



# hearts at Rest

A biblical journey out of anxiety and into wholeness

Paige Scott & Debbie Mills

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LLC members and authors: Debbie Mills and Paige Scott

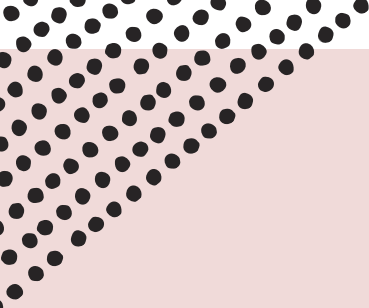
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“Dear children, let us not love with words or speech but with actions and in truth. This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and He knows everything. Dear friends, if our hearts do not condemn us, we have confidence before God.”

***1 John 3:18-21***

# About the Authors

Debbie Mills and Paige Scott are a mother/daughter duo, on mission with the Lord to see their sisters and friends walk in the fullness of Christ. Debbie is a M.Ed, mother of five and grandmother to 12. Formerly a practicing LPC, Debbie can now be found hosting others in her restaurant, Durant Station, helping her husband on the ranch, or serving others in women's ministry, alongside Paige.



Paige is a wife, mother to two (with one on the way in 2020) and coordinates a multi-congregational / multi-generational women's ministry called Entourage Ministries. Prior to serving full time, Paige worked in real estate sales, training, and for the United States Senate.

*Paige Scott & Debbie Mills*

## Dear Sister,

*How brave you are! How loved you are! How held you are. Welcome to this moment. About four years ago, multiple friends of mine started fighting an unanticipated battle with anxiety. All of their battles were a little different, but the struggle for each of them was prevalent all the same. At the time, I certainly prayed for my friends, but recommended they speak with my mother, Debbie Mills, who is a Licensed Professional Counselor (LPC) in the State of Oklahoma.*

*This issue continued to persist in the lives of women all around us—some could function, others reached a place of dysfunction and debilitation due to their overwhelming anxiety. Most of the women in my life who struggled with anxiety were believing women who had accepted Jesus, knew His Word, and had a call on their lives. I believe those truths made their battle even more maddening for them; they had a sufficient head knowledge that anxiety was contrary to the peace they should be living in. In 2017, there was a stirring of the Holy Spirit in my and my mother's life. Our eyes opened to the need to partner together in a specific ministry to our sisters struggling chronically and/or circumstantially with anxiety. I think this is a passage known to most believers:*

*And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."*

*Matthew 9:35-38 ESV*

*Anxiety is not what God wants to harvest in our lives; it is a weed that is debilitating many workers of His fields, and He wants to set His sheep free. This is the field of our ministry and our hearts. We pray for our sisters who feel harassed and helpless, like sheep without a shepherd, that their hearts would find rest and confidence in the Father, the Son, and the Holy Spirit—and that harvest of anxiety would be replaced with a harvest of peace. We pray that through this study, new laborers would be*

*sent out from among those who are currently trapped in anxiety. In the name of Jesus, we go to work in this harvest, to dig below the surface to the roots. We pray that a new harvest springs forth quickly and abundantly in your life.*

*We have worked with a team of wonderful prayer warriors whom we thank sincerely for laboring with us in prayer over every word in this study, and we thank you, the reader of every word. Lord, pour out a harvest of rest, peace, and blessing over these women for their efforts in Your field: Janell Martin, Laila Hajji Down, Dana Hargus, and Jan Beene. We also thank our husbands, Doc and Justin, for their prayers; Bill and Misty Cox, and countless others. Thank you also to Antonette Weatherly, Terri Scott, Sarah Shain, and Tiffany Newton for co-laboring to bring this to completion.*

*Thank you to the entire Entourage team for laboring alongside us in service, worship, and more to reach every sister in need.*

*Paige Scott*



## HOW TO USE THIS STUDY

These pages have been written for a small group setting, conducive to a weekly or a condensed weekend format. There is weekly work to go through, but it starts from a face-to-face time together that will preview and review the truths that are in the pages to follow.

If you are not going through this study with a hosted group, you can view free video sessions at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest)

These are the topics each session will address:

- **Session 1 - REALIZE:** What is anxiety?  
Define anxiety—literally & biblically
- **Session 2 - RECALL:** Where did anxiety come from?  
Discuss the history of anxiety
- **Session 3 - RECOGNIZE:** Eve's wounds & your other wounds  
Part I - The what  
Part II - The why
- **Session 4 - RECOGNIZE & REJOICE:** From your wounds to your wellspring  
Identify your wellsprings and guard them in a healthy way
- **Session 5 - RENEW & RESIST:**  
5.1 - Renew your strength & renew your mind  
5.2 - Renew your mind & resist your adversary
- **Session 6 - REST TO RELEASE:** The new harvest



## ACKNOWLEDGEMENTS AND DISCLAIMER:

This study is written by two Christians and from a biblical and faith-based worldview. The terms and characterizations of anxiety are not conclusive, nor do they undermine or replace the need to move forward with professional counseling or treatment.

This study may prove to be completely healing through Jesus for some participants; for others it may be a necessary but single step in their journey, a journey that needs to extend beyond these pages. We pray you have discernment about that as you complete the pages ahead of you.

We will not limit what is possible for God to do in your life through this study, but we will also not undermine His plans and ordained steps for your journey to wellness, healing, and a heart at rest. Debbie J. Mills is a Licensed Professional Counselor but facilitates this material as a sister in Christ.

Using material from Hearts at Rest does not establish a client relationship of professional nature. If you are in counseling or therapy, we recommend letting your practitioner know about your involvement with Hearts at Rest.

**Realize:  
What is Anxiety?**

**I know...**

**If you're participating in this, you're thinking, "you don't have to tell me what anxiety is—I know what anxiety is."**

While that may be very true for you, to lay a solid foundation concerning words and shared understanding, we are going to define anxiety and uniquely expand on what anxiety is and what anxiety is not.

This study is written generally to all who battle anxiety. We know that for some of you, anxiety is a part of each day. For others of you, your experience with anxiety may be less prevalent and more specific to certain triggers. Regardless of your circumstances, the following information will be foundational to your healing of anxiety. As with any condition we may suffer, often the symptoms are more evident than their source. The pages ahead will speak to the source more than the symptoms. If a source is identified and addressed properly, then symptoms can be dealt with.

**Let's begin!**

••• Session video is available at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest) •••

## Realize: What is Anxiety?

**The Definition of Anxiety:** “an abnormal and overwhelming sense of apprehension and fear often marked by physical signs, by doubt concerning the reality and nature of the threat, and by self-doubt about one’s capacity...”

### Define & Refine: HOW WE WILL DISCUSS ANXIETY

#### Anxiety is a fruit.

Anxiety is something that is produced from a root. It doesn’t magically appear without some established source and activity under the surface, beyond what the eyes can see. In life, we see fruit. We don’t see roots. Anxiety is a fruit, not a root.

#### Anxiety is rooted in insecurity.

Anxiety is something that is driven by an insecurity either in an outcome, yourself, the unknown, or something beyond your knowledge or control.

#### Anxiety is a desire of your flesh.

This does not mean that you wish anxiety upon yourself. This means, IF you are a born-again believer, you have a new spirit inside of you, but you also have your old flesh. There is a constant battle between the two over which will rule in your actions, behaviors, thoughts, and ultimately in your life. Think of it as “the former way” versus “the better way.” The Apostle Paul describes this concept in Romans 7:15-20 ESV:

*“For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.”*

### **Anxiety is not new.**

Anxiety is mentioned countless times in Scripture. Jesus talked about anxiety. Paul spoke of anxiety. Peter mentioned anxiety. This is a familiar and known struggle in both the Old and New Testaments. It may be a new struggle to you, but in and of itself, anxiety is as old as Eden.

### **Anxiety is not random.**

Anxiety may seem to occur randomly, but there is always a source of the manifestation of anxiety. A trigger and a source are not necessarily the same, so we will distinguish between the two. It is much more difficult for some to identify the source of their anxiety than to cope with its symptoms when they arise. We will spend a session discussing sources.

### **Anxiety does not define your future—God’s promises do.**

Your anxiety journey can be a testimony of God’s work in your life. Our areas of struggle create opportunities for His display of strength. What seems to us to be a weakness is to Him a beautiful invitation for the believer to become part of the miraculous. Scripture says:

- When we are weak, He is strong. (2 Corinthians 12:9)
- Where sin abounds, grace abounds much more. (Romans 5:20)
- What was meant as harm toward you, God meant for good. (Genesis 50:20)
- After you have suffered just a little while, He will restore, strengthen, confirm, and establish you. (1 Peter 5:10)

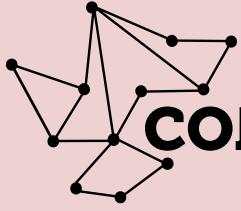
...and His promises do not stop there!

### **God bless It! God Bless it! (Grace. Grace.)**

In a passage in Zechariah 4 that we will examine in Session 5, Israel is a divided kingdom in exile, or bondage, meaning someone has kingship in their lives who should have never had authority in the first place. Sound familiar?

Do you ever feel like your heart and mind are divided and under some influence that isn’t the Lord’s?

Back to Israel. God begins stirring the spirits of some prophets and priests, and shows Zechariah a vision of the men He is calling to rebuild His temple. God does this so He can dwell with His people and they can praise Him once more in His presence.



## CONNECT THE DOTS

This is a reminder that your body is a temple now that Jesus is your Savior, if you have placed faith in Christ (1 Cor. 6:19). So, while this passage is unfolding something literal and now historical, it is also symbolic of what Jesus does for His believers in establishing each of us as a temple for His presence. He continually invites us all to return to worship in His presence in new and intimate ways.

When obstacles to this invitation seem large to man, they are small matters to God. To these matters, He says in Zechariah 4:7,9: "What are you mighty mountain? Before Zerubbabel you will become level ground. Then he will bring out the capstone to shouts of 'God bless it! God bless it!' The hands of Zerubbabel have laid the foundation of this temple; his hands will also complete it."

God who began a good work in you will be faithful to complete it (Phil. 1:6)! Anxiety may seem like a mountain or obstacle in your life, but soon it will crumble, and in its place there will be the continued building of your Holy Temple. So, to the mountain of anxiety that will crumble, we say, "Lord bless it! Lord bless it! Continue Your work here, foundation and all—complete Your work in this sister's life that she may live as a dwelling place for You!"

## Defining Anxiety in Your Life:

- When did anxiety show up in your life?
- What does anxiety look like in your life?
- Does it impact your livelihood?
- How does anxiety impact your relationship with God?
- How does anxiety impact your love for yourself?
- How does anxiety impact your relationship with other people in your life?
- What other areas of your life are impacted by anxiety?
- What is your expectation for participating in this study?
- Does anyone else in your family—either currently or in your upbringing—struggle with anxiety?

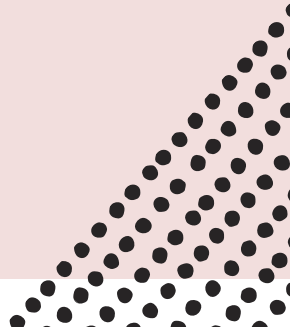




**4. How did you respond when you noticed the anxiety onset?**

**Scripture:**

**Prayer:**



**Recall:**  
**Where Did Anxiety  
Come From?**

### Recap from last session:

We discussed some particulars about what anxiety “is” and what anxiety “is not.” We shared that anxiety is often rooted, or seeded, in insecurity and that anxiety is a fruit from that root. Therefore, it would be safe to say that often, “the root or seed of insecurity produces the fruit of anxiety.” Today we are going to explore the literal source of insecurity and its introduction into your story, to our story, from a biblical worldview.

Let’s define security and insecurity so that we share common language and understanding concerning the use of these words.

••• Session video is available at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest) •••

## Session 2

### Recall: Where Did Anxiety Come From?

**The Definition of Security:** The state of being free from danger, fear, or anxiety; safety (Merriam-Webster).

**The Definition of Insecurity:** Deficient in assurance; beset by fear and anxiety; not confident or sure; not adequately guarded or sustained; not firmly fastened or fixed (Merriam-Webster).

#### A PRAYER FOR YOU TODAY

*Lord, we pray for this woman, this sister, that You open her eyes to see the beauty of her design and the beauty of her purpose. Open her eyes to see the security of Your design and the security of her relationship with You, Lord Jesus. Give this woman a supernatural ability to go back and imagine the story we will discuss ahead. Give her the ability to see herself as You see her. Help her reflection on this story to provide insight into her personal story and the interactions that have contributed to her battle with anxiety. We await Your deliverance because You are able. Your name is above all names. We trust in Your name. We are kept in Your name.*

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## EVE'S WOUND

Your personal story is very important, and because we explore it more deeply in the coming sessions, it's necessary to go back and look at your lineage a wee bit. Let's start with some of your family history. This is probably not the family history you'd recall at the doctor's office.

*Disclaimer:* This is like that one story you want people to quit bringing up, but it always makes an appearance. You know the one? I am talking about the first story of the first woman in your family. The first woman. Ever. It is a part of your story and my story and the story of the lady next to you. It is a part of the story of your mother, daughter, best friend, and your neighbor. It is the story of Eve. At this time, please remove any Sunday school images of this woman, Eve, and let your mind consider her journey in a new and fresh way, guided by revelation from the Holy Spirit as you read.

