

# Authoring My New Story

## “My True Self In Christ”

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## How To Write Your Story

1. Every story needs a Title. What is the Title of your New Story in Christ?
2. Every story needs an index of chapters that organizes the book. What are the chapters of your New Story in Christ? Here is a guide that you can choose to use or not use:
  - My Concept of God
  - Truth I Have Received from God
  - My Identity in Christ
  - My Qualities and Character
  - My Transferable Skills and Talents
  - My Spiritual Gifts
  - My Gifts of the Spirit
  - My Values and Priorities
  - My Blessings
  - My Destiny and Legacy
  - Truths from My Meditation on Scriptures
3. Now that you have selected your chapters, start by writing one chapter at a time. Use the attached guide to help you pray and listen for God's truth. As you hear God's revelation, write down the words that you receive and think about what the word means to you. Then go to your life experience and find a memory, story or experience that will illustrate the point. Record the meaning and the illustration in the workbook.
4. As you author your story in the chapter, you can use a whole variety of techniques to express your New Story. You can use photos, poems, songs, drawings, diaries, and words, phrases, expressions, Scripture and any approach you find helpful that will communicate your truths.
5. The first attempt at writing your story is just a beginning. Don't worry about trying to make it perfect. Your story will develop over time. You will add to it and enhance it with new realizations and understandings.
6. Once you have an initial draft of your New Story, you need to find a safe person with whom you can share your story. It is important to tell your story because that is how it becomes stronger. Every story needs an audience. Find a person who is an encourager and ask them to listen to your story. As you express the words, describe the pictures and explain what it all means to you, your New Story will gain strength. Some avenues for telling your story are:
  - 1) thanking God in prayer
  - 2) sharing in a fellowship group
  - 3) writing in your diary
  - 4) explaining the meaning to your spouse/partner
  - 5) telling your children
  - 6) sharing your testimony at church

## My Concept of God

Dear Jesus, with the guidance of your Holy Spirit, help to me to meditate on your character and know you more deeply.

Father (Abba)	<input type="checkbox"/>	Omniscient (knows all)	<input type="checkbox"/>	Grace	<input type="checkbox"/>
Son (Jesus Christ)	<input type="checkbox"/>	Omnipresent (everywhere)	<input type="checkbox"/>	Mercy	<input type="checkbox"/>
Holy Spirit	<input type="checkbox"/>	Omnipotent (almighty)	<input type="checkbox"/>	Shepherd	<input type="checkbox"/>
Creator	<input type="checkbox"/>	Saviour	<input type="checkbox"/>	Forgiver	<input type="checkbox"/>
Provider	<input type="checkbox"/>	Redeemer	<input type="checkbox"/>	Healer	<input type="checkbox"/>
Protector	<input type="checkbox"/>	Resurrector	<input type="checkbox"/>	Deliverer	<input type="checkbox"/>
Lord of Lords	<input type="checkbox"/>	Righteous	<input type="checkbox"/>	Judge	<input type="checkbox"/>
King of Kings	<input type="checkbox"/>	Majestic	<input type="checkbox"/>	Wisdom	<input type="checkbox"/>
Lamb	<input type="checkbox"/>	Banner	<input type="checkbox"/>	Counselor	<input type="checkbox"/>
Comforter	<input type="checkbox"/>	Lord is There (Jehovah Shammah)	<input type="checkbox"/>	God of Peace	<input type="checkbox"/>
Acceptor	<input type="checkbox"/>	All Sufficient (El Shaddai)	<input type="checkbox"/>	Teacher	<input type="checkbox"/>
Friend	<input type="checkbox"/>	Self Existing (Yaweh)	<input type="checkbox"/>	Father of our Spirits	<input type="checkbox"/>
Faithful	<input type="checkbox"/>	Ancient of Days	<input type="checkbox"/>	Light	<input type="checkbox"/>
The Way	<input type="checkbox"/>	Compassion	<input type="checkbox"/>	Life	<input type="checkbox"/>
Holy One	<input type="checkbox"/>	Truth	<input type="checkbox"/>	_____	<input type="checkbox"/>
Lord of Hosts	<input type="checkbox"/>	Love	<input type="checkbox"/>	_____	<input type="checkbox"/>

From the above words, select the descriptions of God that you connect with and write below what they mean to you as part of your New Story.

