

Every year millions of men and women find themselves dealing with the negative and often painful consequences of divorce. But now you can be set free from the bondage and the after effects of divorce including bitterness, fear, depression, poverty and unforgiveness.

In *Rapid Divorce Recovery*, Ivy H. Bennett outlines eight biblical principles that lead to total restoration and healing. Learn how to overcome loneliness, unforgiveness, financial problems, low self-esteem and other negative effects of divorce. By applying the principles outlined in *Rapid Divorce Recovery*, you can turn the stumbling block of divorce into a stepping stone to victory! Rise above the problems and adversities of divorce and begin living your life in total victory. No matter how devastating your circumstances may look to you, don't give up! Let *Rapid Divorce Recovery* teach you how to trust God and use His biblical principles to rediscover an abundant life after divorce.

"A divorce can change your life for the better, forever. It's completely dependent upon your response to the situation. It's a simple decision — the choice is yours. Jesus Christ has the power to help you turn your life completely around!"

Ivy H. Bennett



IVY H. BENNETT

RAPID DIVORCE RECOVERY

Rapid DIVORCE RECOVERY



BIBLICAL PRINCIPLES FOR TOTAL RESTORATION

GOSPEL WORKS COMPANY

1131 Lake Street #267
Oak Park, IL 60301-1001



IVY H. BENNETT

Rapid
**DIVORCE
RECOVERY**

BIBLICAL PRINCIPLES FOR TOTAL RESTORATION

Published by Gospel Works Company

Copyright © 1999 Ivy H. Bennett

All rights reserved.

All scripture quotations are from the King James version of the bible.

Table of Contents

PREFACE	i
INTRODUCTION	2
PRINCIPLE I <i>Receive God's Love</i>	12
PRINCIPLE II <i>Forgive and Forget the Past</i>	18
PRINCIPLE III <i>Be an Overcomer</i>	32
PRINCIPLE IV <i>Encourage Yourself in the Lord</i>	44
PRINCIPLE V <i>Obey, Pray and Say God's Word</i>	52
PRINCIPLE VI <i>Give and Receive</i>	62
PRINCIPLE VII <i>Renew Your Mind</i>	71
PRINCIPLE VIII <i>Choose Life not Death</i>	79

All scripture is from the King James version of the Bible.

Rapid Divorce Recovery

ISBN 0-9674793-0-4

Copyright © 1999 Ivy H. Bennett

Gospel Works Company
1131 Lake Street #267
Oak Park, IL 60301-1001
www.gosworks.com

All rights reserved. Reproduction in whole or part without written permission from the publisher is prohibited.

Book cover and interior design by:
Jerrod Daniels for Source Media, Inc.

Printed in the United States.

PREFACE

According to recent U.S. Census data there are 18.2 million divorced adults living in the U.S. It may not be comforting to you, but statistics indicate that divorce is impacting millions of families. Since 1980, approximately 1.2 million divorces and annulments have occurred annually. That means every year millions of men and women are seeing their hopes and dreams shattered as they go through the divorce process.

Every area of family life is affected by a divorce: social interactions, finances, living arrangements, sexual relations, and parenting styles just to name a few. Counseling, psychotherapy or support groups can't assist all the divorced adults who need help. However, people going through divorce can apply principles from the Bible to turn the stumbling block of divorce into a stepping stone to victory:

Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.

II Corinthians 2:14

Many divorced people eventually figure out how to get over the loss and rejection associated with divorce. But time alone does not heal a broken heart. Only Jesus Christ can bring about complete healing and restoration.

This book outlines eight key biblical principles that will greatly accelerate the healing and restoration process. The

principles taught in this book are not psychological theories. These principles work because they are based on God's Word and God's Word is true. Jesus Christ said that the truth you know will set you free (John 8:32). Conversely, if you do not know the truth from God's Word, you cannot apply that truth to your life. You will remain in bondage to the adverse effects of divorce such as bitterness, fear, depression, poverty and unforgiveness. The choice is simple. You can learn the truth from God's Word and move ahead victoriously in life, or you can refuse to accept the truth and remain wounded, hurt and rejected. God wants to help divorced men and women draw closer to Him because He knows the effects of divorce are extremely painful. Draw near to God, who is loving, merciful and faithful. He will draw near to you:

It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The Lord is my portion, saith my soul; therefore will I hope in him.

Lamentations 3:22-24

No matter how devastating your circumstances may look to you, don't give up! Trust God; lean on Him and seek Him with all of your heart and I pray that you will be richly blessed by this book.

INTRODUCTION

Jesus Meets a Woman at a Well



Jesus saith unto her, Go, call thy husband, and come hither. The woman answered and said, I have no husband. Jesus said unto her, Thou hast well said, I have no husband: For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly.

John 4:16-18

A divorce can change your life for the better, forever. It's completely dependent upon your response to the situation. React with unforgiveness, bitterness and resentment and that's a formula for remaining "under the circumstances" instead of being "on top of the situation." But if you approach this situation truly seeking God and His will for your life, that's a formula for prosperity, joy and fulfillment. How do I know? Because, I've been there. My divorce

A divorce can change
your life for the better,
forever.

was the most painful, heart-breaking experience of my entire life. Anyone who has ever experienced divorce will probably tell you the same thing. But my divorce also marked a major positive turning point in my life because I completely surrendered myself to God and His will for my life.

Just think about the woman at the well (John 4). Jesus passed through Samaria and sat at Jacob's well after a long journey. The Bible states he was "wearied" but Jesus sat by Jacob's well so that a broken-hearted woman could get a new

start in life after several marriages. His conversation with the Samaritan woman at the well changed her life forever! The Bible states that she left her waterpot and went into the city telling others that she had met Jesus—the Anointed One, the Messiah.

Notice that Jesus did not criticize or condemn the Samaritan woman because she was living in sin. He merely spoke with her and revealed Himself as Christ, the Anointed One. At this very moment, Jesus is waiting for you just as He waited by Jacob's well for that Samaritan woman. If you allow Jesus to be the Lord of your life directing your every step, He can take the broken pieces of your life and replace them with restoration, healing and hope.

It's a simple decision. The choice is yours. Jesus Christ has the power to help you turn your life completely around. It doesn't matter how bad things look right now. Even if you are brokenhearted, depressed, bound up in anger or fear, Jesus can help you and He wants to help you.

Jesus stood in a synagogue and said that He is anointed to heal the broken-hearted:

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.

Luke 4:18-19

Jesus is the only way out of darkness to light:

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 14:6

You have the ability
to come through your
divorce, without being
crushed, overwhelmed
or defeated.

Jesus knows your pain and He wants to help you:

For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Hebrews 4:15-16

God has already prepared a way out of your trial. You won't be tested or tried above your ability:

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way of escape, that ye may be able to bear it.

I Corinthians 10:13

Notice that the scripture says that God is faithful and that He'll make a way of escape. You have the ability to come through your divorce, without being crushed, overwhelmed or defeated. That's a powerful promise from God. Just trust Him. He is faithful!

Although you've been "knocked down" you don't have to stay down. Just decide that you want to "get back on your feet." It's a matter of choice and decision. You don't have to let feelings of rejection force you into despondency or low self-esteem. You don't have to let yourself become angry to the point of engaging in physical violence. You can be "master of" rather than a "slave to" your emotions.

Jesus experienced the same emotions you are feeling right now. Can you imagine how Jesus felt when he learned that John the Baptist was brutally beheaded at the whim of Herod's wife? (Matthew 14:8) Don't you think Jesus felt rejected and betrayed when Judas, one of the twelve disciples, led soldiers to the garden to arrest Him? Jesus could have felt justified in holding a grudge against Peter, one of the disciples in His inner circle. Peter denied even knowing Jesus – not once, not twice, but three times! Jesus was misunderstood by His own family. He probably felt abandoned when He hung on the cross: "My God, my God, why hast thou forsaken me?" (Mark 15:34)

Jesus set an example for all of us to follow. He forgave His executors and those who persecuted Him: "Father, forgive them; for they know not what they do." (Luke 23:34) After the resurrection, Jesus warmly greeted Peter at the waterfront and served His disciples a meal – symbolizing restoration of

their relationship. Notice that Jesus didn't argue with Peter or put him down.

Jesus knew that He could not remain "stuck" emotionally. He rose above all the negative emotions that could have crippled or distracted Him from fulfilling His mission on earth.

We often associate divorce with only negative emotions. Yes, of course, there is hurt and pain, but there may also be sensations of relief or peace – especially for those who were targets of severe verbal or physical abuse.

Regardless of how challenging your situation is, God has promised you physical, mental, emotional and spiritual restoration. Just think about how exciting that is!

