

Introduction to the “Personal Cross” Video

| Page # | Description of Contents |
|--------|--|
| | Please watch the video first: https://www.hiddenhalf.org/training/personal-cross-prayer-video |
| | Please fill out these forms as you watch the video – <i>or</i> after watching this video. Then send your first & last name – and your email address to: paul@hiddenhalf.org and I will send you the same documents to sign via DocuSign – and electronic email process. |
| | Then work with your discipleship leader to set up a prayer time with Straight 2 the Heart |
| | If you have any questions – please send questions to: paul@hiddenhalf.org |
| 2 | Jesus’ suffering is part of His gospel |
| 3–4 | Satan’s lies are his power source in our lives & Confirmation Bias |
| 5 | Biblical meditation versus New Age/Eastern religion meditation <i>* This information is not in the video at this time</i> |
| 6 | Identity is the key focus in every attack of Satan, with every lie he whispers to us in 1 st personal language |
| 7 | Follow the Leader – GPS Form |
| 8 | Overview of Straight 2 the Heart’s “Readiness to Receive Training” form |
| 9 | Matt. 18 Conflict Resolution form |
| 10 | Praying to Jesus or the Father? |
| 11 | Overview – Demonstration Agreement Form |
| 12 | Readiness To Receive Training Form |
| 13 | Discipleship Training Demonstration Agreement Form |
| 14 | Group Etiquette form |
| 15–16 | Summary of Commitments |
| 36 | The “3 Positive & 3 Negative Events” exercise <i>* Page 36 is from our Level 1 training manual</i> |
| 37–39 | Personal Cross Prayer instructions <i>* Pages 37-39 are from our Level 1 training manual – use these pages with page 17</i> |
| 17 | Full sentence version of Jesus’ story in the right column on pages 37–38 that gives short descriptions of the negative experiences Jesus went through <i>* Page 17 is from our Level 1 training manual</i> |

Pillar #1: Jesus suffered to identify with us, understand what we go through, trusting His Father through all of His trials so that He could offer us His healing and freedom

Jesus' Suffering is a central part of HIS gospel, the Old Testament writer's gospel, and all the New Testament writer's gospel

Luke 9:22; 22:15; 24:24–27; 44–46; Acts 1:3; 3:18–26; 17:2–3; 26:22–23; Heb. 2:9–10, 14–18; 5:7–9; 4:14–18; 13:10–13; Isaiah 53; 63; Psalm 22; 69 etc.

5 Questions about Jesus' suffering

1. Does “Jesus suffering being tempted” = Jesus' sinning? If so, we have a “sinful Savior” not a sinless Savior ☹️.
Scripture's Answer: Heb. 4:14... “tempted like us in all points, yet WITHOUT sin.”
2. Did Jesus have an advantage over me? If so, He was cheating = I can't grow or gain victory like He did.
Scripture's Answer: Heb. 2:17–18... “made like us in every way...suffered so He could help us.”
3. Because Jesus suffered so much more than me... isn't it wrong for me to talk about my pain–abuse–loss etc.? If so, this means that Jesus' suffering invalidates and minimizes my pain or abuse.
Scripture's Answer: Heb. 2:18... “suffering being tempted SO He can help me.”
4. Because Jesus was a man, not a woman is it really possible for Him to identify with women's temptations? If so, this means that more than half of the human race does not have a Savior who can understand their challenges. **Lie versus Gender:** Adam and Eve (both genders) were tempted with lies and gave into lies.
Scripture's Answer: Heb. 5:7–9... “He learned obedience through the things He suffered.”
5. How can Jesus identify with me and understand my suffering when I've been suffering-abused etc. for 25+ years – but He only went through a few hours of suffering through all of His trials? If so, then Jesus cannot identify with you, heal you and set you free.
Scripture's Answer: Rev. 13:8... “the Lamb slain from before the foundation of the world.” Jesus has been suffering ever since sin entered the universe, before Adam and Eve were created.

Decision:

I agree: Jesus and His disciples said His suffering is part of His gospel, His plan of salvation

I choose to receive prayer as I continue studying this

I disagree: Jesus only died for my sins – *and this training is not an option for me at this time*

I agree that Jesus suffered so He could be “made like me in every way,” “tempted like me in all points” so He could identify with me, understand my struggles and help me

I choose to receive prayer as I continue studying this

I disagree: Jesus only died for my sins – *and this training is not an option for me at this time*

Pillar #2: Satan’s lies, negative thoughts or false beliefs are the “roots” of our sinful behaviors (*see page 7 for scientific research*)

Satan is the ‘father of lies’

- a. Jesus said that Satan is the “father of lies” (John 8:44)
- b. Satan is a “deceiver,” which means that he does **not** want us to know he is whispering lies to us in first person and does **not** even want us to know we have lies or negative thoughts language (2 Cor. 11:3, 14; 2 Thess. 2:9–10; Rev. 13:13–14; 19:20; 20:3...*see page 7 for scientific research on this*)
- c. Satan’s lies are so effective that:
 - Satan deceived 1/3 of the angels in a **perfect** environment in heaven (Rev. 12:4)
 - Stan deceived Adam and Eve in a **perfect** environment in the Garden of Eden (Gen. 3:1–7)
- d. Jesus said that it is the negative thoughts that come out of our hearts that lead to our negative/sinful behaviors (Matt. 15:18–19) so whenever there is a negative behavior in my life, **Jesus, scripture, and science** reveal that there are negative thoughts preceding them – *even when I am not aware of them * See page 7 for links to articles on “confirmation bias” revealing how we can reject truth even when what we believe is shown to be false*
- e. The first time the word “thought” is in scripture, it is in Genesis 6:5, where the “thoughts of men were *continually* evil”
- f. As a man or woman thinks in his/her heart, so is he (Proverbs 23:7)

Decision:

- I agree with Jesus:
 - a. Satan whispers negative thoughts that are the “roots” or source” of my negative or sinful feelings and behaviors
 - b. Satan’s deceptions (lies/thoughts) can be so effective that I am *not* aware of these negative thoughts
- I choose to receive prayer as I continue studying how science and scripture support the truth that there are thoughts behind **all** of my feelings and **all** of my behaviors
- I disagree: I do not have negative thoughts behind my negative behaviors – *and this training is not an option for me at this time*

Confirmation Bias/My Bias/Backfire Links:

Dictionary Definition: “Confirmation Bias” or “my side-bias” is defined as: “The tendency to process and analyze information in such a way that it supports one’s preexisting ideas and convictions” in way that keeps us from accepting the truth. <http://www.dictionary.com/browse/confirmation-bias?s=t>

See this link to what people try to figure out the “rules” based on their preconditioned assumptions: (or go to Youtube and type in “Black Swan Veritasium)

<https://www.youtube.com/watch?v=vKA4w2O61Xo>

See this link to find out what even “white lies/small lies” do to our brain:

<http://lydiadenworth.com/articles/slippery-slope-dishonesty/>

Confirmation Bias Resources:

<https://explorable.com/confirmation-bias>

Confirmation bias is also known as selective collection of evidence. It is considered as an effect of information processing where people behaves to as to make their expectations come true. People tend to favor information that confirms their preconceptions or hypotheses independently of the information’s truthfulness or falsity.

