

## Appendix B

# Study Guide

**W**ith just a word Jesus called Lazarus from the tomb, and His Word can help bring us out of our tombs as well. This ten-week Bible study is designed to help you move toward your own Lazarus awakening. (Group leaders, if an eight-week format works better for you, you'll find directions at the end of this guide for adapting it. Also, check out the downloadable workbook and leader's guide available at [www.joannaweaverbooks.com](http://www.joannaweaverbooks.com).)

Any translation of the Bible you enjoy and understand will work fine for this study. You'll also need a notebook and a pen to record your answers to the questions in this guide. Before each lesson ask the Holy Spirit to increase your understanding as you examine God's Word so that you can apply the truths you discover.

Each lesson starts with questions for individual reflection or group discussion, then moves into a "Going Deeper" study of scriptural principles. At the end of the lesson, you'll have an opportunity to write about or discuss what spoke most to you in that chapter. The stories, quotes, and sidebars within the chapters may provide further opportunities for discussion or reflection.

"I will walk about in freedom, for I have sought out your precepts," Psalm 119:45 tells us. The same freedom awaits each one of us as we set our hearts on knowing God's Word. Prayerfully commit yourself to this study, giving God access to every tomb that keeps you from living resurrected. For Love is calling your name.

Are you ready to "come forth"?

CHAPTER ONE: TALE  
OF THE THIRD FOLLOWER

***Questions for Discussion or Reflection***

1. This chapter mentions my difficulty with algebra in high school. What was your best subject in school? What was your worst?
2. Look at the sidebar titled “What Kind of Father Do You Have?” on page 4. Which (if any) misrepresentation of God as Father have you struggled with? Have you experienced another kind not named? How do you think your connection with your earthly father has affected your relationship with God?

***Going Deeper***

3. Consider the words of David in Psalm 22:1, echoed by Jesus on the cross. Scripture is filled with people who struggled with love-doubt. What kind of circumstances in your life have caused you to question God’s love? What has helped you get God’s love from your head to your heart?
4. Read the story of Lazarus found in John 11:1–12:11 (or see Appendix A). Circle or underline key phrases. What stands out to you most in this passage, and why?
5. Put yourself in the sandals of Mary, Martha, or Lazarus. Write a letter to Jesus from that person’s perspective. You can choose any point on the time line of the story.
6. What do the following verses reveal about the love God has for us?  
Psalm 86:15 \_\_\_\_\_  
Romans 8:35–39 \_\_\_\_\_  
1 John 3:1 \_\_\_\_\_

7. Write out Ephesians 3:17–19 on an index card, beginning with the words “I pray.” Refer to the card frequently over the next few days, memorizing the passage phrase by phrase. Repeat it until it becomes a part of you.
8. What spoke most to you in this chapter?

## CHAPTER TWO: LORD, THE ONE YOU LOVE IS SICK

### ***Questions for Discussion or Reflection***

1. Describe briefly how you came to know Jesus as your personal Savior. (If you haven’t yet received the gift He offers, why not do it today? Look at “The Invitation” on page XX.)
2. If you were to send a message to Jesus concerning your current situation and need, how would you fill in the blank: “Lord, the one you love is \_\_\_\_\_”?

### ***Going Deeper***

3. Sin is deadly and separates us from God. Match the downward spiral of sin and its effects listed below to the following scriptures by filling in the appropriate letter in the blank before the phrase: (a) Psalm 106:43; (b) Acts 8:23; (c) James 1:14–15.
 

___ Fills us with bitterness	___ Enticed by our own evil desires
___ Makes us waste away	___ Holds us captive
___ Ends in death	___ Causes us to rebel against God
4. Read “What God Does with Our Sins” (page XX). Which one of the points listed by Rosalind Goforth speaks most to your heart? Look up the accompanying scripture and then write it out in your own words.
5. How does Satan—not to mention your own lower nature—tend to lull you to sleep spiritually, even though you’re a Christian?

6. Consider the following verses. According to these scriptures, why is it so important that we wake up, and what should our awakening involve?

Matthew 25:1–13 \_\_\_\_\_

Romans 13:11–12 \_\_\_\_\_

Ephesians 5:11–15 \_\_\_\_\_

7. “God is not mad at you!” That’s the best part of the gospel, someone has said. In fact, instead of holding a grudge, the Lord wants to forgive us and make us His own. Look up the following scriptures and really meditate on them. Under each reference listed below, write down keywords or phrases that reveal God’s attitude toward us.