- |    | <u>Word</u> | <u>Meaning</u> | <u>Example in my life that illustrates this meaning</u> |
|----|-------------|----------------|---|
| 1. |             |                |   |
| 2. |             |                |   |
| 3. |             |                |   |

<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
4.		
5.		

---

Now, go to the chapter in your New Story called “My Concept of God,” and write your narrative. Use examples from your life to illustrate your meaning.

## Truth I Have Received from God

Dear Jesus, I invite you into my memories and current thinking. With the help of the Holy Spirit, please reveal your truth to me.

List below the lies or misconceptions that were part of your Old Story and put beside each one the truth about yourself that Jesus has revealed to you.

---

	<u>Old Story</u>	<u>New Story</u>
1.		
2.		
3.		
4.		
5.		

---

Now, go to the chapter in your New Story called “Truth I Have Received from God,” and write your new narrative. What is the meaning of each truth in your life and what will this truth now enable you to do?

## My Identity in Christ

Dear Jesus, I pray that you will reveal to me, through your Holy Spirit, which of the following words best describe my true identity in Christ.

Accepted	<input type="checkbox"/>	Saved	<input type="checkbox"/>	Special	<input type="checkbox"/>
Loved	<input type="checkbox"/>	Child of God	<input type="checkbox"/>	Unique	<input type="checkbox"/>
Chosen	<input type="checkbox"/>	Adopted into his family	<input type="checkbox"/>	Valuable	<input type="checkbox"/>
Forgiven	<input type="checkbox"/>	Belong	<input type="checkbox"/>	Significant	<input type="checkbox"/>
Worthy	<input type="checkbox"/>	Protected	<input type="checkbox"/>	Honoured	<input type="checkbox"/>
Blessed	<input type="checkbox"/>	Secure	<input type="checkbox"/>	A Saint	<input type="checkbox"/>
Free	<input type="checkbox"/>	New creation	<input type="checkbox"/>	Holy and Blameless	<input type="checkbox"/>
Redeemed	<input type="checkbox"/>	Reconciled	<input type="checkbox"/>	Salt of the earth	<input type="checkbox"/>
Righteous	<input type="checkbox"/>	Citizen of Heaven	<input type="checkbox"/>	God's workmanship	<input type="checkbox"/>
Justified	<input type="checkbox"/>	Peacemaker	<input type="checkbox"/>	Beautiful	<input type="checkbox"/>
Rescued	<input type="checkbox"/>	Set apart	<input type="checkbox"/>	Bought with a price	<input type="checkbox"/>
Sanctified	<input type="checkbox"/>	Alive in Christ	<input type="checkbox"/>	Healed	<input type="checkbox"/>
Joint heir with Christ	<input type="checkbox"/>	Hidden with Christ in God	<input type="checkbox"/>	Fearfully and wonderfully made	<input type="checkbox"/>
Wanted	<input type="checkbox"/>	Spirit Filled	<input type="checkbox"/>	_____	<input type="checkbox"/>
Safe	<input type="checkbox"/>	Precious	<input type="checkbox"/>	_____	<input type="checkbox"/>

From the above words, select those that best describe your identity and write below what they mean to you as part of your New Story.

- |    | <u>Word</u> | <u>Meaning</u> | <u>Example in my life that illustrates this meaning</u> |
|----|-------------|----------------|---|
| 1. |             |                |   |
| 2. |             |                |   |
| 3. |             |                |   |

<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
4.		
5.		

---

Now, go to the chapter in your New Story called “My Identity in Christ,” and write your narrative. Use examples from your life to illustrate your meaning.

## My Qualities and Character

Dear Jesus, I pray that you will reveal to me, through your Holy Spirit, which of the following qualities describe my character.

