Megan Reda

Let's look at how sickness starts and what **WE** can do to prevent it.

ACID AND ALKALINE

Sickness and disease start with any kind of inflammation. This inflammation is created through an acidic environment in our body, so we want to keep it alkaline and not acidic.

Processed food, alcohol, refined sugar, chemical sugars like artificial sweeteners, caffeine, gluten and a big one is stress, all cause an acidic environment whereas most fruits and veggies and most **whole foods** create alkalinity.

Processed food is food that has been refined so that it doesn't resemble the original whole food it once was. The more it has been refined, the more it is considered highly processed. If it comes out of a box or a packet with many chemicals as a list of ingredients then it is highly processed.

ACID VS ALKALINE FOOD COMPARISON CHART

<<<MORE ACIDIC - EAT LESS				NEUTRAL	MORE ALKALINE - EAT MORE >>>		
— — — —	— — —	— —	—		+	+	+
Soft Drinks	Popcorn	Most Purified Water	Fruit Juices	Most Tap Water	Apples	Avocados	Fresh greens
Energy Drink	Cream Cheese	Distilled Water	Most Grains	Most Spring Water	Almonds	Green Tea	Spinach
Carbonated Drinks	Buttermilk	Coffee	Eggs		Tomatoes	Lettuce	Broccoli
	Pastries	Chocolate	Fish		Grapefruit	Celery	Artichoke
	Pasta	Sweetened Fruit Juice	Tea		Corn	Peas	Brussel Sprouts
	Cheese	Pistachios	Soy Milk	River Water	Mushrooms	Sweet Potatoes	Cabbage
	Pork	White Bread	Coconut		Turnip	Egg Plant	Cauliflower
	Beef	Peanuts	Lima Beans		Olives	Green Beans	Carrots
	Beer, Wine	Nuts	Plums		Peaches	Beets	Cucumbers
	Black Tea	Wheat	Brown Rice		Bell Pepper	Blueberries	Lemons
	Pickles		Cocoa		Radish	Pears	Limes
	Roasted Nuts		Oats		Pineapple	Grapes	Seaweed
	Vinegar		Oysters		Cherries	Kiwi	Asparagus
	Sweet & Low		Salmon		Wild Rice	Melons	Kale
	Equal, Nutra Sweet				Apricot	Tangerines	Radish
					Strawberries	Figs	Collard Greens
					Bananas	Dates	Onions
						Mangoes	
						Papayas	
*Processed & Refined Food							*Raw/Uncooked
Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual PH of the food itself. Lemons are very acidic in nature, but after digestion and assimilation, they are alkaline-forming in the body. Meat (like nearly all animal products) will test alkaline, but after digestion, it leaves acidic residue in the body. "Eat less processed and refined foods but more raw and uncooked greens and fruits."							

Keeping our body in a relatively alkaline state really helps our brain function properly. There have been many observations on autistic children; once they eliminate acid-forming foods from their diets and add alkaline foods – they are calmer and healthier.

Your health, mind and emotions working at their best depends on us eating real food.

THAT'S A BEAUTIFUL TRUTH! WALK IN YOUR SHOES OF PEACE!

Below is a health equation example for you to see clearly.

Acidic body + inflammation + toxicity = disease and sickness.

Foods that create an acidic environment in your body are:

PROCESSED FOODS
HIGHLY REFINED FOODS
HIGH ALCOHOL CONSUMPTION
ALL SUBSTANCE ABUSE
SUGARY DRINKS
HIGH CAFFEINE CONSUMPTION

YOUR HEALTH AND WELL-BEING DEPEND ON AVOIDING THESE THINGS.



Heart & Whimsy



FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's.

Fight inflammation with a healthy diet

ANTI-INFLAMMATION FOODS:

Tomatoes



Fruits

Strawberries, blueberries, oranges and cherries



Nuts

Almonds, walnuts, and other nuts



Olive oil



Leafy greens

Spinach, kale, collards, and more



Fatty fish

Salmon, mackerel, tuna, and sardines



INFLAMMATION FOODS:

Fried foods



Refined carbs



Sodas



Processed meats

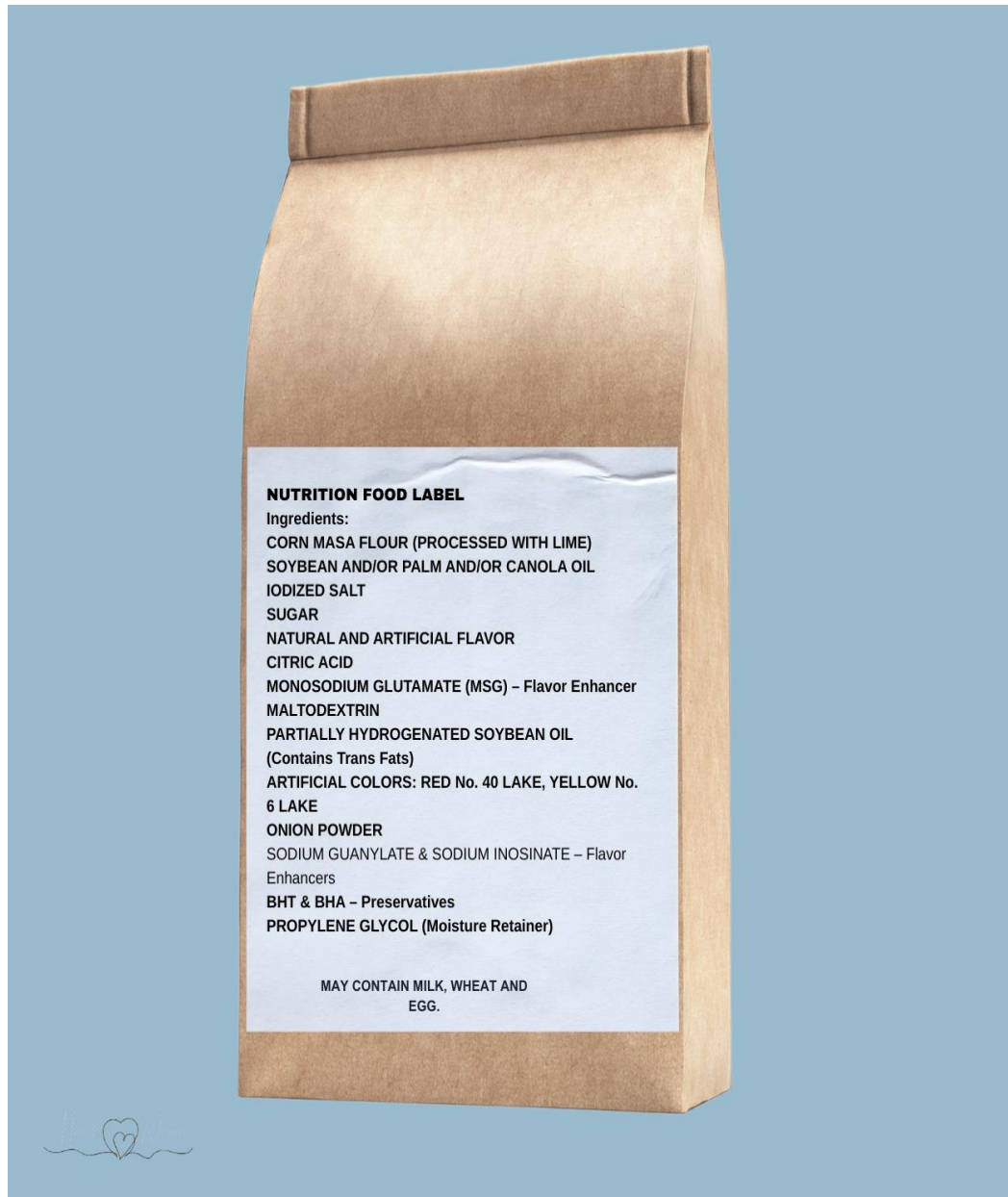


Lard



Become a master label reader. A lot of processed food is packed with chemicals, colours and preservatives.