Job experienced a tragic loss that is almost unbelievable. In one day, all of his seven sons and three daughters were killed in a windstorm. His livestock were destroyed and most of his servants were dead. Then Job's health deteriorated and his condition became so bad that his wife advised him to "curse God, and die" (Job 2:9) All of these losses occurred suddenly without warning – talk about having a bad day!

For inspiration, just read about what happened at the end of the story. Job experienced the miraculous power of God's restoration. He lived a very long life – over 140 years after the tragic death of his children in that windstorm. He had ten more children – seven sons and three beautiful daughters. The cattle were replaced.

The Bible says " The Lord blessed the latter end of Job more than his beginning." (Job 42:12). In fact, Job received

double for his trouble – "the Lord gave Job twice as much as he had before." (Job 42:10)

God has promised restoration to His people throughout the Bible:

The Lord is my shepherd; I shall not want, He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul.

Psalm 23: 1-3

I will restore to you the years that the locust hath eaten...

Joel 2:25

For I will restore health unto thee and I will heal thee of thy wounds, saith the Lord.

Jeremiah 30:17

...for I will turn their mourning into joy, and will comfort them.

Jeremiah 31:13

Invest in yourself. Feed yourself a positive diet of healthy images and encouragement from God's Word. A balloon inflated with air rises above the ground; a deflated balloon lies on the ground – it is trampled, stepped on and permanently punctured and it will never rise in the air again. Rising above your emotions involves making a conscious and deliberate decision to focus on hearing and obeying God's Word – letting Him heal and restore you!

EIGHT PRINCIPLES OF RAPID DIVORCE RECOVERY

The eight keys to rapid divorce recovery are simple to understand; in fact they're very straightforward. But remember that God's promises won't become a reality in your life until you act on His Word.

You must be a "doer of the Word" to experience the full power of these biblical principles:

- 1) Receive God's Love
- 2) Forgive and Forget the Past
- 3) Be an Overcomer
- 4) Encourage Yourself in the Lord
- 5) Obey, Pray and Say God's Word
- 6) Give and Receive
- 7) Renew Your Mind
- 8) Choose Life not Death

When you obey God and live according to His Word, you'll be in a position to have the blessings of God overflow in your life. Like the psalmist David, you'll be able to say "my cup runneth over." (Psalm 23:5)

This book will show you how to apply each of these Biblical principles along with prayers and affirmations you can say out loud. Let's get started now by joining one another in prayer.

Prayer for Healing and Restoration

This is my prayer for you (Read this aloud and agree by saying "Amen"):

Father, I come into agreement with my sister/brother in Christ according to Matthew 18:18-19. Whatever we bind on earth is bound in heaven and whatever we loose on earth is loosed in heaven. In the Name of Jesus I bind every spirit of fear, depression, anxiety, worry, doubt, low self-esteem and rejection. Every work of the enemy (satan) is destroyed. I loose the blood of Jesus Christ to cover every member of that household. I loose the anointing of God to destroy every yoke and burden in their lives. I loose restoration and Godly wisdom. I pray that anointed laborers will cross their path, bringing the good news of the gospel and needed assistance. I command the ministering angels from the army of Jehovah God Almighty to go forth now on this prayer and bring it to pass in the natural realm. Father, I thank you that every decision of the enemy is reversed and Your perfect will prevails. In Jesus' Name, Amen.

Prayer for Salvation

If you do not know Jesus Christ as your personal Lord and Savior, say this prayer out loud now:

Heavenly Father, I come to you in the Name of Your Son Jesus Christ. Your Word says "...whosoever shall call upon the name of the Lord shall be saved." (Romans 10:13). According to Romans 10:9-10, Your word says "If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved."

Lord Jesus, I am calling on Your name. I know that you love me. I am sorry for my sins. Thank you for dying for me and taking my place. According to Romans 10:9-10, I confess with my mouth and believe in my heart that You are the Son of God and that God raised You from the dead. Come into my heart and be Lord over my life. I accept You now as my Lord and Savior. Thank You for making me a new person and forgiving all of my sins. Amen.

Praise the Lord! You have taken an important first step toward restoration and healing.

Now pray to find a good church that teaches the truth of the Bible:

Heavenly Father, Your Word says that Believers should not forsake assembling together. In the Name of Jesus, I ask You to plant me in the church assembly where I can grow spiritually and serve You. Amen.

PRINCIPLE I

Receive God's Love



For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:38-39

God's love for you is unconditional. You don't have to qualify for His love or beg for it. No matter what you look like or how you feel, God still loves you! He will always love you. God's love doesn't cost you anything, but it cost God dearly. He gave the life of His Son, Jesus Christ just for you:

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 3:16

You are unique, valuable and special to God. There's no one else exactly like you in the whole earth. There is no person in the world who loves you more than God.

The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.

Jeremiah 31:3

In some human relationships love is conditional. The unwritten rule may be this: "I'll love you as long as I feel like it." But God's love (agape love) has no expiration date. He loved us when we didn't know Him or even cared about Him:

For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die. But God commendeth his love toward us in that, while we were yet sinners, Christ died for us.

Romans 5:7-8

An important first step in rebuilding your life after a divorce is to freely receive God's unconditional love. Feelings of rejection, hurt, failure or low self-esteem are typical, but those feelings don't change the truth. God loves you. Yes, your life has changed drastically but God will meet all of your needs, if you submit to Him:

For thy Maker is thine husband; the Lord of hosts is his name; and thy Redeemer the Holy One of Israel; The God of the whole earth shall he be called.

Isaiah 54:5

Well-meaning family members and friends may encourage you to "get back on the social scene" quickly. They may offer to introduce you to people who sound interesting or exciting. You may be very tempted to begin another romantic relationship to cover up your pain but you don't need another romantic relationship right away. You need to focus on your spiritual life and your personal relationship with Jesus Christ. Make your relationship with Him your top priority.

There are several reasons to avoid seeking a new "significant" other:

- ★ You are vulnerable now and can be more easily deceived.

- ★ You need to allow ample time for emotional healing and personal reflection.
- ★ The new relationship may not work out and you'll be left to deal with more rejection.
- ★ You may not have the strength to avoid engaging in sexual sin (fornication or adultery).

An important key to rapid recovery is to receive God's unconditional love, making your relationship with Him your top priority. Now is the time to draw closer to the Lord:

The Lord is nigh unto them that are of a broken heart...

Psalm 34:18

Draw nigh to God, and he will draw nigh to you.

James 4:8

When you spend quality time in the presence of God you'll experience an abundance of joy; that joy will then give you all the strength you need to be victorious:

Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Psalm 16:11

...for the joy of the Lord is your strength.

Nehemiah 8:10

When you feel drained, "down in the dumps" or discouraged check out whether you're spending enough quality time with the Lord. Also evaluate whether the kinds of music you are

hearing and the content of the TV shows you are watching are building you up spiritually. Just by guarding your heart carefully (according to Proverbs 4:23), you can dramatically increase your level of joy and peace.

During the early stages of my divorce, an electrical storm burned out all the TV sets in my house; they remained inoperative for about 90 days. During that same 90-day period, I only listened to anointed gospel music and increased my prayer time. Carefully "guarding my heart" during those 90 days gave me a "jump-start" on the road to rapid divorce recovery. That experience changed my life permanently. In conclusion, there is no substitute for time spent in God's presence, receiving His love and expressing your love to God.

Prayer about God's Love for You

Pray this prayer aloud as a reminder of God's love for you:

Father God in heaven, I thank You that You have created me in Your image, after Your likeness. I am fearfully and wonderfully made. I am unique and You love me with an everlasting love. I love You, Lord God Almighty with all my heart, soul and mind. Thank you, Lord, that nothing can separate me from Your love. Father, in the name of Jesus I freely and fully receive Your unconditional love. Amen.

Repeat this prayer out loud as often as needed. Remember that YOU ARE LOVED!

Scripture References

Genesis 1:26

Jeremiah 31:3

Matthew 22:37

Psalms 139:14

Romans 8:38-39

PRINCIPLE II

Forgive and Forget the Past



Let all bitterness, and wrath and anger and clamour and evil speaking, be put away from you, with all malice: and be ye kind one to another, tenderhearted, forgiving one another; even as God for Christ's sake hath forgiven you.

Ephesians 4:31-32

Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

Matthew 18:21-22

When Jesus told Peter that he should forgive anyone who sinned against him seventy times seven, He meant that we should not set limits or boundaries on our capacity to forgive others. The book of Colossians states “**...even as Christ forgave you, so also do ye.**” (Colossians 3:13)

Forgiving someone who has hurt you deeply can be difficult. But it is not impossible. Forgiving involves making a decision to obey God; it also requires the supernatural power of God. You can't forgive someone in your own human strength because your emotions and memories are involved. When you harbor unforgiveness, you're letting your emotions rule over you; and then you could begin the “slippery slide” into bitterness, resentment, evil speaking or even rage.