“What the human being is best at doing is interpreting all new information so that their prior conclusions remain intact.” — *Warren Buffett*

The Backfire Effect: <https://effectiviology.com/backfire-effect-facts-dont-change-minds/>

The *backfire effect* (sometimes referred to as the *worldview backfire effect*) is a cognitive bias that causes people who encounter evidence which challenges their beliefs to reject that evidence, and to strengthen their support of their original stance.

Essentially, the backfire effect means that showing people evidence which proves that they are wrong is often ineffective, and can actually end up backfiring, by causing people to support their original stance more strongly than they previously did. [end]

We Have Unconscious Thoughts During the Planning Stage Prior to Consciously Making Decisions & Acting:

In the years since Libet’s famous studies [showing there is a planning stage before we make decisions], many other scientists have conducted similar experiments. John-Dylan Haynes, professor at the Berlin School of Mind and Brain, conducted experiments using an MRI instead of an EEG. His discoveries seem even more astonishing. He gave his subjects two buttons (one for each hand) and told them to push one of the two buttons the instant they made a decision to do so. Haynes discovered unconscious brain activity preceding *and predicting* their movements. This activity (recorded by the MRI) began seven to ten seconds *prior* to the conscious decision and action.” [J. Warner Wallace, *God’s Crime Scene: A Cold-Case Detective Examines Evidence For A Divinely Created Universe*, (David Cook, 2015) p. 145]

“There are several ways to interpret these experiments, and given the location of the brain where the activity is located [frontal lobe], it now appears these experiences are recording the initial *planning* portion of the subject’s thought process (*prior* to make a choice) rather than the choice itself. After all, Haynes recorded **seven-to-ten second gaps between the activity in these regions and the actual decision**. This relatively long period of time is far more consistent with conscious (or unconscious) *planning* than conscious choosing, given that we typically *plan* long before we *act*. [J. Warner Wallace, *God’s Crime Scene: A Cold-Case Detective Examines Evidence For A Divinely Created Universe*, (David Cook, 2015) p. 154

Biblical Meditation versus New Age/Eastern Religion Meditation:

Biblical Meditation = Praying–Reading–Interacting–Applying God’s Word In A Way That Increases Blood Flow In the Brain:

- a. Scripture repeatedly uses the word “meditation” (Joshua 1:8; Psalm 1:2; 119:15, 23, 27, 48, 78, 148; 1 Tim. 4:15 etc.)
- b. Some people assume that because meditation is in all the religions, all meditation is okay, but science reveals how meditation can **activate** our frontal lobe where we think and reason and evaluate... and how it can **sedate** our frontal lobe’s ability to think, reason, and evaluate
- c. Biblical meditation is focused on knowing God (relational): knowing His will, **His thoughts** and having Him know us as we learn to surrender to and receive His will in our lives
- d. Eastern religion meditation is more focused on chanting repetitive words or phrases, or focusing on an object etc. to empty the mind **as opposed to “knowing God”**
- e. See the summary contrasting Biblical and Eastern religion mediation with quotes from Dr. Nedley’s books on pages 25–26 in the training manual and the summary below...

New Age/Easter Religion = Chanting one word or phrase in a prayer over and over again, focusing on one object or word in a way that decreases blood flow in the brain

Decision:

- I choose Biblical meditation, which increases my ability to know God/His will, to think about scripture, to apply scripture, to pray etc. so that my mind is not empty... as I surrender to God’s will and He is the power source in my life
- I choose to receive prayer as I continue studying this
- I choose to reject **all** meditation, including thinking about scripture and seeking to know God/His will (*Biblical meditation*) because of my concern about the wrong kinds of meditations – and *this training is **not** an option for me at this time*

Biblical Meditation versus New Age/Eastern Religion Meditation:

Being still and **KNOWING** God (Ps. 46:10)

- * This is a God-centered, relational focus
- ↑ Increases blood flow to my front lobe **in contrast to...**

Emptying my mind through **chanting** repetitive phrases or prayers, focusing on one object or word etc.

- * This is a man-centered, self-powered focus
- ↓ Suppresses/lowers the blood flow to my frontal lobe

Dr. Nedley contrasts the characteristics of Christian meditation with Eastern Meditation and Hypnotism in his book, “**Depression the Way Out:**”

Christian Meditation and Prayer:

- Provides a respite from stressful thoughts and feelings.
- Reasoning powers of the brain *must be active* during the meditative process.
- The **beta brain wave** in the frontal lobe predominates, which fosters *active reasoning*.
- Our highest intellectual powers, including spiritual reasoning, reside in the frontal lobe. (p. 164, *emphasis is mine*)

Eastern Meditation and Hypnotism:

- Is in sharp contrast to Christian meditation
- An **alpha brain rhythm is present instead of beta rhythm.**
- This signifies a trance-like state in which information bypasses the frontal lobe.
- *Like hypnotism, thoughts are repressed and reasoning is absent.*
- *The meditator is open to mind control.* (p. 165, bolding, emphasis is mine)

Identity Is the Key Focus In Every Attack Against Jesus and Against Us:

Every attack against Jesus was an attack against His **truest, deepest identity** as God's Son:

IF is the word used in every key temptation against Jesus, beginning with his three temptations in the wilderness – immediately after His baptism where His Father has said, “This is MY SON in whom I am well pleased.” (Luke 4:1-13).

IF You are the Son of God, turn stone into bread. (Luke 4:1-13)

IF You are the Son of God, throw Yourself off of the temple. (Luke 4:1-13)

IF You are the Son of God, bow down and worship me. (Luke 4:1-13)

IF You are the Son of God, the Messiah, tell us! (Luke 22:63-65)

IF You are the Son of God, tell us who hit You/spit on You (Matt. 26:67-68)

IF You are the Son of God, come down from the cross and save Yourself. (Matt. 27:38-44)

Every attack against me, whether it is verbal, mental, physical etc. is an attack against my **truest, deepest identity** as God's son or daughter... tempting me to trust in myself instead of in God.

The apostle Paul calls Christians in the New Testament “saints” – even when they are struggling with sin in the KJV, NKJV, ESV, and NASB versions. (1 Cor. 1:1-2; 2:1-2; Ephes. 1:1-2; Phil. 1:1-2; Col. 1:1-2)
* other versions use the word “holy”

The apostle Paul tells believers to “**remember** who they are.” (Ephesians 2:11-20)

Peter tells Christians that whoever is ineffective and unproductive in the knowledge of the Lord Jesus Christ has **forgotten** that they have been cleansed from their sins. (2 Pet. 1:8-10)

Abraham, Sarah, Jacob, God's people, Peter, and Paul receive name changes, reflecting changes in their identity. (Gen. 17:5-9; 32:37-28; Isaiah 62:1-4, 14; John 1:42; Acts 13:9)

All those who are saved received a name change, reflecting our new identity. (Rev. 2:17)

Decision:

I agree that every attack against Jesus, whether it was verbal, physical, or mental etc., whether it was by Satan or mankind, was an attack against His truest, deepest identity as God's Son

I choose to receive prayer as I continue studying this

I disagree: Every attack against Jesus was **not** against His truest, deepest identity – *and this training is **not** an option for me at this time*

I agree that every attack against me, whether it was verbal, physical, or mental, by Satan, mankind etc. is an attack against my truest, deepest identity as God's son/daughter

I choose to receive prayer as I continue studying this

I disagree: Every attack against me is **not** an attack against my truest, deepest identity – *and this training is **not** an option for me at this time*

Follow the Leader: GPS Goals For Each Participant During the Discipleship Process:

