

Walking with God in Relationship: Winning Your War © Sarah Winbow 2021. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the author.

The emphasis given to Scriptures in bold type throughout this book is the authors. Scripture references are taken from the New International Version unless otherwise stated.

Scripture quotations taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Hodder and Stoughton Publishers, a member of the Hodder Headline Group. All rights reserved.

'NIV' is a registered trademark of International Bible Society. UK trademark number 1448790.

Appendix 1: *The Father Who Delights in You* © 2009 Living Seeds www.livingseeds.org Used by permission

Cover image ID 65878674 © Jhandersen - Dreamstime.com

ISBN 978-1-008-99269-6

I would like to thank those who piloted this material as well as Maggie Jones for all her help in the proof work and editing process.

CONTENTS:

[Week 1: FATHER GOD'S HEART OF LOVE](#)

[Week 2: ENEMY ACTION](#)

[Week 3: BE PREPARED](#)

[Week 4: THE CHOICE: FEAR OR LOVE?](#)

[Week 5: OVERCOMING THOSE THOUGHTS](#)

[Week 6: PUTTING IN THE TRUTH](#)

[Appendix 1: THE FATHER WHO DELIGHTS IN YOU ...](#)

[Appendix 2: A TESTIMONY OF MATURITY](#)

[Appendix 3: THE WHOLENESS OF THE ARMOUR OF GOD \[EPHESIANS 6:10-18\]](#)

[Appendix 4: PUTTING ON THE WHOLE ARMOUR OF GOD IN PRAYER](#)

[Appendix 6: THE PROCESS OF FORGIVING](#)

[Appendix 8: CONFESSING SEXUAL IMMORALITY](#)

[Appendix 9: BREAKING SEXUAL SOUL TIES](#)

Week 1: FATHER GOD'S HEART OF LOVE

Genesis chapters 1-3.

Why did God create us?

What happened to spoil that closeness?

How does that affect us?

Why do you think Father God longs for us to recognise we need Him?

The Bible shows us that because of the depth of Father God's love for us, when the time was right, He took a very serious step in order that we might all be able to know and understand that love for ourselves and restore our broken relationship with Him.

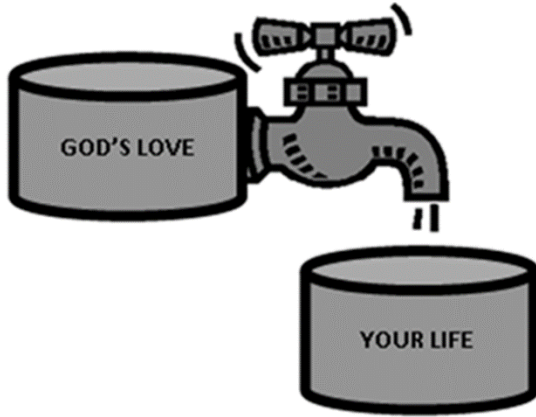
John 3:1-21.

What was this serious step God took?

Why did He do it?

Luke 15:11-32.

What is revealed of Father God's heart towards us in this story?



What does this illustration describe?

1 John 4:9-10.

What do you think these verses mean?

Luke 3:21-22.

How did Father God's presence show itself in these verses?

In what form did the Holy Spirit show Himself at Jesus' baptism?

What might this image teach us practically about the intimacy of God's presence with us?

How does sin affect this relationship?

All of us have to learn how to walk in a way that does not offend the delicate presence of the Holy Spirit dove but to live in a way that pleases Father God. This is a process that takes time. Try not to be too hard on yourself when you keep messing up!

Write down what Father God said to Jesus.

Psalm 2:7; Isaiah 42:1.

Who do you think these verses refer to?

What might be the significance of Father God speaking these words at Jesus' baptism?

1 John 3:1.

Who does this verse say we are?

What does that mean?

Ephesians 1: 3-8

Write down the meaning of the word 'lavish' as interpreted by these verses:

Father's heart of love towards YOU is so great, so vast, so generous, so abundant and so extravagant. He really wants you to know how much He loves YOU!

Whose responsibility is it to 'work' at your relationship with God?

What steps must you take to metaphorically 'go home' into the arms of Father God?

NOTES:

AFTER THE SESSION:

Perhaps you find it very difficult to relate to God as a loving, generous, extravagant Father who longs to have a deeper relationship with you. Perhaps you are even backing away at the very thought that someone calling Himself 'father' might want any sort of close 'relationship' with you.

Sometimes we find it difficult to relate to God as Father because our view of God and perspective of what a 'relationship' with Him might be has been shaped or even marred by our experience of relationships with our earthly fathers or significant authority figures. Even the very best of dads, and thankfully there are many, cannot fully demonstrate Father God's character because we are, after all, human.

If our experience of a parent has been someone mean, cruel or abusive towards us then we can subconsciously project that same characteristic onto Father God which is a significant barrier to us being able to fully understand how much we are loved by Him and to receive His love. The problem is that whilst our bad experience may, sadly, be true of our earthly parent it is NOT true of our Father God. It is a lie.

By believing the lie we are, without realising it, agreeing with a deception put into our thoughts by our spiritual enemy Satan! Until the lie is broken, we actually *cannot accept the truth* of what the Bible teaches us about Father God's heart of love towards us. You and I are being robbed.

Look over the following list slowly. Stop at each word or phrase and prayerfully consider whether you have ever thought of God in that way. Tick the statements that are relevant to how you have viewed Father God.