Isaiah 44:21–22      2 Corinthians 5:17–21      Colossians 1:21–23a

8. What spoke most to you in this chapter?

### CHAPTER THREE: OUR FRIEND LAZARUS

#### ***Questions for Discussion or Reflection***

1. Describe a moment—big or small—when you felt especially loved. What were the circumstances, and what people were involved? Why do you think that experience was so special to you?
2. Take the test found in the sidebar titled “What Kind of Friend Am I?” on page XX. What did you discover about your relationship with God? with others? Share one aspect of friendship in which you’d like to grow.

#### ***Going Deeper***

3. How do you respond to the idea that God is an emotional God, feeling deep loneliness and a need for connection? Do you find that possibility comforting or frightening? Read Genesis 2:16–3:13. What do you think

God felt when Adam and Eve chose to disobey? If He had penned a journal entry that day long ago, what might it have said?

4. Read Hebrews 8:10–12, which describes the new covenant God has made with you and me. If we really understood and responded to His deep desire for fellowship, how would our perspective change toward the following things we do as Christians?

Daily prayer and reading the Bible: \_\_\_\_\_

Attending church: \_\_\_\_\_

Living a holy life: \_\_\_\_\_

5. The statements below describe three famous friends of God: Abraham, Moses, and David. Using Numbers 12:7–8, Acts 13:22, and James 2:21–23 as references, match each characteristic below with one of these friends. Do any of these qualities apply to you, even in a small way? [[production: each item preceded by short baseline rule (these rules about 6-8 ems, to accommodate names).]]

- |       |   |
|-------|---|
| _____ | He was a man after God’s own heart.                           |
| _____ | He was faithful in all God’s house.                           |
| _____ | His faith and actions worked together.                        |
| _____ | He would do everything God wanted him to do.                  |
| _____ | He believed God, and it was credited to him as righteousness. |
| _____ | God spoke clearly to him and not in riddles.                  |

6. Read John 15:13–17. Write down what you discover in this passage about being a friend of Jesus.
7. Read “Help Me Love You More!” on page XX. Fill in the blank in the sidebar, then write your own prayer to the Lord, asking Him to increase your ability to love Him better and more.
8. What spoke most to you in this chapter?

## CHAPTER FOUR: WHEN LOVE TARRIES

### ***Questions for Discussion or Reflection***

1. Describe a time in your life when waiting was especially difficult. How did you react to the process, and what did you learn?
2. Delayed gratification is difficult for all of us. Consider the following aspects, and identify which one (or ones) you struggled with most while growing up and which is hardest for you today. If possible, give specific examples.
  - Adapting to less-than-perfect situations
  - Waiting for the fulfillment of our needs or desires
  - Accepting not only delays but also denials of what we want
  - Other: \_\_\_\_\_

### ***Going Deeper***

3. One of the hardest things for many people to understand about God is that He doesn't always interrupt or intervene when we're in trouble. Instead, He specializes in redeeming the situation, using it for our good and His kingdom. Look at the following passages and write down the problem God allowed and the benefit that eventually resulted.

Acts 7:59–8:3      *Problem:* \_\_\_\_\_

Acts 11:19–21      *Result:* \_\_\_\_\_

Acts 21:30–36      *Problem:* \_\_\_\_\_

Philippians 1:12–14      *Result:* \_\_\_\_\_

4. We humans tend to love formulas—if we do A and we do B, then God will have to do C. Read Isaiah 55:8–9 and Romans 11:33–36 several times, and allow the heavenly perspective to sink into your heart. Write a response to the Lord concerning the ways you may have tried to control Him through “formulas” rather than simply trusting He knows what is best.

5. Read “The Blessing of Trouble” sidebar on page XX. Think of a time when you asked God for help and *didn’t* get what you asked for. How has that experience affected your character and your life? Do you think you grew from the experience? Why or why not?
  
6. What do the following verses have to say about the benefits of waiting? Circle the benefit that means the most to you.  
 Psalm 40:1–3 \_\_\_\_\_  
 Isaiah 64:4 \_\_\_\_\_  
 Lamentations 3:24–27 \_\_\_\_\_
  
7. In what area of your life do you need to hand God the “quill of your will”? Read Romans 8:28 and write it back to the Lord as a prayer, replacing “all things” with specific details of your situation. End the prayer with a declaration of your love and commitment to His will.
  
8. What spoke most to you in this chapter?

## CHAPTER FIVE: TOMB DWELLING

### ***Questions for Discussion or Reflection***

1. A New Mexico tombstone reads, “Here lies Johnny Yeast. Pardon me for not rising.”<sup>1</sup> Another one in Colorado protests, “I told you I was sick!” These are silly epitaphs, but on a more serious note, what would you like your grave marker to say?
  
2. Consider the “Hurts, Hang-ups, and Habits” sidebar on page XX. Which of these three categories of strongholds tends to trip you up most often in your walk with God? If you feel comfortable sharing, name at least one item you’re struggling with (or have given in to!) right now. Privately or as a group, take those things to the Lord in prayer, claiming the promise of James 5:16.