1. **Receiver's Goal** – **Follow** the Facilitator as my **GPS** so I can walk away from the prayer time:

- Knowing in a meaningful way, that Jesus' suffering means He can really understand my story in a personal way, and how God will be protecting him or her this week in the midst of enemy's attacks
- With the "Cross" prayer, Blessing, Attack and Protection prayers filled out

2. **Facilitator's Goal** – **Follow** the mentor line-by-line, check-box by check-box, praying with different people **3 TIMES IN A ROW**, learning to:

- Develop trust and confidence in (a) Jesus as the "Healer/Counselor" (b) the mentor (c) the checklist, line-by-line (d) the "Intro Cross" prayer **when** the mentor is not there to help me pray with others
- Preparing to become a proactive coach who can multiply other disciples offering freedom in Christ

IF I believe that Jesus is the "Wonderful Counselor/Healer" (Isaiah 9:6; Malachi 4:2) I will ask the person to summarize what he/she wants to pray about in 3-5 minutes as: **(1) The MOST LOVING** thing I can do... because **(2) It brings the person into the presence of the ONLY ONE** who is able to bring healing and freedom to the person's heart and mind.

IF I believe I need to listen for 20-30 minutes to the person's story, I will listen/empathize for a long time: **(1) Competing with Jesus as the Healer (2) Taking that time away from Jesus being the Counselor/Healer (3) Trusting in my ability to listen and empathize with the person (4) Tempting myself to give advice and counsel to the person** ☹.

The **first time** the facilitator prays with someone, he or she often feels: (1) Uncomfortable (2) The process is mechanical or clinical (3) Is not able or qualified to pray with others.

By the second and third discipleship time the facilitator is often: (1) Understanding the process better (2) Feeling more comfortable and confident with the process.

Then the facilitator can (A) Leave with doubts, concerns and questions about the discipleship process (B) May not return for the training.

Then he or she can leave with a sense of: (A) Hope and encouragement about the process (B) Direction with the different steps in the checklist.

3. **Mentor's Goal** – Following the Discipleship Catalyst (if there is a Catalyst present) as I lead the **same** facilitator through the checklist, (*line-by-line the 1st time*), **2-3 TIMES IN A ROW** so the facilitator is feeling comfortable with the discipleship process and trusting the checklist so I am:

- Proactively** leading the facilitator through the checklist *line-by-line the first discipleship time* (not being passive and quiet while the facilitator gets lost in the process)
- Proactively** leading the facilitator through the checklist a **2nd and 3rd TIME**, letting the facilitator know that he or she has missed something on the checklist, and letting the facilitator find what was missed, **WITHOUT** telling the facilitator where something was missed on the checklist, so that the facilitator is learning to trust the checklist when the coach is not around

4. **Discipleship Catalyst's Goal** – (*if a Discipleship leader/catalyst is present*) Making sure the mentor is:

- Proactively using the 2-page **GPS** Coaching checklist with the mentor also using the 2-page checklist
- Proactively leading the facilitator through the 2-page Facilitator checklist line-by-line the first discipleship time* *Instead of being 'nice' in a way that lets the facilitator gets lost in the process*

5. **Observers Goals** – Checking off the boxes at the same time the facilitator does (1) To become familiar with the process (2) Fill out the "Intro Cross" prayer/praying Jesus' story into his/her own story.

Over View – Readiness To Receive Training Form:

I have read Straight 2 the Heart’s “Readiness To Receive Training” form to see if this is the time for me to take this training where I will:

1. Receive prayer ministry before praying with anyone else (2 Cor. 1:3–5)
2. Realize that I am on sacred ground when I am listening to others share their pain, loss, abuse etc. with me and I have no right to rush in and give them advice, counsel them, quote scripture to them etc. during the prayer and discipleship times
3. Realize that I do not give any advice, counsel or scripture etc. during the prayer time and for 48 hours after the prayer time to allow the peace of God to settle into the person’s heart and mind
4. Honor Straight 2 the Heart’s Training Principles
5. Understand my own person degree of receptivity and being teachable, instead of trying to teach those who are leading the training and those who are participating in the training with me
6. Not be comparing or contrasting other prayer ministries I have participated in with Straight 2 the Heart’s discipleship ministry
7. Be aware of the reality that there is a right and wrong time to participate in this training because my attitude and actions impact every other participant and the discipleship leader
8. Understand the importance of being on time for each session, taking notes on the process – **not** the person’s story
9. Honor the importance of confidentiality and honoring the privacy of the person’s story
10. Use these resources to build up the body of Christ as I let people know they are not my resources and that Straight 2 the Heart’s discipleship ministry offers these training resources – instead of pretending they are my own resources and building myself up instead of Christ (John 12:32) and the body of Christ
11. Invest time in those I present to, whether it is 1:1 teaching, group teaching or preaching, instead of just sharing a message that is inspiring and leaving (as I have time)
12. Honor Matthew 18 principles for resolving conflict:
 - Meeting 1:1 to talk and pray
 - If that does not work, then I will include a 3rd person to move towards understanding and resolution
 - If this does not work, Straight 2 the Heart leaders will need to be involved and if necessary, ask one or both person’s to leave the training with no refund for the remaining time in the training

Decision:

- I have read *and agree* with the “Readiness To Receive Training” form on page 12
- I disagree with some things in the “Readiness To Receive Training” form on page 12 – *and this training is **not** an option for me at this time*

Matthew 18 Principles For Resolving Conflicts:

I commit to following the Matthew 18 principles for resolution (where possible) by:

1. Going to the person 1:1 to share concerns, differences etc. (prayerfully listening to the other person as well, for the purpose of gaining understanding and moving towards resolution)
2. Bringing in a neutral 3rd party/Straight 2 the Heart leader if I am not able to prayerfully move towards a resolution that works for both of us
3. If there is still no resolution, the Straight 2 the Heart staff will need to:
 - ⇒ Talk with myself and the other person separately and together
 - ⇒ Prayerfully make a decision about one person or one of us or both of us leaving the training with no refunds for the remaining days of the training

¹⁵“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over.

¹⁶But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’

¹⁷If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.” (Matt. 18:15-17)

If necessary, Straight 2 the Heart Leaders:

1. **Will** let the group know the person is leaving the training
2. **Will not** be sharing details.
3. **Will** require the person to leave the training, and again, with **no** sharing of details.

Praying To Jesus and/or the Father: Can those who have a negative picture of “father” pray to Jesus? Or can we only pray to the “Father?”

Listed below are 14 examples/references in the New Testament where Jesus and His children are having direct communication with each other:

- After His resurrection
- After His ascension to heaven
- After He pours out His Holy Spirit at Pentecost

Stephen, the apostle Paul, Ananias, Peter and the seven churches of Revelation all pray directly to Jesus and/or have Jesus speak directly to them after the resurrection, after the ascension, and after the outpouring of the Holy Spirit at Pentecost.

Example 1: Acts 7:54-60

Stephen the Martyr is praying directly to Jesus, who is standing next to His Father

Examples 2 & 3: Acts 9:3-5, 10

Jesus is talking directly to Paul and Ananias

Example 4: Acts 10:14-20, 36, 46 (verse 46 tells us who “Lord” is)

Jesus is talking directly to Peter

Examples 5-11:

Jesus spoke directly to all seven of His churches in Revelation 2-3, sharing the same message seven times, that “He who has an ear, hear what the Spirit says to the churches.”