Distant	Impatient	Demanding
Insensitive	Abusive	Fault-finding

Harsh or cruel	Never satisfied with me	Never there for me
Stern or angry	A spoil sport	Too busy for me
Cold	Controlling	Condemning
Perfectionistic	Manipulative	Unforgiving
Uncaring or unconcerned	Cunning	An abuser

Not one of these statements is true of Father God. If you have ticked some boxes then it is a very good idea right now to renounce (which means give up or stop believing) those lies. Before you do, please read quietly through the wording of the love letter from Father God which you will find in appendix 1 at the back of this booklet (these are the words of the track *The Father Who Delights in You* that may have been played at the end of the group session). Each of these statements comes from the Bible. For each negative box you have ticked above search appendix 1 to find a positive statement which counteracts it.

Look at the following grid. Write the negatives you have ticked on the left-hand side and the positives from Father God's love letter to you on the right.

I renounce the lie that my Father God is ...	I choose to accept the wonderful truth that my Father God is ...

Using the wording at the top of each column as the first words of your prayer, pray your renunciation and declaration OUT LOUD over your life. Say it several times so that you hear yourself say it. The Bible says it is God's truth that sets us free; what you are declaring is TRUTH.

Choose today to allow your thinking about Father God to be re-aligned with what the Bible says is His heart towards you.

Because you have believed these lies for a very long time, do not be surprised if it takes some time [a few weeks] before you really begin to *feel* deep in your spirit that Father God loves and accepts you. Be persistent. Keep saying the same renunciation and declaration every day until you know the blockage has gone.

It is possible this exercise may have re-opened a wound you thought you had dealt with and that will have been painful for you. For the time being, choose to let your focus be on the relationship Father God is calling you to, determine to draw closer to Him and try not to allow yourself to be distracted from that ambition. This is the day of new beginnings...

Week 2: ENEMY ACTION

THOUGHTS influenced by **EMOTIONS**
lead to **CHOICES** that result in **ACTIONS**

At what part of the chain do actions come?

Why might it be important for us to understand the process of how our thoughts become actions?

Whenever we resolve to take steps forward in the Kingdom of God the enemy, Satan, uses every trick in the book to try to thwart Father's plan from being put into action.

List ways in which the enemy manipulates our thoughts.

This is not demonic possession but it is demonic manipulation; our spiritual enemy using our own human weaknesses to influence our thoughts, choices and feelings which then affect our actions.

Where are things like confusion, anxieties, fears, thoughts, choices and feelings to be found?

The brain, including the mind, emotions and will, forms the parts of our inner being known collectively as the soul.

What are other ways of describing our soul?

Deuteronomy 6:5. With what parts of our person are we to worship God?

1 Corinthians 2:14.

What can we not understand before we are spiritually reborn?

What impact does this have on who the main focus of our life is?

What impact might our receiving the Holy Spirit have on our thought-life, emotions and choices?

Why do we fail to live victoriously?

1.

2.

3.

4.

1 Corinthians 3:1-3.

How does Paul describe believers like this?

What is the result of all of this spiritual tension on our way of life?

Romans 12:1-2. Where is the real battleground?

According to the flow chart at the top of p.14 where does this process of renewal begin?

1 Peter 5:8; 1 John 2:12-16.

Who is intentionally trying to prevent us being all Father God created us to be?

We need to understand how the enemy works in order to have a hope of overcoming in the spiritual battle.

Are God and Satan two co-existing but equal spiritual forces?

Why is this view [called dualism] heretical?

Write in the grid below the truths each of the following scriptures reveals about God. Then add to this list any other attributes of God, His character or nature you can think of.

Exodus 15:11-13.

Deuteronomy 33:26-27.

1 Kings 8:23-24.

Isaiah 40:25-26.

Isaiah 45:5-8.

Psalms 86:10.

Psalms 89:6-8.

Zechariah 14:9.

Our Father God is truly a GREAT BIG GOD!

THE BAD NEWS:

Isaiah 14:12-15.

Ezekiel 28:13-18.

Luke 10:18.

2 Corinthians 11:14.

Revelation 12:9.

Who or what is Satan a.k.a. the devil?

Hebrews 1:7. Who made the angels and who were they created to serve?

Why was Satan evicted from heaven?

John 10:10.

1 Peter 5:8.

Satan's hatred of God runs so deep that he spends all his time occupied with trying to thwart God's Kingdom plans and destroy the pinnacle of His creation, humanity.

Is Satan's power limitless?

The word 'Satan', 'devil', 'enemy' or 'evil one' is collective terminology to refer to all the forces of darkness, so when we say 'the enemy did this' we actually mean it was an evil or demonic spirit that did it, not usually the devil himself.

THE GOOD NEWS:

John 12:31-32.

Colossians 2:15.

1 John 3:8.

Revelation 3:21.

What did Jesus come to do?

Mark 3:14-15.

Ephesians 6:10-18.

James 4:7.

1 John 2:12-16.

Revelation 12:11.

As a child of God what have you been given the spiritual authority to do?

Should we be afraid of Satan or evil spirits?

James 4:7. What should we do *before* we try resisting the devil?

Luke 10:17-20.

NOTES:

AFTER THE SESSION:

Write down some of your thoughts that have arisen out of this session. Can you identify one instance in your life when you realised Satan was real? What are your thoughts about God, Satan and yourself?

Can you identify any fear of Satan? If so, confess it to God, renounce the fear and determine in your heart to put your trust in our GREAT BIG God.

Think through the way you behave. Are your emotions ever out of control? Do you give into fear? Do you always need to be in control? Are you wilful? Being totally honest pinpoint any actions that you have found yourself doing that you know have not honoured God or who you are as His child.

Confess your sin afresh to Father God.

Try to analyse 'why' you did that thing. What was behind it?

Ask the Holy Spirit to teach you how to understand the inner process that turns your thoughts into actions in order that you might break free from these things once and for all.