### ***Going Deeper***

3. The Bible speaks powerfully to so many issues. Using a concordance, look up a word or assorted words that relate to your particular struggle—lust, anger, pride, fear, lying, whatever you may be facing. (If needed, ask a friend experienced in Bible study to help.) Pick three pertinent verses to write down, then choose one to memorize.
  
4. We all have lies in our lives that have been internalized as truth. In order to uncover false beliefs, consider the following questions. (Don't discount anything, even seemingly small stuff that has happened or innocent pastimes you tend to turn to for escape.)
  - What failure or trauma from your past still defines you as though it's your *identity*?
  - What coping mechanism do you regularly turn to for *security*?
  - In the words of self-help guru Dr. Phil, "How's that workin' for ya?"
  
5. According to the following verses, why is it so important for us to acknowledge our need of forgiveness and healing?  
Psalm 66:18–20 \_\_\_\_\_  
Isaiah 30:15–16 \_\_\_\_\_  
1 John 1:9–10 \_\_\_\_\_
  
6. The book of Isaiah gives us many glimpses into the purpose of Jesus's coming and ministry. Under the corresponding verses, list the things you discover. [  
Isaiah 42:1–4  
Isaiah 61:1–3



7. One of the most precious aspects of God’s work in our lives is His ability to redefine us and change our identities. For the following verses, write down the old name and the new name given and the significance of each. Then consider Revelation 2:17 and its significance to you.

Genesis 32:24–28    Old name: \_\_\_\_\_  
New name: \_\_\_\_\_  
Significance: \_\_\_\_\_

Matthew 16:13–18    Old name: \_\_\_\_\_  
New name: \_\_\_\_\_  
Significance: \_\_\_\_\_

Revelation 2:17    Significance: \_\_\_\_\_

8. What spoke most to you in this chapter?

## CHAPTER SIX: ROLL AWAY THE STONE

### ***Questions for Discussion or Reflection***

1. Physically speaking, what is the hardest thing you’ve ever done (climbed a mountain, given birth, etc.)? Describe the experience.
2. Without giving unnecessary details, share a time when bringing a secret to light destroyed the power it had exerted over you.

### ***Going Deeper***

3. Craig Groeschel says that many of us are *Christian atheists*—“believing in God but living as if He doesn’t exist.” Can you see signs of this contradiction in your life or in the lives of Christians in general? Give an example (big or little) if you can. What could we do to better fight the tendency toward Christian atheism?

4. Read through Psalm 91 and consider the benefits of making God our shelter and dwelling place rather than choosing to remain in our tombs. List five benefits you appreciate, then pick the one that means the most to you, and write a short paragraph explaining why.
  
5. God went out of His way to remove the barrier that stood between us and Him. Look up the following passages and fill in the blanks.
 

Leviticus 16:2	The barrier: _____
Matthew 27:50–51	The process: _____
Hebrews 10:19–22	The result: _____
  
6. Which one of the following “stones” might be blocking God’s access to the places in you that need healing? Look up the corresponding verses, and paraphrase your favorite part back to the Lord as a prayer, asking for help to remove it so that you might be free. Can you think of any other stones—besides these three—that might be keeping you from Him?
  - *Unworthiness* (Romans 4:7–8; 8:1)
  - *Unforgiveness* (Ephesians 4:31–5:2)
  - *Unbelief* (Romans 4:20–22)
  
7. As you hear Jesus asking you to roll away the boulder blockading your heart, what does His response to Martha mean to you: “Did I not tell you that if you believed, you would see the glory of God?” (John 11:40)? What would it take for you to lay aside unbelief and move forward in your process of healing?
  
8. What spoke most to you in this chapter?

## CHAPTER SEVEN: WHEN LOVE CALLS YOUR NAME

### ***Questions for Discussion or Reflection***

1. Did you have a nickname growing up? What did your mom call you when you were in trouble?

2. If you were administered a spiritual hearing test today, what do you think the results would be? (Check one.) [[production: each item preceded by a short baseline rule (these rules about 3 ems)]]

- Excellent
- Improving
- Average
- Poor
- Acute deafness

Is hearing from God a personal struggle for you? What do you normally do to improve your hearing?

### ***Going Deeper***

3. Read the passage from Priscilla Shirer on page XX. In what ways, past or present, has the Enemy tried to convince you that you can't or don't hear God's voice?

4. Elijah heard from God in 1 Kings 19:11–12, but not in the way he expected. What does this passage of Scripture and Isaiah 30:21 reveal about how God tends to speak to us today? What makes the first part of Psalm 46:10 so important to improving our ability to hear Him?