Honest	<input type="checkbox"/>	Joyful	<input type="checkbox"/>	Caring	<input type="checkbox"/>	Non-judgmental	<input type="checkbox"/>
Have integrity	<input type="checkbox"/>	Funny	<input type="checkbox"/>	Supportive	<input type="checkbox"/>	Forgiving	<input type="checkbox"/>
Reliable	<input type="checkbox"/>	Friendly	<input type="checkbox"/>	Affirming	<input type="checkbox"/>	Gentle	<input type="checkbox"/>
Loyal	<input type="checkbox"/>	Warm	<input type="checkbox"/>	Praising	<input type="checkbox"/>	Spiritual	<input type="checkbox"/>
Dependable	<input type="checkbox"/>	Spontaneous	<input type="checkbox"/>	Compassionate	<input type="checkbox"/>	Faithful	<input type="checkbox"/>
Patient	<input type="checkbox"/>	Positive	<input type="checkbox"/>	Accepting	<input type="checkbox"/>	Open	<input type="checkbox"/>
Calm	<input type="checkbox"/>	Optimistic	<input type="checkbox"/>	Understanding	<input type="checkbox"/>	Giving	<input type="checkbox"/>
Likeable	<input type="checkbox"/>	Hopeful	<input type="checkbox"/>	Responsive	<input type="checkbox"/>	Tolerant	<input type="checkbox"/>
Teachable	<input type="checkbox"/>	Expressive	<input type="checkbox"/>	Generous	<input type="checkbox"/>	Win-win	<input type="checkbox"/>
Intelligent	<input type="checkbox"/>	Interesting	<input type="checkbox"/>	Nurturing	<input type="checkbox"/>	Mature	<input type="checkbox"/>
Happy	<input type="checkbox"/>	Kind	<input type="checkbox"/>	Humble	<input type="checkbox"/>	_____	<input type="checkbox"/>
						_____	<input type="checkbox"/>
						_____	<input type="checkbox"/>
Balanced	<input type="checkbox"/>	Concise	<input type="checkbox"/>	Active	<input type="checkbox"/>	Empathetic	<input type="checkbox"/>
Realistic	<input type="checkbox"/>	Detailed	<input type="checkbox"/>	Growing	<input type="checkbox"/>	Sympathetic	<input type="checkbox"/>
Practical	<input type="checkbox"/>	Accurate	<input type="checkbox"/>	Curious	<input type="checkbox"/>	Respectful	<input type="checkbox"/>
Decisive	<input type="checkbox"/>	Achiever	<input type="checkbox"/>	Flexible	<input type="checkbox"/>	Intimate	<input type="checkbox"/>
Orderly	<input type="checkbox"/>	Assertive	<input type="checkbox"/>	Intuitive	<input type="checkbox"/>	Servant	<input type="checkbox"/>
Responsible	<input type="checkbox"/>	Successful	<input type="checkbox"/>	Interesting	<input type="checkbox"/>	Interested	<input type="checkbox"/>
						_____	<input type="checkbox"/>
						_____	<input type="checkbox"/>
Thinker	<input type="checkbox"/>	Self-accepting	<input type="checkbox"/>	Obedient	<input type="checkbox"/>	Social	<input type="checkbox"/>
Feeler	<input type="checkbox"/>	I'm OK	<input type="checkbox"/>	Devoted	<input type="checkbox"/>	Sharing	<input type="checkbox"/>
Musical	<input type="checkbox"/>	Self-forgiving	<input type="checkbox"/>	Resolute	<input type="checkbox"/>	Other oriented	<input type="checkbox"/>
Athletic	<input type="checkbox"/>	Quiet	<input type="checkbox"/>	Reflective	<input type="checkbox"/>	_____	<input type="checkbox"/>
						_____	<input type="checkbox"/>

From the above words, select those that best describe your character and write below what they mean to you as part of your New Story.

	<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
1.			

<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
2.		
3.		
4.		
5.		

---

Now, go to the chapter in your New Story called “My Qualities and Character,” and write your narrative. Use examples from your life to illustrate your meaning.

## My Transferable Skills and Talents

Dear Jesus, I pray that you would reveal to me, through your Holy Spirit, what transferable skills and talents you want me to include in my story.