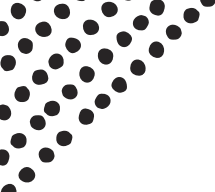
The first, First Lady. You can find most information about Eve in Genesis 1-3.

### SCENE 1 - EVE:

In a nutshell, God created Eve as His crown jewel of creation. There was nothing like her. She was last to arrive on the scene and she was "at last!" in the words of Adam, her husband. She was created in the image of God, like her husband.

Eve was a breath of fresh air, with the breath of the living God inside her lungs. Eve was just what Adam was needing. She was created as a carrier of new life and a nurturer of existing life. Eve had a design and purpose that gave her the capacity to birth the most precious of all creation. God designed Eve to mother humanity from seed to life. No one else is capable of this but woman—and Eve was especially entrusted for beginning beautiful Eden. How special Eve was! She was created as a helper. It should also be noted that the Holy Spirit of the Trinity is referred to as "The Helper." Eve's very nature was derived straight from the triune Lord.

I can't help but think that in the same way the Holy Spirit is mysterious and creative, so was Eve—the mysterious heart of a woman. Eve was optimally capable, given divine authority to tend everything on earth and help care for all that God had created, including and especially man! Eve was someone who made God proud of His creation. Eve had a call on her life to live in union with her husband and to have her own children, and God equipped her, by intelligent design, to fulfill that call. She was created to live forever and literally knew no shame.



Eve was divinely designed to help move life forward as God intended it, by creating, sustaining, and helping everything that was in her beautiful garden and world to flourish. And that horrible snake—the adversary, the devourer, the enemy, Satan—knew her importance.

The enemy observed the divine and unique purpose God had created her to fulfill. Satan knew she was made to incubate seed to life and was aware of what God had purposed for her life.

To prepare your heart for this section, go ahead and open to Genesis and read chapters 1-3.<sup>1</sup> We pray these words come to life for you at this time, as you consider Eve's story. Picture what you're reading. A perfect place, a perfect God, a perfect creation, a man with a mission to care for all things, and a woman as the crown jewel of it all. She was created in HIS image, to come alongside man and all of creation in order to provide life and refreshment. See her significance. See her purpose. See her design. Recognize *the security of who she was designed to be, the security of God's love for her, the security of Adam's love for her and confidence in her, and the security of her ability to do all things God purposed her to do...before that fateful conversation.*

### **Verse Summaries:**

**Genesis 1:26** - *God made Eve (and Adam) in His image; He gave them significant authority to care for all of God's workmanship. Eve was full of PURPOSE.*

**Genesis 1:28** - *God told Eve (and Adam) to be fruitful, multiply, and fill the earth. Eve was full of PURPOSE.*

**Genesis 1:31** - *God saw that He had made them, both male and female, "very good." Eve had perfect DESIGN to fulfill her PURPOSE. God had equipped her wholly to carry out what He had given her the unique privilege to do. All Eve had to do was fellowship with Jehovah God and be who she was created to be. That was it. She had to embrace who she was created to be—to live secure in her purpose and design, secure in Adam's purpose and design, secure in their purpose and design together, and totally secure in that each day, God would be there with them.*

**Genesis 2:16-17** - *God made a lot of beautiful trees and asked that she (and he) not eat from the tree of "the knowledge of good and evil," because the result would be "death."*

<sup>1</sup> If you have a hard time reading the Bible, try reading the NIRV translation

*Eve had PURPOSE—to LIVE, not die. Not only did she have a call on her life to LIVE forever, but she was also going to be the mother of all creation.*

We also note here that God allows us all a free will to choose life. Deuteronomy 30:19 says, "I have set before you life and death, blessings and curses. Now choose life."

**Genesis 2:20** - *There is nothing else like a woman in God's creation. Her DESIGN was flawless, and she came as the final touch to all He had labored over prior to her arrival. She was perfectly who God made her to be. This cannot be overstated.*

*God created the woman to be a helper to the man. Her PURPOSE was so significant. She was created with the capability to refresh, nurture, and complement all that was around her.*

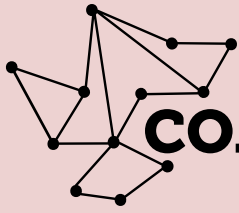
**Genesis 2:22** - *Eve was crafted from the man's rib. Her DESIGN was completely unique to all creation. Everything else God spoke into existence, but here He fashioned someone brand new, to bear very specific qualities of His image that required a unique and distinctive existence. I believe that it is His helping and refreshing nature that we have been beautifully fashioned with, not only to physically reproduce life, but to also refresh and support "life" around us.*

**Genesis 2:24** - *Eve was designed to live in union with her husband. Eve's PURPOSE was accomplished by her DESIGN. God didn't give her a purpose that He didn't equip her to fulfill; from her physical anatomy to the Spirit of the Helper within her, she had all she needed.*

**Genesis 2:25** - *Eve knew no shame. Because of Eve's perfect PURPOSE and DESIGN, she only knew peace, she only knew fulfillment, and she only knew love—while she operated in her purpose and her design.*

There was complete security.

...until the snake (Satan) starts causing her to ponder her purpose and her design. Her pondering leads to a choice, and that choice becomes sin, and sin enters our world forever. In an instant, the peace and security are gone.



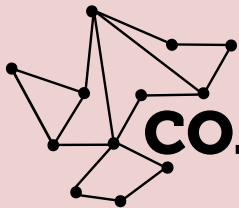
## CONNECT THE DOTS

The God who created Eve, created you. You bear His image. He has purpose for your life that, while specific to you, is also reflective of the purpose He gave us all as women—to be life-givers, life-sustainers, helpers, beautifully fashioned in the image of God, unlike any other creation. We have purpose and design to incubate life inside of us and birth new creation into our world.

### SCENE 2 - THE SNAKE:

Now the “crafty” snake enters the scene. For newcomers to the Bible, the snake is the devil. The devil is a fallen angel cast out of Heaven who is jealous, jealous, jealous! —of God’s glory, of His power, of His love for us, and of us, because we are made in the very image of the Lord God.

When God made us in His image, this really lit a flame under the enemy, so to speak. And when he saw Eve’s significance in bringing more image-bearers into the world, and in supporting and refreshing those around her, he made a very targeted attack. He knew that in her design and her purpose she was made to carry and produce—to multiply all that she carried. She was made to produce fruit. For the enemy to succeed, he would only need to warp her purpose and design so that she would begin incubating and producing something contrary to God’s plan for her life.



## CONNECT THE DOTS

Read the paragraph above again, and this time, mark out and replace “Eve” and any pronoun about her with your name. (Google pronoun if you need to—no judgment here!) All of the above was true for Eve and is true for you. YOU ARE A BIG DEAL BECAUSE GOD MADE YOU THAT WAY. You are perfect in purpose, perfect in design, and are fully capable of doing all that God has called you to.



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## A PRAYER FOR YOU TODAY

Lord, help this woman to understand the significance of who You made her to be, and help her understand why the security of her purpose and design, and the security of her relationship with You, is under attack so fiercely.

*On with the sad part of this story...*

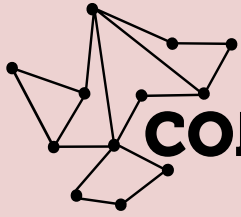
When the snake organizes its tactics and engages Eve, it is worth mentioning that she isn't startled by its appearance. Presumably, it is a species she has seen before, even cared for before. It is a species she has authority over, as with everything else in the garden. She is no stranger in the garden, after all. The crafty snake very strategically pulls his punches. He knows that if only she will partake of the forbidden "fruit," its seed will reproduce in her, and the very generations she has been designed to help will incur much harm.

### SCENE 3 - THE FALL:

Snake: Surely God didn't say that you can't eat from this tree in the garden? You surely will not die if you eat from it. God does know you'll become like Him knowing good and knowing evil. (See Genesis 3:1-5).

Basically, he tells her, "Listen, lady, you don't even need God. You can do your own thing if you eat the fruit, because you will be like Him. He is withholding good from you, but you can have what He didn't give you."

And in this moment, insecurity emerges into the scene of humanity and our family history.



## CONNECT THE DOTS

This is a moment we all face in life, sometimes often —the moment the enemy appears and wants to challenge us in the way he challenged Eve. He wants to challenge our security about ourselves, and the security of our knowledge that God is good. He takes insecurity and uses it to challenge our upward perception of God and our inward perception of ourselves. If those attacks are successful, then certainly they'll flow out into the perceptions of others and events around us. If the enemy can shatter the security of our identity and relationship to the Lord, he can keep a stronghold over us. He wants to challenge the fact that God is good (he tells Eve God is a liar, essentially). He wants to challenge the fact that God has supplied our needs (he tells Eve that God doesn't want her to have something). He wants to challenge the fact that we have all we need in order to do, with excellence, all that God has created us to do.

*The enemy knows if he can get his bad seed to take hold, we begin sharing that seed with everyone around us, and then, ensues a harvest. He knows that if we consume lies about ourselves, about others, and about God, then we will ultimately reproduce death in our own lives and in the lives of those around us.*

Remember, God tells Eve not to eat the FRUIT from that tree, or she will die (Genesis 3:3).

Ladies, THIS IS NOT ABOUT SOME APPLE. This fruit contains a seed of sin that leads to spiritual and physical death. This fruit is lust, anger, wrath, bitterness, rage, harm... dare I say, fear and anxiety.

*Take a second to look at the snake.*

He engages and swiftly presents the thoughts that God isn't good, that He doesn't want good for Eve, and that who she is just simply is not enough.

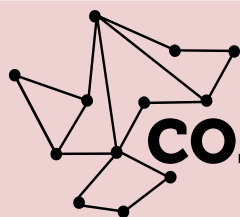
And here is her response:

She took the fruit and ate (Genesis 3:6). The death seeds. The seed of belief that God

wasn't for her and that she wasn't enough. The seed that said she could control her own life as God controlled Eden. The seed that there was more than God, and she needed more in her life than what He had given her. The fruit that looked delightful to her eyes became destructive to her heart because, for the first time, her heart became insecure in the Creator Himself. She became insecure in His creation of her purpose, her design, her capacity, and her calling.

*Consider this again:* The enemy knew that if he could plant an aggressive death seed, messing with Eve's *upward perception of God's goodness*, and her *inward perception of who God made her to be*, then naturally there would be an *outward harvest of destruction*. Immediately, we see this come into fruition:

"When she took the fruit and ate it, she also gave it to her husband" (Genesis 3:6).

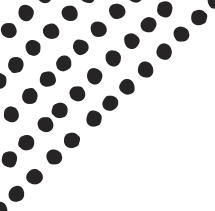


## CONNECT THE DOTS

A lot of us really hate Eve for doing this... for "making" Adam eat the fruit, as if it were targeted and malicious. But think about it more deeply—Eve was created to be a helper. Her intentions were likely to "help" Adam in the same way she believed she had "helped" herself. We are designed to birth life, but in this case, she births death without even realizing it. Can you say exploitation? We will reflect more on this later, but often with those who battle anxiety, their fear is learned by someone else who has birthed it into their life. Not always, but often, it is a mother, someone well-meaning, who passed along a death seed without even realizing it.

The enemy exploited her beautiful and distinctive purpose, and his desire is the same for you. (We see this concerning Eve's sons just a few verses ahead.) Here's what became of life for Eve:

- She met shame.
- She hid from the Lord.

- 
- Blame entered the world.
  - She was forced to leave the garden.
  - She could no longer fellowship with the Lord in the same way.
  - She was cursed with a desire to control what was beyond God's plan for her, and she wondered, "am I enough for my husband?"
  - Life was no longer Eden.

All of this was because she exchanged the truth for a lie. God's truth was, "don't eat that, you'll die." Satan's lie was, "you won't surely die!" Sweet Eve ate some bad fruit, and that rotten seed reproduced the same sin that still grows and devours today. The root of that death tree is strong, the seed of that fruit is ever present. In your own life and battle with anxiety, your root likely has many contributing sources that have created your propensity to be anxious. Everything goes back to Eden. Even your anxiety. We must understand what happened in Eden to begin to understand what is happening today. Eve had no reason to be insecure about anything, but somehow the enemy got her insecure enough to make a mistake so big that it required a Savior to enter the scene.

We will talk more about this in the coming sessions. The enemy is an accuser, an exploiter, a sower of discord, distorter of truth, and a manipulator of perception.

But let's apply it to your life for now.

**RECALL:**

1. Have you ever felt the enemy telling you that God was not good? Specifically, have you felt the security of your relationship with God threatened? Have you felt the security of God's love for you threatened? Explain.
  
2. Have you ever struggled with the feeling that who God made you to be is not enough? Specifically, do you struggle with the security of your own purpose and design?

3. Do you see the beautiful design of Eve when you read her story? Do you see your own beautiful design when you read her story?
4. How does it make you feel to see how the enemy exploited Eve? Does it resonate with you that the enemy constantly seeks to exploit your design?
5. If part of the enemy's intention was to keep women from being the "at last!" helpers we were created to be, do you see any areas where his attacks have debilitated you from effectively helping others, including yourself?
6. As you consider women who have impacted your life for the better or worse, does this bring any revelation about those relationships?
7. Do you currently consider yourself as capable? Why or why not?
8. Would you consider God to be the "god" of your life, or are you the "god" of your life? Who is Lord in your life today? Be honest. This isn't about a decision you made at an altar once. This is about the way you are living your life at this time.