5. Matthew 7:24–27 highlights the importance of obeying when God speaks and warns what happens when we don't. Record the two different responses to the Lord's words you find in the following verses and the outcome of each.

Matthew 7:24–25      *Response:* \_\_\_\_\_  
*Result:* \_\_\_\_\_

Matthew 7:26–27      *Response:* \_\_\_\_\_  
*Result:* \_\_\_\_\_

6. If possible, describe a time when the Holy Spirit used one of the following methods to speak to you—a repeated theme, an impression, a confirmation, a spirit check, or a verse from the Bible. How did you know it was God speaking? (Remember, often it isn't until we've obeyed that we realize it was His voice all along.)
  
7. What does the statement “The teacher is always silent during a test” mean to you (especially in light of the story of Jesus and the three praying women told on page XX)?
  
8. What spoke most to you in this chapter?

## CHAPTER EIGHT: UNWINDING GRAVECLOTHES

### ***Questions for Discussion or Reflection***

1. Read the story of the good Samaritan in Luke 10:30–35. Based on your nature, if you had been on the road that day, which of the following roles might you have played? (I've embellished a bit!)
  - The Priest—saw the bruised and bleeding man but kept moving, too busy to stop.
  - The Levite—looked closer but didn't feel adequate to help so dialed 911 as he went on his way.
  - The Soccer Mom—distracted by squabbling kids and text messages and didn't even notice.
  - The Samaritan—laid aside his plans to get involved and help the wounded man.
  - Other: \_\_\_\_\_
  
2. Read “Kissing Frogs” on page XX. It has been said that we should love people when they least expect it and least deserve it. Think of a time when someone loved you like that—or a time when you had the privilege of doing that for someone else. Describe the experience.

### ***Going Deeper***

3. Read 1 John 3:16–20 and answer the following questions:
  - According to verse 16, who is our example, and what did He do?
  - What warning are we given in verse 17?
  - Instead of offering words and lip service, how are we to love (verse 18)?
  - What amazing benefit (verses 19–20) do we derive from loving like that?
  
4. Which of the “Lessons from Good Sam” (page XX) speaks most to you? Which seems the most challenging? Why?
  
5. Do you have a friend or acquaintance who is struggling to escape graveclothes right now? Take a moment to pray for her or him. Ask what God would have you do to help love that person back to life. (It may be as simple as a phone call, a shared meal, or an encouraging note.) Whatever He lays on your heart, do it—knowing that God wants to love that person through you.
  
6. While we’ve discussed how we can help others unwind their graveclothes, what does Hebrews 12:1–6 tell us about unwinding our own? List at least five things we should do.
  
7. Read Isaiah 64:6 and Revelation 3:17. How does our insistence on wearing the “filthy rags” of our own righteousness keep us from experiencing true healing and freedom? According to Revelation 3:18–19, what does God “counsel” us to do?
  
8. What spoke most to you in this chapter?

## CHAPTER NINE: LIVING RESURRECTED

### *Questions for Discussion or Reflection*

1. Have you ever witnessed an amazing transformation in someone's life that was brought about by Christ? Describe it. How did seeing it make you feel?
2. If you were asked to give a testimony of transformation in your life, what would you say? Is there an attitude or behavior you are currently asking the Lord to change? Describe the difference you believe it will make when this aspect of your life is transformed.

### *Going Deeper*

3. Complete Jesus's seven "I am" sayings listed below. Circle the one that currently means the most to you.  
John 6:35      "I am the bread of life \_\_\_\_\_."  
John 8:12      "I am the light of the world \_\_\_\_\_."  
John 10:9      "I am the gate \_\_\_\_\_."  
John 10:14–15    "I am the good shepherd \_\_\_\_\_."  
John 11:25      "I am the resurrection and the life \_\_\_\_\_."  
John 14:6      "I am the way and the truth and the life \_\_\_\_\_."  
John 15:5      "I am the vine \_\_\_\_\_."
4. Knowing the "Great I Am" (Jesus Himself) helps us better understand who we are as well. Look at Appendix D: "Who I Am in Christ." Choose one phrase from each of the three categories, and write out the corresponding verse. Memorize one to include in your Holy Spirit "knowledge base."
5. List three things that currently "move you"—make you overreact or feel upset, worried, and/or fearful. Now describe how counting yourself dead (Romans 6:11) might help change your perspective and enable you to say along with Paul, "nor did I count my life dear to myself" (Acts 20:24, *ἄκριτον*). If applicable, name a time in your life when your relationship with Christ helped change your lower nature reaction.