Creative	<input type="checkbox"/>	Initiator	<input type="checkbox"/>	Determined	<input type="checkbox"/>
Analytical	<input type="checkbox"/>	Original	<input type="checkbox"/>	Hard worker	<input type="checkbox"/>
Rational	<input type="checkbox"/>	Risk taker	<input type="checkbox"/>	Thorough	<input type="checkbox"/>
Logical	<input type="checkbox"/>	Innovative	<input type="checkbox"/>	Disciplined	<input type="checkbox"/>
Organizer	<input type="checkbox"/>	Self-motivated	<input type="checkbox"/>	Persistent	<input type="checkbox"/>
Independent	<input type="checkbox"/>	Leader	<input type="checkbox"/>	Finisher	<input type="checkbox"/>
Planner	<input type="checkbox"/>	Assertive	<input type="checkbox"/>	Competent	<input type="checkbox"/>
Listener	<input type="checkbox"/>	Proactive	<input type="checkbox"/>	Confident	<input type="checkbox"/>
Coordinator	<input type="checkbox"/>	Social	<input type="checkbox"/>	Teacher	<input type="checkbox"/>
Communicator	<input type="checkbox"/>	Team Player	<input type="checkbox"/>	Educator	<input type="checkbox"/>
Presenter	<input type="checkbox"/>	Problem solver	<input type="checkbox"/>	Trainer	<input type="checkbox"/>
Public Speaker	<input type="checkbox"/>	Negotiator	<input type="checkbox"/>	Writer	<input type="checkbox"/>
Competitive	<input type="checkbox"/>	Artistic	<input type="checkbox"/>	Editor	<input type="checkbox"/>
				_____	<input type="checkbox"/>
				_____	<input type="checkbox"/>

From the above words, select those that best describe you and write below what they mean to you as part of your New Story.

	<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
1.			
2.			
3.			

<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
4.		
5.		

---

Now, go to the chapter in your New Story called “My Transferable Skills and Talents” and write your narrative. Use examples from you life to illustrate your meaning. Find the examples in your successes.

## My Spiritual Gifts

Dear Jesus, I pray that you will help me to accurately discern, with the help of your Holy Spirit, which Spiritual Gifts are part of my New Story.

Administration	<input type="checkbox"/>	Faith	<input type="checkbox"/>	Mercy	<input type="checkbox"/>
Apostleship	<input type="checkbox"/>	Giving	<input type="checkbox"/>	Prophecy	<input type="checkbox"/>
Craftsmanship	<input type="checkbox"/>	Helps	<input type="checkbox"/>	Shepherding	<input type="checkbox"/>
Creative Communication	<input type="checkbox"/>	Hospitality	<input type="checkbox"/>	Teaching	<input type="checkbox"/>
Discernment	<input type="checkbox"/>	Intercession	<input type="checkbox"/>	Wisdom	<input type="checkbox"/>
Encouragement	<input type="checkbox"/>	Knowledge	<input type="checkbox"/>	Tongues	<input type="checkbox"/>
Evangelism	<input type="checkbox"/>	Leadership	<input type="checkbox"/>	Healing	<input type="checkbox"/>
				_____	<input type="checkbox"/>
				_____	<input type="checkbox"/>

From the above words, select those that describe your spiritual gifts and write below what they mean to you as part of your New Story.

	<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
1.			
2.			
3.			
4.			

Word            Meaning            Example in my life that illustrates this meaning

5.

---

Now, go to the chapter in your New Story called “My Spiritual Gifts” and write your narrative. How are your Spiritual Gifts part of your story? Use examples from your life to illustrate your meaning.

## My Gifts of the Spirit

Dear Jesus, I pray that you will reveal to me, through your Holy Spirit, which of the following gifts of the Spirit describe me.

- 
- Love
  - Joy
  - Peace
  - Patience
  - Goodness
  - Kindness
  - Gentleness
  - Faithfulness
  - Self-control

---

From the above words, select the gifts that most describe you and write below what they mean to you as part of your New Story.

- 
- |    | <u>Word</u> | <u>Meaning</u> | <u>Example in my life that illustrates this meaning</u> |
|----|-------------|----------------|---|
| 1. |             |                |   |
| 2. |             |                |   |
| 3. |             |                |   |
| 4. |             |                |   |

<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
5.		

---

Now, go to the chapter in your New Story called “My Spiritual Gifts” and write your narrative. Use examples from your life to illustrate your meaning.

## My Values and Priorities

Dear Jesus, I pray that you will reveal to me, with the help of the Holy Spirit, which values are most important to me in my New Story.