To encourage your heart after this heavy lesson, remember that Jesus turns this ship around! Romans 5:15 & 17 says, "For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many!... For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!"

**Yes! Amen.**

Also, of your redemption, Jesus says this: "YOU WILL BE A CROWN OF SPLENDOR IN THE LORD'S HAND, A ROYAL DIADEM IN THE HAND OF YOUR GOD. NO LONGER WILL THEY CALL YOU DESERTED, OR NAME YOUR LAND DESOLATE. YOU WILL BE CALLED [MY DELIGHT IS IN HER]" (Isaiah 62:3-4).

May this soak into your soul this week. Hide this truth in your heart each day. Read it. Speak it over your life. Speak it over the lives of other women. REJOICE in this truth.

**A PRAYER FOR YOU TODAY**

*Lord Jesus, I pray over the woman reading this. If she is participating in this study, then I already know that You are doing a work within her. I also know that there's a war raging against her to make sure she doesn't understand her purpose and her design. There's a war raging to make sure she does not grasp her significance, or the significance of Your love for her, because if she does—Oh, Jesus, the life that would start producing in her! May the fruits of your Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (those fruits stripped from Eve in an instant)—be restored to her. And for this woman, I pray one of the following:*

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- *That if she has never accepted You, Jesus, as her Lord and Savior, that she would right now. (To do this you simply confess your sins, confess Jesus as Lord, repent, and ask Him to take your old and make something entirely new. Your salvation is in Him!) If you prayed this prayer please let us know so that we can send you additional resources. Email us at [ministries.entourage@gmail.com](mailto:ministries.entourage@gmail.com)*
- *That if she has accepted You into her life but still battles an adversary that strips her of her purpose, that accuses her, that accuses Your intentions toward her, that accuses the reality that she was made in Your image, Father, may the truth of Your Word set her free. Lord Jesus, may our Helper, your Holy Spirit, rebuke the accuser. May Your voice be the leading voice in her life.*

# Session 2 Journal

**1. When did you feel anxiety onset this week?**

**2. Did you take the time to consider what was making you anxious? If yes, please explain.**

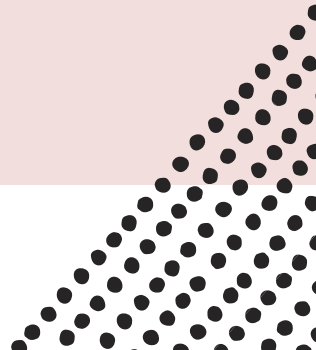
**3. Was it a situation in your control or out of your control?**



**4. How did you respond when you noticed the anxiety onset?**

**Scripture:**

**Prayer:**



**Recognize:  
Eve's Wound &  
Your Other Wounds**

## An open letter to Eve from a woman in the 21st century

••• Session video is available at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest) •••

## Session 3

### Recognize: Eve's Wounds & Your Other Wounds


*Dear Eve,*

I wish this letter found you in the Garden of Eden by your favorite stream, your favorite flower, captivated by love from your husband and spending your favorite time of day with the Lord. I wish this letter found you walking among the animals and marveling at the unique design that God has given each. I wish this letter found you in awe of the fact that only you and Adam, of all the creation you see and enjoy, are the ones made in the image of God, with His breath in your lungs. I wish you could realize how the angels in your presence marvel at you as an image-bearer of Holy God, for although they are heavenly, they are not like you: made in God's image, His prized creation, the apple of His eye. If only this letter found you in such a place, then how foreign the rest of my regards might seem to you!

This brings me to the main point here: what I wish you would have known. If only you could go back, you'd certainly change everything. But here we are. There was an angel who wanted to be like God, and he was cast out of heaven with the intention of destroying that which he could not create. You know God so well as your beautiful Creator, and this nasty foe of our Lord seeks to destroy because he has no authority to create. That statement in and of itself is powerful, and I wish you would have known it before you engaged with the foe who appeared as a snake. Because he cannot create, he seeks to manipulate, abuse, and ultimately destroy.

I wish I could have told you that your life is on the foe's radar; your purpose is too grand. God's love for you is too threatening to the foe, so he keeps his eye on you. He wants to destroy you and any security you feel in your relationship with the Lord. The fellowship you have with God is so special. The enemy knows you are the Creator's prized jewel. Unfortunately, you're going to blindly move from being on the enemy's radar, to the victim on the enemy's dinner plate of death and deceit. He will approach you as something ordinary to your eyes, seemingly safe and capable of no harm. He will engage you and you will respond. In your response, the course of your life, and of all life, will change.

The Lord will allow you to have this conversation and to decide for yourself what choice you will make regarding the opportunity a serpent will present to you. The




snake will direct your attention toward the tree. You know, the tree that God instructed you not to eat from. The one you see daily but don't eat from. You normally don't even touch the tree. Like all creation, it is a lovely tree, but you have no need of it because God has supplied all your needs. But the enemy will turn your attention toward it. You remember that God told you not to eat from it...at first. And then, the enemy asks you a series of questions that are actually seeds, planting themselves in your soul... "Did God really say that? Surely that won't happen to you? God just doesn't want you to know what He knows."

You'll ponder the crafty remarks, and quickly those seeds will root; you'll be mesmerized by the possibility suggested to you...and you'll consider that maybe it would be beneficial...maybe it would taste good and perhaps it would make you smarter than God has made you. Then, in an instant, the root sends upward its first harvest. You'll eat the fruit and exchange your security and peace, your perfection and your presence with the living God. Your exchange will be an immediate and weed-filled harvest of guilt, blame, shame, an unsatisfied desire to control, condemnation, and ultimately death. Your flesh eyes open and your spiritual eyes close. Your initial response will be something new to you—you'll think, "What is this blame coming from my mouth? What are these thoughts toward my husband? Why am I hiding from God when I know He means me no harm?" Your thoughts quickly become actions and the new reality of your life.

And suddenly, Eden will be no more.

The Lord finds you and Adam both hiding and living in shame. You are incapable of even answering the Lord honestly when He asks what happened. In that moment you realize, not only did you exchange truth for a lie when you ate the fruit, but now you struggle to even bring truth to your lips in the presence of God Almighty. In 2020 we might say about this, "the struggle is real," but we would also say, "that's the understatement of the year."

But God! In His goodness, He covers you anyway to help with your shame. You'll be displaced from the garden because you can no longer dwell in the place that is holy with The One who is holy. It is all a part of the exchange and the new harvest in your life. The plants, animals, and the beauty you tended to will also work against you, and your relationship with your husband will be full of strife. You will miss the presence of the Lord in your midst.



Oh, to take it all back, I know that you would. Adam also would, in an instant. To see the serpent for what he was. To stop the seeds of doubt, lust, pride, greed, and insecurity from being planted. From taking root. From taking over. To seek God in the moment that serpent was crafting his word. You could have just called out to God so simply. How different all of this would have been for you. For me. For all of us.

You go on to have a baby, every woman's dream, and God's gracious fulfillment of your design. You'll have another as well, and lo and behold that bad seed that was planted in you takes root in your sons. Straight out of those roots of insecurity, death occurs. You lose one son to death and the other is sent away to scatter those bad seeds across the earth and to reproduce that which you and Adam brought into the world—sin. Your beautiful purpose to be a carrier of life, now turned on its head. You're physically bringing life into the world, but the precious souls are being born spiritually dead.

It gets much worse before it gets better. So much death. So much bondage. So much slavery. So much jealousy. So much adultery. So much exchanging truth for lies. So much pain. So many tears. So much anxiety, to this day, as I write this letter to you.

And where was God during all of this? How you must have missed Him. His peace, that you didn't even know was something to be desired, seems impossible to find. I am sorry to tell you that seeking peace in life will be something all women strive for, because we often know its absence more than its presence. This too is a consequence. Apart from fellowship with God there is no everlasting peace, because He is peace—the irony of it all. We try in our own strength to help ourselves and others, yet independent from God, all attempts end the same way yours did that day (minus the naked-in-the-bushes part). Goodness, how I wish you could go back. I wish I could tell you the serpent goes away, but he still lurks, making himself seem harmless until the second his seeds root, and we find ourselves harvesting a crop we don't recognize.

Oh, another thing. Do you realize that when God drove you away, it was to protect you? I'm sure it didn't feel that way. When the stupid serpent manipulated you to bring his death into the world, God's holy battle plan of restoration began. The other tree, the tree of life, could have put you into an eternal state of sin forever. But God planned otherwise. While death would now exist, God knew He could defeat it, and how He would do it. But the solution, the Savior, won't come in your lifetime.

During the wait for the Savior, we see the enemy multiplying those same bad seeds over and over again, accomplishing much evil in the lives of God's creation. But again, he is not a creator. Remember this: only in your acceptance of hidden lies were seeds planted, rooted, and harvested. There is not life in the enemy. Yet, he uses our capacity to produce and multiply for his destructive use, manipulating God's divine gifts for his purpose: destruction. Destruction of life. Destruction of our fellowship with God. This is his aim.

For a season, God will give us laws to protect us from the horrible consequences we keep reaping upon ourselves through the sinful nature that Eve chose, and we choose also. But even in that, the harvest of those long-ago seeds will root up. We will try to earn our way back to the Presence, but we can't. The world stays weary for His Peace and Presence—I am sure you can imagine the feeling.

In the end, God outsmarts that stupid snake, and sows holy seed into a woman named Mary. She is one who is obedient to God, in awe of Him and not unlike you, as God's beloved daughter. And for the first time, someone enters the world untampered by the yucky seeds you fell victim to. His name is Jesus, and He will be called Immanuel, which means "God with us." He will enter the world and lie in a humble manger, less accommodated than the animals of the garden you once cared for during their birth, but the same beautiful Creator—humble and ready to save.

After 33 years of sowing new seeds, people start to recognize truth again. Not everyone, but a few. Those who are blinded and still living in a lie will take this perfect Savior, Jesus, and they will nail Him to a tree... that tree seemingly making its way back into the picture again. But this time, when He dies the death that stupid snake brought into the world, He will come back from death—as new life. And in that instance, like the instance you ate the death fruit, He takes those rotten seeds and brings them to new life. This is the promise for all who believe. He returns to Heaven, where we will eventually be with Him forever, but just as God breathed the breath of life into your nostrils, He breathes the breath of life into those who recognize His truth. The breath of His Holy Spirit allows Him to walk with us so that we can experience the Presence the way that you did.

There's still a war between truth and lie, and death and life, but God always prevails. Even in your story. You went on to be the mother of all life. You passed on some bad stuff, no doubt about it, but God redeems it. So, even though the war rages on, those of us who see we have help in the Overcomer to recognize the attacks

and defend ourselves. In the same way God clothed you, He gives us His very own armor. Regardless of where you would be in finding this hypothetical letter, I want to assure you that God makes all things new. His perfect love casts out all fear, and even when you make choices that feel like death—OR—someone else makes choices that impact your life and feel like death—there's new hope in Him. He makes it all right. Regardless of how we mess up, regardless of how many times we fall for the same deceitful trick, we have a Savior and He is fixing it all. He has forgiven us. His love is as pure as you knew it to be in the garden.

Also, I forgive you. This is only because of Jesus, though. Even though guilt and shame came to the world through your choice, Jesus lets us exchange those fruits for His choice fruits.

Fruits like love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22). I can only forgive you because of the fruit exchange in my life through Jesus. If ever faced with the opportunity, I hope you would forgive yourself.

You are more than the choice you made. I am more than the choice you made. You are more than the attack that unfolded in your life. I am more than the attack that unfolded in your life. We are both beautifully and wonderfully made by the hands of a loving God.

Finally, I want you to know that it wasn't due to the weakness of your purpose and design that the enemy attacked you, but it was because of the strength of your purpose and design. Never forget this. God made you as strong as He needed you to be, and enough to do all that He called you to do. You are more because HE is more.

In the Love of Jesus,  
A young woman saved by grace

*"Just as sin entered the world through one man, and death through sin, and in this way death came to all people...For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!"*

*Romans 5:12,17*





## PART 1 - "THE WHAT"

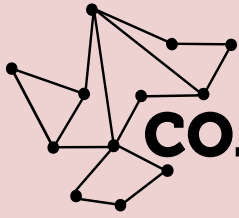
Last session we discussed the specific and targeted attack by the enemy to derail Eve and God's purpose for her. His lies brought insecurity to the truth she had known before. We related her experience with the enemy to our own experiences and began to identify and call out some of his accusations we battle.

Everyone living can find some similarity to Eve's battle, because her sin brought sin into all of us and some things remain a common thread. Her fall, her removal from the garden, her birth of one son who then murdered another son are all reminders of the huge wound and imperfect root inflicted in the garden. I mean, how could she forget it?

### EVE'S DESIRE TO CONTROL

The Lord said to Eve, after the hell-of-an-incident in Eden, that part of her cursed nature would be a desire to control her husband, and it would be a lost effort. I am sure every time the desire to control rose within her, she remembered that day she was wounded and the day this control fruit and its bitter roots were conceived. I am sure she could also remember the good old days when she had no desire to control her husband, and they just purely enjoyed God and each other's company. No doubt the recollection must have made her 'fallen feelings' even more intense.