6. Meditate on John 15:1–8. Read it several times, and allow the verses to penetrate your heart. Circle or underline phrases that have particular meaning for you. In the context of these verses, what is the difference between striving and abiding? In practical terms, what would choosing to abide actually look like in your life? What would have to change?
7. Read George Müller’s secret of service on page XX. Using it as a template, write an obituary for yourself, declaring your decision to die so that Christ might live.
8. What spoke most to you in this chapter?

## CHAPTER TEN: LAUGHING LAZARUS

### *Questions for Discussion or Reflection*

1. Have you ever escaped a dangerous, life-threatening situation? Describe it and the emotions you felt after cheating death. If you’ve never actually experienced this, describe how you think you would feel.
2. Read the “Living in the Light of Eternity” sidebar on page XX. What aspect of living resurrected would you like to begin practicing right now? What single change in your life would help you do this?

### *Going Deeper*

3. If you really believed this world isn’t all there is, how would it affect the way you view the following aspects of your life? (Write your response first, then consider the scripture given.)  
Finances: \_\_\_\_\_  
(Matthew 6:19–21)  
Worries: \_\_\_\_\_  
(2 Corinthians 4:17–18)

Sickness: \_\_\_\_\_

(Philippians 3:20–21)

Hardships: \_\_\_\_\_

(James 1:12)

Persecution: \_\_\_\_\_

(John 15:18–20)

4. Which of the following myths have you been able to discard as you've studied the story of Lazarus? Place a check mark (ü) by those you've let go of and a question mark (?) by the ones you'd like to let go of. Feel free to add any other myths about God's love you have become aware of.

\_\_\_ We must earn God's favor.

\_\_\_ If God loves us, terrible things should never happen to us.

\_\_\_ Death is the worst thing possible.

\_\_\_ God is distant when we suffer.

\_\_\_ God's timing really stinks.

\_\_\_ Tragedy is just tragedy—nothing good can come of it.

5. What do the following verses tell us about Jesus's return and the importance of being ready?

Luke 12:35–37 \_\_\_\_\_

1 Thessalonians 5:1–6 \_\_\_\_\_

James 5:7–9 \_\_\_\_\_

Revelation 3:10–11 \_\_\_\_\_

6. Jesus promised that He would come back to take us to heaven so we could be together with Him (John 14:2–3). In light of that reality, consider the following questions:

- What do you imagine that day will be like?
- How close to Jesus do you hope to be?
- Spiritually, what do you need to begin doing here on earth so that when that day comes, you can be known there as you are known here (1 Corinthians 13:12)?



7. Please don't rush through this last exercise. Take time to allow the truth of the following hymn, "The Love of God," to move from your head to your heart. Read the words slowly, then say or sing them again. Allow the immensity of the Father's love to wash over your heart. Accept it as truth. Rest in it. Revel in it. Receive it. Then write a prayer asking the Holy Spirit to make God's love real in every corner of your heart. ]

The love of God is greater far  
Than tongue or pen can ever tell;  
It goes beyond the highest star,  
And reaches to the lowest hell;  
The guilty pair, bowed down with care,  
God gave His Son to win;  
His erring child He reconciled,  
And pardoned from his sin.

*Refrain:*

O love of God, how rich and pure!  
How measureless and strong!  
It shall forevermore endure  
The saints' and angels' song.

When years of time shall pass away,  
And earthly thrones and kingdoms fall,  
When men, who here refuse to pray,  
On rocks and hills and mountains call,  
God's love so sure, shall still endure,  
All measureless and strong;  
Redeeming grace to Adam's race—  
The saints' and angels' song.

Could we with ink the ocean fill,  
And were the skies of parchment made,

Were every stalk on earth a quill,  
And every man a scribe by trade,  
To write the love of God above,  
Would drain the ocean dry.  
Nor could the scroll contain the whole,  
Though stretched from sky to sky.

—Frederick M. Lehman<sup>2</sup>

8. Looking back on your journey through this book, what concept has made the biggest impact on you? In what ways has it changed the way you think or live, especially in the area of love-doubt?

### USING THIS STUDY IN AN EIGHT-WEEK FORMAT

Because this is a shorter study than the ones in my other two books, it may fit well at the end of a Bible-study year or as a summer study. If ten weeks is too long for what you have in mind, you can adapt it to the number of weeks you need by combining chapters (though I would discourage doing fewer than eight sessions).

While you are free to choose how to combine chapters, I suggest covering chapters 1 and 2 (“Tale of the Third Follower” and “Lord, the One You Love Is Sick”) in your opening week and chapters 9 and 10 (“Living Resurrected” and “Laughing Lazarus”) in your last week of study. When combining weeks, choose one “For Discussion or Reflection” question from each chapter and three from each “Going Deeper” section. Be sure to assign these selected questions the week before the chapters are to be discussed so the homework doesn’t feel daunting.

