

Prayer Ministry Small Group Study Guide

Lesson 10: Inner Healing Exercise

Take a moment for self-reflection. What is your soul's default setting for guiding your life? Circle your answer in these statements.

My soul is most concerned with SELF-PROTECTION or SELF-SACRIFICE.

My default operating system is set to my MIND, WILL, or EMOTIONS.

Under pressure my operating system is MIND, WILL, or EMOTIONS.

Under what conditions are you tempted the most to act from your soul rather than walk by the Spirit? Be as specific as possible.

Core Values Assignment

Values are those underlying assumptions and core convictions that shape our actions and decisions. They are usually born out of the lessons we learn and then welded into our ideology through times of difficulty and testing. While some have mistaken beliefs for values, actual values will always be observed in behavior. They are plainly seen in your checkbook, calendar, conversation, day dreams, and activities. Your core values represent your unique wiring, the unique ways God has shaped your views and approaches on life. Knowing your core values helps you identify thoughts, arguments and opinions so they can be taken captive and made obedient to Christ.

Identify 6 - 8 core values and note the reason you hold that value, either from a lesson learned or conviction developed.

Value	Lesson / Conviction
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Do you tend to operate in these values in a redeemed or unredeemed ways?

How can you change the way you use these values to redeem them?

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Examples of values

Accomplishment	Family	Marriage	Self-esteem
Affirmation	Forgiveness	Making Money	Self-expression
Ambition	Forward-looking	Mentoring	Sensitivity
Autonomy	Freedom	Obedience	Servanthood
Beauty	Frugality	Orderliness	Service
Being in Control	Fulfillment	Patience	Sexual Fulfillment
Caution	Fun	Peace	Silence
Career	Gentleness	Perfection	Sincerity
Collaboration	Genuineness	Performance	Solitude
Community	Good taste	Persistence	Spiritual Growth
Compassion	Growth	Personal Power	Stability
Competence	Hard Work	Physical Vitality	Success
Competition	Health	Productivity	Temperance
Consistency with	Honesty	Protection	Tolerance
Biblical Teaching	Humility	Purity	Tongue Control
Creativity	Humor	Quality	Tranquility
Determination	Impacting People	Recognition	Trust
Diligence	Independence	Relaxation	Truth
Efficiency	Influence	Respect for People	Winning
Elegance	Integrity	Respect for Life	Worship
Encouragement	Intelligence	Respect for the	
Enlightenment	Joy	Environment	
Excellence	Lack of Pretense	Risk Taking	
Faithfulness	Love	Security	

Sharing: Inner Healing

In your small group affirm each other with the primary character trait you see in him or her. Use a simple phrase such as: “John, I see faith in you.” Each one should take a turn to affirm “John” until all have shared. Then move to the next person.

Character Traits:

Faith, Leadership, Discernment, Administration, Creativity, Mercy, Giving, Confidence, Caution.

- How did it feel to have others affirm your character traits?
- How accurately did your group describe you?
- What surprised you in this exercise?
- How have you used your primary character trait in unredeemed way?
- What circumstances or conditions help you to act in redeemed traits?
- How can you speak life into your children (spiritual children) as they use their God-given character traits?
- What will help you remember to make prophetic proclamations to others?

Caring: Inner Healing

Confess your weakness and mistakes to one another. Cover the confessions with prayer and bless each other in their true identity. Consider how this time can be commemorated.