Example 12:

Jesus told us that His sheep hear His voice and know Him 5x in the same chapter (John 10:10:3–4, 14, 16, 27)

Example 13:

Jesus: “Ever lives to make intercession” (Jesus intercedes for us with His Father so He is participating in our prayers – Hebrews 7:25)

Example 14:

Jesus said: “No man comes to the Father except by Me” (John 14:6)

Option 1:

I cannot pray to Jesus – It is unbiblical, disrespectful to the Father, and sinful because Jesus gave us the “Lord’s Prayer” and it is prayed to our heavenly Father – *despite these 14 examples*

Option 2:

I can pray to Jesus – It is Biblical and respectful based on these 14 examples in the New Testament after Jesus’ resurrection, after His ascension, and after the outpouring of His Holy Spirit at Pentecost

Decision:

I agree that it is Biblical and it is respectful to pray to Jesus or the Father, based on these 14 examples in scripture

I choose to receive prayer as I continue studying this

I disagree: It is **not** Biblical to pray to Jesus, it is being disrespectful to the Father – *and this training is **not** an option for me at this time*

A: Over View – Level 1 and/or Level 2 Ministry Demonstration Agreement:

There is NO counseling, NO therapy and NO advice being offered

I hold no person, church system/organization connected with the host organization responsible for my choice to freely participate

I am responsible for my choice to participate in *receiving* prayer and/or being mentored to *facilitate* prayer for others and/or *mentor* others

I understand that there is no on-going commitment for support

I can delay/stop/terminate opportunities to receive prayer and/or prayer for others at any time

I will not participate in any activity unless I choose to do so voluntarily and if I cannot honor the workshop commitments, I realize that this training is not for me *at this time*

B: Over View – Group Etiquette Form:

We need to be intentional about:

1. Honoring the person receiving prayer
2. Honoring the group process
3. Listening to the person **without** giving advice, **without** quoting scripture, and **without** offering counseling etc.

Listening Quotes:

“Being heard is so close to being loved that for the average person, they are almost indistinguishable.” David Augsburger, *Caring Enough to Hear and Be Heard*

“Most people do **not** listen with the intent to understand, they listen with the intent to reply.” Stephen Covey

“People start to heal the moment they feel heard.” Cheryl Richardson

I have read *and agree* with the “Demonstration Agreement” form on page 13

I disagree with the “Demonstration Agreement” form on page 13 – *and this training is **not** an option for me at this time*

I have read and agree with the “Group Etiquette” form on page 14

I disagree with the “Group Etiquette” form on page 14 – *and this training is **not** an option for me at this time*

Readiness To Receive Training Form – Honoring Christ, the ‘body of Christ,’ Straight 2 the Heart’s Discipleship Training Process, Copyrights, Confidentiality:

* Paul Coneff offers training as a Discipleship Training Leader – **NOT** a therapist, even as he is licensed in WA state

* All references to ‘ministry’ = prayer ministry and discipleship resources

Different Ministries/Degree’s Of Receptivity: I understand that there are many ministries within the body of Christ. And different trainings work better for some people than others (based on past experiences, learning styles, attitudes that are [a] teachable–humble–cooperative, or [b] needing to teach/know more than others–do it ‘my way/independent’ etc., even when the person is not able to multiply disciples ☹. I also understand that Straight 2 the Heart’s discipleship training process has been developed after thousands of hours and thousands of dollars have been invested in teaching and training resources intentionally designed to honor Christ and His kingdom in ways that build up the ‘body of Christ,’ not my own ‘kingdom.’

Right Time or Wrong Time For Training: If I choose to *not* honor the requirements described in the “Readiness To Receive Training,” “Confidentiality,” “Demonstration Agreement” and “Group Etiquette” forms, if I choose to *not* realize I am representing Christ, the ‘body of Christ,’ Straight 2 the Heart, my local church and denomination, more than myself – I will [a] interfere with those who are here to learn, and [b] *it is not the right time for me to be taking this training.*

Offering Hope or Loss of Hope: I agree that [a] sharing an inspiring message about Christ’s suffering etc. offers hope to those I am teaching, and [b] Satan will tempt me to draw attention to myself instead of Christ. When I teach others, but I do **not** offer to pray with them or let them know about Straight 2 the Heart’s discipleship resources and training opportunities, I am inviting them to lose hope in the days and weeks ahead. They feel better when they first hear the message, but their peace fades away. Not having a way to apply the principles of Christ’s suffering, death and resurrection has led to situations where a door is opened for Satan, the ‘father of lies’ to ‘steal, kill and destroy’ their hope, whispering to the person, *in first person language*, “The cross is inspirational, but it doesn’t have staying power for me... it doesn’t provide lasting victory for me etc.” To avoid helping Satan whisper his lies and hurt the ‘body of Christ,’ I agree to offer prayer and disciple ministry and/or resources to them instead of just sharing, preaching or teaching a message.

Honoring Copyright Laws: I agree to honor Straight 2 the Heart’s copyrights and training process, including the use of **all** Straight 2 the Heart resources (manuals, worksheets, slides, Keynote or PowerPoint slides, videos etc.). I agree that I am only allowed to use these resources if **(1)** I *will* have a prayer partner **(2)** I *will* follow the checklist when I receive training and minister to others **(3)** I *will* use the checklist as I train others to facilitate prayer and discipleship ministry **(4)** I *will* present Christ’s suffering/all other presentations with a commitment to offer prayer and discipleship ministry to those I am teaching *as I have time and* let them know that Straight 2 the Heart offers additional ministry resources for training and discipleship. I will *not* share a presentation or sermon to impress others with my wisdom and knowledge (1 Cor. 8:1). I will *not* deny the person/group the opportunity to apply the gospel to their hearts – to become disciples who can multiply other disciples for Christ. **I will not** use Straight 2 the Heart’s resources in any way, for any reason unless I choose to honor these requirements.

My failure to honor these requirements means: [1] I am breaking both the Spirit and letter of the copyright laws [2] I am responsible to God for the deeper motives of my heart/my reason for choosing to be a teacher, (Heb. 4:12–13; James 3:1; Luke 11:17–20), my independence and belief that I can do what I want with the resources, and my part in the negative impact/loss of hope in the lives of those I am teaching. If this is a weakness in my life, I will receive prayer about this before attending this training, to avoid being required to leave the training.

Honoring Confidentiality: As a participant in the “Leaving A Legacy: Level 1 and/or Level 2” discipleship training on **May 24, 26, 28, & 31** (*date of training*), I understand that I have no legal or ethical right to make public in any form, to any persons(s), any information that may be shared or disclosed during any prayer ministry session involving a live demonstration of the prayer ministry. **I will not record on-line training sessions for any reason.** I will not disclose what is revealed during a ministry session with any person including my family, friends or spouse. I understand that *to do so is a violation of the individual’s rights to privacy and a violation of Christian morals and Godly behavior.* I give my word and promise to keep private all information that is shared in any and all ministry sessions involving volunteers in a live demonstration of the prayer ministry. If I am not willing to honor this need for confidentiality – it is **not** the right time for me to be taking this training.

* **This includes not recording prayer sessions – I will not record it “to watch it again to study the process for myself.”**

* **The Only Exceptions:** [a] Discussing information in a training setting where there is full written and oral permission granted by the one sharing his/her story [b] Concern about harm to self or others and/or [c] Straight 2 the Heart mentors and facilitators sharing during leadership meetings as they provide support for training and/or concerns about the training.