As I mentioned at the beginning of this guide, you’ll find even more Bible-study resources on my Web site: [www.joannaweaverbooks.com](http://www.joannaweaverbooks.com). The “Going Deeper/Book Study Helps” section features a reproducible study guide in a workbook format and a leader’s guide. After you’ve finished your study, please visit the site again to share creative ideas of what worked well for you. I look forward to hearing them!

# Resources for Resurrected Living

**N**ever before have there been so many resources available to help Christians live resurrected, grasp God's love better, and learn to be His friend. While nothing replaces the Word of God, the Holy Spirit often speaks through other avenues as well. Here are some books and resources that have really helped me.

## GETTING GOD'S LOVE FROM YOUR HEAD TO YOUR HEART

*The Rabbi's Heartbeat* by Brennan Manning. Colorado Springs, CO: NavPress, 2003. This truly beautiful devotional offers everyday challenges and encouragement to accept your identity as God's beloved child.

*The Tender Words of God: A Daily Guide* by Ann Spangler. Grand Rapids: Zondervan, 2008. This very personal devotional uses Scripture to help you develop a deeper sense of being loved by God.

*Love Beyond Reason: Moving God's Love from Your Head to Your Heart* by John Ortberg. Grand Rapids: Zondervan, 1998. This encouraging book reveals a Father who is head over heels in love with His children and committed to their highest joy.

*Waking the Dead: The Glory of a Heart Fully Alive* by John Eldredge. Nashville: Thomas Nelson, 2003. Eldredge's powerful book shows how to energize your life by living—really living—from the heart.

*What's So Amazing About Grace?* by Philip Yancey. Grand Rapids: Zondervan, 2002. This modern classic focuses on the transforming—and love-doubt erasing—power of grace in our lives.

*Do You Think I'm Beautiful?: The Question Every Woman Asks* by Angela Thomas. Nashville: Thomas Nelson, 2005. This warm, reassuring book invites women to meet the embrace of the One who calls them beautiful.

*Crazy Love: Overwhelmed by a Relentless God* by Francis Chan. Colorado Springs, CO: David C. Cook, 2008. Chan provides a fresh and compelling exploration of God's radical, relentless, "crazy" love for us—and how we can respond.

### BEING A FRIEND OF GOD

*My Utmost for His Highest* by Oswald Chambers. This Christian classic, originally published in 1935, remains fresh and challenging. My edition is from Barbour Books, but an updated-language version is available from Discovery House. You can also access daily readings of this classic work on the Internet at [www.myutmost.org](http://www.myutmost.org).

*Streams in the Desert* and *Springs in the Valley* by Lettie B. (Mrs. Charles) Cowman. These inspirational compilations first appeared in 1925 and 1939 respectively and are still popular today. I own them in a combined edition. James Reimann edited updated-language versions, which are available from Zondervan.

*The Indwelling Life of Christ: All of Him in All of Me* by Major W. Ian Thomas. Colorado Springs, CO: Multnomah Publishers, 2006. This devotional—one of my personal favorites—reminds me that the secret of living a transformed life is letting Jesus do the work!

*A Call to Die: A 40 Day Journey of Fasting from the World and Feasting on God* by David Nasser. Birmingham, AL: Redemptive Art Publishing, 2000. Complete with daily questions and action plans, this remarkable devotional is basically a hands-on workbook on dying to self.

*Jesus Calling: Enjoying Peace in His Presence* by Sarah Young. Nashville: Thomas, Nelson, 2004. This devotional—a classic in the making—grew out of Sarah Young's prayer journals. Written as if in the voice of Jesus, it speaks words of peace and comfort with remarkable intimacy and immediacy.

*The Pursuit of God* by A. W. Tozer. Camp Hill, PA: WingSpread, 1992. First published in 1948 and still in print, this perennial explores the in-depth implications of knowing Christ, and it challenges me every time I read it.

*Discerning the Voice of God: How to Recognize When God Speaks* by Priscilla Shirer. Chicago: Moody, 2007. Using biblical principles and practical insights from saints, both current and past, Shirer helps us tune in to God's voice. (The author's six-week DVD teaching series is also available on the subject: *He Speaks to Me: Preparing to Hear from God*. Nashville: LifeWay, 2005.)

## GETTING OUT OF YOUR TOMB

*One Day at a Time: The Devotional for Overcomers* by Neil T. Anderson, Mike and Julia Quarles. Ventura, CA: Regal, 2000. Based on Dr. Anderson's *Steps to Freedom in Christ* recovery model, this devotional provides daily encouragement for anyone struggling with sin, addiction, obsession, and depression. (For more about Dr. Anderson's Freedom in Christ ministry, see his Web site: [www.ficm.org/newsite/index.php](http://www.ficm.org/newsite/index.php).)