Eve's now-unredeemed nature gave her the desire to control. Of all the things for the Lord to mention—why this? How ironic that Eve's life spiraled out of control the moment she decided to take control outside of God's instruction! God had given Eve control over everything in the garden except the single thing—the tree. When she decided to expand her own control over the one thing, the decision followed her forever.



## CONNECT THE DOTS

Does a desire to control ever mark your life?

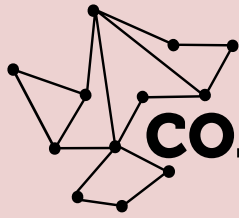
Does anxiety arise in you when something is out of your control?

Let's go deeper. You've lived many years if you're sitting with us today. Living in a fallen world, it is impossible to not have wounds in your life. The question is: do you know your wounds, and have they healed? Or have you forgotten them and left them untreated? Do you recognize the roots of the fruit in your life and when they began to grow? Have you ever considered these questions? It is easy to look at Eve's life and see, from the outside looking in, her wound—the root source of her fallen fruit—but it often isn't as simple and straightforward to look at our own lives. So, let's go deeper in your life and pray for fresh, safe, and healing revelation.

One of the promises of God for our lives as believers is the Fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. When we are walking freely with the Spirit, these will be the things we are manifesting in our lives. When this is not the fruit being produced, we can be certain there is another source influencing our harvest.

Anxiety is a fruit, in the same way that peace is a fruit. Anxiety has a root, and that root usually stems from a wound along the way of our precious life journey. The root of anxiety is often cultivated in insecurity.

Let's connect the dots and quickly assess which is most true for you. All may be true for you, but most likely there will be one explanation more impactful than others:



## CONNECT THE DOTS

The source of my anxiety is most likely that:  
(circle your initial assumption, or all, if more than one applies)

- I learned anxious tendencies from an influence in my life.
- I experienced a trauma that wounded me in a way that is unresolved.
- I did not feel safe or secure in my childhood upbringing and earliest relationships.
- I am anxious because of the impact of a death, diagnosis, or divorce.

The fruit of anxiety you experience is the WHAT. The root which we will interchangeably refer to as the “source” and/or “wound” is the WHY. Anxiety is your “what,” but now to discover your “why.”

If you do not realize the root causing unwanted fruits, you will only be putting a bandage on a gaping wound. To only manage anxiety as a fruit will prevent you from seeing the long-term effect of walking freely in peace, joy, and the wonderful fruits we are equipped to not only bear, but to pass on to others who have been saved by grace through faith in Jesus Christ.

A wound (root) may cause anxiety to manifest in you, but for someone else, a similar wound may produce something other than anxiety. Anxiety is simply how you are personally manifesting the fruit from a root you weren't meant to partner with. For someone else, their manifestation may be anger, depression, an eating disorder, substance addiction, OCD, insomnia, chronic pain—you name it. But here we are today with your root, your unwanted companion: anxiety.

## ANXIETY IS A FRUIT

Deuteronomy 22:9 describes the concept of our trying to produce anxiety and peace at the same time in this way: "You shall not sow your vineyard with two crops lest the whole yield be forfeited, the crop that you have sown and the yield of your vineyard." The New Testament also explains that soil is our heart, so when we read of the vineyard, we can see a prophetic picture of both our hearts and also Christ's chosen people (Matthew 13). So, in theory, you read the Word about how you should be having peace and joy, yet you have anxiety. You have head knowledge of what the fruit of your life should look like, but when you look, that is not what you see. This is going to require us to look more deeply at the roots under the surface. Your anxiety crop is destroying your peace yield.

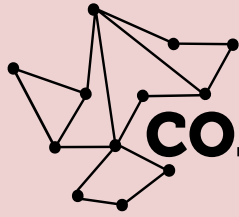
## HOW TO IDENTIFY THE ROOT/SOURCE/WOUND THAT IS PRODUCING ANXIETY IN YOUR LIFE

Deuteronomy 29:18 warns to beware in case there be among you a root bearing poisonous and bitter fruit.

Hebrews 12:12-15 says, "Therefore, strengthen your feeble arms and weak knees. Make level paths for your feet, so that the lame may not be disabled, but rather healed. Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile you."

**An Encouragement:** By participating right now, you are absolutely posturing yourself to receive the grace of God. This is amazing!

Once more, let's co-mingle Eve's story with your life more deeply. Author Ann Voskamp beautifully notes that God's first word-spoken response to Eve in Eden after her infamous encounter with the enemy was, "Where are you?" It isn't a question of condemnation or judgment but rather a gentle and insightful question, "where are you?" Hear the Lord's still, small voice whispering your name.



## CONNECT THE DOTS

### Where are you?

As we move through these sessions there are some “PHASE PHRASES” we will identify to unfold the answer to the question, “Where are you?” Today we all generally operate (every thought, action, and belief) from one of these five phrases.

Look at these phase phrases as an operating system (i.e., Windows, MacBook, etc.) for your life. These phrases change in phases of life. We aren’t bound to them, and certainly in this study we hope yours will change to full trust in God and in who He has made you to be.

#### The five phase phrases are:

“Am I able?” | “I am able!” | “No one is able.” | “Is God able?” | “God IS able.”

#### 1. “Am I able to do this?”

This phase phrase is always examining personal, physical, and natural abilities in a way that can be debilitating. When you operate from this standpoint you often see limitations, and are blinded to nearly all possibilities. Your desire to take risks is very low, and your desire to eliminate risk is very high. This premise is the driving force of all you do. Therefore, when you cannot eliminate the risks in a situation, you are met with overwhelming anxiety. An inability to control generally keeps you in a very low place, because we cannot control everything. If you operate from this phase phrase, and the fruit coming from this isn’t consistently love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, there’s a bitter root. That’s “the what.”

**Just a note on “Am I able to do this?”** We saw in Eve’s story that the door through which she entered “the fall” was the accusation made by the enemy of her being incapable by design and in purpose. If you go back and read the account, the enemy wants to move her far away from the truth that God is able. He wants her focused on herself and herself alone. She was created with an operating system that said, “God is able,” but as sin entered the world, it shifted the focus away from the goodness of God and toward the limitations of man without God.



## 2. "I AM able to do this!"

This phase phrase focuses only on your own abilities, with no admission of a need for anyone else or for any assistance in your life. You see a challenge and you are bent to conquer it at the risk of everything. If you're operating from this phase phrase, you don't take "no" for an answer. You must prove your strength and show no weakness. If you try hard enough you will overcome anything and have no need for vulnerability—or so you think.

In a quest to conquer and prove your capability, you crash and burn if something goes wrong. Inevitably, your own strength and pride will blind you. By declaring, "I AM ABLE," you are choosing to play God in your life. "I AM" is not your design—it is His. Someone operating from this phase phrase is more likely to have extreme highs and extreme lows. If you operate from this phase phrase and the fruit coming from this isn't consistently love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, there's a bitter root. That's "the what."

## 3. "No one is able to do this."

This phase phrase reflects that you have great distrust not only in yourself, but also everyone else around you. You continually expect to let yourself down and have no other expectation or aspiration for yourself.

Likewise, you continually expect others to let you down, and you have no other aspiration or expectation of anyone else. If you are in this phase, it is most likely this is the same attitude with which you see God. If you feel you're a failure and everyone else is a failure, then you feel God will fail you, too. If you operate from this phase phrase, and the fruit coming from this isn't consistently love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control, there's a bitter root. That's "the what."

## 4. "Is God able to do this?"

In this phase phrase you consider the Lord, but you still predominantly operate from the aforementioned phase phrase. In the back of your mind you consider there may be more to faith and trusting in the Lord than you have realized. Nevertheless, it is powerless because it is fleeting. It is a question in your life and not a statement. If you operate from this phase phrase you are tossed about, faith coming and going out of the frame of your life. If you operate from this phase phrase, and the fruit coming

from this isn't consistently love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control, there's a bitter root. That's "the what."

## 5. "GOD IS ABLE TO DO THIS."

This phase phrase is what should guide all our lives, but it requires healing, revelation, and discipline to fully implement. This phase phrase focuses solely on the capability of God to do exceedingly and abundantly more than we can ask or think. This phase phrase tells us that we can do all He has called us to do, and that His grace is sufficient. It requires operating from a place of humility, vulnerability, and trust. Most notably, it requires a complete elimination of insecurity, allowing you to see yourself as He sees you—without condemnation, without needing to prove yourself capable, and with secure confidence that He has made you who you need to be. Through relationship with Him, you can handle any situation or circumstance that comes your way. Moving from any of the other phases to this phase puts you in a high place, because God says He is our High Place.

Go ahead and write out which PHASE PHRASE, from the five options above, you operate from most often in your own life. Be honest as you consider this, and let the Spirit gently let you give an honest answer to the question, "where are you?" He already knows the answer. The asking is for our benefit. The Lord says, "I am the Way, the Truth and the Life" (John 14:6). If our "way" is not with Him, then we are trapped in a lie, and limited in truly living an abundant life. Being able to honestly identify your phase phrase will allow Him to shed more light into the areas that need exposure.

## PART II - "THE WHY"

Today, let's further navigate and establish "The Why" of anxiety. We all see a picture on our television screens at home, but very few of us understand and can explain why it is there and, more specifically, how it got there. Anxiety isn't any different. I can guarantee that right now, some of you are already thinking, "there is nothing that has happened that made me this way—I am just this way." If you are saying this in your mind, I pray that you'll ask the Lord to reveal to you if that is really the case, or a compromised path of least resistance. We are going to talk through four possible, but not exclusive, sources of anxiety and allow you to reflect on each. If you can quickly assess your "Why," how blessed you are. For most of you, we understand it will take time and reflection, and we will be praying for you.

Earlier in the chapter we discussed **four likely sources of anxiety**:


- Anxiety was learned from an influence.
- Anxiety was developed from an unresolved trauma experienced.
- Anxiety was established from a lack of feeling safe and secure in childhood. (We will explain attachment theory below.)
- Anxiety manifested from the impact of death, diagnosis, or divorce.

We acknowledge that these four areas are not an exhaustive list of possibilities. We also realize that one of these may be relevant to you, or all may be equally relevant to you. We pray for a Spirit of Revelation to come over you, and to show you any insights you need to fight this battle in your life. For now, we are going to reflect on these four sources.

#### Source: Did you learn anxiety from someone else?


1. Would you describe your parents as anxious people? Why or why not?
2. Would you describe your spouse as an anxious person? Why or why not?
3. Did you have a caregiver or friend who was an anxious person and who was impactful in shaping your life?
4. Were you encouraged to participate in age-appropriate activities? Or age-inappropriate activities?



- 
5. Were those who shaped your upbringing more defined by a life of fear, faith, or pragmatism?
  6. What things were frightening to your caregivers as you were growing up?
  7. Was a sense of fear or security strongly embedded in you during your upbringing?
  8. How did your caregivers react to fear and unknown situations as you were growing up?

**Source: Did trauma or tragedy in your life contribute to your anxiety?**

1. Would you say trauma has been more of a stranger or a neighbor during your life?
2. When you hear the word "trauma," does anything from your own life come to your mind?
3. What has broken your heart in your lifetime?
4. Have you suffered abuse in your lifetime?

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5. Have you lost a loved one unexpectedly?
  
  6. Have you or a family member in your household faced chronic illness or terminal disease?
  
  7. Have you lost a job or a marriage?
  
  8. Do you harbor bitterness or unforgiveness toward someone?
  
  9. Does someone harbor bitterness or unforgiveness toward you?
  
  10. What is your biggest regret in life?

**Source: Did insecure attachment in your life contribute to your anxiety?**

As children, we all have a need to feel safe and secure. This establishes what mental health professionals call attachments. These attachments guide the rest of our lives and development. The layman's rundown is this: As a child, you either form secure or insecure attachments with your caregivers, according to "Attachment Theory" (John Bowlby, Mary Ainsworth). The correlation of insecure attachments and anxiety has been so clearly observed by Debbie in private practice that we must make mention of this.

Attachment theory pertains to relationships and bonding, both of which are at the foundation of God's nature. Without secure attachment to God and others, we will not be the way we were designed to be. From birth, our parents and caregivers contribute to the attachments we will develop and possess in life.

Dr. Tim Clinton and Dr. Gary Sibcy explore various attachments/relationship styles in their work, "Why You Do the Things You Do: The Secret to Healthy Relationships." This book is an excellent resource, which we have utilized here.

There are four attachment styles: secure attachment style, ambivalent attachment style, avoidance attachment style, and disorganized attachment style.

As you read these descriptions, think back to your own childhood.

**Secure attachment style:** A child feels confident, secure, and safe in that their needs will be met. Think of the phrase "God IS able!" here. If someone had parents that fostered those things, they would be much more likely to thrive in their walk of faith and in life with security.

The following are phrases that may characterize the mentality of someone with this type of attachment: "Why You Do the Things You Do: The Secret to Healthy Relationships" (Clinton 48).

"I am comfortable getting close to others, but I also feel comfortable being alone."

"I let myself feel my emotions, but I'm rarely, if ever, overwhelmed by them."

"I expect my partner to respect who I am."