When I learned that unforgiveness could diminish the flow of God's power in my life, I made a decision to forgive anyone who hurt me. FORGIVING OTHERS IS FOR

YOUR OWN BENEFIT! Forgive others and then God will forgive you:

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive you your trespasses.

Mark 11:25-26

Forgiving allows you to move ahead in life with a “victorious” mentality instead of a “victim” mentality. It's been said that when you don't forgive someone, you're actually wearing handcuffs and the person you won't forgive is permanently chained to your wrist. Everywhere you go the other person is chained to you just like excess baggage. The Word of God is the master key to unlock the handcuffs and get free.

Myths about forgiveness

Sometimes people don't want to forgive another person because they have erroneous beliefs:

- Forgiving someone does not imply they were right or that their actions were justified.
- Forgiving someone does not mean you become a “doormat.”
- Forgiving someone does not mean that the person who hurt you won't suffer the consequences for their wrong actions. It's best to let God settle the issue:

Dearly beloved avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

Romans 12:19

- Forgiving someone does not mean your pain or suffering is not real.
- Forgiving another does mean that God's healing power can flow freely in your life.

Put Out the Trash

Failure to dispose of garbage in a timely manner is similar to not forgiving someone. Eventually the ugly effects of unforgiveness will spill over into other areas of your life, contaminating your thinking, speaking and relationships.

The Lord gave me this example about the effects of unforgiveness. Unforgiveness is like putting garbage into a large brown paper bag and then keeping it in a visible place in your house. Day after day you look at that garbage bag to remind yourself that it's still there. Every day you may even say out loud: "Look at that nasty garbage." The garbage will continue to deteriorate producing mold, foul odors and unsanitary liquids. The garbage will eventually soak through the paper bag releasing rancid odors throughout the entire house. Eventually the floor underneath the garbage-filled bag will become discolored, soiled and ruined. All of those effects could have been easily avoided by putting the garbage into a sealed plastic bag and setting it out for the garbage col-

lector to haul away permanently. **Holding onto unforgiveness is like holding onto nasty trash.**

You must make a decision to forgive someone and then you must discipline yourself to think "right" thoughts, speak "right" words and do the "right" things.

Here's a simple word of advice: Ask Jesus to help you forgive those who have hurt you.

Many significant people in the Bible had to forgive others who hurt them deeply. Jesus Himself asked the Father to forgive those who crucified Him (Luke 23:34). The Apostle Paul stated that he disciplined himself to have no offense toward God or man. In other words, he forgave those who hurt him:

And herein do I exercise myself, to have always a conscience void of offense toward God, and toward men.

Acts 24:16

Paul's statement is both inspirational and instructive. Certainly, Paul might have been justified in "holding a grudge" against those who lied about him, beat him up and imprisoned him. His example in not being offended is admirable. Notice that not being offended involves both choice and self-discipline. (He wrote, "I exercise myself".)

You must make a decision to forgive someone and then you must discipline yourself to think “right” thoughts, speak “right” words and do the “right” things. **Remember that holding a grudge is like holding onto a bag of garbage!**

Here are some suggestions to help you “exercise” yourself in the area of forgiveness:

Steps to Forgiveness

- Acknowledge your hurt feelings before God in prayer and ask the Holy Spirit to comfort you and heal your heart. Jesus described the Holy Spirit as the “Comforter.” (John 16:7).
- Make a decision to forgive your ex-spouse and others who may have hurt you. In prayer, bind unforgiveness, bitterness, resentment, and anger from operating in your life; loose the love of God and the fruit of the Spirit to be in operation in your life.
- Don’t allow yourself to constantly replay hurtful experiences or evil thoughts. Use the Word of God to counter mental attacks that could make you question whether you have forgiven your ex-spouse or others. Speak the Word of God out loud regularly if you are struggling to control your thought life. Fight evil thoughts with God’s Word! You may want to use the prayer in this chapter or develop your own prayer.
- Ask the Holy Spirit to reveal to you any ways that you have hurt others. Be guided by the Holy Spirit and ask those individuals to forgive you.

- Recognize that neither you nor your ex-spouse are perfect. God has not called us to judge or criticize others:

Judge not, that ye be not judged. For with what judgement ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye?

Matthew 7:1-3

Certainly Jesus Christ is the perfect example to follow. Even as he was suffering the horrible cruelty of a public crucifixion, Jesus spoke these words: “Father, forgive them; for they know not what they do.” (Luke 23:34). Joseph, whose brothers sold him into slavery, stood before those who betrayed him and said: “...ye thought evil against me; but God meant it unto good...” (Genesis 50:20). Both Jesus and Joseph prove that it is possible to sincerely forgive people who have hurt you.

Here’s how to begin the process of forgiving someone who has hurt you:

- Make a decision; choose today to forgive those who have hurt you.
- Ask the Holy Spirit to reveal any areas of your own life where you need God’s forgiveness. Ask God to forgive you. (According to I John 1:9-10 God is faithful to forgive us if we confess our sins). Confessing your own sin sensitizes you to your own need for forgiveness and helps you become more understanding about the shortfalls of other people. Sin blocks a person’s prayer life (Psalm 66:18;

Isaiah 59:1,2) so that is one important reason to confess your sins.

- Choose your thoughts. Don't allow your mind to aimlessly wander or dwell on past hurts. You can choose your thoughts:

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8

Prayer of Forgiveness

Father God in heaven, I come to You in the name of Jesus. I thank You that You are faithful to forgive my sins when I confess them to You. I now forgive (speak out names) as my heavenly Father forgives me. I cast all care regarding my situation over on the Lord and He will sustain me. I bind unforgiveness, wrath, contention, evil speaking, resentment, tension, bitterness and anxiety from operation in my life, household and personal relationships. I loose the anointing of Almighty God to destroy every yoke and burden. The love of God is shed abroad in my heart by the Holy Ghost. I walk in love, as Christ has loved me. I thank you Father that I am free of sin, guilt, shame, condemnation and unforgiveness. The fruit of the Spirit are evident in my life: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance. Praise the Lord!

Scripture References

I John 1:9

Matthew 18:18-19

Romans 5:5

Ephesians 5:12

When you come before the Lord with a clean heart and a desire to obey Him, the Word of God will lift you above the agony of your present circumstances to a higher level of joy and peace than you ever imagined.

Forget the Past

Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.

Isaiah 43:18,19

To move forward in life you must look forward and forget the past. You can't drive your car forward if you set the gear in reverse. When you let go of the past, you allow God to do a "new" thing in your life. Forgetting the past means you don't allow your past experiences, failures or memories to govern or rule over you.

Think about the Samaritan woman at the well. She forgot about her five divorces and allowed God to use her as an evangelist – leading others to Christ.

Think about Joseph. He forgot that his brothers sold him into slavery; he also forgot his prison experience and allowed God to raise him up as a high government official in Egypt.

Think about Daniel. He forgot about the exportation of his people from Israel into captivity; he allowed God to raise him up as a high-ranking official with great authority.

Think about Peter. He forgot about his denials of Christ and allowed God to use him in establishing the first church in the book of Acts.

Think about the Apostle Paul. He forgot about his persecution of believers, converted to Christianity and was used by God to spread the gospel.

There's a common theme underlying the stories of the Samaritan woman at the well, Joseph, Daniel, Peter and the Apostle Paul. They all turned from the past, forgot about it and looked toward God.

The Apostle Paul revealed that overcoming the past requires forgetting, reaching and pressing:

Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.

Philippians 3:13,14

When you truly release the past to God, the pain of previous experiences becomes like a movie you saw years ago. You remember the plot, the main characters and your initial

reactions, but the storyline doesn't make you feel sad, angry, or lonely right now.

Keys to Forgetting the Past

- Focus on the Lord and His goodness. This will draw your attention away from the past. Read and study these scriptures – (if you want to, read these scriptures out loud daily)

Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.

Psalm 68:19

Bless the Lord, O my soul, and forget not all his benefits...

Psalm 103:2

The Lord is gracious, and full of compassion; slow to anger, and of great mercy. The Lord is good to all: and his tender mercies are over all his works.

Psalm 145:8,9

O Give thanks unto the Lord; for he is good: for his mercy endureth forever.

Psalm 136:1

- Live in the present moment and praise the Lord.

This is the day which the Lord hath made; we will rejoice and be glad in it.

Psalm 118:24

- Ask the Holy Spirit to reveal the truth to you about yourself and your marriage. Rarely is one partner solely responsible for a divorce. Ask the Holy Spirit to teach you, lead you, and comfort you. The Bible states that the Holy Spirit is the Spirit of truth and the Comforter (Helper):

Then Jesus said to those Jews who believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.