Here is an example of the list of chemicals and toxic ingredients that are used in most processed products.



(It is imperative to understand this concept; we are what we eat, and our health depends on us feeding our body with real food.) **When you are hungry, your body wants nutrition, not calories, or toxic chemicals.**

YOUR HEALTH AND WELL-BEING DEPEND ON A DIET RICH IN:

GREEN LEAFY PLANTS

EVERY COLOUR OF THE RAINBOW FRUITS, VEGGIES & BERRIES

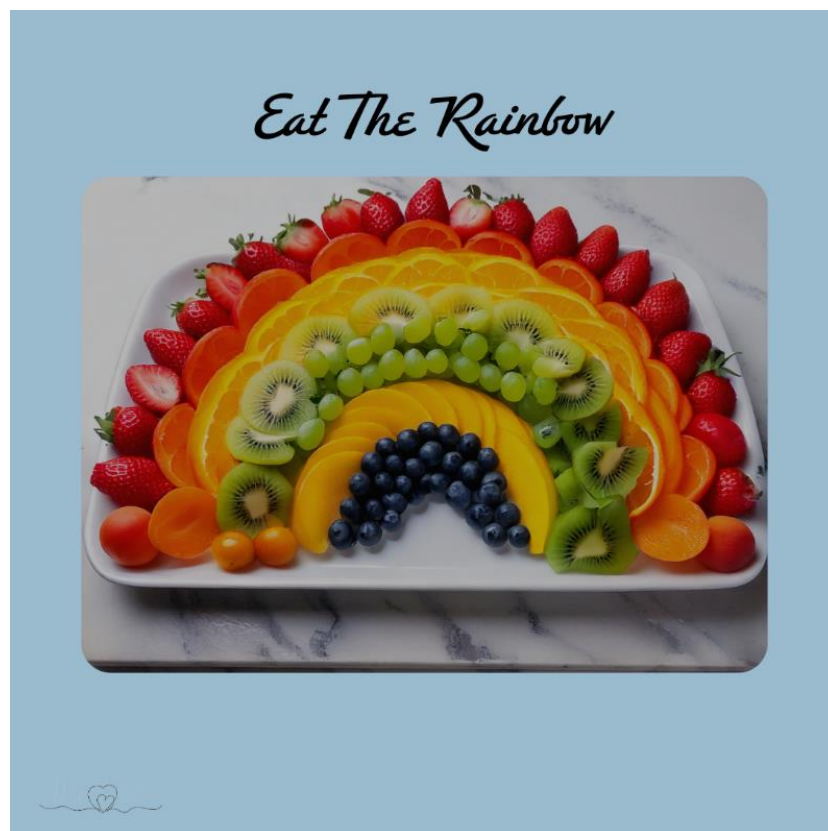
PLANT OMEGAS

WHOLE SEEDS

WATER

Fruits, vegetables, berries, and green leafy plants create an alkaline environment in the body. Inflammation will not form readily in an alkaline body. Therefore, no toxins will be produced, which means disease and sickness have a hard time forming as there are no toxins to get it started.

There is a saying EAT THE RAINBOW. This means we should incorporate all the colours of the rainbow in our fruit and vegetables.



Another Health Equation.

Green plants + fruit & veggies + protein + whole foods = alkaline and health and well-being. We are what we eat and what food we eat we absorb. We need massive amounts of nutrients as these are what our body runs on and help fight against **toxins**. Eating good food will help your mental health, well-being and immune system immensely.

TOXINS

Your body has systems in place to eliminate a certain amount of toxins, but when we become overloaded, problems can arise.

Your body is like a giant filter, so the fewer toxins you are exposed to, the better otherwise, your kidneys and liver are under a constant load. These two organs are filtering systems, so we need to take care of them.

Alcohol, medications, electronic, magnetic fields from our devices, and chemicals in products, for example: skin and hair care products, are toxic. These all penetrate deep into our cells, because anything we put on our skin absorbs into our bloodstream and circulates through our organs.

Incidentally, there are lots of organic or chemical-free body products now that are quite cheap or at least similar prices as the chemical ones. Just be mindful to read the labels and try to be as natural as you can and avoid putting chemicals inside **and** on the outside of your body.



Two things I would recommend to eliminate or cut down on as much as you can are dairy and wheat, as they are two of the most inflammatory foods you can eat.

Remember that where there is inflammation, you will have health issues. If we are constantly eating food that causes inflammation in our body, it is like we are hitting a finger with a hammer over and over, and it just never gets a chance to heal unless you take away the hammer.

It's common for people to say that diabetes or heart disease, for example, just runs in my family, but the common denominator often is that the same foods are eaten down the family line.

You can reverse these conditions or prevent these genes from expressing themselves as certain sicknesses and diseases through living a healthy lifestyle and eating the healing foods.

By eating healthy foods, drinking lots of water, exercising, and limiting toxins and stress – you will be rewarded with energy, and a sense of well-being, plus your whole digestive system will work properly from beginning to end, which always makes anyone feel better.

Junk Food Vs Healthy Food



God made real food from the earth to heal us with healing nutrients.



Man has made his own processed food containing lots of toxic chemicals. It's called JUNK FOOD for a reason! It is bad for your health in every way.



WHAT DAILY HABITS CAN YOU CHANGE?

So as not to overwhelm yourself, sometimes just one small change at a time is all you need.

What would you eat and drink as a general rule for breakfast, lunch, dinner and snacks? Also, what physical habits can you change? Using the SWAP method see what you could change to improve your life.

For example: I will **SWAP** chocolate for a handful of nuts.

For example: I will **SWAP** driving and I will walk instead.

[illegible]

Let's talk about SUGAR!

Sugar is in a lot of things you wouldn't think about.

Sugar is not your friend.

Sugar is just empty calories and has no nutritional value. Sugar has 65 names (if you do a Google search you will see what they are) and when you read some food labels, these names are listed multiple times in the **ingredient list**. Sugar is often the first ingredient listed.

There are 9-13 teaspoons of sugar in a 330ml can of sweet soda. Imagine measuring out that many teaspoons, and adding it into carbonated water and giving it a shake.

That's a lot for an adult's body to cope with but giving sweet soda drinks to children is an overload of sugar that their bodies will really struggle to cope with.



Sugar causes inflammation, messes with our hormones, speeds up the ageing process, upsets our gut bacteria, causes tooth decay, mood swings and can induce hyperactivity and anxiety.