"I balance my need for intimacy with my need for achievement and success."

**Ambivalent attachment style:** A child feels a fear of abandonment, inconsistency, and lack of response from caregivers. The following are phrases that may characterize the mentality of someone with this type of attachment: "Why You Do the Things You Do: The Secret to Healthy Relationships" (Clinton 47).

"I am not capable of receiving love without \_\_\_\_\_."

"Others can meet my needs but might not because of my flaws."

"My feelings can get out of control very quickly."

**Insecure Avoidance (avoidant) attachment style:** A child feels independent physically and emotionally and does not seek attachment. The following are phrases that may characterize persons with an avoidance attachment style: "Why You Do the Things You Do: The Secret to Healthy Relationships" (Clinton 46-47,67).

"I am worthy of love based on my success and accomplishments."

"I am capable of getting love, but I can depend on my own self and abilities."

"Others are unwilling or incapable of loving me."

"Others are not trustworthy. They are unreliable and untrustworthy."

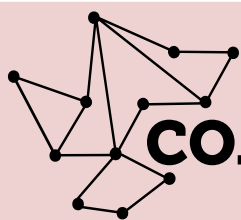
**Disorganized attachment style:** A child feels no sense of identity and has a low view of self and others. The following are phrases that may characterize this attachment style: "Why You Do the Things You Do: The Secret to Healthy Relationships" (Clinton 47-48, 103).

"Something is wrong with me."

"Life is chaos."

"I might get abandoned."

"My feelings are very confusing to me, so I try not to feel them."



## CONNECT THE DOTS

Look at the descriptions of the attachment styles and consider your upbringing. Which attachment style do you feel was developed in your life early on, based on the limited information above?

Now, go back and look at the phase phrases ranging from "Am I able to do this?" to "God IS able!" and note any similarity between your attachment style and your phase phrase. Is there any relationship to the security or insecurity you felt as a child and the way you now conduct your life?

**Consider:** If you had an attachment style that was anything other than “secure,” that in and of itself is a wound. If you noted an insecure attachment in your life, it was from needs going unmet or the perception that needs were unmet as a child. Naturally, your disposition was to develop certain tendencies to afford yourself security. It is likely that anxiety arrived in the picture because of this.

**Source: Death, Diagnosis, & Divorce**

1. Has one of these impacted you?
2. How has it impacted your personal security?

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**A PRAYER FOR YOU TODAY**

*Lord we pray that Your light shine in the darkness. Show this woman the area of her life that needs healing. She knows she wants the anxiety to stop, but give her strength and boldness to see and come to terms with the underlying root producing the fruit of anxiety.*

*Reflect on the words from this week and journal about what you believe the source of your anxiety may be.*

# A Letter to Myself:



# Session 3 Journal

**1. When did you feel anxiety onset this week?**

**2. Did you take the time to consider what was making you anxious? If yes, please explain.**

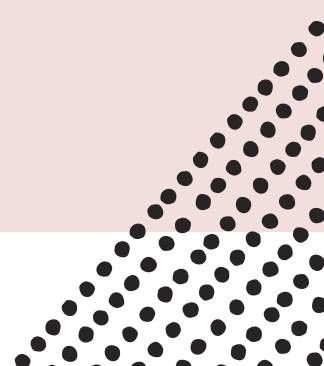
**3. Was it a situation in your control or out of your control?**



**4. How did you respond when you noticed the anxiety onset?**

**Scripture:**

**Prayer:**



**Recognize  
& Rejoice:  
From Your Wounds  
to Your Wellspring**

**Last week we discussed something vital to this study:**

Identifying roots that are the source of anxiety (fruit). We know this knowledge doesn't come for all women immediately, so we are praying you are able to recall completely the "why(s)" to your "what," not for pain but for restoration.

Once you identify the wounded root(s), seek the Lord's grace for that bitter root so that which was lame may be healed, and no further troubles arise from it (see Hebrews 12:15).

Seeing your wounds in the warm comfort of Jesus, the Light of the World, begins a healing process, much like letting light into a place that has otherwise been dark, or letting water flow over a sore to cleanse it.

As your wounds heal, it is very important to guard your heart against the attacks that will surely come against you and seek to undermine the promises of God for your life. The intent of this session is to help you position yourself in a way that allows God to effectively and continually release healing in your heart.

••• Session video is available at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest) •••

## Recognize & Rejoice: From Your Wounds to Your Wellspring

### A PRAYER FOR YOU TODAY

*Lord, You strengthen the weak. You give rest to the weary. You bind the broken-hearted and heal their wounds. You lift those who are weak in spirit. You spring forth healing quickly in our lives, and You mean for good all that was meant for harm. You work all things together for the good of those who love You, and You carry them under the shadow of Your wings. You are a refuge, a shield, a redeemer, a stronghold and the most excellent Physician. All of these promises are "YES" for Your children in Christ Jesus, so we declare them over the women reading this, in Jesus' name, the wearer of the stripes by which we are healed. Amen.*

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Regardless of what has established any root of anxiety, you can be certain it is the enemy who wants to keep it as is. If the enemy can keep a bad or bitter root in your life, his mission is accomplished. His tactic in doing this is to damage our hearts: the wellsprings of our lives. In the Bible (see Proverbs 4:23), our hearts are compared to wellsprings, because just as wells or springs are sources of life, so are our hearts the source of our lives.

If your heart were to stop functioning and there were no blood flow, it could not support your life. The enemy targets and attacks the areas that are the wellsprings of our lives because he wants us to believe that God does not love us and that we are incapable of being loved. If your heart believes this, then your love for others and for yourself will be stifled, and you may have limited revelation of God's grand love for you. If your wellspring is not flowing freely and clearly, then you become like the Dead Sea—capable of water flowing in, but with no capacity for water to flow out. If there is no flow outward, the result is stagnancy, toxicity, and death.

We are going to dive into an Old Testament story about a man whose wellsprings were literally attacked by a physical enemy. As you read this historical account, picture the spiritual reality of what this looks like in your life today.

## GENESIS 26

### Isaac and Abimelek

*1 Now there was a famine in the land—besides the previous famine in Abraham's time—and Isaac went to Abimelek king of the Philistines in Gerar. 2 The LORD appeared to Isaac and said, "Do not go down to Egypt; live in the land where I tell you to live. 3 Stay in this land for a while, and I will be with you and will bless you. For to you and your descendants I will give all these lands and will confirm the oath I swore to your father Abraham. 4 I will make your descendants as numerous as the stars in the sky and will give them all these lands, and through your offspring all nations on earth will be blessed, 5 because Abraham obeyed me and did everything I required of him, keeping my commands, my decrees and my instructions." 6 So Isaac stayed in Gerar.*

*12 Isaac planted crops in that land and the same year reaped a hundredfold, because the LORD blessed him. 13 The man became rich, and his wealth continued to grow until he became very wealthy. 14 He had so many flocks and herds and servants that the Philistines envied him. 15 So all the wells that his father's servants had dug in the time of his father Abraham, the Philistines stopped up, filling them with earth.*

*16 Then Abimelek said to Isaac, "Move away from us; you have become too powerful for us."*

*17 So Isaac moved away from there and encamped in the Valley of Gerar, where he settled. 18 Isaac reopened the wells that had been dug in the time of his father*

*Abraham, which the Philistines had stopped up after Abraham died, and he gave them the same names his father had given them.*

*19 Isaac's servants dug in the valley and discovered a well of fresh water there. 20 But the herders of Gerar quarreled with those of Isaac and said, "The water is ours!" So, he named the well Esek, because they disputed with him. 21 Then they dug another well, but they quarreled over that one also; so he named it Sitnah. 22 He moved on from there and dug another well, and no one quarreled over it. He named it Rehoboth, saying, "Now the LORD has given us room and we will flourish in the land."*

*23 From there he went up to Beersheba. 24 That night the LORD appeared to him and said, "I am the God of your father Abraham. Do not be afraid, for I am with you; I will bless you and will increase the number of your descendants for the sake of my servant Abraham."*

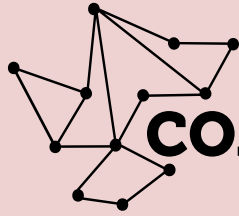
*25 Isaac built an altar there and called on the name of the LORD. There he pitched his tent, and there his servants dug a well.*

*26 Meanwhile, Abimelek had come to him from Gerar, with Ahuzzath his personal adviser and Phicol the commander of his forces. 27 Isaac asked them, "Why have you come to me, since you were hostile to me and sent me away?"*

*28 They answered, "We saw clearly that the LORD was with you; so, we said, 'There ought to be a sworn agreement between us'—between us and you. Let us make a treaty with you 29 that you will do us no harm, just as we did not harm you but always treated you well and sent you away peacefully. And now you are blessed by the LORD."*

*30 Isaac then made a feast for them, and they ate and drank. 31 Early the next morning the men swore an oath to each other. Then Isaac sent them on their way, and they went away peacefully.*

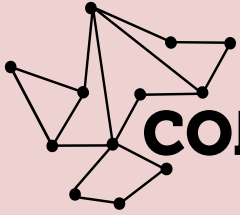
*32 That day Isaac's servants came and told him about the well they had dug. They said, "We've found water!" 33 He called it Shibah, and to this day the name of the town has been Beersheba.*



## CONNECT THE DOTS

- What was the promise of God for Isaac?
- Why did the Philistines become jealous of Isaac?
- Why did the enemy target Isaac's wellsprings? Were there not other more effective ways to address their concerns about Isaac?
- How, specifically, were the wellsprings filled up in the story?
- What was noted about the first two wellsprings Isaac's servants dug after they left?
- When Isaac's servant finally hit a wellspring where there was no quarreling, what was the name of, and declaration of, that well?
- What happens in Beersheba?

Isaac names the wellspring "Rehoboth," which means "plenty of open space and room to flourish." He names the town where they settled, at the location of that well, "Shibah." Ultimately, Isaac recognizes this truth: In the promises (covenant) of God, life flourishes. The attacks against Isaac did not stop the abundance of God's goodness toward Him.



## CONNECT THE DOTS

Write this sentence and put your own name into the spaces, allowing it to sink into your heart, your wellspring.

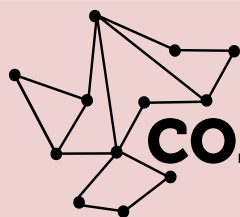
In the promises of God, \_\_\_\_\_ will flourish and my life will be sustained.  
your name

Because of God's oath, \_\_\_\_\_ will grow in abundance.  
your name

Because God has plans for you, because there is promise over your life, you are both a target and a threat to the enemy. When the enemy goes after your wellsprings there is provision for more in the promises of God. His promises run deep, spread wide, and they wait for you to find them! The enemy absolutely cannot stop the promises of God for your life, but he will do all he can to stop your ability to know the promises of God. There are many promises of God on your life, but "THE" promise is reconciliation with God through Jesus, this is "the gospel" or "the good news of the kingdom." If you have been saved, you have been reconciled to the Lord and have the capacity to walk in peace, joy, love, abundance, and power through the mercy and grace of our Savior.



We have a promise that we are a new creation, that we are masterpieces of God's work, and that we have no condemnation in our lives. All of these are promises of God in our life through Jesus—but how hard it can be for the heart to feel these when the enemy has stifled our wellsprings— and how much more when we have unknowingly allowed this stifling? But that stops today in Jesus' name!



## CONNECT THE DOTS

Because your heart can't feel the promise of God all the time, does this impact the promise of God for your life?

No ma'am!

YOUR WELLSPRINGS WILL BE ATTACKED BECAUSE THERE ARE PROMISES OF GOD ON YOUR LIFE. IF THERE WERE NO PROMISE FOR YOUR LIFE, THERE WOULD BE NO ATTACK ON YOUR LIFE. A PERSON WITHOUT PROMISE AND PURPOSE ISN'T A THREAT TO ANYONE. IF YOUR LIFE IS UNDER ATTACK, YOU ARE A THREAT TO THE ENEMY.

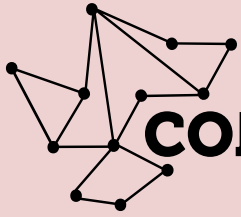
Sometimes, protecting your wellsprings can mean moving out of old territory and into new territory altogether, as Isaac did. Sometimes, moving into new territory means establishing relevant boundaries.

If there are constant triggers in your struggle with anxiety that are stopping up your wellspring—either through people, locations, or recurring circumstances—those need to be identified and addressed very specifically, with the wisdom available to you by God's Holy Spirit. This is especially important where boundaries are concerned.

Boundaries are protective.

Boundaries are healthy.

Boundaries are necessary.



## CONNECT THE DOTS

- What people, places, or things have the greatest access to your heart?
- Do any of those people, places, or things not have kind regard for your heart?
- Around what people, places, and things is your anxiety most triggered?
- As you look at your own life, can you clearly see who or what the enemy is using to clog your wellsprings?
- Jot down a few examples of boundaries you could establish to guard your heart, specific to your wounds and your roots. These will look different for every single person.

Look at the verse below and circle the word that describes what your wellspring is. We must understand this.

“Keep your heart with all diligence, for [it is] the wellspring of life” (Proverbs 4:23 NHEB).