I print my name/address in the lines below and I have a witness sign his/her name on the last line:

Applicant Signs Name: _____ **Date:** _____

Witness Signs Name: _____ **Date:** _____

10-day or 8-Week Discipleship Training Demonstration Agreement Form:

(Straight 2 the Heart, Inc. is referred to in this document as “Straight 2 the Heart” with the understanding that “Leaving A Legacy: Level 1 and Level 2” are Straight 2 the Heart’s training workshops)

* Paul Coneff offers training as a Discipleship Training Leader – **NOT** as a Marriage and Family Therapist
* Prayer and discipleship ministry is being offered – **NOT** counseling – **NOT** Therapy

By attending “Leaving A Legacy: Book Camp Level 1 10-day or 8-Week Part 1 or Level 2 ” training on:
 Boot Camp Training Date: May 24, 26, 28 & 31

I am aware that I may be offered the opportunity to participate in a demonstration of the Straight 2 the Heart’s model of intercessory prayer, facilitated by Pastor Paul Coneff or other trainers or co-facilitators as part of my training experience.

I understand that this opportunity is solely for training purposes for others and myself, and that the person praying for me may be learning and being trained by a Straight 2 the Heart facilitator/mentor. Any emotional, mental or spiritual benefit I may receive as a result of my involvement is graciously accepted, but is not an expected requirement for my participation nor is aftercare expected following the demonstration.

If the opportunity arises to participate and I accept such offer, I make such choice willfully and with full knowledge of the possibility that emotional painful issues or other difficult internal/mental conflicts could surface during the session. I am fully aware that such issues may not be fully resolved in the allotted time set aside for the demonstration. Knowing this may be the case and if I choose to participate, I will accept the opportunity as part of my overall training experience and **do not hold any party responsible** for any outcome or ongoing negative/emotional issues that may surface and go unresolved. I **do not hold any party responsible** for any outcome I may encounter as a result of my participation.

I do not hold my local church or any other church system/organization connected with the host organization at any level and any person related thereunto responsible at any level as a result of my freely agreeing to be a participant in this demonstration. I do not view the fact that I may not receive additional ministry time as abandonment from Paul Coneff, Straight 2 The Heart’s ministry team **or my church system/organization at any level** or any other person associated with this training experience.

I understand that some or all of the procedures used to give spiritual and emotional help through the use of Straight 2 the Heart’s discipleship process may or may not be clinically demonstrated as guaranteeing either short term or long-term results. I fully understand that **the ministry I receive is NOT counseling in ANY form but rather prayer and discipleship ministry**. I accept this ministry opportunity fully and completely and do not hold any person, church or church system/organization responsible for any outcome that may arise as a result of this ministry.

I am fully aware that the Facilitators(s) of this training are not obligated or expected at any level or degree to provide ongoing or additional prayer ministry, pastoring, counseling, psychotherapy, or medical psychiatric services on my behalf following this event. I take full responsibility for what may emotionally, spiritually, mentally or physically manifest during and or following the demonstration session. I am capable and am fully responsible for myself, both during and following any session in which I choose to participate. I know full well that I can terminate the demonstration session at *any* junction for *any* reason. I am under *no* obligation to do anything that I do not *choose* to partake of willfully, or share anything I am not comfortable sharing during this training event.

Demonstration Participant’s Agreement: In signing my name below I indicate my agreement to the above aftercare plan pertaining to my:

- Level 1 Boot Camp – Including any and all 1:1 private training and/or demonstration sessions
- Leaving A Legacy: Level 1 – Including any and all 1:1 private training and/or demonstration sessions
- Leaving A Legacy: Level 2 – Including any and all 1:1 private training and/or demonstration sessions

Applicant’s Signature: _____ **Date:** _____
(Applicant signs name here)

I print my name in the lines below and I have a witness sign his/her name on the last line:

Witness’s Signature: _____ **Date:** _____
(Witness signs name here)

Group Etiquette: Honoring Straight 2 the Heart's Discipleship Group Process

* These are non-negotiable rules to provide safety and security for everyone in the group

* Because our cell phones and texting habits have trained us to focus on ourselves – losing our awareness of how we impact others in groups, it is important for me to go through this checklist *line-by-line* checking off each box, signing it, and turning my cell phone to off or to “silent” **before** the prayer and discipleship training begins

I will let the group leaders/mentor and/or facilitator lead the group, choosing to be a ‘learner’ who is following their lead, instead of trying to lead others during this training. I will **not** interrupt them or try to do things the way I think they should be done. I will **not** compare or contrast other ways of prayer and discipleship ministry that I am familiar with.

I will respect and honor the privacy of those receiving prayer by keeping everything confidential. If I am unwilling to maintain confidentiality, I will remove myself from the group. I know that if I do break someone's confidentiality, *sharing someone else's story outside the group*, the group leaders will **immediately** remove me from the group. I will need to apologize to the person and group, and receive prayer a minimum of 4x, before I can return to the group, so I can honor the importance of being a safe person in the group and in the church.

I will respect and honor the group by choosing to **not** answer phone calls/texts during the prayer times and teaching times. Instead, I will turn off my phone (** or turn it to 'silent/vibrate' if I use it as my Bible*). If I choose to leave the room to answer phone calls, I will remain outside until the prayer time is over because I have chosen to prioritize the phone call instead of honoring my responsibility to the group. * I will also take advantage of the bathroom break **before** the group time as well.

I **will** be aware of my strengths *and* weaknesses (fear/anxiety, ‘I have to get it right,’ know-it-all, center of attention, easily wounded/sensitive, wanting to lead–not learn, intense, rescuer, self-righteous, independent, strong-willed). I will ask God: “How will the enemy use my strengths *and* weaknesses to keep others and me from receiving what You want us to learn?” If I share a concern with someone else, I am committed to 2-way communication–hearing how he/she is experiencing me.

I **will not** take notes about the person's story, as I honor the importance of privacy and safety.

I will remain quiet during prayer times so I can honor the learning process for everyone in the group instead of talking with others in the group and/or rustling papers during the prayer time and blessing prayers and write down questions, waiting until **after** the prayer time is over and the leader has invited us to share.

I will **not** counsel/diagnose the person, give advice to the person receiving prayer or try to “fix” the person at any time. I will wait 48 hours before sharing my wisdom, feedback or encouragement with the person, to allow the peace from the prayer time to settle in without having to think about my wisdom/feedback I am sharing. And after **48 hours**, I will ask the person if I can share feedback, resources or encouragement with him/her **instead of** assuming I can share without asking permission.

I will **not** get up and physically comfort the person receiving prayer, even when that person is crying, because I am learning to let the Holy Spirit be the “Comforter” **during** the prayer time. I also know that the person will receive comfort and support from those of us in the group at the end of the prayer time through the “**Blessing Prayer**.”

Blessing Prayer: I will pray a short, 2-sentence prayer over the person when I am asked to pray a blessing prayer, thanking God for the way God is ministering to the person who received prayer. I will **not** pray “*around the world prayers*” (letting God know how I can identify with the person, and what has worked for me/helped others around the world etc. in detail, *making the prayer about me and my experience*, and/or adding in other topics instead of *simply* blessing the person).

I will check off the check boxes in the checklist and follow all the steps in the “INTRO CROSS PRAYER” and/or Level 2 prayers when I am watching the prayer time, so I can learn even when I am not the one facilitating prayer.

