

HEALING AND RESTORATION | **BREAKING THE CYCLE**

LESSON NOTES

1. God will not advance your instructions beyond your last act of _____.
2. One reason we disobey God is that we doubt our ability to _____.
3. _____ is still disobedience.
4. Usually, what God is telling us to do is going to be hard on the _____.
5. Your obedience will affect _____.
6. It hurts right now, but one day _____.
7. Obedience is a reflection of _____.
8. You fight fear _____.
 - a. _____ with God.
 - b. _____ God.
 - c. Hear the _____. Consistently fill your mind with _____.
 - d. Speak the Word out of _____.
9. You have to defeat "that thing" when _____.

ACTION STEPS

1. Make a list of actions or steps that you believe God has told you to take to break free, but you haven't.
2. Set aside 5 to 10 minutes EVERY DAY to get alone with God, and:
 - Ask Him to forgive you for your disobedience – go down your list.
 - Pray for the strength to do what He is telling you to do.
 - Praise Him – regardless of how you feel.
3. Find 1 to 4 scriptures that speak to you personally about what you are facing.
 - Memorize the scripture(s).
 - Speak the scripture(s) out loud whenever doubts or fear begin to attack your mind.