*Get Out of That Pit: Straight Talk about God's Deliverance* by Beth Moore. Nashville: Integrity, 2007. America's favorite Bible teacher offers fresh understanding on the pits—or tombs—we get ourselves into and how to find freedom through Christ.

*Praying God's Word: Breaking Free from Spiritual Strongholds* by Beth Moore. Nashville: Broadman and Holman, 2000. This prayer guide examines fourteen strongholds that entomb Christians and suggests scriptures to help demolish them through daily prayer.

*Breaking Free: Making Liberty in Christ a Reality in Life* DVD series and workbook by Beth Moore. Nashville: LifeWay Christian Resources, 2006. All Beth Moore studies are good, but this one is a personal favorite. It includes eleven weeks of DVD teaching for groups and individual Bible study. An updated series is available under the title *Breaking Free: The Journey, The Stories*.

*The Search for Significance: Seeing Your True Worth through God's Eyes* by Robert S. McGee. Rev. Ed. Nashville: W Publishing Group, 2003. "Approval addicts" like me and those hung up on performance, blame, and other "self-disorders" will find help in this classic reminder that our true value is found in Christ.

*Lord, I Want to Be Whole: The Power of Prayer and Scripture in Emotional Healing* by Stormie Omartian. Nashville: Thomas Nelson, 2000. For those who struggle

with anger, guilt, and depression, Stormie Omartian offers seven biblical steps to wholeness.

*Lies Women Believe: And the Truth That Sets Them Free* by Nancy Leigh DeMoss. Chicago: Moody, 2001. DeMoss exposes areas of deception we commonly fall for—about ourselves, sin, relationships, emotions, and circumstances—and shows how confronting these lies can help set us free.

*Celebrate Recovery*. Based on eight principles from the Beatitudes, this program was begun at Pastor Rick Warren's Saddleback Church and offers a number of Christ-centered resources to help those struggling with sin and addiction—media, resource kits, conferences, and access to support groups throughout the country. Check out the Web site at [www.celebraterecovery.com](http://www.celebraterecovery.com).

*A Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth* by J. Keith Miller. New York: HarperOne, 1992. This book, too, has become something of a classic and powerfully applies the Twelve Steps of Alcoholics Anonymous not only to addictions but to growing closer to Christ.

## OTHER RESOURCES

*Christianity.com* ([www.christianity.com](http://www.christianity.com)). This is a one-stop source for Bible study, devotionals, articles, blogs—you name it.

*Bible Study Tools: Growing Deeper in the Word* ([www.biblestudytools.com](http://www.biblestudytools.com)). This site offers commentaries, Bible study helps, and the like.

*Bible Gateway* ([www.biblegateway.com](http://www.biblegateway.com)). The site provides easy access to the most popular (and some obscure) Bible translations and allows searches by verse or keyword.

*Christian Classics Ethereal Library* ([www.ccel.org](http://www.ccel.org)). Most of the great public-domain Christian classics can be found here and read online or downloaded in several different formats.

*Christianity Today International* ([www.christianitytoday.com](http://www.christianitytoday.com)). This site hosts a number of excellent magazines, including the online version of *Christianity Today* and the women's magazine *Kyria* (formerly *Today's Christian Woman*).

*Focus on the Family* ([www.focusonthefamily.com](http://www.focusonthefamily.com)). This site provides wonderful resources relating to family, marriage, and spiritual growth.

## Appendix D

# Who I Am in Christ

**E**ver since Adam and Eve bit into the forbidden fruit, humanity has struggled with an identity crisis. We've forgotten who we really are—chosen and beloved children of God. Consider the following list of scriptures from the wonderful devotional *One Day at a Time*.<sup>1</sup>

### I AM ACCEPTED

John 1:12	I am God's child.
John 15:15	I am Christ's friend.
Romans 5:1	I have been justified.
1 Corinthians 6:17	I am united with the Lord, and I am one spirit with Him.
1 Corinthians 6:20	I have been bought with a price. I belong to God.
1 Corinthians 12:27	I am a member of Christ's body.
Ephesians 1:1	I am a saint.
Ephesians 1:5	I have been adopted as God's child.
Ephesians 2:18	I have direct access to God through the Holy Spirit.
Colossians 1:14	I have been redeemed and forgiven of all my sins.
Colossians 2:10	I am complete in Christ.

### I AM SECURE

Romans 8:1–2	I am free from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31–34	I am free from any condemning charges against me.