Cancer loves sugar. Every molecule we eat has a corresponding appetite hormone that tells us when we are full, except sugar. It's like we have no off switch. We need a

mindset change because we diet so we can reward ourselves and eat sugar treats, and we even program children to feel like they are being rewarded by giving them sugary treats for something good they have done.

If you cut down your daily sugar intake, you will never have to diet again. Yes, you will go through a detox when you give up sugar but once you press through, the craving for sugar goes away and you don't even feel like eating it.

And on the side of hope, there are products with natural sweeteners you can SWAP so you don't miss out.

Here are some more ideas on how to SWAP....

Make sweet cashew cream instead of using dairy whipped cream.

Brush your pan with olive oil and toast some pumpkin and sunflower seeds with a pinch of Celtic salt for a snack or to sprinkle on salads or over roast veggies. Once cooled, they will stay fresh in a sealed jar for ages.

Make your own seed crackers. Cereals are full of sugar, so why not try smoothie bowls, fruit salad or bacon and eggs for breakfast?

Homemade chocolate is so easy and quick to make. Use rice malt syrup as the sweetener as it won't spike your blood sugar.

You can make a cheese sauce also using cashews and nutritional yeast. The nutritional yeast is the cheesy taste.

Dates are a great sugar hit and full of goodness.



We recommend two health care promoters to follow on YouTube. Dr. Eric Berg and Barbara O'Neill. They are well-educated with current health information.

SUPPLEMENTS

We need to supplement because we just can't get all of the nutrients every single day from what we eat. In addition, a sick body needs more nutrients.

One of these is Magnesium. It also helps with sleep, so take it at night, and if you get restless legs, it's a sure sign you are low in this. You can buy this in tablet form or a spray for the soles of your feet which have the largest pores, so it is absorbed quickly, or a cream to rub into the calves of your legs.

The other necessary vitamin is Vitamin C. The cheapest way to buy this is online as ascorbic acid. A tsp. a day in a glass of water is all that is needed.

Vitamin D3 is an immune system vitamin. Make sure you take K2 with your D3. It helps the D3 absorb better.

Turmeric decreases inflammation in the body. Adding a bit of black pepper increases its absorption by 2000 times.

You can make your own capsules of all of the above. Buy a capsule machine online. A good size is the 00 capsule size machine. You will need the equivalent size of 00 in empty capsules. Making your own is cheaper and you can buy organic ingredients without added fillers.

Due to its rich mineral content make sure you get a good Celtic salt which is known to contain approximately 82 minerals. Swap this for your table salt which only has 2 minerals. Celtic salt has many health benefits. One being, it helps move water into your cells more efficiently.



HINTS AND TIPS

Here are some hints and tips to help you on your health journey. Don't be overwhelmed because no one can implement these all at one time. Just start with a few things at a time and when they become your normal routine then do some more. Consistency is the key!

It is your personal health journey so pray and ask the Lord to be your guide. He knows what is going on inside you. He knows how many hairs are on your head so do your health journey with prayer and the Lord will direct you and lead people across your path to support you.

- Read your Bible every day and pray.
- Make a checklist and tick things off as you do them.
- Drink 2 litres of water a day.
- Eliminate negativity from your life.
- Watch health documentaries to increase your knowledge.
- Walk along the beach and grass barefoot to get earth minerals into your body.
- Drink herbal teas.
- Use natural unscented products on your skin.
- Invest in buying quality Red Light Therapy products.
- Keep a grateful journal.

Add other ones you want to include in your day below.



**"But thanks be to God, which
giveth us the Victory through
our Lord Jesus Christ."**

1 Cor. 15:57, KJV

Prayer...

Father God, thank you for helping me with my health. I understand how I need to look after my physical body as well as my spiritual life. My body is the temple of the Holy Spirit. I ask you Lord to lead me, one step at a time to make these health changes in my life that you know I need. Continue to educate me about how real food can heal my body. You have created real food for me so my body will heal. You are amazing! Thankyou Lord, for granting me PEACE and teaching me how to walk out my healing journey. Amen.

SHOES OF PEACE

WALKING IN FREEDOM

The Father's Love

In this lesson you will learn how walking out
God's healing brings peace.

Written by Jill Ross

YOU WERE CREATED FOR A RELATIONSHIP WITH GOD.

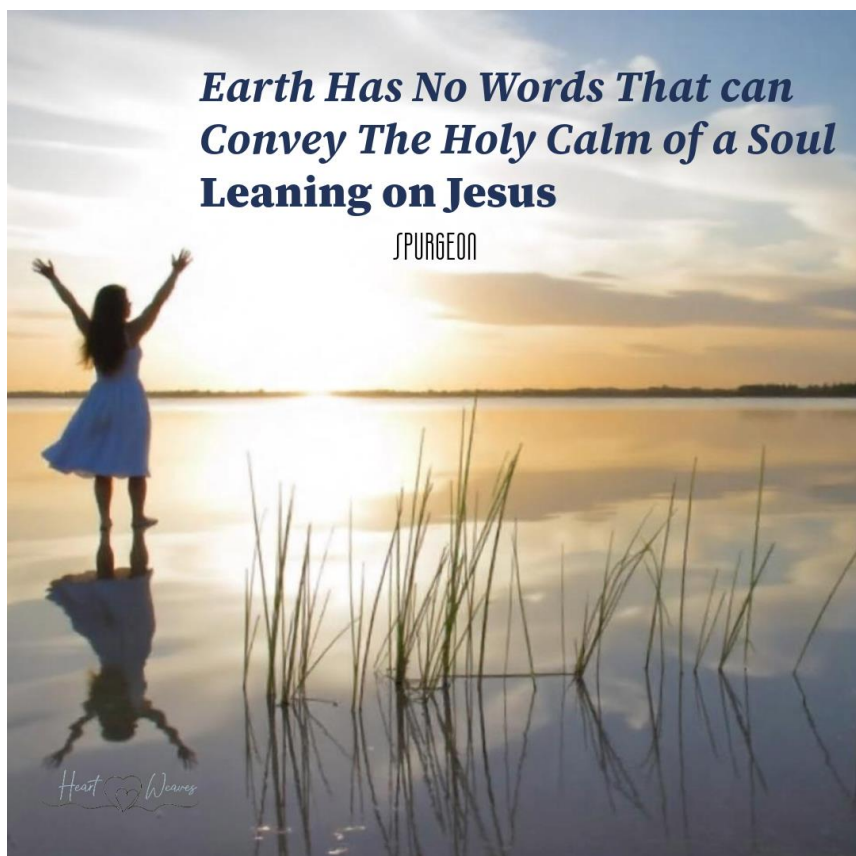


The Lord is
My Shepherd
He Will Take Care of All My Needs



***Earth Has No Words That can
Convey The Holy Calm of a Soul
Leaning on Jesus***

SPURGEON



Let's take a journey today. As you walk through various places and situations, you will have the perfect companion. In fact, He will lead you and hold your hand all the way. You'll never be left alone, and you'll never have to fear because your companion is your Heavenly Father. I pray as you walk, your feet will be shod with SHOES OF PEACE.

Let's gently wander through Psalm 23....

Read Psalm 23.