I will follow Matt. 18 principles for resolving differences and leave the training if I am not willing to do this. (*see page 16*)

I am here by my own choice and I choose to honor these rules. I can also choose to ask God to reveal the negative thoughts in my own life/where Jesus can identify with me. I can pray the prayer **silently** in my own words, as the other person is praying, allowing me to receive a blessing at the same time. I can ask God what kind of blessing or scripture promise He has for me, allowing me to apply the principles during the prayer time, while I am also checking off the boxes in the checklist.

Applicant's Signature: _____ **Date:** _____

Witness's Signature: _____ **Date:** _____

I realize that acceptance into this training requires that I sign my name, acknowledging that I agree with each and every statement in the far right-hand column in each separate section/box:

Applicant's Signature: _____ **Date:** _____

| | | |
|---------------------------------------|--|---|
| <p>Pillar 1: Page 5:A</p> | <p>Jesus' suffering is part of His plan of salvation – His gospel</p> | <p><input checked="" type="checkbox"/> I agree: Jesus and His disciples said His suffering is part of His gospel, His plan of salvation and/or I choose to receive prayer as I continue studying this</p> <p><input type="checkbox"/> I disagree: Jesus only died for my sins – <i>and this training is not an option for me at this time</i></p> |
| <p>Pillar 1: Page 5:B</p> | <p>5 questions about Jesus' suffering</p> | <p><input checked="" type="checkbox"/> I agree that Jesus suffered so He could be “made like me in every way,” “tempted like me in all points” so He could identify with me, understand my struggles and help me and/or I choose to receive prayer as I continue studying this</p> <p><input type="checkbox"/> I disagree: Jesus only died for my sins – <i>and this training is not an option for me at this time</i></p> |
| <p>Pillar 2: Pages 6–7</p> | <p>Satan's lies (page 6) <i>Confirmation Bias</i> showing scientific support for lies we can believe whether we are aware of them or not (page 7)</p> | <p><input checked="" type="checkbox"/> I agree with Jesus:</p> <ul style="list-style-type: none"> a. Satan whispers negative thoughts that are the “roots” or source” of my negative or sinful feelings and behaviors b. Satan's deceptions (lies/thoughts) can be so effective that I am <i>not</i> aware of these negative thoughts <p>(and/or I choose to receive prayer as I continue studying how science and scripture support the truth that there are thoughts behind all of my feelings and behaviors)</p> <p><input type="checkbox"/> I disagree: I do not have negative thoughts behind my negative behaviors – <i>and this training is not an option for me at this time</i></p> |
| <p>Page 8</p> | <p>Biblical Meditation <i>versus</i> New Age/Eastern religion meditation</p> | <p><input checked="" type="checkbox"/> I agree that Biblical meditation increases my ability to know God/His will, to think about scripture, to apply scripture, to pray etc. and/or I choose to receive prayer as I continue studying this</p> <p><input type="checkbox"/> I choose to reject all meditation, including thinking about scripture and seeking to know God/His will (<i>Biblical meditation</i>) because of my concern about the wrong kinds of meditations – <i>and this training is not an option for me at this time</i></p> |
| <p>Page 9:A</p> | <p>Identity is the key issue in every one of Satan's attacks against Jesus</p> | <p><input checked="" type="checkbox"/> I agree that every attack against Jesus, whether it was verbal, physical, or mental etc., whether it was by Satan or mankind, was an attack against His truest, deepest identity as God's Son and/or I choose to receive prayer as I continue studying this</p> <p><input type="checkbox"/> I disagree: Every attack against Jesus was not against His truest, deepest identity – <i>and this training is not an option for me at this time</i></p> |

I realize that acceptance into this training requires that I sign my name, acknowledging that I agree with each and every statement in the far right-hand column in each separate section/box:

Applicant's Signature: _____ **Date:** _____

| | | |
|--|--|--|
| Page 9:B | Every lie is designed to: [a] attack my truest, deepest identity as God's son or daughter [b] create a false identity in my heart | <input checked="" type="checkbox"/> I agree that every attack against me , whether it was verbal, physical, or mental, by Satan, mankind etc. is an attack against my truest, deepest identity as God's son/daughter and I choose to receive prayer as I continue studying this <input type="checkbox"/> I disagree: Every attack against me is not an attack against my truest, deepest identity – <i>and this training is not an option for me at this time</i> |
| Page 10 | Praying to the Father and/or to Jesus | <input checked="" type="checkbox"/> I agree that it is Biblical and it is respectful to pray to Jesus or the Father, based on these 14 examples in scripture and/or I choose to receive prayer as I continue studying this <input type="checkbox"/> I disagree: It is not Biblical to pray to Jesus, it is being disrespectful to the Father – <i>and this training is not an option for me at this time</i> |
| Pages 11–12 | Follow the Leader and Readiness to Receive Training Forms NO recording for any reason!!!! See overview on pages 11–12: The <i>Form is on page 15</i> | <input checked="" type="checkbox"/> I have read this form and I agree to signing this form, on page 15, stating that I am ready to honor this form and receive training under all of these guidelines, rules and principles <input type="checkbox"/> I disagree: I have read this form and I am not ready to sign this form on page 15 stating that I am ready to receive training under all of these guidelines, rules, and principles – <i>and this training is not an option for me at this time</i> |
| Page 13 | Conflict Resolution Principles | <input checked="" type="checkbox"/> I have read and I agree with the “Matthew 18 Conflict Resolution Principles” on page 13 <input type="checkbox"/> I disagree with the “Matthew 18 Conflict Resolution Principles” on page 13 – <i>and this training is not an option for me at this time</i> |
| Page 14:a | Ministry Demonstration Form <i>Form is on page 13</i> | <input checked="" type="checkbox"/> I have read <i>and</i> I agree with the “Demonstration Agreement” form on page 13 <input type="checkbox"/> I disagree with the “Demonstration Agreement” form on page 13 – <i>and this training is not an option for me at this time</i> |
| Page 14:b | Group Etiquette Form <i>Form is on page 14</i> | <input checked="" type="checkbox"/> I have read and I agree with the “Group Etiquette” form on page 14 <input type="checkbox"/> I disagree with the “Group Etiquette” form on page 14 – <i>and this training is not an option for me at this time</i> |
| Chapters on the Hidden Half website | Introductory chapters to “The Hidden Half of the Gospel” | <input checked="" type="checkbox"/> I have read and I agree with the introductory chapters to “The Hidden Half of the Gospel” www.hiddenhalf.org/resources <input type="checkbox"/> I have not read and/or I disagree with the introductory chapters on of “The Hidden Half of the Gospel” <i>and this training is not an option for me at this time</i> |

Agreement to NOT Record Any Part of the Training – For Any Reason:

Because we are not allowing any recording or filming of any kind, including but not limited to any and all prayer sessions, for any reason:

I agree that I will not film anything during the training.

I will not film any prayer sessions, assuming that I will only watch it myself, to understand the prayer and discipleship process.

I understand that filming prayer sessions, even if I am only planning to watch them by myself and not share them with anyone:

1. Is violating the agreement I am entering into for this on-line training
2. Is violating the confidentiality of the group and especially the person receiving prayer
3. Is making it harder for individuals to volunteer to receive prayer

If I am **not** able to honor my agreement to **not** filming any part of the training, **for any reason**, I realize that it is **not** the right time for me to take this training because I am sabotaging and destroying everyone else’s ability to build Christ-centered community... even if I do **not** mean to destroy trust and community.