Your heart is your wellspring. Think about your heart. There are many symptoms and possible outcomes that accompany a heart with blockage. If it does not completely debilitate you at worst, it inhibits you at least. This is not God’s plan for you, sweet friend. It is, however, where the enemy wants you to remain—focused on the blockage and its harm, with no consideration of what is causing the damage to your heart.

Isaac could have given up when his wellsprings were stopped up by his enemies. He could have given up after he dug one well and there were quarrels over it. He could have given up when he dug the second well and there were quarrels over it. But he didn’t give up. He believed the promise of God for his life, and God confirmed that promise. And near the place the promise of God was confirmed, and his vision/reminder of God’s promise was restored, a new wellspring came about with no quarrels—a new wellspring with the capacity to support new, fresh, and abundant life!

Next session, we will take Isaac’s lead and dig deeper into the promises of God to practice renewing your mind so that you can replace all the ugly lies with all the beautiful truth—thought by thought. These promises are expansive, and include the promise of Jesus, the promise of the Holy Spirit, and the promise of peace, joy, and a variety of other grace fruit that only redeemed hearts are entitled to. The enemy doesn’t want you near those. He doesn’t want that harvest in your life, because he knows if your wellsprings are working, the blessing of God will be one hundredfold around you just as it was for Isaac. The living water that WILL spring forth from you and into others will inevitably refresh you and the world around you! (Read that last sentence back over yourself as a prophetic declaration and prayer!)

You know where the enemy wants you? He wants you back in the garden, hiding from God, wanting to control a situation that’s “gone south” (as we like to say in Oklahoma). That nasty snake wants you living in shame, questioning God’s goodness and your own capability. That is the enemy’s story. That is his game. That is where he wants you. We are done with that! That’s not my story and it sure isn’t your story. Do you know why? Because our Savior is a HELL-RAISER. Yes—you read that right.

Everyone destined for condemnation, our Savior looks at and says, "I will reach down and rescue you from deep and troubling waters." See, "you are a branch pulled out of the fire, chosen, set apart, my treasured possession, and the gates of hell will not prevail against you, as you call upon my name." (See Romans 1:17, Psalm 18:16, Zechariah 3:2, 1 Peter 2:9, Deuteronomy 14:2, Deuteronomy 7:6, Matthew 16:18, Romans 10:13)

### A PRAYER FOR YOU TODAY

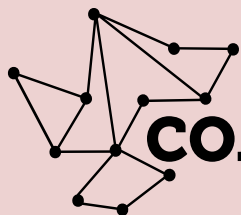
*Lord Jesus, may this reader receive this truth. May she feel "all the feels" as Your truth releases abundant and living water to flow into her blocked wellsprings. Give her revelation of WHO You are, who she is in You, and Your promises for her life.*

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## CONNECT THE DOTS

REJOICE! GOD WILL GUARD YOUR HEART.

- Where are you today?
- Are you sitting by a stopped up wellspring?
- Are you searching for a new wellspring?

- Are you surviving from a man-made cistern (something that holds old rainwater when no springs are around)?
- Is your wellspring sufficiently refreshing you and others around you?

The Good News is that God’s Word has some specific promises concerning anxiety—and your heart.

You literally have the ultimate help in guarding your wellspring! Paul writes, “I can do all things through him who gives me strength” (Philippians 4:13). But did you know in this same chapter, God talks about anxiety and guarding our hearts?! How crazy is that? One of the most common verses in the USA (Philippians 4:13) follows a passage about anxiety and heart-guarding.

I think there is no irony in that Scripture speaks of “guarding our hearts” and “anxiety” in the same passage. Go ahead and look at Philippians 4 below. Anxiety is nothing new.

In a nutshell, Paul explains that the peace of God will guard your heart. The peace of God will guard your wellsprings...if you’ll just rejoice, pray and give thanks.

We have strength in Christ, yes! But we also have a supernatural peace imparted to us to guard our hearts and our minds. (We focus more on our minds in the next session.)

*4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, 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 4:4-8*

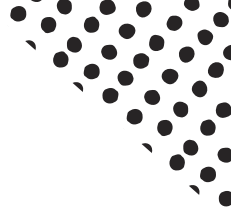
In addition to establishing boundaries both physically and in mentally, we proactively guard our wellsprings by rejoicing, by praying, and by giving thanks. On the days when anxiety is on the prowl, begin to REJOICE.

My daughter, Foster Faith, is four years old and queen of “the meltdown.” When she melts down, we can see it coming because she is usually exhausted or hungry. Something random will set her off into an irrational fit. I try to calm her by asking her to tell me something she is grateful for. As she begins to tell me what she is grateful for, the entire tone of her attitude changes. After she names one thing, then another is on her lips, and another. Before you know it, she has forgotten what she was so upset about. This is a discipline we are called to implement: if we will rejoice in the Lord, then the peace of God will guard our hearts and minds.

Here is a practical way to do this:

PHASE PHRASE: We talked about a phrase that guides our lives that asks, “Am I able?” and how this is the phrase Satan wants you to keep as the guiding statement of your life. This will ensure that you remain focused on yourself, on what you see momentarily, and on your perceived ability or inability to carry out both simple and significant things.

To Rejoice is to replace these little anxiety triggers in everyday life by saying to them: **“GOD IS ABLE!”** and leave it at that. That is His promise many times in Scripture. Each time that heart-blocking enemy pops up with new anxieties, you just look at him square in the face and tell him: **“MY GOD IS SO ABLE AND WE ARE FINISHED WITH THIS CONVERSATION.”** Your declaration is your faith, your statement, your REJOICING in this promise of God—that He is so able—and the Word says in doing that, God’s peace will come and guard your heart. Not one time. Not ten times. Not a million times. Anytime. When you need an extra boost to guard your wellspring, rejoice, pray, and give thanks as you experience the peace of God washing over your heart and mind to guard it.



List 10 things you are grateful for, that stir rejoicing within your heart, in the field below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

When you can effectively rejoice in a promise of God, you are disarming your enemy.

*Isaiah 54:17 says, "No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me..."*

That weapon formed against you is presumably anxiety in your life—it is a tongue that accuses you, and you refute it with truth. The truth today, and in every moment, is the phrase: GOD IS ABLE!

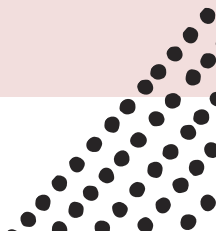




#### **4. How did you respond when you noticed the anxiety onset?**

**Scripture:**

**Prayer:**



**Renew & Resist:**  
**Renew Your Strength**  
**& Renew Your Mind**

We are transitioning to a part of this study that we hope will equip you as you transition from being exhausted in the stronghold of anxiety to being fully rested in the stronghold of our Mighty God. We know that for some of you this may be painful and exhausting, but we want you to hear us say that we love you, we are praying for you, and you are stronger in the Lord than you have ever realized. Don't give up. God's grace will sustain you.

••• Session video is available at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest) •••

## Renew & Resist: Renew Your Strength & Renew Your Mind

### Renew Your Strength - Put It On

Throughout this study there are some very basic practices or disciplines that will help you as you overcome anxiety with the help of the Lord. We talked last week about establishing boundaries. We briefly talked about knowing the promises of God to renew your mind with truth, and we talked about using those promises to combat the attacks.

We closed with the PHASE PHRASE example of looking at an anxiety trigger and saying, "God IS able to do this," and turning it over to Him. If you practice this, you are practicing "trusting in the Lord." Isaiah 40:31 says, "Those who hope in the Lord will renew their strength. They will soar on wings as eagles; they will run and not grow weary, they will walk and not be faint." But note how those things come about—they come about through trust. Think of your exercise in saying, "God IS able!" as a way of trusting in the Lord. Each time you do it, you're going to get a little bit stronger. It may be one time a week or it may be one hundred times a day, but as you continue to move forward in faith and express your trust in the Lord, your strength will renew and you will soar to places you never thought possible.

Go ahead and write Isaiah 40:31 here and speak this truth over your life—use your name anywhere a pronoun is used.

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Proverbs 31 speaks of a reputable woman of value and virtue that many in the faith community know well. A popular verse, vs. 25 from the chapter, says of the woman, "She is clothed with strength and dignity, she can laugh at the days to come." Note how absent of anxiety her life is. She literally laughs at whatever is ahead without having a clue of what that might be. But there's a reason she can do this. It is not happenstance. In the same chapter, verse 17 says, "she clothes herself with strength."

Consider the difference—people observe her clothing, but she chooses what she will wear. Her strength is her Trust in the Lord. Each day, she wakes up and gets dressed just like you and me, and she puts on her strength with resolve and surrender.


God said through the prophet Isaiah, “Awake, Awake, Zion, clothe yourself with strength! Put on your garments of splendor” (Isaiah 52:1). Isaiah later describes these garments as a “garment of salvation and robe of righteousness” Isaiah 61:10. It is true that salvation, or “trust in the Lord,” brings strength. It is equally true that because the righteousness of Jesus has been imputed to us, we are clothed in dignity. That’s a fact (1 Cor. 1:30). Salvation is trusting in the Lord, and it is the mechanism that allows Him to make us strong. Just because you have battled anxiety doesn’t mean you are weak. It means you have incredible opportunity to trust the Lord multiple times a day and develop a rare strength that eventually lets you laugh at what is ahead. But just as the woman in Proverbs did, when battle knocks, you must decide to “dress yourself with strength.” Not once, but every day, and in every moment of every day.

Yes, we have a salvation that is eternal in Jesus Christ, but each day we need to trust Him with the days ahead. This is how we renew our strength. Psalm 84:5-6 says, “Blessed are those whose strength is in you, whose hearts are set on pilgrimage. As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools. They go from strength to strength.”

### **Renew Your Mind With The Promises Of God For Your Life**

Words are a big deal. Words shape our lives, either refreshing us and giving us life, or piercing like swords, bringing about death. I would like to note that in a biblical context, and in the context of this study, words and thoughts carry similar weight. Regardless of if something is coming out of your mouth, or if words are consuming your thoughts, words shape everyone’s lives and their actions—and all words stem from a source, often the heart. The Word says we speak from the overflow of our heart (Matthew 12:34).

As the saying goes, words shape our beliefs, and beliefs govern our actions. If anxiety is something that manifests often in your life, it is most likely directly related to words that shaped a belief somewhere along your journey or statements you continue to formulate and believe about yourself.



**She (that's you, sister)\* is  
clothed with strength and  
dignity; she (that's you, sister)\*  
can laugh at the days to come.  
- Proverbs 31:25**

\*Emphasis is added

For Eve, there is no doubt she always remembered that single conversation that changed the course of her life. But this isn't singular to Eve, because all of us have instances in which words have taken root in our souls. We know the power of life and death are in words. We understand the root of our own fears, insecurities, and actions is often in some underlying statement that is governing our life: either a statement made or a statement you grew to believe based on the broken circumstances around you. It is tucked away nice and cozy with that bitter root we're praying for the Lord to restore. And the words we speak about our lives either align with God's truth for ourselves or they align with the accusing enemy that interacted with Eve in the garden.

Zechariah, Job, 2 Corinthians, John, and Revelation all characterize our adversary as an accuser and harasser, and we see that characterization of him demonstrated in many other places in the Word as well. Obviously, we see this proven with Eve in the garden, when he accuses her of misunderstanding what God said, then goes on to accuse God of ill intention toward her. He is always accusing. He is always undermining. He is always challenging identity.

Consider this vision the prophet Zechariah had of Joshua, a high priest (not the Promised Land warrior), and Satan accusing him. The Lord rebukes Satan, and He puts new garments on Joshua and establishes and advances His purposes for him.

## ZECHARIAH 3:1-6

### Clean Garments for the High Priest

*1 Then he showed me Joshua the high priest standing before the angel of the LORD, and Satan standing at his right side to accuse him. 2 The LORD said to Satan, "The LORD rebuke you, Satan! The LORD, who has chosen Jerusalem, rebuke you! Is not this man a burning stick snatched from the fire?"*

*3 Now Joshua was dressed in filthy clothes as he stood before the angel. 4 The angel said to those who were standing before him, "Take off his filthy clothes." Then he said to Joshua, "See, I have taken away your sin, and I will put fine garments on you."*

*5 Then I said, "Put a clean turban on his head." So they put a clean turban on his head and clothed him, while the angel of the LORD stood by.*

*6 The angel of the LORD gave this charge to Joshua: 7 "This is what the LORD Almighty says: 'If you will walk in obedience to me and keep my requirements, then you will govern my house and have charge of my courts, and I will give you a place among these standing here.'*

In this moment, we ask that God would allow you to see where the accuser has attacked you in conversations, memories, and words over the years whether spoken by you or others. We ask that the Lord rebuke those accusations and redeem them, as we rebut them with the truth of His Word. We pray that you would recognize the new, "beautiful" garments He clothes you in—righteousness and salvation—in Jesus.

Pause now. Ask God to reveal to you any conversations, words, or moments in your life that planted bad seed, in you and identify them. For example: "I will never forgive you."