**The Lord is my
shepherd; I shall
not want.**

**He maketh me to lie
down in green
pastures: he leadeth
me beside the still
waters.**

**He restoreth my soul:
he leadeth me in the
paths of
righteousness for his
name's sake**



*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for
thou art with me; thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine enemies: thou anointest my
head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the
house of the Lord for ever.*

PSALM 23 (KJV)

THAT'S A BEAUTIFUL TRUTH! WALK IN YOUR SHOES OF PEACE!

Make sure you're comfortable and just listen while we go through a beautiful vision of how much your Father God loves you.

Then, begin playing soaking music softly.

Feel free to close your eyes. Now, picture in your mind's eye, seeing the hand of God, your Heavenly Father, reaching out to you.

As you take His hand, He invites you to join Him for a walk.

The scenes opening up before you are breathtaking with rolling green hills, shady trees, and beautiful, colourful flowers lining the path. The sky is blue, and you can feel a gentle breeze blowing.

As you walk hand in hand along the path, breathe in the beautiful, fragrant presence of God.

Know that your Heavenly Father loves you unconditionally and eagerly wants to spend this time with you.

In His presence, you're aware that every good and perfect gift comes from Him, and you want for nothing.

Just being with Him is everything.

As you look up ahead, your Heavenly Father invites you to sit with Him on the lush green grass.

He says, 'I want you to enjoy all the beauty of my creation. I made all of this for you because I love you.'

After a while, He takes your hand once again, and you continue on your journey.

He gently leads you down a little path towards a quiet stream of crystal-clear water.

There is such peace and calm in this beautiful place.

Your Heavenly Father tells you that He created these still waters so that you could come and be refreshed and restored.

Drink from these waters and receive my rest and my love.

I know you get weary. That's why I brought you here. I want to restore your soul, give you hope and bring you back to wholeness in that quiet, restful communion with Me.

This is where you can be - just "BE".

When you've been refreshed and are ready to continue the journey, your Heavenly Father takes your hand and says, 'I want to show you more.'

So, as you walk along the paths laid out before you, Father God speaks gently to your spirit and reminds you that you are worthy of His eternal love. This is because you were made on purpose, and you bring Him so much joy.

After a while, your surroundings seem to get darker. It's harder to see, and you sense fear creeping in as you wonder. 'Will my Heavenly Father still hold onto me?'

He draws you closer and says, 'I'm here; you can trust me. I haven't left you, and I never will.

You're my child, and I've got you.'

He wraps His loving arms around you, and once again, you feel safe. 'Just keep your hand in mine,' He says, 'and keep listening to my voice. I am always present with you.'

'Look up and see that even in this place, I have already prepared a table of blessings, encouragement and help. There are even special delicacies that I know you love – to remind you that I never took my eyes off of you. You are on my mind constantly.

As you walk out onto a well-lit path, your Heavenly Father tells you He wants to fill you with His joy. So - He pours the anointing oil of gladness all over you.

'My child, my desire is that you know my goodness, mercy, and love will surround you all the days of your life.

And when the time is right, I will take you by the hand and lead you into your 'Eternal Home' that I've prepared for you.'



HEALING ACTIVITY

What thoughts and feelings did you have when this was being read to you?

On the #22 [ARMOUR WORKSHEET](#) in the back of the book write down areas in your life -

1. Where you have 'needs' that you want met.
2. Where you have valleys in your life.
3. Where you have mountains.
4. Where you may be afraid.
5. Where you want your heart's desires fulfilled.
6. What things can you add to your HOPE JAR?



Prayer...

Father God, thank you for teaching me about THE ARMOUR OF GOD and how I can apply it practically and spiritually to my everyday life.

I pray you continue to show me how valuable I am and that I can wear the BELT of TRUTH at all times.

Thank you, for renewing my mind daily as I wear the HELMET of SALVATION.

Protect my heart Lord, as I put on the BREASTPLATE of RIGHTEOUSNESS. As I wear it may it heal my grief and loss and give me hope and a future as your word says.

Teach me how to use the SWORD of THE SPIRIT, and as I learn the word of God, I will know my words are powerful. In my authenticity I will have the victory in every battle I face.

As I hold up the SHIELD of FAITH may every fiery arrow fall to the ground.

Thankyou Lord, I now know that to STAND FIRM IN PRAYER will bring my victories in your way and your timing.

As I walk daily in the SHOES of PEACE may I embark on my healing journey with you not just for my own life but to be strong and healed to help others in their healing journey also.

I am a warrior! I am now fully equipped to walk daily in my armour, practically and spiritually.

Thankyou Lord, for my Tapestry of Life that you are continually working on. It's true sometimes I only see the back with the black and pulled threads. Help me to have faith, hope and love to trust that you are continually creating something beautiful with my life. I AM your masterpiece and I AM Fearfully and Wonderfully made with a good future full of hope...

In Jesus Name, AMEN!

CONGRATULATIONS!



Congratulations for completing the Heart Weaves TRAUMA HEALING & SPIRITUAL EQUIPPING with the Armour of God Program. WELL-DONE! You should be very proud of yourself.

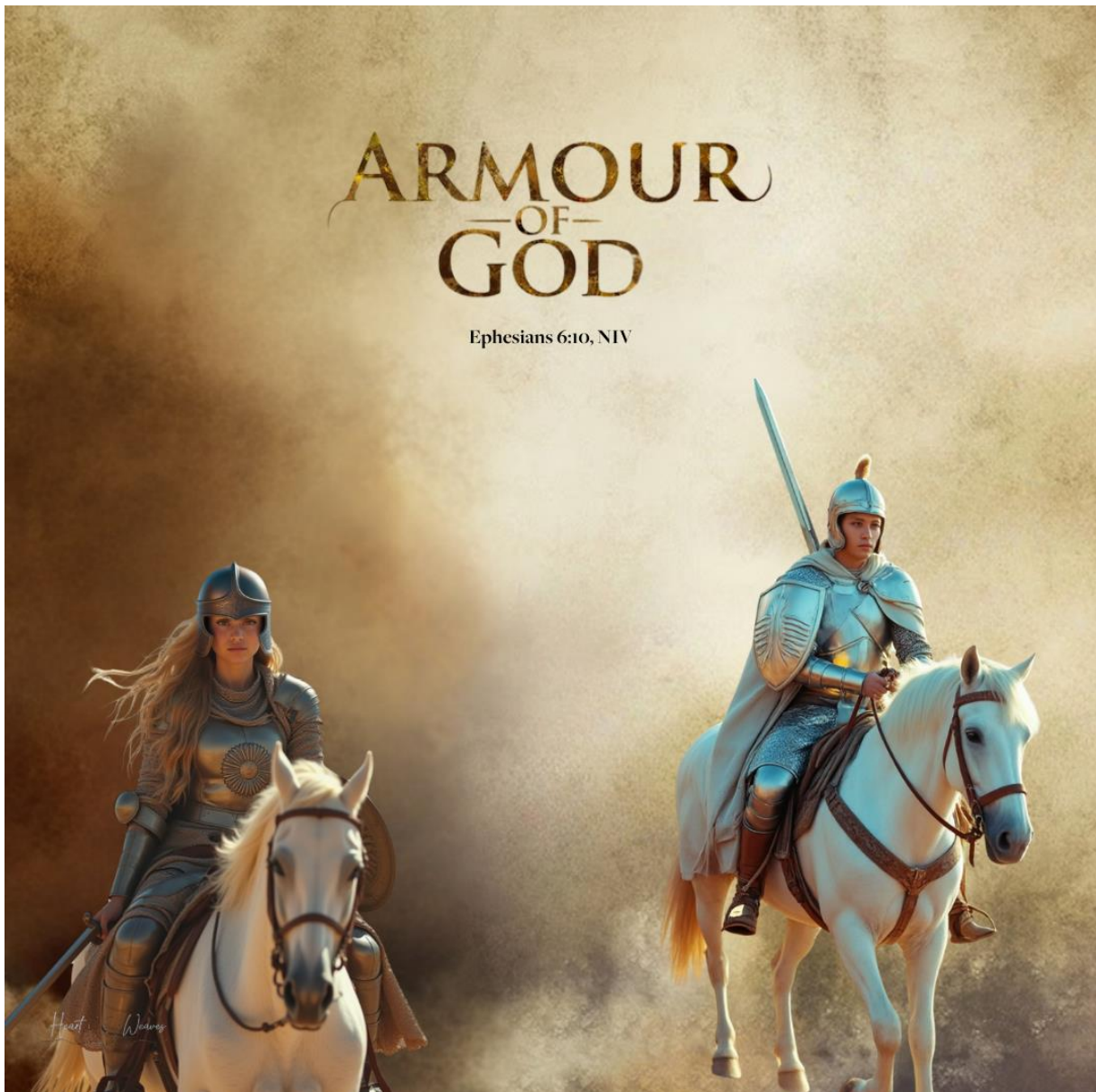
You have achieved so much in learning new skills and Biblical Principles to help you in your everyday walk with the Lord and also, with your calling to help others navigate their trauma healing journey. We at Heart Weaves Ministry, pray that as you go forward you will continue to heal and strengthen and learn in the power of God's Spirit and truth.