Romans 8:35–39	I cannot be separated from the love of God.
2 Corinthians 1:21–22	I have been established, anointed and sealed by God.
Colossians 3:3	I am hidden with Christ in God.
Philippians 1:6	I am confident that the good work God has begun in me will be perfected.
Philippians 3:20	I am a citizen of heaven.
2 Timothy 1:7	I have not been given a spirit of fear but of power, love, and a sound mind.
Hebrews 4:16	I can find grace and mercy to help in time of need.
1 John 5:18	I am born of God, and the evil one cannot touch me.

### I AM SIGNIFICANT

Matthew 5:13–14	I am the salt and light of the earth.
John 15:1, 5	I am a branch of the true vine, a channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
Acts 1:8	I am a personal witness of Christ.
1 Corinthians 3:16	I am God's temple.
2 Corinthians 5:17–21	I am a minister of reconciliation for God.
2 Corinthians 6:1	I am God's co-worker (see 1 Corinthians 3:9).
Ephesians 2:6	I am seated with Christ in the heavenly realm.
Ephesians 2:10	I am God's workmanship.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ, who strengthens me.



## Appendix E

# Identifying Strongholds

A stronghold, remember, is a hurt, a habit, or a hang-up that keeps us entombed, unable to live freely and fully. Strongholds may involve false beliefs, established attitudes, and compulsive behavior patterns, including addictions. Some are inherently harmful (like smoking), while others may only be a problem if they become entrenched in your life and hold you back from freedom. The following questions may help you recognize some tombs that are hemming you in, shutting you down, or closing you off:

1. *Do you struggle with “repeated, unwanted behavior”?*<sup>1</sup> You may find yourself doing things you don’t want to do or struggling with negative or destructive thought patterns. This behavior is so engrained it is nearly second nature, though you know it isn’t right. It can be anything from anger to chronic laziness, violent reactions to habitual lying—to name just a few.
2. *Do you tend to turn to this behavior or thought pattern when things are difficult or you feel depressed?* It may offer a strong (but false) sense of comfort and initially make you feel better, even though you know it’s not good for you. Whether it’s compulsive shopping; mental escapism through television, reading, or the Internet; overeating; pornography; alcohol; or something else—your first impulse when troubled is to turn to it rather than to God.
3. *Do you have trouble understanding why you react to certain things the way you do?* Certain experiences may trigger overreactions that don’t fit the situation. The strength of the emotion surprises even you, but you can’t seem to help yourself. Watch out for tendencies toward verbal retaliation, extreme anger and defensiveness, or paranoia.

4. *Do you have a secret no one knows?* Shame from your past or “family business” that you’ve been warned not to talk about can haunt your present life and keep you from connecting with people in meaningful ways. Secrets and shame can lead to emotional paralysis, shyness, isolation, cynicism, and a chameleon tendency to role-play rather than be real.
5. *Do you find yourself stuck somewhere in your past or stalled in the grief process?* You may find yourself longing to go back to a certain point in your life or continually reliving a painful event. You may simmer with anger over a long-ago injustice or feel paralyzed by grief over a significant loss. There’s nothing wrong with a bit of nostalgia, and needing time to heal after trauma or loss is normal and necessary. But unresolved feelings about the past can eventually harden into strongholds.
6. *Do you have an unsubstantiated and intense dislike of a certain type or group of people—men, women, liberals or conservatives, corporate types, Muslims, Jews, tattooed Norwegians?* Any contact with the group—or simply thinking about them—may inspire deep discomfort, fear, anger, or even hatred. Making sweeping judgments and assumptions about individual members of the group without actually getting to know them is a telltale sign.
7. *Do you accept your limitations as your definition?* This could mean you’ve allowed demeaning words from the past to define you: “I’m not athletic... or talented...” “I probably won’t amount to anything.” You may frequently use the excuse “That’s just the way I am” to deflect blame or responsibility for your behavior or your reactions: “I always lose my temper because I’m Italian/Greek/Irish” or “In our family we just don’t do feelings.”
8. *Do you get offended when other people point out unhealthy behaviors that you don’t (or do!) see in yourself?* Defensiveness is usually a sign that we’ve come in contact with some kind of truth. If more than one person suggests you have a problem, it makes sense to listen, even if you’re sure they’re wrong. Don’t underestimate the power of denial to keep you in bondage. Ask God to help you see what you need to see.

If you have recognized yourself in any of the questions above, the first step toward finding freedom is to bring the situation before God. Here are some suggestions for how to do that:

- Give God specific permission to shine the spotlight of the Holy Spirit on your soul.
- Follow the Reveal-Repent-Renounce-Replace outline suggested in the “Dethroning Lies” sidebar on page XX.
- Ask God to show you what He would have you do next in order to live free. Don’t forget to deal with the lies of unworthiness, unforgiveness, and unbelief that may also play a part in your bondage.
- Allow the Holy Spirit to direct your path as you seek further counseling, prayer support, and perhaps a recovery group that addresses your specific need.