John 8:31,32

- Guard your heart; watch your mouth and look ahead to the future. Don't allow bitterness or evil speaking about past events distract you from focusing on the Lord and the Word of God:

My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life. Put away from thee a froward mouth, and perverse lips put far from thee. Let thine eyes look right on, and let thine eyelids look straight before thee.

Proverbs 4:20-25

- Remove from sight any painful reminders of the past (photos, letters, cards, etc.)
- Think “good thoughts,” think on things that are “true, honest, just, pure, lovely, of good report, virtue and praise.” (Philippians 4:8)

God has already provided everything you need to both forgive those who hurt you and forget the past. You must take a step toward God if you want His power (rather than your own limited perspectives) to flow freely in your life. Remember this: **FORGIVENESS MOVES YOU FORWARD. BITTERNESS TAKES YOU BACKWARD.**

Prayer to Forget the Past

Father God in Heaven, I come to You now in the Name of Jesus Christ. I praise You Lord, for You are gracious and full of compassion.

This is the day which the Lord has made; I will rejoice and be glad in it. I bless the Lord, who daily loads me with benefits. He forgives all my iniquities, heals all my diseases and redeems my life from destruction. He renews my youth and my strength like the eagles'; therefore I run and do not grow weary; I walk yet I do not faint. I guard my heart with all diligence for out of it are the issues of life. I only think on those things that are true, honest, just, pure, of good report, virtue and praise. The words of my mouth and the meditation of my heart are acceptable to You, Lord. I forget those things which are behind me and deliberately reach to those things which are before me, pressing toward the mark for the prize of the high calling of God.

Scripture References

Psalm 118:24

Psalm 68:19

Psalm 103:1-5

Proverbs 4:23

PRINCIPLE III

Be an Overcomer



Isaiah 40:28-31

Philippians 3:13-14, 4:8

You are not a victim,
you are a victor!

These things have I spoken unto you, that in me ye might have peace. In the world ye shall have tribulation; but be of good cheer; I have overcome the world.

John 16:33

I can do all things through Christ which strengtheneth me.

Philippians 4:13

If you are a born-again Believer, problems and circumstances have no power over you. You are not a victim, you are a victor! Pause right now and say these statements out loud:

- I will not be overcome because I am an overcomer. (Revelation 12:11)
- I am the head and not the tail. (Deuteronomy 28:13)
- I am above and not beneath because I am seated in the heavenly places with the Lord Jesus Christ. (Ephesians 2:6)
- I am more than a conqueror through Christ Jesus. (Romans 8:37)

These statements may sound radical but they are actually true because they are based on God's Word.

YOU ARE AN OVERCOMER! God has promised His children that they will not be overtaken by problems:

But now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shall not

be burned; neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour...

Isaiah 43:1-3

Think about that scripture on a personal level. Based on God's promise, you can walk through fire and you won't be burned. Just like Shadrach, Meshach and Abednego, you won't even have the smell of smoke on you. (Daniel 3:27) You are invincible as a born-again believer. If you change the way you see yourself, you'll change the way you see your circumstances.

Jesus told His disciples how to deal with a "mountain" or circumstances that appear to be immovable:

If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Matthew 17:20

Don't be moved by adverse circumstances; just use the power of God to move the circumstances out of your life! Notice that Jesus said nothing shall be impossible. Mary, the mother of Jesus, said the same thing in another way; she said "with God all things are possible." (Luke 1:37)

How to Overcome Adversity

Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

Luke 10:19

Jesus told His disciples that they had power (or authority) over the enemy (satan) and nothing (no person, force, spirit or thing) would hurt them. As a born-again believer you have that same power. There is no problem, situation or circumstance that can overtake you when you operate according to God's Word, using the weapons of warfare He has provided. There are numerous Bible stories which prove that the "underdog" can become the "top dog." You're probably very familiar with the Bible stories about Daniel, Moses, Joshua, David and Job. They faced seemingly impossible situations yet each one was victorious. When you think about the odds stacked against those men, you realize that the supernatural power of God must have been operating in their lives.

If today's newspapers were printing articles about those men, the headlines would seem unbelievable, even laughable:

Newspaper Headline for Daniel: Man sentenced to spend the night in lion's den believes he won't be eaten alive.

The Outcome: Daniel's accusers and their families were cast into the lion's den; they were quickly consumed. (Daniel 6:24)

Newspaper Headline for Moses: Man commands Pharaoh to set God's people free.

The Outcome: The children of Israel left Egypt with silver, gold and clothing by walking through the Red Sea on dry ground. Pharaoh and his army drowned when they chased the Israelites. (Exodus 14:24-31)

Newspaper Headline for Joshua: Man leads group in “walk-a-thon” around city walls for seven days.

The Outcome: The wall fell and Jericho was captured by the children of Israel (Joshua 6:20)

Newspaper Headline for David: Young man believes he can defeat giant using only a slingshot.

The Outcome: Goliath was killed by David’s first shot; David later beheaded Goliath with a sword. (I Samuel 17:50-51)

Newspaper Headline for Job: Man who “lost it all” still trusts God.

The Outcome: The Lord gave Job twice as much as he had before and Job’s latter days were blessed more than his beginning (Job 42:10)

In every instance God delivered on His covenant promises to His children:

...so I will be with thee: I will not fail thee, nor forsake thee.

Joshua 1:5

He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

Psalm 91:15

Many are the afflictions of the righteous: but the Lord delivereth him out of them all.

Psalm 34:19

The righteous cry, and the Lord heareth, and delivereth them out of all their troubles.

Psalm 34:17

You now know that God is able to bring you through any situation victoriously:

Now thanks be unto God, which always causeth us to triumph in Christ....

2 Corinthians 2:14

Keys to Being an Overcomer

If you read a synopsis of those familiar Bible stories you might conclude that God alone did everything to bring about those victories. The truth of the matter is that each of those men had a strong intimate relationship with God along with full knowledge of their covenant rights and privileges. When David faced Goliath, he wasn’t wondering about whether God would help him; he knew God would act.

How to be an Overcomer

As a believer, you are in a covenant relationship with God. Having knowledge of God, who He is and what He has promised to do are essential. The Bible very clearly states that God is good: **“Thou art good, and doest good...”** (Psalm 119:68) *God is on your side.* Romans 8:31 states, **“If God be for us, who can be against us?”**

God is “for you” but satan (the devil) is against you. The Bible calls satan a liar and murderer, (John 8:44) accuser of

the brethren (Revelation 12:10) and deceiver (Revelation 12:9) just to name a few. Jesus told Peter that satan desired to sift Peter “like wheat” (Luke 22:31). It’s clear that satan wants believers to be defeated, depressed, deceived, discouraged and distracted. But that’s not what God wants for His people. In the book of Luke, Jesus told His disciples that they had power over the devil:

Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

Luke 10:19

Notice that Jesus told His disciples they had “power” over all the power of the enemy. He was saying to them, “There is nothing the enemy (satan) can throw at you that can hurt you. You can trample the devil and crush his works under your feet.”

God has provided several “weapons of warfare” for His children to use when they are under attack by satan (the enemy). These “weapons of warfare” are freely available to every believer and the Bible describes them as “mighty” (meaning powerful):

For the weapons of our warfare are not carnal, but mighty through God...

2 Corinthians 10:4

Notice the scripture states that the weapons are not carnal, meaning (fleshly); they are not weapons you can detect with the natural senses: You can’t see, hear, smell, taste, or

touch these weapons but they are real. Here’s a brief overview of the weapons of warfare:

- **Praise:** According to Psalm 8:2, praise stills the enemy and the avenger, meaning it brings the enemy forces to a standstill, thwarting their evil plans. When Paul and Silas were in jail they sang praises to God at midnight (Acts 16:25); suddenly there was a great earthquake and the prison doors opened; everyone was set free instantly and the jailer and his entire household were saved (born-again). When Jehoshaphat battled an opposing army, the Bible states that the people began to sing and praise the Lord. The Lord set ambushments against the enemy army. Ultimately, the enemy armies ambushed and killed each other. This resulted in King Jehoshaphat’s victory (2 Chronicles 20:22).
- **Word of God:** Jesus defeated the devil during their wilderness encounter by speaking the Word of God to satan. He quoted scriptures saying, “It is written...” three times. (Matthew 4:1-11)
- **Armor of God:** The “whole armour of God” is described in Ephesians 6:10-18. A prepared soldier never goes to battle without being properly equipped. Similarly, a believer should also be spiritually equipped. There are several elements of the spiritual armour: belt of truth, breastplate of righteousness, gospel of peace, shield of faith, helmet of salvation, sword of the Spirit (Word of God) and consistent, fervent prayer.
- **Name of Jesus:** Philippians 2:10 states that God has given Jesus a name above every name. The name of Jesus is “above” or “more powerful” than discouragement,

disease, depression, destitution, etc. In John 14:14, Jesus told his disciples this “If ye ask anything in my name, I will do it”. In Matthew 28:18, Jesus said “all power is given unto me in heaven and in earth.” Obviously, the name of Jesus is a powerful weapon of warfare.

