

Out of Darkness Into Light

Wholeness Prayer Basic Modules Preface

“Then you will know the truth, and the truth will set you free.” (John 8:32)

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Preface

Only Two Kingdoms

As the fog cleared, the pilgrim realized that there are *only two kingdoms*. He had thought there was a third, and that he would be safe there. But now he saw that there was no third kingdom. It had been a deception. The evil one had been keeping him in bondage.

With disgust he ran to the cross and lay down his self-made shield. In the brightness he now saw that his old shield was full of holes. No wonder it hadn't ever protected him as he'd desired. What a waste!

After laying down this faulty shield that he'd so clung to, he ran through the door in the cross – the door that led from the kingdom of darkness into the Kingdom of Light. He'd always wondered why he couldn't get through that door and find peace. Now he knew – his old shield was part of the kingdom of darkness and had no place in the Kingdom of Light. He couldn't bring the faulty shield through the door – and he hadn't been willing to lay it down before. In fact it hadn't even seemed possible or wise, as he'd felt so afraid to be without it. He'd thought that laying down the shield would mean defeat and annihilation. But now, with joy he saw that it had actually brought glorious victory! He'd traded his armor for God's, deceit for truth, sorrow for joy, and defeat for victory.

Now safe in the Kingdom of light, he looked around with growing interest and joy. Nothing was scary now. All was peace and light. His face was radiant, reflecting that of His true King. He was finally home. And not only was he home, but he was clothed in righteousness, and had been given true, faultless armor. With joy he put it on. He had found the real thing. He was finally, gloriously free.

*“But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you **out of darkness into his wonderful light**. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy” (1 Peter 2:9-10).*

This pilgrim's experience is just one of many examples. We are called out of darkness into His marvelous light, with all that that entails. *“And we, who with unveiled faces all reflect the Lord's glory, are being **transformed into his likeness** with ever-increasing glory, which comes from the Lord, who is the Spirit” (1 Corinthians 3:18).* Here are a few of the wonderful things that occur as we are transformed into His likeness: laying down attempts at self protection, getting God's perspective, laying down burdens, walking in glorious victory over sin, joyously giving up anything that is not part of the Kingdom of light and walking in joy and living hope.

Basic Principles Underlying These Modules

The five basic steps used in “Out of Darkness into Light” modules are:

- **Recognize:** With God’s help, identify (take captive) your negative feelings, thoughts, and actions
 - “Where do I struggle with negative feelings, unhelpful thoughts, or to follow your ways?”
- **Recent:** Bring these to God and ask Him to reveal a related recent memory
 - “When did I recently struggle in this way?”
- **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
 - “When did I first struggle in this way (or has it been a pattern in my life)?”
 - “Why am I struggling in this way?”, “What do I believe at a heart level?”
- **Receive:** Receive His perspective - first at the root, if there is one
 - “What is your perspective?”, “What is your truth?”
 - “What *Biblical principles* apply?”, “How do these principles apply in this situation?”
- **Renew:** Apply this perspective in everyday life.

Some of the things these principles facilitate are:

- Taking thoughts captive
- Listening to God
- Getting His perspective
- Testing everything by Scripture
- Loving God and His Word
- Surrendering all we are to God
- Obeying God
- Growing in wisdom and knowledge
- Growing in intimacy with God
- Loving others
- Living in joyful victory.

Central to the basic principles are the cross of Christ, His resurrection, and empowerment by the Holy Spirit. Intertwined with these are the truth that there are only two kingdoms: light and darkness. Anything that is not part of the Kingdom of Light is part of the kingdom of darkness. Any apparent third kingdom of self-protection (or anything else) is in reality part of the kingdom of darkness.

The basic principles work together with discipleship. If discipleship is likened to walking up stairs, the basic principles can help a person get to the next level. For example, if someone has been stuck in an unhealthy pattern of behavior and they move to a new healthy pattern of behavior, that brings them to a higher level. The new pattern needs to be practiced to become a habit. This is a part of discipleship.

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Our Heritage

Also central to the basic principles is the fact that both *living hope* and *indefinable joy* (because of our salvation) are part of our heritage in Christ. These remain part of our heritage even when we're in the middle of grievous trials. (These concepts are taught in 1 Peter 1:3-9.)

If we are not living in our heritage of living hope and indefinable joy, something is wrong. We've been robbed. And it would be good to do something about this problem!

Our Hearts

The "*first and greatest commandment*" is to "*Love the Lord your God with all your **heart** and with all your soul and with all your mind*" (Matthew 22:37). As our hearts are more and more set free (transformed into His likeness), we are enabled to better love God and follow His ways. "*I run in the path of your commands, for you have set my **heart** free*" (Psalm 119:32).

The focus of these modules is *heart-level change*. To facilitate change at this level, most of the modules are intertwined with "Module 6: Healing from Emotional Wounds." The modules seek to help us identify what is happening in our hearts and bring these things to God. As we do this, many good things happen, including: getting God's perspective, laying down our burdens, and giving up anything not consistent with living in the Light. As we interact with God at a heart level, His truth enters the deepest parts of our being. This moves us toward conformity to His likeness.

If a person's past pain is unresolved, it will tend to color his or her present. Bringing our pain to the cross and finding true help there saturates our souls with peace. It is not healthy to wallow in the past. However, acknowledging the pain of the past long enough to bring it to the cross and give it to Jesus helps people to *truly* live in the present instead of the past. "*Cast all your anxiety on him because he cares for you*" (1 Peter 5:7).

God's Truth

"*Then you will know the truth, and the truth will set you free.*" (John 8:32) The goal of these modules is for people to experience God's truth at a **heart** level. The more our hearts experience the truth, the more we are truly set free. This may include:

- Getting God's perspective in place of our former "false beliefs." For example, *experientially* understanding that we are loved by God instead of feeling that we are unlovable.
- Recognizing past vows, decisions and choices we've made, that we now want to break (by God's power).
- Laying down our burdens.
- Laying down our attempts at self-protection.
- Putting on God's holy armor.

Ever-Increasing Glory

These principles have already brought freedom and joy to hundreds of people, as they have experienced God's truth in the depths of their hearts. They have been gloriously transformed (with ever-increasing glory) as the truth has reshaped their life patterns.

May the Lord give you glorious freedom, as you meet Him at your points of need.

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