1. \_\_\_\_\_

2. \_\_\_\_\_

We will provide some examples only for helping you identify these words so you can replace them with truth and the Lord can redeem them. Here are some common examples of toxic words/beliefs that impact many women:

### Lies/Words About Yourself That Shape Your Beliefs & Actions:

1. You are not enough.
2. You are not good enough.
3. You will never be good enough.
4. If anyone really knew \_\_\_\_\_, they would not love you.
5. You are unlovable
6. You are unforgiveable.
7. You are a failure.
8. You are a mistake.
9. You are a burden.
10. Life would be better without you in it.
11. You mess everything up.
12. You ruin lives.
13. The more you do, the better you'll be.
14. You have no value.
15. You are unworthy.
16. You have no skill.
17. You have no talent.
18. You have no purpose or calling for your life.
19. There is nothing special about you.
20. God isn't good.
21. God doesn't love me.
22. God's love for me is conditional.
23. God can never forgive the bad things I have done.
24. God doesn't really exist.
25. My mistakes are beyond repair



If none of these resonated within your own heart, ask the Holy Spirit this week to reveal anything that needs to be revealed to you. Like anything causing ailment, you must know the source to establish the remedy. In our case as believers, our remedy is Jesus—our Redeemer, His Word, His truth.

One of the definitions of “redeem” is simply “to exchange.” We know Jesus literally did this, giving His life for our life. Because He did, we are privy to a life free of condemnation (there is no condemnation for those in Christ according to Romans 8:1).

Ask the Lord to rebuke the accusation/lie that has been present in your life, impacting your beliefs and actions. Ask the Holy Spirit to fill your heart with truth, to redeem the accusations that have journeyed with you too long. Ask Him to redeem and restore all that was lost because of accusations. Praise Him that His light shines in dark places and overcomes the darkness. Praise Him that all good things work together for the good of those who love God. Rejoice that the Lord is near and His plans for you are good, and His promises for you are Yes and Amen—in Christ Jesus.

Pause now and identify the TRUTH about yourself that will shape your beliefs.  
For Example: “I am chosen” (1 Peter 2:9).

- 1.
- 2.
- 3.
- 4.
- 5.

These truths are only some of the promises of God for your life (there are many more than this throughout the Word). Now that you have identified lies, continue to rebuke them and redeem them with The Truth. You are equipped in a powerful way to continue in this battle. The apostle Paul says in Ephesians 6 that we are to put on the belt of truth, and he describes this in relation to a full suit of armor. In Roman times, without the belt, a soldier wouldn't be able to take their sword into battle. How ineffective would a soldier be with no weapon? The Word of God in your life is your weapon.

### Just a few verses about words and thoughts:

As you read these verses, I encourage you to replace the word "words" with "thoughts," and consider how you speak to yourself and think of yourself, and not only how you speak to others. Sometimes it is easier to be more gracious with others than with ourselves, but sweet words of truth exchanged both inwardly and outwardly are equally important for the renewal of your mind.

**Proverbs 18:4 NLT** - *"A person's words can be life-giving water; words of true wisdom are as refreshing as a bubbling brook."*


**Colossians 4:6** - *"Let your conversations be full of grace, seasoned with salt."*

**Psalm 141:3** - *"Set a guard over my mouth, Lord; keep watch over the door of my lips."*

**Proverbs 18:20-21** - *"From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied. The tongue has the power of life and death, and those who love it will eat its fruit."*

**Proverbs 12:18** - *"The words of the reckless pierce like swords, but the tongue of the wise brings healing."*

**Philippians 4:8** - *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—anything is excellent or praiseworthy—think about such things."*



**Proverbs 15:4** - *"The soothing tongue is a tree of life, but a perverse tongue crushes the spirit."*

**Proverbs 16:24** - *"Gracious words are a honeycomb, sweet to the soul and healing to the bones."*

Session 5.1  
*Journal*

**1. When did you feel anxiety onset this week?**

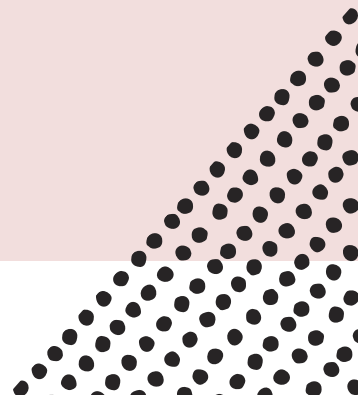
**2. Did you take the time to consider what was making you anxious? If yes, please explain.**

**3. Was it a situation in your control or out of your control?**

#### **4. How did you respond when you noticed the anxiety onset?**

**Scripture:**

**Prayer**



**Renew & Resist:**  
**Renew Your Mind &**  
**Resist Your Adversary**

Now we will dig deeper into the promises and truths of God for your lives so that you can effectively continue to renew your mind. We know our hearts thrive when we keep them in line with the promises God has for us. We know the content of our minds determines the content of our hearts. We know that out of the heart flows life (or death). Let's move this from a concept to a practice.

••• Session video is available at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest) •••

## Renew & Resist: Renew Your Mind & Resist Your Adversary

In the fall of 2005, I opened a Facebook account. At the time it was only available to college students, and I was among the first in my high school to have it, since I was concurrently enrolled. I had that same account through 2017 when it became unexpectedly hacked by someone from Russia (true story). They locked up access to my account so profoundly there was no way for me to get back into it. They changed all my backup contacts and email addresses, so I couldn't even request a password change. At the time this happened, I had over 3000 friends from years past, pictures of my wedding, pictures from the births of my girls. And suddenly my access to all of that was gone. It caught me off guard, and there was nothing I could do to recover the loss. But moving forward, I set up safeguards for the rest of my online accounts.

I swiftly changed passwords to everything in case the hackers came after more. I get so tickled because each time I try to log into my Gmail account, I type my password from before June of 2017. A now familiar red font pops up that always says, "You changed your password 9 months ago," and then I laugh and type in the new password. I finally put a note below my computer that says, "YOU CHANGED YOUR PASSWORD, PAIGE!" to try and get myself to remember before I sit down, look at a screen I have seen for years, and then type something (again) that doesn't work anymore. The power of the mind. It is involuntary for me to type the old password when I see that screen, because I have done it for so many years. I don't even think about it. I literally am having to retrain my mind to remember to put in a new password—something 6-14 characters long.

If I am having to renew my mind to input something as simple as this, how much more do you think your mind needs to be retrained, or "renewed," so that when the "screens familiar to you" pop up, you immediately recognize you need a new password? For you, a "screen" may be a situation that causes anxiety; a screen may be a new offense to that wounded root that is trying to heal. Just think of your screen as anything in life that presents itself that is needing a change in password. We need to get rid of the old stuff to keep the hackers out by replacing it with the most secure characters available—the living Word of God.

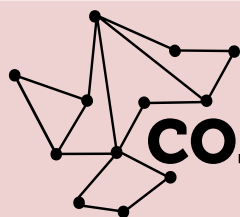
If you'll recall last session, we started to identify words or lies that have shaped your anxiety struggle. Many lies we believe come from the wounds we carry. They're



married to each other. Part of letting your wounds heal is letting the truth of the Word of God come into your life as the Living Water that it is, so that those wounded roots get back to a healthy place. Mind renewal is simple, but it takes dedication and discipline to make it your new “muscle memory,” so to speak. Mind renewal is not our suggestion or idea, it is the inspired genius of the Holy Spirit. Romans 12:2 says in part, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

### First things first:

*Romans 8:5 says: Those who live according to the flesh (old ways) have their minds set on what the flesh (old ways) desires; but those who live in accordance with the Spirit (new ways: newness of life in Christ) have their minds set on what the Spirit desires [LIFE AND PEACE].*



## CONNECT THE DOTS

We basically have “lives full of life” or “lives full of lies,” and it is entirely based on the things we think about. Back to the phase phrases (session 3)—if we operate from one that is in alignment with “the old ways” (Am I able? I AM able! No one is able.), it is contrary to the things of the Spirit. The Spirit says, “God IS able!” That is the phrase that should govern our minds in all aspects and details. Our phase phrases work like passwords in our lives: they either make us vulnerable to being attacked, if left unchanged, or they let us in securely, if we have an updated phrase. So, this is what we will strive for today: renewing our minds to say, “God IS able!”—working at it thought by thought and circumstance by circumstance.

Check out Romans 8:5 and note the implications for the different types of thinking.

Thinking the old way =

Thinking the new way =

We are going to be women today who transform our lives by renewing our mind to the things of the Spirit. Are you ready?

## STEP 1

### What are the things of the Spirit?

Remember when we discussed Philippians 4 about not being anxious, but rather rejoicing in order to guard your heart? If you continue reading that passage, Paul says this about where our minds should be set: “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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you” (Philippians 4:8-9).

(Consider also, 2 Timothy 1:7)

## STEP 2

### What are the things you’re thinking of that conflict with the list above?

If there are many, start with the biggest three things that weigh you down. Pray and think about this, then write them out. Don’t sugarcoat them. Light exposes darkness, and if something is the old way—we want the light on it. Get as specific as possible. (Look back to the lies you started working through last session if you need to.) Are you thinking you’re going to fail? That someone is going to leave you? That you’re going to hurt someone? That someone is going to hurt you? That harm is coming upon you and your family? Get specific. List out the people and and/or specific situations, beginning with a maximum of three examples.

## STEP 3.1

Identify these truths and things of the Spirit using Scriptures below that can replace the old way of thinking you noted above. (This is NOT remotely close to an exhaustive list of promises and truth for your life.)

We have paraphrased some of these verses. This not unlike what we practiced in the previous part of this session.):

**2 Corinthians 5:17** - *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

**2 Corinthians 9:8** - *"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."*

**Ephesians 3:20** - *"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us."*

**1 Corinthians 10:13** - *"...And God is faithful; he will not let you be tempted beyond what you can bear..."*

**John 10:10** - *"...I have come that they may have life, and have it to the full."*

**Romans 16:25** - *God is able to establish you according to the Gospel.*

**Romans 8:39** - *Nothing can separate you from God's love.*

**Ephesians 2:10** - *"For we are God's handiwork, created in Christ Jesus to do good works..."*

**Jeremiah 29:11** - *The Lord has plans to prosper you; to give you hope and a future.*

**Galatians 4:7** - *You are no longer a slave, but a child of God.*

**Romans 8:28** - *All things God works for the good of those who love Him.*

**John 15:16** - *You are chosen by the Lord.*

**2 Corinthians 12:9** - *"My grace is sufficient for you, for my power is made perfect in weakness."*

**Zephaniah 3:17** - *"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."*

James 1:5 - *"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."*

James 4:8 - *"Come near to God and he will come near to you."*

Matthew 6:33 - *"Seek first his kingdom and his righteousness, and all these things will be given to you as well."*

1 Thessalonians 5:24 - *"The one who calls you is faithful, and he will do it."*

Psalms 147:3 - *"He heals the brokenhearted and binds up their wounds."*

Isaiah 62:4 - *"No longer will they call you Deserted, or name your land Desolate... for the Lord will take delight in you..."*

1 Peter 5:7 - *"Cast your anxiety on Him because He cares for you."*

1 Peter 5:10 - *God Himself will restore, strengthen, and firmly establish you.*

**"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."**

**Jeremiah 29:11**

## STEP 3.2

### Confess the Word of God over your life daily to renew your mind.

Proverbs 23:7 says, “for as a man thinks, so is he.” If you discipline yourself to set your mind on truth, then automatically you will set your heart on the same thing. Your heart is your wellspring. What you put into your mind will make its way into your heart; what makes its way into your heart will be the overflow of your life. Our knowledge of God’s word/truth/promises establishes faith in our heart—and in confessing what is true, we are saved.

Romans 10 says, “For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.” Write down a confession using Scripture over something you identified in Step 2.

*For Example:*

*Lie — “I’m going to fail.”*

*Confession — “God is within me (That’s you! That’s me! God will help me at break of day.”*

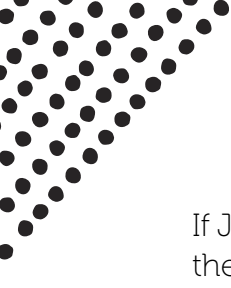
### How Jesus Did This:

I have said before that the enemy uses the same tricks repeatedly. Once you recognize them, they are obvious. The enemy is always sneaking in insecurity, and insecurity produces anxiety. He is always seeking to isolate, to make you insecure about your identity, and insecure about your relationship to the Father. (Recall Eve. Recall your own wounds and note this pattern.) Observe when the enemy tempts Jesus himself:

*Matthew 4:3-4 says, “The tempter came to him and said, ‘IF you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘IT IS WRITTEN: “Man shall not live on bread alone, but on every word that comes from the mouth of God.”’”*

### Observe four things:

1. The enemy mockingly questions who Jesus is. (If you are)
2. The enemy mockingly questions who Jesus is in relationship to God. (Son of God)
3. Jesus effectively resists the devil by verbally confessing the Word of God back to him. He resists him and He refutes him, and the devil leaves.
4. Verse 11 says, “Then the devil left him, and angels came and attended him.”



If Jesus needed to speak the Word of God to resist the devil, you and I need to speak the Word of God to resist the devil. Confess the truth to the lie. Believe God's Word in your heart and confess it with your mouth and it will save you—both eternally and in moment of anxiety to moment of anxiety. To effectively renew and resist, you must confess with your mouth. Belief becomes action when it leaves your lips. And it is powerful. And how encouraging that angels come in times of need and bring strength to the beloved children of God.