God	<input type="checkbox"/>	Work/career	<input type="checkbox"/>	Exercise	<input type="checkbox"/>
Self	<input type="checkbox"/>	Money	<input type="checkbox"/>	Sports	<input type="checkbox"/>
Spouse	<input type="checkbox"/>	Savings	<input type="checkbox"/>	Food	<input type="checkbox"/>
Partner	<input type="checkbox"/>	Security	<input type="checkbox"/>	Hobbies	<input type="checkbox"/>
Children	<input type="checkbox"/>	Possessions	<input type="checkbox"/>	Environment	<input type="checkbox"/>
Friends	<input type="checkbox"/>	Music	<input type="checkbox"/>	Personal growth	<input type="checkbox"/>
Relatives	<input type="checkbox"/>	Art	<input type="checkbox"/>	Games	<input type="checkbox"/>
Community	<input type="checkbox"/>	Learning	<input type="checkbox"/>	Laughter	<input type="checkbox"/>
Church	<input type="checkbox"/>	Reading	<input type="checkbox"/>	Pets	<input type="checkbox"/>
Ministry	<input type="checkbox"/>	Serving	<input type="checkbox"/>	_____	<input type="checkbox"/>
Travel	<input type="checkbox"/>	Health	<input type="checkbox"/>	_____	<input type="checkbox"/>

From the above words, select those that best describe what you value the most and list them in order of priority below. Explain the importance of each to you.

<u>Priority</u>	<u>Value</u>	<u>Reasons for my ranking</u>
1.		
2.		
3.		
4.		

<u>Priority</u>	<u>Value</u>	<u>Reasons for my ranking</u>
5.		

6.

7.

8.

9.

10.

---

Now, go to the chapter in your New Story called “My Values and Priorities” and write your narrative. Use examples from your life to illustrate the reasons for your priority ranking.

## My Blessings

Dear Jesus, with the guidance of your Holy Spirit, please help me to remember the words of my blessings. If I missed a blessing Jesus, I invite you into the time in my life when I should have received a blessing, and ask that you give me the words of the blessing now.

---

<u>Blessing Stage</u>	<u>Words of Blessing</u>
1. Conception	
2. In the Womb	
3. Birth/Infancy	
4. Toddler (approx. 2yrs)	
5. Puberty	
6. Marriage	

Blessing Stage

Words of Blessing

7. Career

8. Senior

---

Now, go to the chapter in your New Story called “My Blessings” and write your narrative. Explain what your words of blessing mean to you.

## My Destiny and Legacy

Isaiah 43     Forget the former things  
Jeremiah 29   Plans for a future

Dear Jesus, with the guidance of your Holy Spirit, help me to clarify my passions and my interests. Reveal your will for my life and help me to align my plans with your will.

---

	<u>Passions</u>	<u>Action taken or to take</u>
1.		

2.

3.

	<u>Interests</u>	<u>Action taken or to take</u>
1.		

2.

	<u>Interests</u>	<u>Action taken or to take</u>
3.		

---

Now, go to the chapter in your New Story called “My Destiny and Legacy” and write your narrative. Explain how your passions are becoming a reality and what will be the result of your passions and interests.

## Truths From My Meditation on Scriptures

Dear Jesus, as I meditate on these verses, may your Holy Spirit bring your truth to my mind so that I can add your Words to my New Story in Christ. Also, Lord lead my mind to other Bible verses that you want me to meditate upon and guide me into your truth.

---

“But when he, the Spirit of truth, comes, he will guide you into all truth.” (John 16:13)

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” (Philippians 4:8)

“For you created my inmost being; you knit me together in my mother’s womb, I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” (Psalm 139:13-16)

“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10)

“As for the saints who are in the land, they are the glorious ones in whom is all my delight.” (Psalm 16:3)

“You are beautiful ..... my perfect one, is unique.” (Song of Songs 6:4-9)

“For he chose us in him before the creation of the world to be holy and blameless in his sight.” (Ephesians 1:4)

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. (Colossians 3:12-14)

“The Lord will fight for you; you need only be still.” (Exodus 14:14)

“May God himself, the God of peace, sanctify you through and through.” (1 Thessalonians 5:23)

“I am the Lord, who heals you.” (Exodus 15:26)