- **Blood of Jesus:** The Bible states that believers are redeemed with the blood of Christ (1 Peter 1:18-19). The Book of Revelation (Rev. 12:11) states that satan is overcome by the blood of the Lamb and by the word of testimony by the brethren (Believers).

- | | |
|-----------------|-------------------|
| 1) Praise | 4) Name of Jesus |
| 2) Word of God | 5) Blood of Jesus |
| 3) Armor of God | |

Warfare Scriptures

Read these scriptures out loud daily:

I am seated in the heavenlies with the Lord Jesus Christ, far above every principality, power, might, dominion and every name in this world and in the world to come.

Ephesians 1:20-21

Jesus is my peace.

Ephesians 2:14

I am strengthened with might by the Holy Spirit in the inner man.

Ephesians 3:16

I give no place to the devil.

Ephesians 4:27

I let no corrupt communication proceed out of my mouth.

Ephesians 4:29

I am strong in the Lord and in the power of his might.

Ephesians 6:10

I put on the whole armour of God that I may be able to stand against the wiles of the devil.

Ephesians 6:11

I wear the full armour of God: My loins are girt about with truth. I wear the breastplate of righteousness. My feet are shod with the preparation of the gospel of peace. I take the shield of faith to quench the fiery darts of the wicked. I take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Ephesians 6:13-17

I have been given power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt me.

Luke 10:19

*I overcome satan by the blood of the Lamb, and by the word
of my testimony.*

Revelation 12:11

The message is simple and straightforward: Never give up! Never give in to discouragement! Use every available weapon of warfare. **BE AN OVERCOMER!**

PRINCIPLE IV

Encourage Yourself in the Lord



And David recovered all that the Amalekites had carried away: and David rescued his two wives. And there was nothing lacking to them, neither small nor great, neither sons nor daughters, neither spoil, nor any thing that they had taken to them: David recovered all.

I Samuel 30:18-19

At Ziklag, when David and his men returned home, they found that the Amalekites had taken their wives and children captive; the city had been burned. You can imagine the heartache they felt; the Bible states that David and the people wept “until they had no power to weep”. (I Samuel 30:4) Hurt and angry about their situation, the people wanted to stone David. But David encouraged himself in the Lord. (I Samuel 30:6)

When the Bible states that David encouraged himself in the Lord, it means that David strengthened himself. He probably separated himself physically from the angry crowd that wanted to kill him. He probably spent considerable time in prayer, thanking God, and reflecting on His mercy and goodness. David did not pursue any of the options a person today might consider during a time of heartache such as going to a bar or nightclub or getting high. He focused on hearing from God and getting direction from Him. Ultimately, David pursued the Amalekites and “recovered all that the Amalekites had carried away” including his wives and children (I Samuel 30:18-20).

David’s experience at Ziklag emphasizes several keys for victory:

And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the Lord his God.

I Samuel 30:6

- Don't allow grief or depression to overtake you;
- Pull away from the situation and get into prayer;
- Ask the Lord for specific direction; and
- Obey the Lord's instructions.

David's experience is also encouraging because it demonstrates that God is able to restore anything that has been "stolen" from you – peace, joy, family relationships, finances, health, etc. Your life can never be beyond the restoration power of Almighty God. Whatever the enemy has stolen, God can restore. David understood that God was his only

Your happiness, peace, joy,
contentment and fulfillment
in life are not determined by
your marital status.

source of strength. These Psalms written by David illustrate the point:

I WILL love thee, O Lord, my strength. The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. I will call upon the Lord, who is worthy to be praised: so shall I be saved from mine enemies.

Psalm 18:1-3

THE LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

Psalm 27:1

David experienced many challenges in his life including these: kidnapping of his wives and children, being on King Saul's "hit list," rebellion of his son Absalom, adultery, death of an infant, and the rape of his daughter Tamar by her brother. Surely, a man that did not know the Lord as his strength would have been totally crushed. Few people experience as much tragedy as David did, but thank God that his life is an example of how to keep going in the tough times.

Your happiness, peace, joy, contentment and fulfillment in life are not determined by your marital status. They are determined by your mental attitude and the depth of your relationship with the one true living God. If you turn to Him as your source of strength, you'll always be encouraged.

In His Presence

Spending time with a good friend is refreshing; you may enjoy an activity together, talk, laugh and share your deepest thoughts. Afterwards, you may even remember a particular conversation, experience or joke that brings a smile to your face. Good friends are precious and every moment spent with them becomes a treasured memory. Did you ever think about the fact that spending time with God is similar to spending time with a good friend? God loves you unconditionally. He will always listen and encourage you. Time spent in God's presence will strengthen you and bring you joy. David expressed this reality in the psalms he wrote:

Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Psalm 16:11

For thou wilt light my candle: the LORD my God will enlighten my darkness.

Psalm 18:28

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Psalm 23:4

The stress of divorce can deplete your physical, mental and emotional energy. **Inadequate “rest” in God’s presence can leave you feeling “burned out”, beaten down and burdened.** However, David discovered a way out of “burn out.” He learned to spend quality time with God. If your daily schedule is overloaded with activities and you never pull back to seek God’s presence, you’re setting yourself up for a stress-filled lifestyle that will eventually wear you down. It’s now time to “lie down in green pastures and go beside the still water”. (Psalm 23:2). This famous passage of scripture from Psalm 23 suggests that God taught David how to completely rest in Him, rely on Him and wait on Him. Time spent in the presence of God is the only way to get “re-fueled.”

He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 40:29-31

Joy Comes in the Morning

Recognize that the “tough times,” and times of challenge are also times of opportunity for spiritual growth. A fine diamond in a ring has been polished and cut to display its beauty. A ceramic pottery vase has been carefully molded by the

Recognize that the
“tough times” are also
times of opportunity for
spiritual growth.

potter and fired (baked) in a high-temperature kiln (oven). The trials of life are not pleasant or easy, but when you look at those events as a “diamond polishing” or “potter’s wheel” experience, you can be thankful that you’ll develop into a stronger, more mature Christian. Like Job, you can say, “when he hath tried me, I shall come forth as gold.” (Job 23:10)

The Apostle James wrote this:

My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

James 1:2-4

Restated in plain English here’s what I’d say: “Don’t be fearful or despondent when you face the trials of life; instead be joyful. Recognize that when your faith is tested you devel-

op inner strength, including the ability to persevere and stand strong in every circumstance. When you come through the trial successfully, you'll be a mighty man or woman of God!"

Remember that your trials only last for a season; they are not permanent. According to the Bible, trials are "temporal" (2 Corinthians 4:18). But God's Word, His promises, and His power are eternal! God existed before your problems started. He knows the answer or solution to your situation. Doesn't it make sense to just allow Him to guide you, mold you and "perfect you" so that you can eventually shine like a brilliant diamond or a fine piece of gold jewelry?

Jesus told His disciples that no man could take their joy (John 16:22). When your joy is rooted in your relationship with God, circumstances can't shake you. Psalm 30:5 states "...weeping may endure for a night, but joy cometh in the morning." When you encourage (strengthen) yourself in the Lord, your view of the problems you face will change; you'll see yourself coming through victorious, joyful and stronger than ever before.

Prayer of Encouragement

Pray this prayer out loud daily:

Father God in Heaven I come to You in the Name of Your Son, Jesus. Like David, I encourage myself in You, Lord. You are my light and my salvation. You are the strength of my life. My trials are only temporary; they will not last forever. Weeping may endure for a night, but joy comes in the morning. I am developing and growing up spiritually as I

PRINCIPLE V

Obey, Pray and Say God's Word



come through this trial. I wear the garment of praise; therefore depression and discouragement must flee in the Name of Jesus. You have promised that You will never fail me nor forsake me; therefore I trust You, Lord. I cast all care over on You, Lord, knowing that the trying of my faith worketh patience and patience has her perfect work in me. Your Word says You will restore the years the locust has eaten. I thank You for restoration. The joy of the Lord is my strength and I rejoice always! Praise the Lord!

Scripture References

Psalm 27:1

Joel 3:23-26

2 Corinthians 4:18

Job 42:10

Psalm 30:5

Nehemiah 8:10

Isaiah 61:3

James 1:2-6

AND it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God.