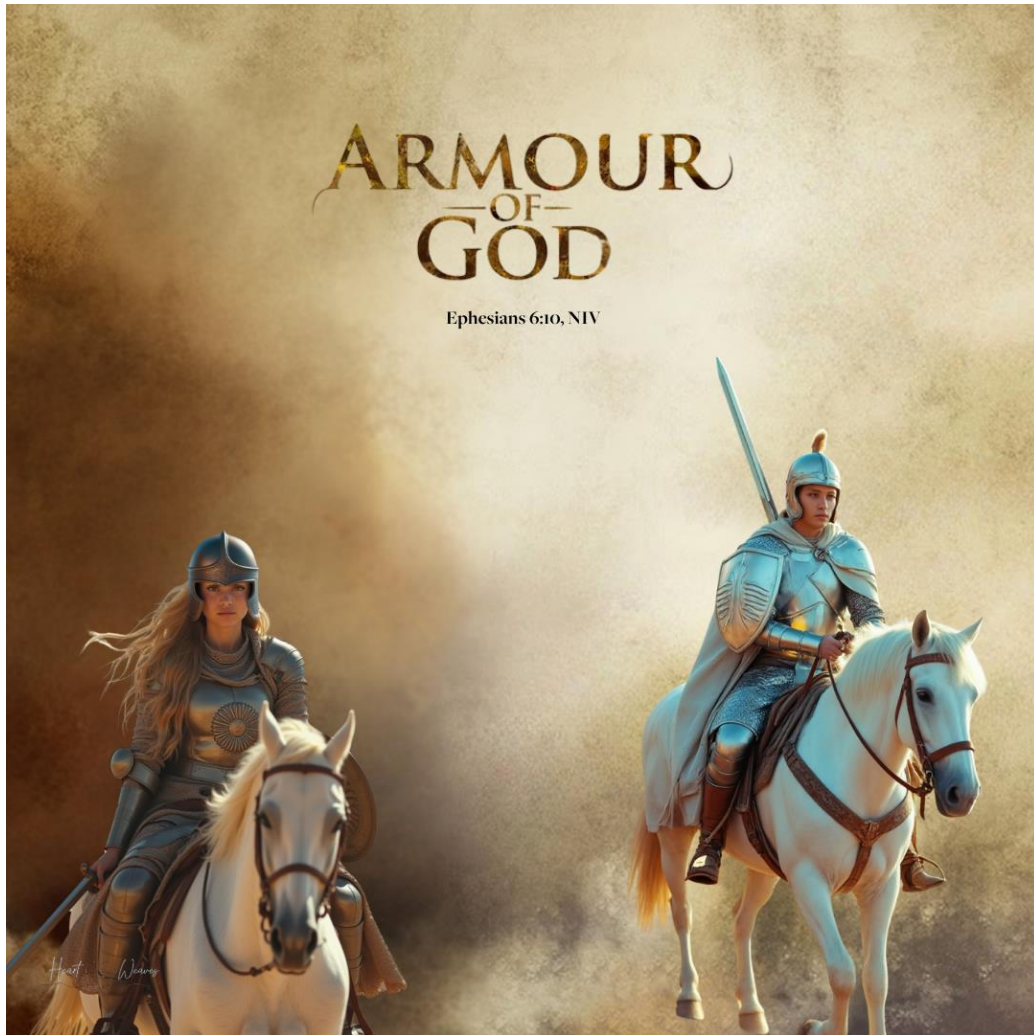
We pray you will continue to overcome, equipped as a soldier who is dressed and ready for service.

Never forget...**YOU ARE GOD'S MASTERPIECE!**

Please feel free to contact us at www.heartweaves.com for any further questions or help regarding this program. God bless you richly as you love and serve Him – Jesus our Lord and Saviour of the world.

ARMOUR WORKSHEETS





I _____

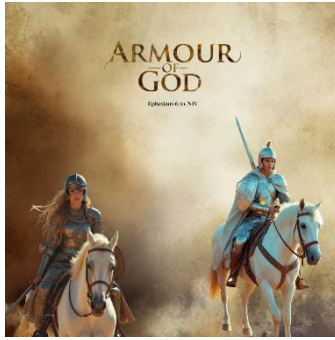
AM WONDERFULLY AND FEARFULLY MADE BY GOD.

BELT OF TRUTH

YOU ARE HIS MASTERPIECE #1



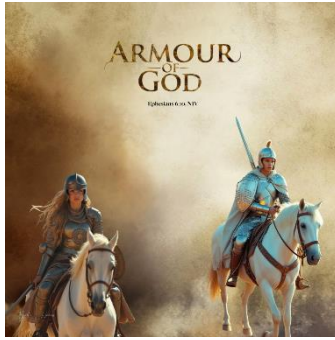
LIVING OUT OF YOUR WOUNDEDNESS #2



HELMET OF SALVATION

RENEW YOUR MIND #3

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BREASTPLATE OF RIGHTEOUSNESS

HOPE ACTIVITY #5

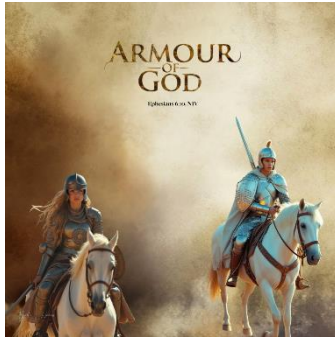
1.