“This is what the Lord, the God of your father David, says; I have heard your prayer and seen your tears; I will heal you.” (2 Kings 20:5)

“O Lord my God, I called to you for help and you healed me.” (Psalm 30:2)

“By his wounds you have been healed.” (1 Peter 2:24)

“He heals the brokenhearted and binds up their wounds.” (Psalm 147:3)

“It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stands before you healed.” (Acts 4:10)

“He leads me beside quiet waters. He restores my soul.” (Psalm 23:2-3)

“As a mother comforts her child, so will I comfort you.” (Isaiah 66:13)

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves received from God.” (2 Corinthians 1:3-4)

“Though my father and mother forsake me, the Lord will receive me.” (Psalm 27:10)

“Never will I leave you, never will I forsake you.” (Hebrews 13:5)

“I can do everything through him who gives me strength.” (Philippians 4:13)

“The Lord gives strength to his people; the Lord blesses his people with peace.” (Psalm 29:11)

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:7)

“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” (2 Timothy 1:7)

“I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God.” (Psalm 40:1-3)

“Praise the Lord, O my soul, and forget not all his benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things, so that your youth is renewed like the eagle’s.” (Psalm 103:2-5)

“Because he loves me, “says the Lord, “I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation.” (Psalm 91:14-16)

“For I did not come to judge the world, but to save it.” (John 12:47)

“I have come that they may have life, and have it to the full.” (John 10:10)

“So if the Son sets you free you will be free indeed.” (John 8:36)

“It is for freedom that Christ has set us free. Stand firm then, and do not let yourselves be burdened again by a yoke of slavery.” (Galatians 5:1)

“But now, this is what the Lord says – he who created you, he who formed you; fear not, for I have redeemed you; I have summoned you by name; you are mine. For I am the Lord, your God, the Holy One of Israel, your Savior. Since you are precious and honored in my sight and because I love you, do not be afraid, for I am with you.” (Isaiah 43:1-5)

“For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.” (Colossians 1:13-14)

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.” (Romans 8:1-2)

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30)

“I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh.” (Ezekiel 11:19)

“Cleanse me with hyssop, and I will be clean; wash me and I will be whiter than snow. Let me hear joy and gladness. Create in me a pure heart, O God and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me.” (Psalm 51:7-12)

“No one whose hope is in you will ever be put to shame.” (Psalm 25:3)

“Instead of their shame my people will receive a double portion, and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs.” (Isaiah 61:7)

“No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will

be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:37-39)

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.” (1 John 4:18)

“You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.” (1 John 4:4)

“One thing God has spoken, two things I have heard; that you, O God, are strong; that you, O God, are loving.” (Psalm 62:11)

Other scripture passages that the Holy Spirit has revealed to me:

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Write down the words, truths and/or personal insights that the Holy Spirit has revealed to you through your meditation on scripture.

---

	<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
1.			
2.			
3.			

<u>Word</u>	<u>Meaning</u>	<u>Example in my life that illustrates this meaning</u>
4.		
5.		

---

Now, take the words that the Holy Spirit has brought to your mind, go to your narrative and incorporate these words into your New Story.

## Ongoing Prayer

### Objective

To expand my New Story in Christ by:

- Receiving new insights
- Meditating on new insights related to my: 1) body, 2) soul, and 3) spirit
- Integrating new insights into my New Story
- Adding new meanings
- Adding new action possibilities

## 1) Ongoing Prayer for My “Physical Body”

Truth	• free from stress and anxiety
Joy of Salvation	• serenity
Peace	• guards emotions and mind
Laughter	• joy filled expression
Relaxation	• self soothing

### Prayer

- 1) Dear Jesus I invite you to reveal your truth to me through my “ears” – words
- 2) Dear Jesus I invite you to reveal your truth to me through my “eyes” – pictures
- 3) Dear Jesus I invite you to reveal your truth to me through my “feelings” – skin
- 4) Dear Jesus I invite you to reveal your truth to me through my “nose” – smells
- 5) Dear Jesus I invite you to reveal your truth to me through my “mouth” – taste

### Prayer for Specific Physical Healing

Dear Jesus I invite you specifically into my:

- Physical pain
- Injury that needs healing
- Disease that needs healing
- Infections that need healing