Deuteronomy 28:1-2

Obey God's Word

According to Deuteronomy 28 (verses 1-14), obedience to God results in numerous blessings including the following:

1. You'll be blessed wherever you go — in the city or the field, coming in or going out (verse 3, 6).
2. Your children will be blessed (verse 4).
3. Your enemies will flee from you (verse 7).
4. Projects and business ventures you work on will be blessed (verse 8).
5. You will be "plenteous in goods" — you will not be in a

**Your own actions determine
whether the blessing of God
will flow freely in your life.**

state of lack (verse 11).

6. You will not have to borrow or be in debt (verse 12).
7. You will be in a position of authority and leadership (verse 13).
8. You will be established as "holy unto God." When people see that you belong to God, they will respect and admire you (verse 9).

As you study Deuteronomy 28, you'll realize God has promised that His blessings will overtake you. In other words, you'll be abundantly blessed everywhere you go, in

everything you do. Notice however, that all of God's blessings don't come automatically. Receiving certain blessings depends on whether you listen to God and obey His commandments. God loves everyone regardless of whether or not they love Him. But God pours out the blessings listed in Deuteronomy 28 on those who obey Him. Your own actions determine whether the blessings of God will flow freely in your life. If you fail to listen to God and obey Him, curses (the opposite of blessings) will operate in your life. (Curses are mentioned in Deuteronomy 28:15-68). All you have to do is make a simple decision: Will I obey God or not?

When Jesus taught His disciples He stated: "If ye love me, keep my commandments." (John 14:15) Jesus connected obeying the commandments of God with loving Him. The Apostle John made the same point in another way:

For this is the love of God, that we keep his commandments: and his commandments are not grievous.

1 John 5:3

Notice that the Apostle John stated that God's commandments are not "grievous" – meaning they are not burdensome or heavy. Obeying God will not take the joy out of life.

Learning to obey God is a process, much like learning to roller-skate or ride a bike. First you must make sure you have the proper equipment, then you must follow the basic rules or principles of that particular sport. Obedience to God starts with reading and understanding the Bible because that's where God has laid out His written commandments. Daily

Bible reading and continuous Bible study are essential. How can you obey God if you don't know what He is instructing you to do? When you begin to diligently obey God and study His Word, He'll bless you in delightful ways that may surprise you. Rather than feeling like you're following a rule book, you'll desire to please Him in all areas of your life. Remember, obedience is the key to having the blessings of God overflow in your life.

Here's how obedience to God applies in a divorce situation. The greatest commandment is to love God with all your heart, soul and mind. Jesus said the second greatest commandment is to love your neighbor as yourself. (Matthew 22:39) That "golden rule" establishes some standards for interaction with your ex-spouse (or soon to be ex-spouse). Evil speaking, retaliation, strife, and unnecessary legal harassment are all examples of disobedience to God's Word. Engaging in such tactics will limit God's ability to shower you with His blessings. Ask yourself what's more important – being blessed or striking out against your ex-spouse? You may even feel you are justified in "getting even," but the cost is just too high in terms of blessings you will forfeit.

Pray God's Word

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7

Prayer is simply communication with God, both talking to Him and listening. Jesus demonstrated the significance of prayer in His own life. The Bible states that Jesus prayed all night before choosing the twelve apostles. (Luke 6:12, 13) He prayed in the Garden of Gethesamne shortly before His arrest and crucifixion. (Luke 22:41-46) Other scriptures show that Jesus often departed to quiet places to pray. (Mark 1:35 & Mark 6:46) Jesus considered prayer so important that He taught His disciples how to pray (Matthew 6:9-13). The Bible also states that both Jesus and the Holy Spirit make intercession (or pray) for believers.

As a born-again believer, you are in a covenant relationship with God so you don't have to beg, bargain or try to manipulate God to get answers to your prayers. God's Word lays out the essential elements of effective prayer in several scriptures: (See Mark 11:22-26; Psalm 66:18, 1 John 5:14,15; John 14:13; Matthew 6:6-13)

- Pray to the Father, in the name of Jesus.

When you speak God's Word
about your life, circumstances
and situation the power of
God's Word will work on
your behalf, bringing His
plans into existence.

- Start your prayer time by praising God, and acknowledging Him as your Heavenly Father.

- Pray according to God's will (God's will is expressed in His Word).
- Forgive others who have hurt you and resolve differences with others before entering into prayer. (In other words start prayer with a clean heart).
- Ask God to forgive you for any sins you have committed.
- Pray in faith — believing that you receive the answer when you pray.
- Pray fervently.
- Align all of your conversations about topics of prayer with the truth of God's Word.

A strong prayer life is absolutely essential when you are going through a divorce. The absence of prayer leads to increased stress, anxiety and fear. Be sure to set aside adequate time with God on a daily basis. Feel free to use the scripture-based prayers contained in this book.

Say God's Word

The power of spoken words is shown in these Proverbs:

Death and life are in the power of the tongue...

Proverbs 18:21

Whoso keepeth his mouth and his tongue keepeth his soul from troubles.

Proverbs 21:23

He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction.

Proverbs 13:3

The scriptures teach that your words will either help you or hurt you.

God said that His spoken Word will accomplish His purpose:

So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

Isaiah 55:11

Jesus said His words are “spirit and life.” (John 6:63)

The main message of all these scriptures is clear. When you speak God’s Word about your life, circumstances, and situations the power of God’s Word will work on your behalf, bringing His plans into existence. When God spoke words in Genesis Chapter 1, light, water, heavens, fish, fowl came into existence. When you say what God said, God’s power is contained in those words.

When you discipline your mouth to only speak God’s Words about your life, you’ll see dramatic results. You may be tempted to speak words of frustration, anger or even hatred but that won’t get you the results you want. So train yourself to only speak God’s Word. Here’s how to activate the power of God by speaking His Word:

- Become more conscious of your words and thoughts and measure them by God’s standards:

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Psalm 19:14

- Make a decision to refrain from evil speaking, loose conversation, gossip and idle chatter:

Set a watch, O LORD before my mouth; keep the door of my lips.

Psalm 141:3

I SAID, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.

Psalm 39:1

- Read and write down scriptures that are relevant to your particular needs. Study those scriptures. Know where those scriptures are located in the Bible (chapter, verse). Become intimately familiar with those scriptures—memorizing them, if you desire.
- On a daily basis, read or repeat the scriptures out loud. You may wonder why you can’t just silently read scriptures and get the same effect. The simplest answer is that God instructed believers by both His example and teaching that speaking the Word brings results.

- During creation, God spoke the words **“Let there be...”** and suddenly the earth was no longer in darkness and without form. (Genesis 1:1-31)
- Jesus told His disciples to **“say unto this mountain, Be thou removed and be thou cast into the sea”**. (Matthew 21:21-22)
- Jesus taught that answered prayer involves faith in God, “saying” and believing: **And Jesus answering saith unto them, Have faith in God. For verily I say unto you, that whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.**
Mark 11:22-24

You now know that consistently speaking God’s Word out loud is essential to changing the circumstances of your life.

In conclusion, when you combine obedience to God’s Word, with praying and saying God’s Word you are on an unbeatable track to victory and blessings.

PRINCIPLE VI

Give and Receive



Malachi 3:10

Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom...

God is your true source of supply—not your job, child support payments or alimony.

Luke 6:38

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

Galatians 6:7

God has established a system to supply His children with everything they need, including material things (food, shelter, clothing) and finances. God's system is foolproof. If you know, understand, believe and act on God's Word, then you will never lack. King David expressed it well.

The Lord is my shepherd; I shall not want.

Psalms 23:1

God is your true source of supply—not your job, child support payments or alimony. If necessary, God will override the ordinary channels of the world's financial system to meet your needs. He can miraculously cancel debt, open new doors of opportunity or do whatever is required to make sure that you get what you need. God does not lie (Numbers

Bring ye all the tithes into the storehouse...

23:19) and He is not a liar. Therefore, you can receive God's Word as enduring truth. (1 Peter 1:25)

Matthew 6:33

God's Will is Prosperity

The Bible reveals that God's will for His children is success and well-being. God's definition of prosperity goes beyond finances; it includes physical and mental well being.

Psalm 35:27 states that God "...hath pleasure in the prosperity of His servant." Other scriptures also verify that God desires the best for His children:

And the LORD shall make thee plenteous in goods, in the fruit of thy body, and in the fruit of thy cattle, and in the fruit of thy ground, in the land which the LORD sware into thy fathers to give thee.

Deuteronomy 28:11

But my God shall supply all your need according to his riches in glory by Christ Jesus.

Philippians 4:19

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

3 John 1:2

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (Things meaning food and clothing, etc.)