2.

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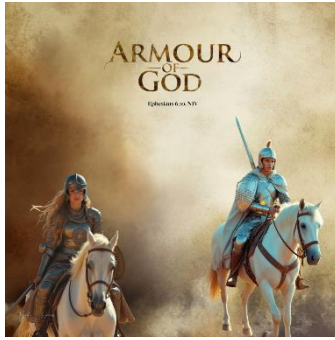


SWORD OF THE SPIRIT #6

NEGATIVE

POSITIVE

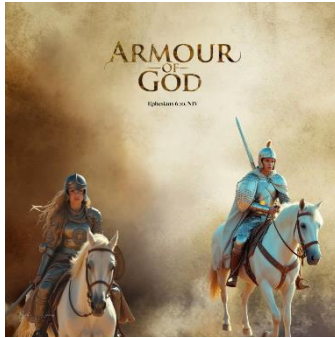
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SWORD OF THE SPIRIT #7

PEOPLE I NEED TO FORGIVE

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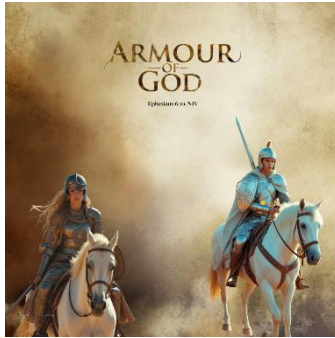
SWORD OF THE SPIRIT

HOW DO I FORGIVE? #8

1. ACKNOWLEDGE

2. THINK ABOUT

3. ACCEPT



SWORD OF THE SPIRIT

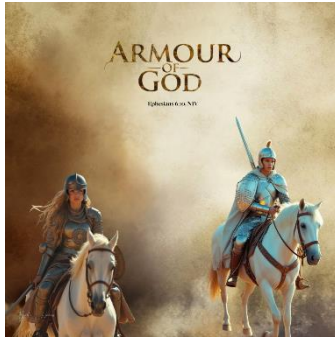
HOW DO I FORGIVE? (continued) #9

4. DETERMINE and CHOOSE

5. HEAL and REPAIR

6. LEARN and UNDERSTAND

7. FORGIVE!

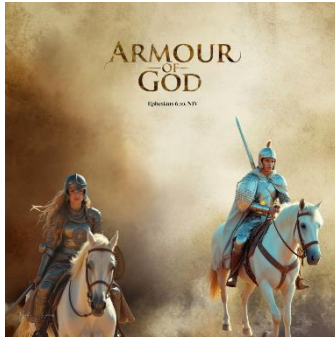


SWORD OF THE SPIRIT

BOUNDARIES AND YOU

WHAT DO I NEED TO CHANGE? #10

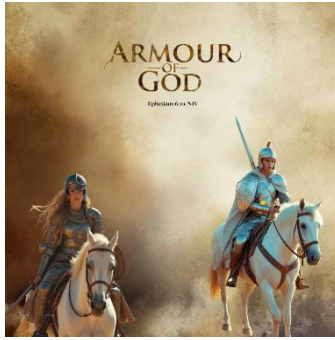
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SWORD OF THE SPIRIT

IT IS OKAY TO SAY NO! #11

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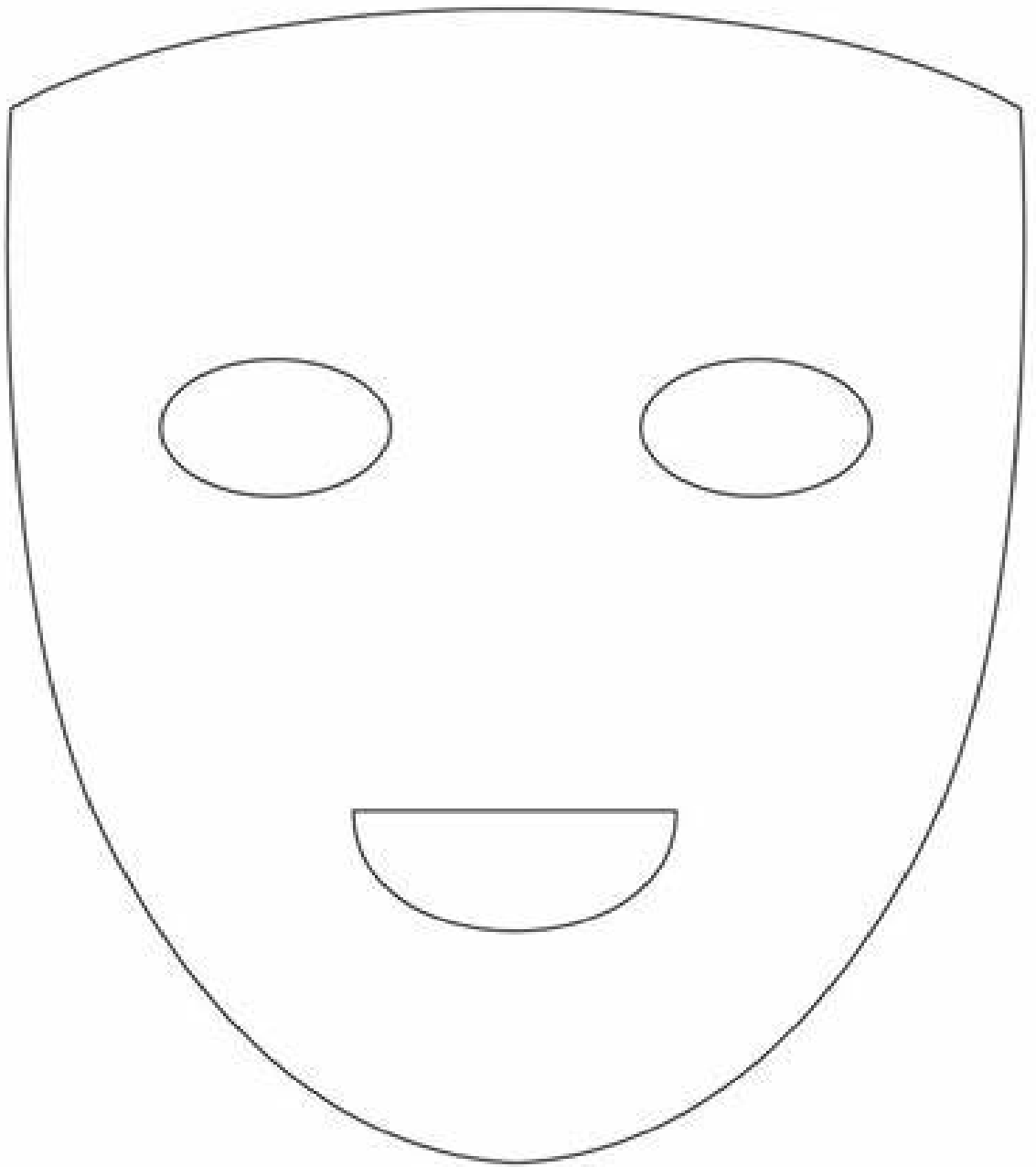


SWORD OF THE SPIRIT

IT IS OKAY TO SAY NO!

