

Out of Darkness Into Light

Wholeness Prayer Basic Modules Module 11

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

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Finding True Security

Biblical Basis – Finding True Security

“So this is what the Sovereign LORD says: “See, I lay a stone in Zion, a tested stone, a precious cornerstone for a **sure foundation**; the one who trusts will never be dismayed” (Isaiah 28:16).

“I sought the LORD, and he answered me; **he delivered me from all my fears**. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing” (Psalm 34:4-10).

“Grace to you and peace from God our Father and the Lord Jesus Christ. Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with **every spiritual blessing in Christ**. For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love He predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will – to the praise of his glorious grace, which he has freely given us in the One he loves. In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God’s grace that He lavished on us with all wisdom and understanding” (Eph 1:2-8).

“...because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. And **God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus**, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus” (Ephesians 2:4-7).

“I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, **being rooted and established in love**, may have power, together with all the saints, to grasp **how wide and long and high and deep is the love of Christ**, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God” (Eph 3:14b-19).

“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself’” (Matthew 22:37-40).

“**We love because he first loved us**” (1 John 4:19).

“**Delight yourself in the LORD** and he will give you the desires of your heart” (Psalm 37:4).

Brief Explanation – Finding True Security

Deep down we long for true security - to know that we're truly loved, accepted, and safe. If you didn't experience that in sufficient measure when you were young, it may be very hard now to trust God with all that you are.

If it's hard for you to fully trust in God as your true security, recognizing this fact is a good first step. Finding Scriptures that talk about His faithfulness can help. But there could also be other factors involved. You may not feel like you can trust anyone. Or you may find yourself disappointed with God when He doesn't act in the ways you think are best.

You may also be looking for someone to fulfill *your* definitions of love, acceptance or safety. These definitions may not be the same as God's definitions. God offers *true* love, acceptance and safety to those who choose it. God *loved* us so much that He sent His Son to die for us. God *accepts* those of us who choose to follow Christ. And He offers eternal *safety* to all who believe on His Name. He doesn't offer to accept those who chose their own way, or define love as being without discipline, or safety as having nothing you think is bad ever happen to you in this life.

You might also be pursuing counterfeit desires to seek satisfaction. These are things that you may think you want, but which really are a substitute for deeper and more substantial longings. Some examples are: seeking control instead of trust and surrender, sexual encounters instead of true intimacy, or earthly riches instead of heavenly ones. Seeking counterfeit desires can be a strategy, often unconscious, for dealing with painful emotions. But instead of helping to resolve the painful emotions, they actually hinder this process. They may seem to work for a time, but God offers a better way.

The good news is that the answer to all of your true longings is found in Christ. As you delight yourself in Him, He will give you, in His time, the true desires of your heart (Psalm 37:4). These may be quite different than what you thought they were. Contrasted with seeking earthly power, wealth or intimacy are the heavenly realities: *"I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you (true intimacy, love, acceptance, and security), the riches of his glorious inheritance in the saints (true wealth), and his incomparably great power for us who believe (true power)."* (Ephesians 1:18-19a)

You're invited to grow in your experiential understanding of who God is and how much He loves you. As you do, you'll grow in your ability to love and trust Him. And you'll find your true security, more and more, in Him. From this place of security, you'll be more able to focus outwardly and love others. You'll also be better able to hear God's voice, and to live in your heritage of joy and freedom. (1Peter 1:8; 2:16)

Part of finding your true security in Christ may come as you learn more from other people what a secure relationship based on trust looks like. Other growth may come as you take your thoughts captive, get God's perspective on those, and learn to walk in new ways. Other parts of the process could include: sorting through what your parents (or others) were like and how that's the same or different from what God is like; forgiving your parents; and learning how to respond to your God who's full of kindness.

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Step-by-Step Process¹ – Finding True Security

Note: See “Module 1: Overview and Introduction” for beginning and ending steps, and information on how to use the modules in various contexts.