And I understand that if I volunteer to receiver prayer:

1. Straight 2 the Heart Inc. is requiring everyone to agree that they will not film any part of the training, for any reason, including my prayer times
2. Straight 2 the Heart, Inc. has **no control** over someone violating this agreement and justifying it by his or her assumption that he or she will only watch it to study the prayer and discipleship process – because Straight 2 the Heart, Inc. has no control over anyone’s computer, laptop, smart phone etc. that has an ability to record any or all parts of the training

Applicant’s Signature: _____ **Date:** _____

Witness’s Signature: _____ **Date:** _____

Summary of Personal Cross Prayer Worksheets and Instructions

The “3 Positive & 3 Negative Events” Exercise

Page 36 invites you to list and describe 3 positive and 3 negative experiences, along with the messages you have received from those experiences.

Personal Cross Prayer Instructions

Pages 37-38 are “CROSS” prayers to Jesus or the Father, whichever One you normally pray to.

Page 39 tells you how to use the “CROSS” prayers...

Jesus' Story

Page 17 presents Jesus' story in full sentences corresponding to the right column on pages 37-38.

Highs and Lows Influencing My Picture of God:
 Spiritual – Relational – Emotional – Educational – Financial – Generational

| | | | |
|---|---|---------------------|---------------------|
| Key ↗ Events: Marriage Salvation Baptism Promotion Graduation Children School Sports Work etc. | I draw 3 pictures/images illustrating 3 POSITIVE events in my life | | |
| | Image #1: Age _____ | Image #2: Age _____ | Image #3: Age _____ |
| <i>How old was I at the time of my positive and negative experience?</i> | | | |
| Key ↘ Events: Alone Death Abused Adopted Divorced Betrayed Addicted Rejected Grief/Loss etc. | I draw 3 pictures/images illustrating 3 NEGATIVE events in my life | | |
| | Image #1: Age _____ | Image #2: Age _____ | Image #3: Age _____ |

Summarizing the positive influence on my picture of God: _____

Summarizing the negative influence on my picture of God: _____

Jesus:
 Alone
 Abused
 Tempted
 Betrayed
 Rejected
 Why God?

Dear God/Jesus, Thank You for knowing about my negative experiences (*summarize experiences*)

and choosing to identify with them (*summarize Jesus' experiences*) _____

taking my negative thoughts (*summarize thoughts*) _____

_____ to death on the cross,
 to heal me and set me free to receive my truest deepest identity as Your son/daughter. Amen

What difference does it make to know Jesus' story identifies with my story *and* I can pray Jesus' story into my story? _____

JESUS: Personal “Cross Prayer”

* See Acts 7:56–60, 9:35, 10; 10:14–20, 36; John 10:3–4, 14, 16, 27; 14:6; Heb. 7:25; 7 churches in Rev. 2–3)

“What are your best hopes for your prayer time today?” (write this info. in 3:B after writing in the thoughts)

Best Hopes and/or Struggles: _____

STEP 1: My Story

I 2-3 *Samples* Of Negative Thoughts, Beliefs, Lies, Messages, Roots/Self-Talk:

STEP 2: Identifying with Jesus’ Story

I 2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts **I Have**:

Satan’s Lies = “Roots” of Our Sin and Living On A Cycle of Sin-and-Forgiveness
John 8:44; Matt. 15:18–19; Rom. 1:25

JESUS’ Suffering = “Roots” of Our Freedom Living On A Cycle of Freedom and Ministry
Isaiah 53:1–5; Heb. 2:14–18; 4:14–16 [Luke 2:5]

- I’m alone I’m abandoned Why God?
 - I’m different No one understands me
 - I’m not good enough I’m not deserving
 - I’m rejected I’m not wanted I’m bad/dirty
 - I can’t speak up, have needs, be seen or be safe
 - I have to perform/try harder Be in control
 - I’m a failure I deserve to be punished I can’t trust/get close to anyone I’m powerless, helpless, weak, hopeless, useless I’m not worthy
 - I can’t be forgiven or accepted I’m not important I’m not loved I don’t belong
 - I trust in my own strength and wisdom I am good enough I have no needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others My past is in the past My security is in being right, knowing more than others, and/or trusting in religious activities _____
- Other: _____

- Unwed mother No bio father Refugee in Egypt Rejected Tempted in the desert
- Struggling to surrender to His Father’s will
- Alone and abandoned by those closest to Him
- Betrayed by a kiss, sold for price of a slave
- He chose to be powerless as He was being:**
- Stripped naked, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
- Shamed, humiliated and embarrassed
- Abused by those in power over Him who should have protected Him and supported Him
- TEMPTED** to numb His pain when His situation seemed to be hopeless and useless
- Difficulty breathing Crying out “My God, My God, **WHY** have You forsaken ME?”
- Being unfairly, unjustly accused, arrested, convicted and murdered Suffering and dying for our sin, shame, guilt, regret A Man of grief and sorrows Other: _____



STEP 3: CROSS PRAYER—PRAY JESUS’ STORY * Read all the instructions in italics in this prayer

3:A Dear Jesus, Thank You for choosing to fulfill prophecy, suffering as You were going through the experience of: (write in Jesus’ experiences from right column) _____

3:B So You could be tempted with my thoughts that I (write in thoughts from left column): _____

I know my thoughts prevent me from receiving/having (write in best hopes from top line) _____

And I know my thoughts have grown into (write in struggles from top line) _____

_____. I confess that Satan’s false identity keeps me from living out Your plans for my life. And I thank You for taking all of this to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Your name, Jesus, Amen.**

STEP 4: Blessings Prayer: USE SHORT PRAYERS! (Matt. 6:7—Do not use many words)

Dear Jesus, What promises, hopes, plans, truths or encouragement do You have for me in this area of my life? (Jer. 29:11) _____

5: Discernment Prayer: Dear Jesus, How will Satan attack me out of Satan’s fear that I am receiving Your freedom and living out Your hopes and plans for my life? _____

6: Protection Prayer: Dear Jesus, How will You protect me from Satan’s attacks in a way that I am noticing Your spiritual protection? _____

* I rewrite these sample prayers in my own words, with the “Daily Prayers,” making it a personal prayer, not a formula.

