

Prayer Ministry Small Group Study Guide

Lesson 2. Exercise: Identity

Watch Bart's video testimony (www.mastersmindministry.org) found on the Testimonials link. Read Psalm 139:13-16 and consider who God says you are. Ask Him in prayer about your design and purpose: Lord, who do You see me as?

Interrogate an action or feeling to discover an errant belief. Ask God to reveal a behavior or emotion that represents a pain you feel in any of the three realms. Write that action or feeling on the left side of the table below. Be specific in what you name it. (Who are you? Where did you come from? What is your purpose?).

What do you believe to be true about yourself that causes you to act or feel this way? Ask God in prayer, and listen for Him to reveal the errant belief. Write it down on the right side of the table below.

I Feel / Behave	I Believe

Interrogate the errant belief (Who are you? Where did you come from? What is your purpose?). Invite God to reveal His truth to take its place. You can use a simple prayer like this one:

Dear Lord, I recognize this feeling or behavior _____. I feel or act this way because I believe _____ to be true. Please show me how I came to believe this... (listen and confirm).

Now that you have called this to my mind, please give me Your truth... (listen and confirm) I accept Your truth and ask You to renew my mind with it. Amen.

Sharing: Identity

Choose a presenting symptom (alcoholism, depression, fear, addiction, etc)

- Describe it from the perspective of the physical realm
- Describe it from the perspective of the emotional realm
- Describe it from the perspective of the spiritual realm

Share your answers to these questions in your small group:

- What is your primary realm? In other words, which realm is your default for understanding or explaining things?
- How did your thinking change with each lens shift of the realms?
- What were you able to communicate through the lens of the spiritual realm that was difficult to communicate through the physical or emotional realms?
- When is it beneficial to talk with another in terms of their primary realm?
- How can communication be enhanced by intentionally using a non-primary realm?

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- How have you seen integration of the realms provide healing to the whole person?

Caring: Identity

Put one sheet of paper on a table for each person in your group and label it with their name. Spend a little time praying silently for each person, asking the Holy Spirit to reveal a spiritual gift or character trait He has given him or her. When you are ready, write that gift or trait on the appropriate paper. Distribute the pages to their owners.