If it’s hard (or feels impossible) for you to live in the reality that God is your firm foundation and you are safe and secure in Him:

1. Decide whether or not you would like to trust God to be your firm foundation. If so, ask Him to help you grow in this.

2. Ask God to show you where you’ve seen a secure relationship modeled in some form, even though imperfect. For example, you may not have experienced a secure relationship in your family, but you may have a (relatively) secure relationship with a friend. Or you may notice that your friend has a secure relationship with his parents.

If you haven’t experienced or seen a relationship that’s even somewhat secure, ask God to help you to find one.

3. Ask God to show you what kind of safety and security He offers you, and how that compares to secure relationships you’ve seen on earth.

4. Choose to trust God (as much as you’re presently able to).

5. Ask God to show you anything in you that makes it hard for you to trust Him. For example, you might have fear that if you trust Him something bad will happen. Or you may have past experiences of trusting someone and being disappointed. Or you may be trying to avoid close relationships because you’ve felt rejected in the past.

To help identify what makes it hard for you to trust God, ask yourself how you would feel if you were to choose to totally trust Him right now with all that you are, and never look back. If this feels hard in any way, ask God to help you identify why. Ask Him where you first felt a similar way about trusting someone else (maybe your parent). Get God’s perspective about this. For example, He may say that those people weren’t trustworthy, but He’s not like them and that *“those who trust in [Him] will not be disappointed. (Isaiah 49:23b)”*

For more information, see also “Module 5: Breaking Internal Strongholds” and “Module 6: Healing from Emotional Wounds.”

¹ “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

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6. If it has been hard for you to trust significant people in your past, ask God if there are any ways you've assumed that God's character is similar to theirs. If so, ask God to help you separate your understanding of their character from your understanding of His character.

For example, if you've found it hard to trust your father to be consistent, you might find it hard to trust God to be consistent. If this is the case, ask God to help you separate how trustworthy your father is (or was) from how trustworthy God is (and always has been and always will be).

7. As God helps you see more of the reality of His character, choose to trust Him in these new ways. Ask God to help you walk in this new path.

8. *"Delight yourself in the LORD and he will give you the desires of your heart"* (Psalm 37:4). Ask God to help you delight yourself in Him.

9. *This is what the Sovereign LORD, the Holy One of Israel, says: "**In repentance and rest is your salvation, in quietness and trust is your strength**, but you would have none of it. You said, 'No we will flee on horses. Therefore you will flee! You said, 'We will ride off on swift horses. Therefore your pursuers will be swift! A thousand will flee at the threat of one; at the threat of five you will all flee away, till you are left like a flagstaff on a mountaintop, like a banner on a hill.'" Yet **the LORD longs to be gracious to you; he rises to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!**" (Isaiah 30:15-18)*

- Ask God to help you trust Him with your desires.
- Ask Him to help you not demand your own ways. Repent of any ways you have made such demands. (See also "Module 4: Confessing and Turning from Sin.")
- Thank God for His grace.
- Ask Him to help you wait for Him (trust in His timing, and not go ahead of Him).

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10. Ask God to show you if you have chosen to follow after any counterfeit desires. If you have,

- Confess these. (See also “Module 4: Confessing and Turning from Sin.”)
- Ask Him to show you what true desires you have that are hidden underneath these.
- Ask Him to help you pursue these true desires instead of the false ones.
- Ask Him to show you anything that makes it hard for you to choose to seek after the true desires instead of the counterfeits. For example, you may fear rejection.
- For each thing He reveals, ask Him where you first felt this, or thought this was true. Get God’s perspective on this.
- As He reveals His perspective, decide if you’d like to
 - choose to follow His ways
 - trust Him with your true desires in this area
- Continue working through this process as needed.

See also “Module 5: Breaking Internal Strongholds”, “Module 6: Healing from Emotional Wounds” and “Module 10: Replacing Unhealthy Patterns.”

11. Find Scriptures that relate to the truths God’s showing you. Meditate on them, enjoy them, apply them, memorize some of them. Some great Scriptures that describe who we are in Christ are found in Ephesians 1 & 2.