FATHER: Personal “Cross Prayer”

“What are my best hopes for my prayer time today?” (write this info. in 3:B after writing in the thoughts)

My Best Hopes and/or Struggles: _____

STEP 1: My Story

I 2-3 *Samples* Of Negative Thoughts, Beliefs, Lies, Messages, Roots/Self-Talk:

STEP 2: Identifying with Jesus’ Story

I 2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts **I Have**:

Satan’s Lies = “Roots” of Our Sin and Living On A Cycle of Sin-and-Forgiveness

John 8:44; Matt. 15:18–19; Rom. 1:25

- I’m alone I’m abandoned Why God?
- I’m different No one understands me
- I’m not good enough I’m not deserving
- I’m rejected I’m not wanted I’m bad/dirty
- I can’t speak up, have needs, be seen or be safe
- I have to perform/try harder Be in control
- I’m a failure I deserve to be punished I can’t trust/get close to anyone I’m powerless, helpless, weak, hopeless, useless I’m not worthy
- I can’t be forgiven or accepted I’m not important I’m not loved I don’t belong
- I trust in my own strength and wisdom I am good enough I have no needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others My past is in the past My security is in being right, knowing more than others, and/or trusting in religious activities
- Other: _____

JESUS’ Suffering = “Roots” of Our Freedom Living On A Cycle of Freedom and Ministry

Isaiah 53:1–5; Heb. 2:14–18; 4:14–16 [Luke 2:5]

- Unwed mother No bio father Refugee in Egypt Rejected Tempted in the desert
- Struggling to surrender to His Father’s will
- Alone and abandoned by those closest to Him
- Betrayed by a kiss, sold for price of a slave
- He chose to be powerless as He was being:**
- Stripped naked, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
- Shamed, humiliated and embarrassed
- Abused by those in power over Him who should have protected Him and supported Him
- TEMPTED** to numb His pain when His situation seemed to be hopeless and useless
- Difficulty breathing Crying out “My God, My God, **WHY** have You forsaken ME?”
- Being unfairly, unjustly accused, arrested, convicted and murdered Suffering and dying for our sin, shame, guilt, regret A Man of grief and sorrows Other: _____



STEP 3: CROSS PRAYER–PRAY JESUS’ STORY * Read all the instructions in italics in this prayer

3:A Dear Father, Thank You for choosing to have Jesus fulfill prophecy, suffering as He as going through the experience of: (write in Jesus’ experiences from right column) _____

3:B So He could be tempted with my thoughts that I (write in thoughts from left column): _____

I know my thoughts prevent me from receiving/having (write in best hopes from top line) _____

And I know my thoughts have grown into (write in struggles from top line) _____ . I confess that Satan’s false identity keeps me from living out Your plans for my life. And I thank You for taking all of this to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Jesus’ name, Amen.**

STEP 4: Blessings Prayer: USE SHORT PRAYERS! (Matt. 6:7–Do not use many words)

Dear Father, What promises, hopes, plans, truths or encouragement do You have for me in this area of my life? (Jer. 29:11) _____

5: Discernment Prayer: Dear Father, How will Satan attack me out of Satan’s fear that I am receiving Your freedom and living out Your hopes and plans for my life? _____

6: Protection Prayer: Dear Father, How will You protect me from Satan’s attacks in a way that I am noticing Your spiritual protection? _____

* I rewrite these sample prayers in my own words, with the “Daily Prayers,” making it a personal prayer, not a formula.

Step-by- Step Instructions To Pray For Myself

A God-Centered option based on Romans 8:26-27, telling us that God transforms our imperfect prayers into perfect prayers according to God's will:

I trust the Holy Spirit to impress me with/lead me to my best hopes and the:

- Negative thoughts/'roots' in my life behind my negative behaviors and feelings
- Negative experiences in Jesus' life where He was tempted with my negative thoughts/'roots'

**Pray: I ask God what area of my life/struggle in my life He wants me to pray about.
Then I write it down on the blank line at the top of the page.**

Pray At Step One: * See instructions on page with the prayer

I ask God to reveal the my negative thoughts, and then I look at the list in the left hand column, choosing 2-3 negative thoughts, or I write in other negative thoughts that are not on the list.

Pray At Step Two: * See instructions on page with the prayer

I ask God to reveal Jesus' negative experiences where He "**suffered being tempted**" with my negative thoughts, (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never, ever gave into believing my negative/sinful thoughts or "doing" the sinful behaviors I do.

Pray At Step 3:A & 3:B: * See instructions on page with the prayer

3:A – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns to Jesus or His Father in words that make the prayer flow smoothly.

3:B – I write my thoughts in first, then I write in/summarize my struggles, in a prayer that flows smoothly.

Then I pray the "Cross" prayer to myself.

Pray At Step 4 – Blessing Prayer: * See instructions on page with the prayer

I ask God to reveal a blessing or scripture promise He has for me... and I write down any scriptures or promises that come to my mind.

Pray At Step 5: Warfare Prayers

Satan's Attacks:

I ask God to reveal how the enemy will attack me and tempt me to cooperate with his lies this week. Then I write down any attacks that come to my mind.

Pray For God's Protection:

I ask God how God wants to protect me in the midst of Satan's attacks.

Then I write down any of the ways that helps me to see how God wants to us to offer me His protection.

Option – I Can Also:

A: Transfer the "Cross Prayer," "Blessing Prayer," "Attack Prayer," and "Protection Prayer" onto the "Summary Prayer"

B: Use the Daily Discipleship Prayer, going through one section of the prayer per day, rewriting and expanding my prayer on a blank "Summary Prayer," on separate piece of paper or on my computer

Describing Samples of Jesus' Negative Experiences In Full Sentences with Scripture References: * Am I reading a story?– Or black letters on a white page?

- Jesus was** born to an unwed mother (Luke 2:5) (*see www.blb.org for original language*)
- Jesus was** a refugee in Egypt because of a death decree by Herod (Matt. 2:13-15)
- Jesus was** tempted to be deceived by Satan in the wilderness to trust in His own power to provide for Himself, prove who He was, and protect Himself from the pain of His rejection, betrayal and crucifixion on the cross (Luke 4:1-13)
- Jesus was** tempted without sin, tempted with lust WITHOUT giving in to it, as Mary continued kissing His feet as she was washing His feet and anointing them with oil (Luke 7:45)
- Jesus was** rejected by loved ones (Matt. 23:37)
- Other:** _____

Jesus Was In the Garden:

- Being overwhelmed, abandoned and left alone by those closest to Him when He was sweating blood, struggling to surrender His will to His Father's will (Matt. 26:38, 36-44)
- He was betrayed by a kiss and sold for the price of a slave, by Judas, and then Peter denied Him three times, the third time with cursing (Luke 22:47-62)
- Other:** _____

Jesus Chose To Be Powerless During His Trials As He Was Being Abused By:

- Satan and his demons who are the source of all sin/suffering/shame
- The Priests, Pilate, Herod, the Soldiers, and the Mob
- When they were stripping His clothes off (Matt. 27:27-28)
- When they were shaming and humiliating Him in public, during His trials... (Mt. 27:29-31)
- Verbally and mentally abusing Him, spitting on Him, hitting Him, beating Him and blaming Him
- When He could not speak up in a way that He would be heard or have a voice
- He was experiencing racial, religious and political prejudice by those in power over Him, who should have been protecting Him, but instead they were misrepresenting God to everyone
- And they chose Barabbas, a murderer, over Him
- Other:** _____

Jesus Dying On the Cross: (Matt. 27:31-46)

Jesus Was TEMPTED:

- To gain some relief from His physical, emotional and mental pain as He was carrying all the sin and suffering of the world
- To believe His situation was hopeless and useless (verse 34)
- Crying out to His Father "My God, My God, **WHY** have You forsaken Me?" in His deepest, darkest moment on the cross, having lost water and blood with His nerves on fire, when He could not see, sense or feel His Father's presence
- When He was having difficulty breathing as He was slowly suffocating to death

Jesus Was TEMPTED:

- To not forgive those betraying and abusing Him
- To take control of the situation, to fight back and protect Himself
- To do miracles to prove who He was
- To take all of this abuse *personally* when He was:
 - Not being respected, not seen, heard, valued, understood or appreciated
 - Not safe, unjustly accused, arrested, judged, mistreated, convicted, and murdered
- As He was dying for my sin, condemnation, guilt, shame, and regret
- As a Man of grief and sorrows
- Other:** _____