The Law of Sowing and Reaping

God's system of supplying your needs is called sowing and reaping. Sowing refers to planting or scattering seeds; reaping refers to harvesting. If you understand the basic principles of farming you have a frame of reference for understanding the law of sowing and reaping. (Sometimes referred to as seed-time and harvest).

Here are three scriptures that will help you grasp the concept of sowing and reaping:

While the earth remaineth, seedtime and harvest, and cold and heat, summer and winter, and day and night shall not cease.

Genesis 8:22

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

Galatians 6:7

A sower went out to sow his seed... Now the parable is this: The seed is the word of God.

Luke 8:5,11

Jesus explained the law of sowing and reaping in the parable of the sower (Mark 4). God (the sower) sows seed (the Word of God). That seed will produce fruit to harvest when it is planted in good ground (a believer's heart).

Parable of the Sower (Mark 4:14-20)

The sower soweth the word.

And these are they by the way side, where the word is sown; but when they have heard, satan cometh immediately, and taketh away the word that was sown in their hearts.

And these are they likewise which are sown on stony ground; who when they have heard the word, immediately receive it with gladness;

And have no root in themselves, and so endure but for a time; afterward, when affliction or persecution ariseth for the word's sake, immediately they are offended.

And these are they which are sown among thorns; such as hear the word,

And the cares of this world, and the deceitfulness of riches, and the lust of other things entering in, choke the word, and it becometh unfruitful.

And these are they which are sown on good ground; such as hear the word, and receive it, and bring forth fruit, some thirtyfold, some sixty and some an hundred.

If you read the parable of the sower to learn about the law of sowing and reaping, you'll discover the following insights:

- God is the sower.
- The seed is the Word of God.
- The ground (soil) is a person's heart (spirit).
- Only "good ground" is able to produce a crop of fruit to harvest.

- Hearing the Word of God and receiving it as truth are requirements for producing a crop.

This parable illustrates that the Word of God in good ground (your heart) will produce results (fruit) in any area of your life. Just like a farmer, you cannot reap a harvest if you have not planted any seeds. Also you must plant seeds of the fruit you expect to harvest. You cannot plant watermelon seeds to get a crop of tomatoes.

How to Bring Forth a Financial Harvest

Since divorce usually involves a disruption of finances, this chapter focuses on using the law of sowing and reaping to develop a financial harvest. However, these same principles would apply to any other circumstance.

1. **Get the seed of God's Word.** Thoroughly read and study all the scriptures on prosperity.
2. **Prepare your heart to receive the seed.** Ask the Lord to reveal any areas of your life that do not align with His Word. Repent and get on a track of total obedience to the Lord. Remember that only the "good ground" produced a crop of fruit.
3. **Plant the seed of the Word in your heart.** On a daily basis review the prosperity scriptures and read them out loud. Pray a scripture-based prosperity prayer daily.
4. **Plant financial seeds according to the direction of the Holy Spirit.** You must consistently tithe for the law of sowing and reaping to effectively operate. Give your

tithe to your local church and give offerings to your own church and/or other ministries.

- Get the Seed of God's Word
- Prepare your heart to receive the seed
- Plant the seed of the Word in your heart
- Plant financial seeds according to the direction of the Holy Spirit

Why are God's Children Lacking in Good Things?

You may be wondering why some of God's children are in a state of lack. In the Gospel according to Mark (Chapter 4:13-33) Jesus explains some of the reasons:

- **No knowledge that the Word of God is a seed.** Only a person who understands and lives by God's principles of sowing and reaping will be able to truly prosper.
- **Satan steals the Word.** A person who has no understanding of God's kingdom principles cannot live the abundant life God has promised.

Short-changing God always
leads to shortage!

- **Failure to firmly plant the Word in good ground.** A person's heart is the "soil" for the Word of God. Only

reading, studying and praying the Word will plant the "seed" of the Word deeply enough to develop "roots". A plant with deep roots will grow to maturity and yield fruit to be harvested.

- **Failure to endure.** Giving up on God's Word due to opposition or tribulation short-circuits God's system of seedtime and harvest.
- **Allowing "weeds" of anxiety, "deceitfulness of riches," worldly distractions, and "lusts of other things" to choke the Word.** If someone is diligently seeking "first the kingdom of God" (according to Matthew 6:33), those "weeds" have little opportunity to hinder the effectiveness of God's Word.
- **Failure to understand the stages of seedtime and harvest.** It is impossible to reap a harvest without first planting seeds. Also, seeds take time to develop roots, grow to maturity and bear fruit. The "growing season" cannot be shortened unless God performs a financial miracle.

Finally, there is another key reason for lack noted in the book of Malachi:

- **Robbing God in tithes and offerings** (Malachi 3:8)

The tithe represents one-tenth of a person's increase (e.g. income). According to Leviticus 27:30-32 the tithe is holy unto the Lord and the tithe belongs to the Lord. Failure to return to the Lord what He has required separates a person from God's system for meeting the needs of His children.

Offerings are given to the Lord over and above the tithe. A person can give "sparingly or bountifully;" the level of giv-

ing will determine whether a person will reap “sparingly or bountifully.” (2 Corinthians 9:6)

Refusing to give God the tithe (one-tenth of all your increase) is actually like telling God this: “God, I don’t like Your way of doing things. I don’t believe Your Word concerning my finances, but I still want You to bless me.” God operates according to His Word; to be richly and abundantly blessed you must do things according to God’s instructions.

Here’s the final point on robbing God in tithes and offerings. Short-changing God always leads to shortage!

In summary, those are the basic principles of sowing and reaping that will get you into God’s abundant supply. Always remember that God’s desire for you is prosperity and not lack.

PRINCIPLE VII

Renew Your Mind



Prayer for Finances

Father, I come to You in the Name of Jesus, concerning the needs in my life. It is written, the Lord is my shepherd; I shall not want. It is written that my God shall supply all my need according to His riches in glory. Therefore, Father, I believe that my every financial, physical, mental, emotional and spiritual need is already met. I give and it shall be given to me, good measure, pressed down, shaken together and running over. I sow bountifully and I reap bountifully. Because I give tithes and offerings in obedience to the command of God, the blessings of God abundantly overflow in my life and the devourer (satan) is rebuked! In the Name of Jesus, I bind satan from operating in my life, family, household, relationships and finances. I loose the blood of Jesus and the anointing of God to destroy every yoke and remove every burden, especially debt and lack. I command the ministering angels of Jehovah God Almighty to go forth now and bring the perfect will of God to pass in my life. Amen.

Scripture References

Psalm 23:1

Philippians 4:19

Luke 6:38

2 Corinthians 9:6

Matthew 8:18

Psalm 103:20

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

According to the Word of God, your thoughts can entirely transform (change) your life. Why is this true? Because your thoughts shape your self-image, your beliefs and your view of the world around you. That's why the Apostle Paul instructed the Philippians to think about things that are true, honest, just, pure, lovely and of a good report. (Philippians 4:8)

God instructed Joshua to meditate (study and speak) His Word in order to be prosperous and successful. (Joshua 1:8) Proverbs 23:7 states that as a man "thinketh in his heart, so is he." It is easy to see that what you think will determine your self-image and ultimately your progress in life.

God's thoughts toward you are thoughts of success, prosperity and peace:

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

Jeremiah 29:11

In the book of Isaiah, God says that His thoughts are higher than your thoughts:

For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

Isaiah 55:8,9

Any thoughts which do not align with God's thoughts (His Word) will ultimately produce negative results in your life. If you want peace, prosperity and success, then all you have to do is think what God thinks about you!

A divorce can shatter a person's self-image, leaving them filled with a collection of negative self-destructive thoughts. That's why it is essential to renew your mind with the Word of God — thinking God's thoughts and saying God's Words about yourself. **The Word of God is the only tool powerful enough to rebuild your self-image.** Positive thinking, psychological counseling or group therapy may be helpful, but those techniques won't destroy the root of a negative self-image as effectively as the Word of God.

What God Thinks About You

God used the writers of the Old and New Testament to document His thoughts about you.

YOU ARE:

Everything you read, say,
sing, watch, listen to or
touch has an impact on
you—mentally, physically
or spiritually.