STRONG TOWER #12

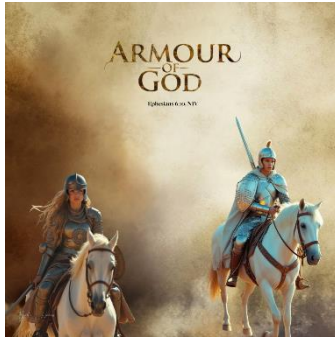
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SOLID MASK ACTIVITY #14

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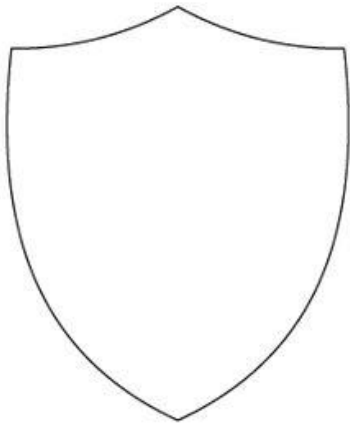
The eyes and mouth of this template can be cut out.



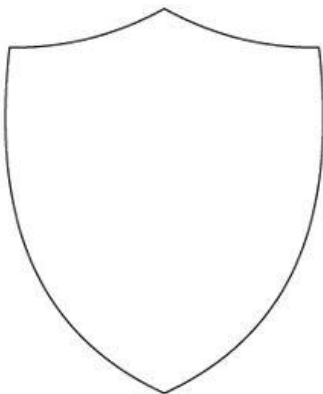
SHIELD OF FAITH

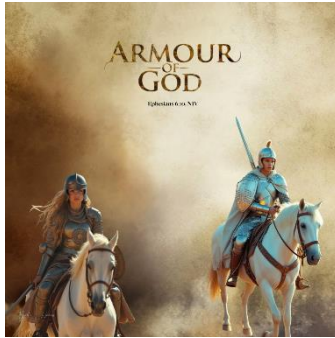
EMPATHS AND NARCISSISTS #15

HEALTHY



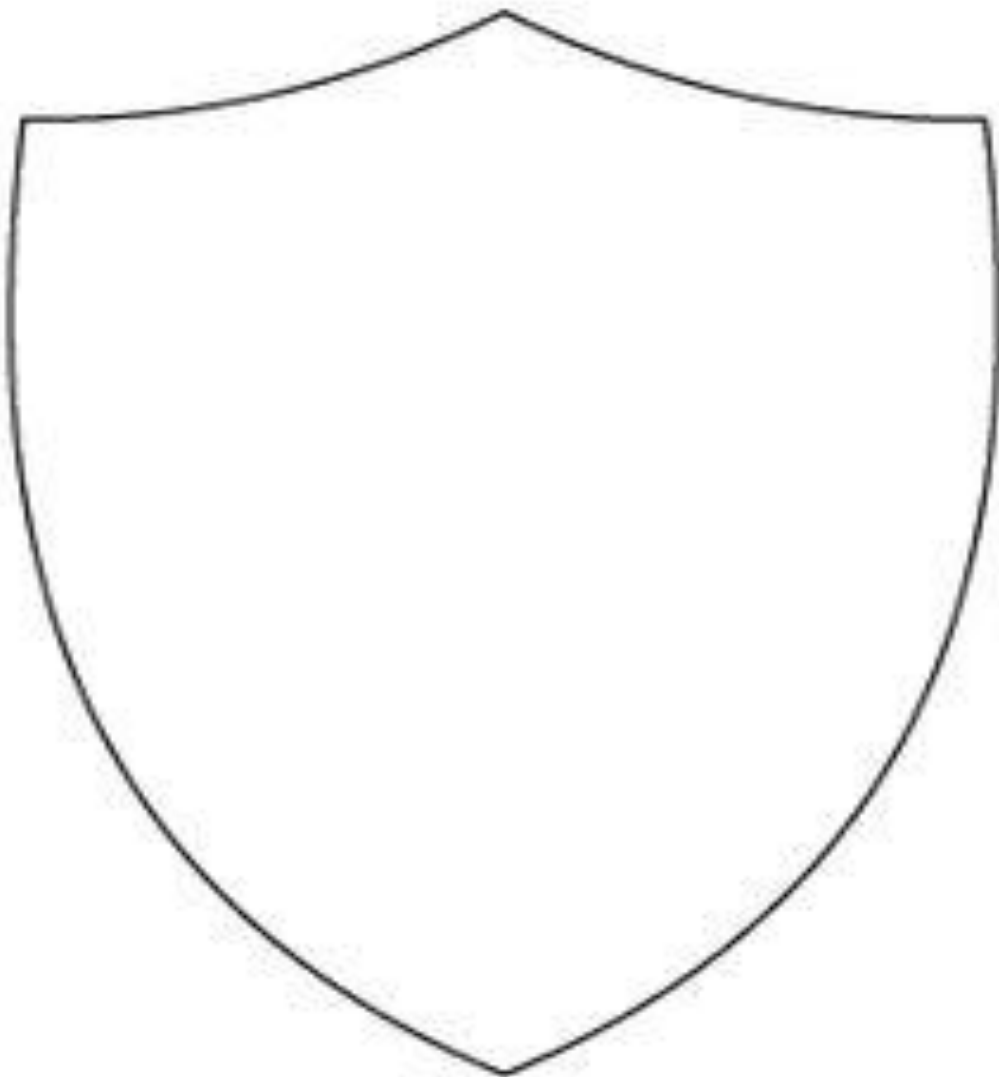
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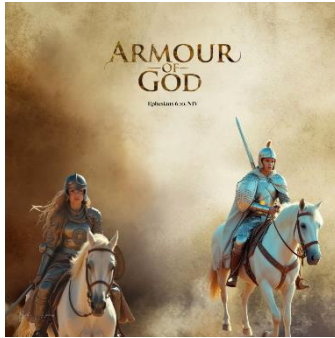