*1 Peter 5:6-10 was written concerning this:*

*"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. CAST ALL ANXIETIES ON HIM BECAUSE HE CARES FOR YOU. BE SOBER-MINDED AND WATCHFUL. YOUR ADVERSARY THE DEVIL PROWLs AROUND LIKE A ROARING LION LOOKING FOR SOMEONE TO DEVOUR."*

RESIST HIM, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.



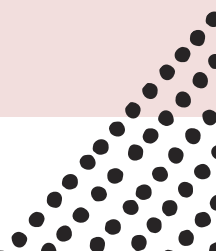




**4. How did you respond when you noticed the anxiety onset?**

**Scripture:**

**Prayer:**



# **Rest To Release: The New Harvest**

Growing up, my best friend had a predictable nighttime routine. She absolutely could not go to sleep until she had a shower and guaranteed clean sheets. It didn't matter how exhausted she was or what time she got home; one could be certain she would not miss her routine preparing for bed. I know many people like this, concerning how and where they rest.

Can you picture the person five hours from home but driving through the middle of the night because they want to rest in their own bed and with their own pillow? Are you this person?

••• Session video is available at [www.entourageministries.com/hearts-at-rest](http://www.entourageministries.com/hearts-at-rest) •••

## Session 6

### Rest To Release: The New Harvest

This concept came full circle to me in one of many post-marriage awkward situations. My entire family showed up at an airport with pillows, as we were preparing to fly to Cancun. My husband, looking mortified, asked, "Why does every member of your family have their pillow?" I had never considered how odd our already large and loud group looked, carrying around a bunch of old flimsy pillows in an airport. It was a norm for our travels. I remember telling him, "Oh, they can't rest without their own pillow!" This was the norm for my family; as funny as it is, it is true.

We all have quirks considering where and how we rest best. This entire study was birthed out of the concept of "resting," and our goal has been, each week, to eliminate and address the elements of your life that keep you from a secure place of rest in the Lord. This is why the name of this study is "Hearts at Rest." As we unfold this week's content, let's look at the word "rest" so that we have common knowledge of what we mean when we say this word.

#### Defining Rest:

Merriam-Webster defines rest as "freedom of activity or labor." Generally, someone who has anxiety is not full of rest. Anxiety comes with much mental activity, anguish, and labor of the heart and mind.

If you recall in Session two we looked at Phase Phrases that can guide our life:

"Am I able?" | "I am able!" | "No one is able." | "Is God able?" | "God IS able."

If you ponder these statements in a context of rest, only one phrase reflects a heart at rest. In the first four phase phrases you are laboring on someone's ability, lack thereof, or your own activity/ability, or lack thereof. However, if the phase phrase of your life is, "God IS able," you aren't even considering your capacity or incapacity. You aren't considering anyone else's capacity or incapacity. It simply reflects a heart at rest, certain of who God is and HIS capacity. Rest is what we seek to do.

#### Where To Rest:

Past sessions have reminded us of our need to rest, although I suspect you knew of your need to rest the moment anxiety started showing up in your life. The need to rest is sometimes more blatant than hearing the call of Jesus asking us to come

to Him and rest. Nevertheless, the need to rest, be it due to an onset of anxiety, is a beautiful catalyst that can move us into the presence of Jesus. Our hearts are tired, our minds are tired, we are weary before the Lord and life around us.

Jesus says in Matthew 11:28, "Come to Me all who are weary, and I will give you rest." Hebrews 4:1,11, says, "Therefore, while the promise of entering His rest still stands... whoever has entered God's rest has rested from his works...[so] make every effort to enter that rest." Think of "make every effort to enter that rest" and "come to Jesus all who are weary" as the same notion. The past sessions have been steps to come to the One who gives rest, and to put your own works to rest.

### Rest From Your Works:

Anxiety is a work of the flesh. Galatians 5 describes "strife" as a work of the flesh. Strife, by definition, is "conflict." Anxiety is internal and mental conflict. This is a work that needs to be put to rest in Jesus.

There is a word in Scripture that teaches us where and how to "rest," and this word paints an even better picture for us in understanding what a heart at rest looks like. The word "abide" means to "continue in a place." We gain rest by positioning our hearts and lives to "abide."

**Consider this picture and passage to get an idea of resting and abiding:  
John 15:1, 4-5, 9-12, 16**

**John 15:1** – *"I am the true vine, and my Father the gardener."*

**John 15:4** – *"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."*

**John 15:5** – *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."*

**John 15:9** - *"As the Father has loved me, so have I loved you. Now remain in my love."*

**John 15:10** - *"If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love."*



John 15:11 - *"I have told you this so that my joy may be in you and that your joy may be complete."*

John 15:12 - *"My command is this: Love each other as I have loved you."*

John 15:16 - *"You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last..."*

### Our place of rest is Jesus, the Vine.

When we come to Him, we decide to abide in Him; to remain in Him, to receive our rest, to put to rest works that are contrary. Resting in Jesus allows us to receive a release of new fruit into our lives. Out with anxiety and in with peace. Out with depression and in with joy. Out with strife and in with harmony (see Isaiah 61). So, the primary efforts of our lives should be those of removing the hindrances that keep us from resting through and in Jesus. Jesus refers to the Father as the Gardener; as such, He is always making corrections to the branches so that they can bear fruit. Literally speaking, weeds, thorns, insects and other things are always trying to tamper with the ability of a branch to experience fruit through its relationship with a vine. But as we abide in the Vine, the Gardener will expose and expel all such hindrances.

If you know Jesus but you aren't abiding in Him, it is because things are stopping the flow of the Vine in your life and your ability to bear His fruit. When things have attached to your branch that keep you from perfectly resting in Him, you cannot bear good fruit. This entire study, in a way, is an opportunity to assess yourself as a branch and your relationship to the True Vine; to assess your wounds and insecurities; and to assess when they began producing the fruit of your life and severing your rest in the Vine.

It is very important that you hear what I am saying: **you personally cannot produce the fruits you desire in life: love, joy, peace, patience, happiness, goodness, gentleness, kindness, and self-control—you can only see those fruits in your life by resting in the Vine** as He produces. Our only job is to "make every effort to enter into His rest." We protect our relationship to the Vine so that His fruit can remain. We labor to protect our branch by applying the disciplines and knowledge gained in the past weeks.

## How We Labor To Rest:

To maintain a posture of rest in the Vine, you must continually recall your identity, uncover your wounds to let them heal, realize your wellsprings (and guard them fiercely), renew your strength, and renew your mind, through the continual cleansing with His word. To be able to effectively practice these disciplines, you need to ensure you are resting physically, mentally, and spiritually.

## When To Rest:

Always. This is counter-intuitive for nearly any woman, yet it is the call on our lives. When we start hurrying to accomplish, hurrying to manifest a fruit that we can't source ourselves, we are severing our source in the True Vine. Peace and all else that is desired for a heart at rest only comes from waiting in the Lord to produce what He intends to produce. Rest is a lifestyle. You cannot have peace if you are not at rest. **The world is busy because it is empty and seeking.** We are called to be in the world, not of the world. When we recognize who we are in Christ, we are no longer empty and seeking. Therefore, we rest at all times because we are fully supplied to do all that we have been called to do, if we can see ourselves in secure proximity to the True Vine.

### Physically:

Jesus rested physically; you need to rest physically. If there are not margins in your life for adequate rest, something needs to be adjusted.

Are you getting enough physical rest? If not, what changes do you need to make to ensure that you are?

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### Mentally:

Jesus rested mentally; you need to rest mentally. Jesus often withdrew from the crowds and demands of the day—even from his closest friends and disciples. If you are constantly engaging your mind with others, with working, even with serving, etc., you need to make time to take a mental break.

Are you getting enough mental rest? If not, what changes do you need to make to ensure that you are?

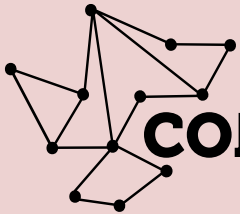
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### **Spiritually:**

Jesus rested spiritually; you need to rest spiritually. Jesus often withdrew and then spent time seeking the Father in prayer. God is our source of Living Water, and spending time with Him not only refreshes us, but it helps keep our branch cleansed and nourished from anything that might want to obstruct the flow of the Vine in your life (if you're considering the analogy of the Vine and branch).

Are you getting enough spiritual rest? If not, what changes do you need to make to ensure that you are?

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## **CONNECT THE DOTS**

Biblically, rest, or "the Sabbath," is a concept introduced for creation even before sin entered the world (Genesis 2:2). It is important to remember that Jesus redeems all that was impacted by the fall, including rest; Jesus is "Lord of the Sabbath," and mentioned as such in the synoptic gospels. So, we understand through this revelation, and through John 15, that Jesus as our "Lord of the Sabbath" is the redemptive rest from our labor.

### **Hearts at Rest:**

Rest does not omit the activities or demands of the world around us, but it changes the way we enter the frenzy. We either wake up every morning and put our hearts at rest, or we spend days aimlessly trying to find it. Rest is a posture. Rest is a discipline. Rest is a calling. Rest is a blessing. Rest is redemptive exchange. 1 John 3:19 explains that by our actions we know that our Hearts are at Rest before Him. The old fruit of the enemy produces deeds that look very different than the fruits of the Spirit, so as we rest in the Lord our fruits and actions begin to drastically change. In that change, our hearts are completely at rest.



## An Exchanging of Fruit:

*Isaiah 32:17*

*"The fruit of that righteousness will be peace; its effect will be quietness and confidence forever."*

If you'll recall our sweet friend Eve, she exchanged all the fruit of God's goodness and all that was around her for a seed of destruction and despair. In Jesus, you can exchange that despair and get back to a place of peace and security—security in who you are and your relationship with God. I love that God always takes what the enemy distorts and brings such beauty out of it—if only we can see it. **The enemy offered Eve a single piece of fruit—God offers a Vine that keeps producing fruit, not just to taste, but to become a part of:** He lets us come back to a place of dwelling with Him that is so secure He describes it as a vine and a branch. With a tree and its fruit, despair may have entered the world, but with the tree that is the Cross, and with the power and authority of Jesus Christ, there's opportunity to exchange your fruit. May your eyes be opened to the security of your identity in the True Vine. When life runs at you, you look at it, and remember that you are rested in the Vine, and may the default of your soul cry, "God IS Able!"

*John 10:29 says, "NO ONE can snatch them out of my Father's hand."*

*Psalm 91:1 says, "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."*

## From Anxious To Able:

My older daughter enjoys the iPad too much. But each time she uses it, my younger daughter wants to come and take the device, touch the screen, and just wreak havoc upon her life. Sometimes, when the four-year-old picks up the device, she stays in a place where she is vulnerable to toddler attack. But we have finally figured out if she goes to a high place, like the high bar stool in our kitchen, then the two-year-old cannot reach her. Eventually the toddler leaves her alone altogether. Our prayer for you is that you realize Jesus, as the True Vine, is your high place to whom you can go and rest—rest from havoc, rest from harassment, and abide in His love.

## A PRAYER FOR YOU TODAY

*Almighty Father, we pray in the name and authority of Jesus for this woman, for her family, for her calling, and for her healing, that You restore her security in You. That You restore even more to her than that which has been taken from her. That You show her in a way that speaks to her uniquely just how secure she is in You. That You show her how securely You have created her to care for herself and her world around her. We pray that You will help her establish these disciplines in her life, so through grace, the only labor of her days is a labor to rest in You, Jesus.*

*And we pray for a release in her life of new fruit. We pray that there would be abundance so evident and undeniable and unexplainable and simply miraculous that people begin to approach her and ask what has changed. And as the world watches her thrive and bear good fruit, we pray many would turn to You. We pray that on days when the enemy seeks to drag her backward, that in wisdom and urgency, she would go to her High Place in You. Even if things seem dark, may she abide in the promise that the darkest place she will ever be is in the shadow of Your wings.*

*Give her revelation of Your love for her that she may abide in that love. Give her revelation of what Your salvation means in her life so that she may love others well, as You have commanded her. May the guiding phrase of her life not be a phase, but be deeply instilled that, "God, You are able." In the name of Jesus, we pray she would freely go from anxious to able to walk in the delight and confidence of her calling on her life. We pray these things in faith, and we trust they will be. In repentance and rest, may her salvation be found, and in quietness and trust, a new strength. May she have a "fruit of righteousness that is peace and the effect of that righteousness be a quiet confidence forever."*



# Freedom to Forgive



# Freedom to Flourish



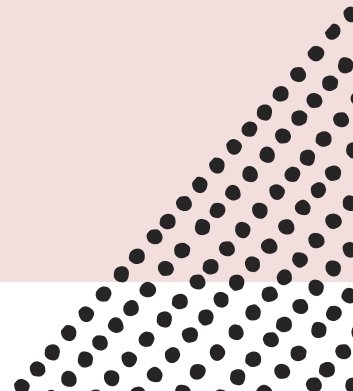
# Session 6 Journal

- 1. When did you feel anxiety onset this week?**
- 2. Did you take the time to consider what was making you anxious? If yes, please explain.**
- 3. Was it a situation in your control or out of your control?**

**4. How did you respond when you noticed the anxiety onset?**

**Scripture:**

**Prayer:**



# Freedom to Dream Again





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