12. Ask God to continue to show you anything in you that hinders you from putting your complete trust in Him. Also ask Him to continue to reveal to you any counterfeit desires that you’re still seeking after. Continue to take your thoughts and feelings captive, as in steps 1-11. Remember that you’re in process. Press on! (See Philippians 3:7-14.)

13. Share with someone what God has done and is doing in you, including where you still struggle.

Follow-up – Finding True Security

1. Work through other modules as they apply to your specific needs.
2. Remember what God’s done for you in the past. Thank Him. Tell others of His goodness to you.
3. Find Scriptures that show God’s character. Meditate on these.
4. Spend time in praise and worship.
5. Tell others how wonderful God is.
6. Continue to grow in Christ. Learn more and more of what it means to follow God and walk in His ways.
7. Find followers of Christ you can talk with about Jesus.
8. Ask God to help you “take your thoughts captive” and get His perspective on everything.
9. Talk to God about everything of significance in your life.
10. *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”*
(Philippians 4:6-7).

Whenever you feel anxious, follow the principles in Philippians 4:6-7. Pray, with thanksgiving. Ask God for what you need. If you still feel anxious, ask Him why. More in depth explanation of these principles is given in step 11 of “Step-by-Step Process – Living Beyond Fear” in “Attachment 2: Living beyond Fear” of “Module 10: Replacing Unhealthy Patterns. Also see “Module 5: Breaking Internal Strongholds”, “Module 6: Healing from Emotional Wounds” and “Module 10: Replacing Unhealthy Patterns.”

11. *“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. 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).

Think about good things. Put into practice the things you’ve learned about God and His ways. Ask Him to help you.

12. Continue to work through other modules as they apply to your situation. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

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Process Diagram

Module 11 – Finding True Security

- **Opening prayer**
- **Decide** whether or not you would like to trust God to be your firm foundation. If so, ask Him to **help you** grow in this.
- Ask God to show you where you've seen a **secure relationship modeled** in some form, even though imperfect.
 - If you haven't experienced or seen a relationship that's even somewhat secure, ask God to help you to **find one**.
- Ask God to show you **what kind of safety and security He offers you**, and how that compares to secure relationships you've seen on earth.
- **Choose to trust God** (as much as you're presently able to).
- Ask God to show you **anything in you that makes it hard for you to trust Him**.
- If it has been hard for you to trust significant people in your past, ask God if there are any ways you've **assumed that God's character is similar to theirs**. If so, ask God to help you **separate your understanding of their character from your understanding of His character**.
- As God helps you see more of the reality of His character, **choose to trust Him** in these new ways. Ask God to help you walk in this new path.
- Ask God to help you **delight** yourself in Him.
- Ask God to help you **trust Him** with your **desires**.
- Ask God to show you if you have chosen to follow after any **counterfeit desires**. If you have,
 - **Confess** these.
 - Ask Him to show you what **true desires** you have that are hidden underneath these.
 - Ask Him to help you **pursue these true desires** instead of the false ones.
 - Ask Him to show you **anything that makes it hard for you to choose to seek after the true desires instead of the counterfeits**.
 - For each thing He reveals, ask Him where you **first felt this**, or thought this was true. Get **God's perspective** on this.
 - As He reveals His perspective, decide if you'd like to
 - **choose to follow His ways**
 - **trust Him with your true desires** in this area
 - Continue working through this process as needed.
- **Find Scriptures** that relate to the truths God's showing you. **Meditate** on them, **enjoy** them, **apply** them, **memorize** some of them.
- Ask God to continue to show you **anything in you that hinders you from putting your complete trust in Him**. Also ask Him to continue to reveal to you any **counterfeit desires** that you're still seeking after. Continue to take your thoughts and feelings captive. Remember that you're in **process**. Press on!
- **Closing prayer**
- **Share** with someone what God has done and is doing in you, including where you still struggle.
- **Follow-up:** see Module 11.