- Created in the image of God (Genesis 1:26)

- Crowned with glory and honour (Psalm 8:5)
- Made to have dominion in the earth (Psalm 8:6)
- Fearfully and wonderfully made (Psalm 139:14)
- A new creature in Christ (2 Corinthians 5:17)
- Loved with an everlasting love (Jeremiah 31:3)
- Complete in Christ (Colossians 2:10)
- Healed by the stripes of Jesus Christ (Isaiah 53:5 & 7 and I Peter 2:24)
- The Redeemed of the Lord, bought with the blood of Jesus (I Peter 1:18-19)
- An heir of God and a joint-heir with Christ (Romans 8:17)
- Blessed with all spiritual blessings in heavenly places (Ephesians 1:3)
- Seated with Christ in heavenly places (Ephesians 2:6)
- More than a conqueror (Romans 8:37)

If you currently see yourself as a failure, defeated, hopeless and worthless, you are wrong! **YOU ARE A WINNER!** You can begin to replace your current negative thoughts with God's thoughts by reading the Word of God daily and speaking the listed scriptures out loud daily. Eventually, after a period of time, you will begin to develop a new self-image that aligns with God's image of you. God's Word will com-

pletely erase all of the old videotapes of your negative self-image.

The Bible states that God has given His children (Believers) a sound mind:

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

A sound mind will not wander or be pushed to extremes by external pressures; it is focused on God and His Word.

Everything you read, say, sing, watch, listen to or touch has an impact on you—mentally, physically or spiritually. Why choose negative influences when you can just as easily choose positive influences? Many people would not deliberately choose negative influences. However, frequently negative influences come disguised as promises to make you feel better about yourself or your situation. That's why you should use the Word of God to screen out (eliminate) music, TV, reading materials and even people who are promoting concepts or activities contrary to God's Word, His image of you and plans for you.

BLESSED is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Psalm 1:1-3

Renewing your mind requires a separation from the world and meditation on God's Word. You must redirect your time and turn your focus from worldly pursuits to divine promises:

If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.

Colossians 3:1-2

Checklist

If you want to transform your life, evaluate what you are doing to renew your mind. Review this checklist to see where you stand:

- What kind of music do you listen to in your car? Rap? Oldies? Gospel?
- Other than the news, how much time do you spend

If you want to transform
your life, evaluate what
you are doing to renew
your mind.

watching TV each day?

- Do you regularly watch talk shows or soap operas?
- Do you consistently spend time in prayer on a daily basis?
- Do you regularly attend church service?

Renewing your mind involves being separated from the world and spending time in prayer and fellowship with God. The life of Daniel illustrates this point effectively. As you recall, Daniel was thrown into a lion's den and spent the night with lions; however Daniel was not harmed at all. (Daniel 6:23). How could Daniel have survived that ordeal? One reason was because Daniel's mind was renewed by the Word of God at an early age. He refused to eat or drink the king's meat or wine (Daniel 1:8) meaning he refused to follow worldly counsel or engage in worldly activities. Another scripture states that Daniel consistently prayed three times a day (Daniel 6:10). Daniel's lifestyle of separation from the world enabled him to survive a life-threatening experience. Daniel did not wait until he was in the lion's den to "get close to God." Similarly, you should not wait until a crisis emerges to begin praying and studying your Bible in order to renew your mind.

Prayer to Renew Your Mind

Father God in Heaven I come before You seeking Your wisdom and guidance. I thank You that Jesus has been made unto me wisdom, righteousness, sanctification and redemption. I thank You that Your thoughts and ways are higher than mine. I thank You that as I read, pray and study Your

PRINCIPLE VIII

Choose Life Not Death



Word my mind is renewed. Your Word says “be not conformed to this world; but be ye transformed by the renewing of your mind.” Father, help me to think Your thoughts in every situation and circumstance for I desire to be completely transformed into Your image and likeness. Amen.

Scripture References

I Corinthians 1:30

Isaiah 55:8, 9

Romans 12:2

I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life that both thou and thy seed may live.

Deuteronomy 30:19

Just imagine that you are standing at the end of a long road and there are two signs directly in front of you. The sign on the right reads “Choose life. This path leads to abundant life and blessings.” The other sign reads “Choose death. This path leads to destruction.” Which path would you choose? It’s a “no-brainer” you’d choose life.

Sometimes people make choices without fully considering the ultimate consequences. For instance, choosing to excessively satisfy your desire for chocolate will ultimately result in weight gain. At the moment you ate the chocolate, the extra calories didn’t mean anything to you, but later the consequences of not being able to button a shirt or waistband became evident. Choices have either positive (life-giving) or negative (life-destroying) consequences. Here are six choices that will produce abundant life:

Choose to Act on God’s Word

Receive God’s Word as truth and “do” the Word. Remember that faith without works is dead. (James 2:20) Obedience to God brings numerous blessings. (Deuteronomy 28:1-14) You can choose to stop engaging in sinful behavior you know is against God’s Word.

Choose to Persevere

Don’t give up even if you feel discouraged. Your situation may not change immediately, but if you exercise both faith and patience you will see results. You can do all things

through Christ. (Philippians 4:13) Be tough and tenacious; you are more than a conqueror. (Romans 8:37)

Choose Your Words

Once you truly believe you have the power of life and death in your mouth, you'll change your words. Speak only those words that "edify" or build up others. **Speak what God says about you in His Word. Speak the truth, not lies.**

Choose to Give

Don't focus on lack; the Word of God states "The Lord is my shepherd, I shall not want." (Psalm 23:1) The Bible also states "Give and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give unto your bosom." (Luke 6:38) **Giving starts a positive flow of blessings into your life.** Remember to cheerfully give tithes and offerings to the Lord. Don't be a thief or "robber" (Malachi 3:8-10) concerning the resources God has entrusted to you.

Choose to Exercise Your Spiritual Authority

Jesus told His disciples they had power to "tread on serpents and scorpions and over all the power of the enemy." (Luke 10:19) Therefore, **choose victory not defeat.**

Choose Jesus

When Jesus taught His disciples, He always made it clear that choosing Him meant choosing life:

Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die. Believest thou this?
John 11:25,26

Jesus saith unto him, I am the way, the truth and the life: no man cometh unto the Father but by me.

John 14:6

The thief cometh not, but for to steal, and to kill and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10

- Choose to act of God's Word
- Choose to persevere
- Choose your words
- Choose to give
- Choose to exercise your spiritual authority
- Choose Jesus

If you want abundant life on this earth and eternal life with God, then you must make a choice to receive Jesus Christ as your personal Lord and Saviour, today!

All choices have consequences. Some consequences are short-lived, but other consequences are far-reaching and long lasting. When Adam chose to disobey God in the Garden

of Eden, the consequences of sin and death extended to all humanity:

Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

Romans 5:12

But Jesus chose to obey God so that every person could have abundant life on earth as well as eternal life: For as by one man's disobedience many were made sinners, so by the obedience of one (Jesus) shall many be made righteous.

Romans 5:18-19

For God sent not his Son unto the world to condemn the world; but that the world through him might be saved.

John 3:17

Your divorce may be the result of choices you made many years ago. You can't change the past. But you can make a choice that will have far-reaching and positive results starting right now. You can choose to turn your life over to Jesus. You can cast all your hurt, heartache, pain and disappointment over on Him. Once you receive Jesus Christ as your Lord and Savior, He'll see that you get a fresh start in life. He'll help you make the right choices so that you are traveling on the path that leads to blessings and eternal life.

Prayer for Salvation

Pray this prayer out loud to receive Jesus Christ as your personal Lord and Savior:

Heavenly Father, I come to You in the Name of Your Son Jesus Christ. Your Word says "...whosoever shall call upon the name of the Lord shall be saved." (Romans 10:13). According to Romans 10:9-10, Your word says "If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved."

Lord Jesus, I am calling on Your name. I am sorry for my sins. Thank you for dying for me and taking my place. According to Romans 10:9-10, I confess with my mouth and believe in my heart that You are the Son of God and that God raised You from the dead. Come into my heart and be Lord over my life. I accept You now as my Lord and Savior. Thank You for making me a new person and forgiving all my sins. Amen.

Next Steps

Congratulations! If you just prayed the Prayer of Salvation you are now a part of God's family. You are one of His children. To help yourself grow spiritually take the following actions:

- Get involved with a local church that preaches the full Gospel (Hebrews 10:25). Ask the Father to guide you to the right church. Attend regularly and begin tithing.
- Read and study the Bible daily. Start with the New Testament. (I Peter 2:2)
- Resist temptation and live a holy life before God. (Galatians 5:16-25)

- Pray to God daily. (1 Thessalonians 5:17) Spend quiet time with Him consistently.

Choosing life is not a “one-time” decision; it’s a choice you must make every day in every area of our life:

For to be carnally minded is death; but to be spiritually minded is life and peace.

Romans 8:6

Focusing on God and His Word brings true prosperity; focusing on worldly activities and pursuits brings the opposite result. Make a decision to continuously choose life by seeking first the Kingdom of God (Matthew 6:33) and you will discover that a divorce can change your life permanently in a positive way. Make the most important choice of your lifetime: **CHOOSE LIFE!**