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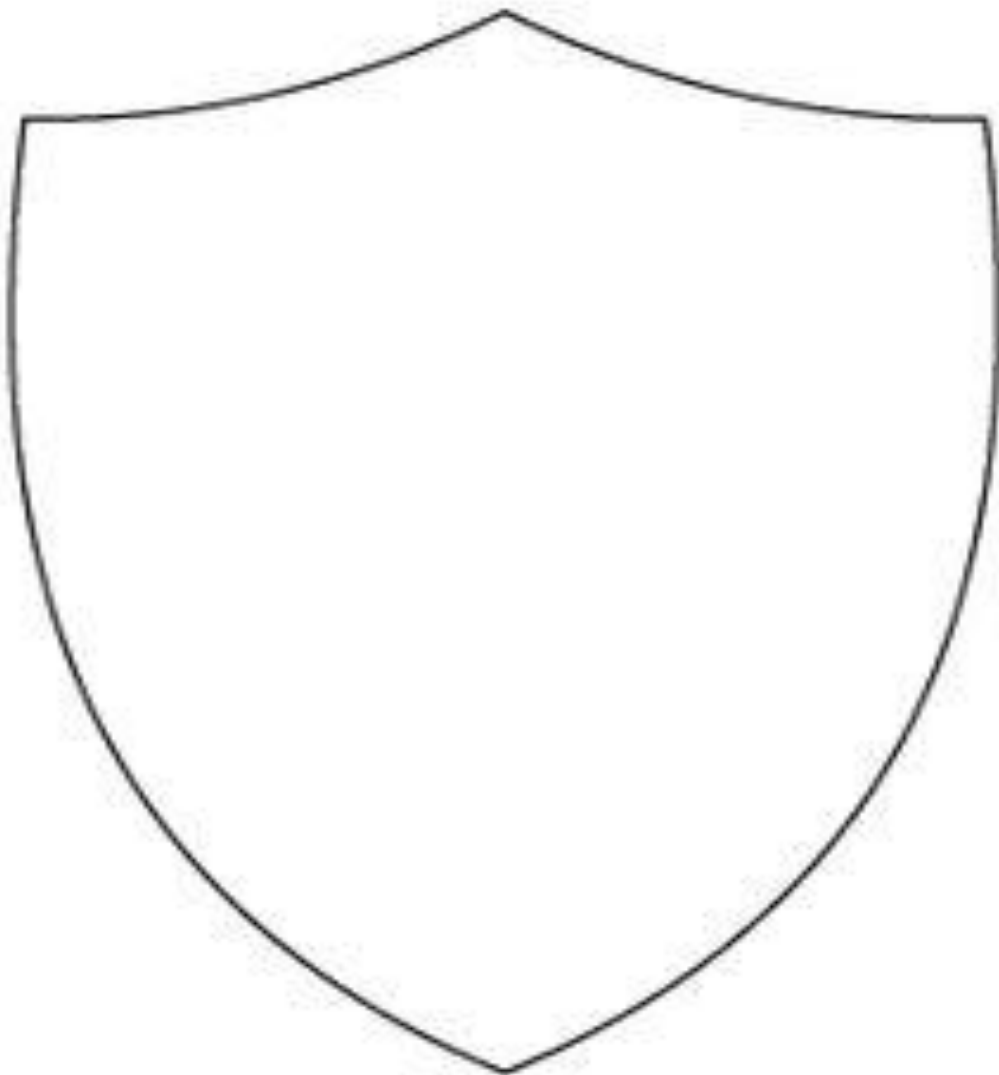
GROOMING, FLATTERY and RED FLAGS #16

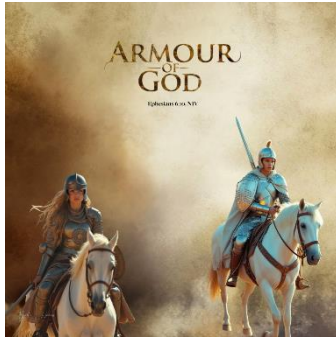




SHIELD OF FAITH

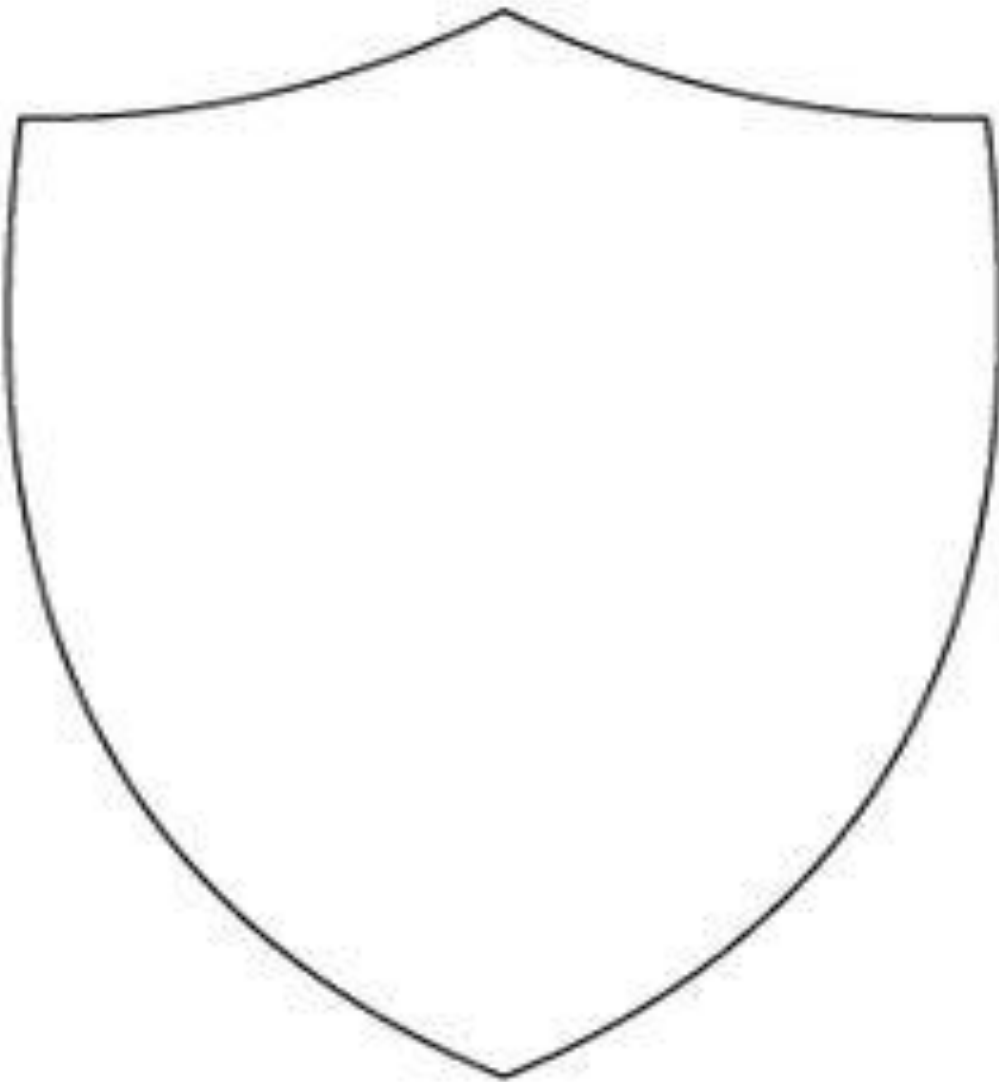
GROOMING, FLATTERY and RED FLAGS #17





SHIELD OF FAITH

GROOMING, FLATTERY and RED FLAGS #18



SALVATION PRAYER

Father God, I come before your Throne of Grace and admit that I am a sinner. I repent for all the sin I have ever committed in my life, whether big or small. I confess them all before you and thank you that I am now forgiven.

Thank you for sending Jesus your son to die for me, to cleanse me of my sin and wash me in His precious blood that He shed for me on the cross.

I believe Jesus took all my sin upon Himself and I am so grateful for SALVATION through Jesus Christ.

I am now a born-again believer. Fill me with your Holy Spirit. Walk with me Jesus, as my Good Shepherd.

Father God, help me to live every day in a way that pleases you and help me through the Holy Spirit to live the life you have created and destined for me.

Thank you, Father God for your unconditional LOVE. Help me to know your love more and more each day. Jesus, take my hand as I now surrender my life to you, my Lord and Saviour.

AMEN.



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