

# Out of Darkness Into Light

## Wholeness Prayer Basic Modules Module 12

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

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# Living in the Light

## **Biblical Basis – Living in the Light**

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

*“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).*

*“If we **walk in the light, as he is in the light**, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin” (1 John 1:7).*

*“When Jesus spoke again to the people, he said, **I am the light of the world**. Whoever follows me will never walk in darkness, but will have the light of life” (John 8:12).*

*“**You are the light of the world**. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, **let your light shine before men**, that they many see your good deeds and praise your Father in heaven” (Matthew 5:14-16).*

*“Our Father in heaven, hallowed be your name, **your kingdom come, your will be done, on earth as it is in heaven**” (Matthew 6:9b-10).*

*“I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. **May they also be in us** so that the world may believe that you have sent me. I have given them the glory that you gave me, that **they may be one as we are one: I in them and you in me**. **May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me**. Father, I want those you have given me **to be with me where I am, and to see my glory**, the glory you have given me because you loved me before the creation of the world. Righteous Father, though the world does not know you, I know you, and they know that you have sent me. I have made you known to them, and will continue to make you known in order **that the love you have for me may be in them and that I myself may be in them**” (John 17:20b-26).*

*“Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are **filled with an inexpressible and glorious joy**, for you are receiving **the goal of your faith, the salvation of your souls**” (1 Peter 1: 8-9).*

**Brief Explanation– Living in the Light**

If you are a follower of Christ, you have a glorious reality. Part of this reality is:

- Jesus is the light of the world (John 8:12).
- You have been rescued from the dominion of darkness and brought into the kingdom of the Jesus (Colossians 1:13-14).
- You have been called “*out of darkness into his wonderful light*” (1 Peter 2: 9-10)
- You are empowered to “*walk in the light, as he is in the light*” (1 John 1:7; Ephesians 1:3, 19).
- You are the light of the world and are to let your light shine before men (Matthew 5:14-16).
- You have a heritage of joy, grace, and freedom from bondage.

As you come out of the darkness into His marvelous light, you take off the old things (which were part of the darkness) and put on the new (which are part of the light: Ephesians 4:22-24). This is part of what it means for His kingdom to come and His will to be done, on earth as it is in heaven (Matthew 6: 9b-10).

This has glorious implications for your relationship with God, and with others. While on earth, Jesus prayed that “*they may be one as we are one: I in them and you in me*” (John 17:22b-23a). And He taught that the greatest commandments are to “*Love the Lord your God with all your heart and with all your soul and with all your mind,*” and to “*Love your neighbor as yourself*” (Matthew 22:37&39).

God desires an intimate relationship with you. He is with you always. He wants to partner with you for life:

- Interacting with you about everything of significance in your life. These include:
  - God’s glory, character & purposes
  - Ideas, theories, concepts
  - Values, choices, and decisions
  - Family & significant other people
  - Time, work & ministry
  - Dreams & struggles
  - Personal growth
- Walking with you, moment by moment
- Inviting you to cast all your cares on Him
- Empowering you to love other followers of Christ and live in unity with them
- Empowering you to tell people who haven’t heard the good news about His love.

Partnering with God and increasingly living in the light facilitates:

- God’s kingdom coming and His will being done on earth
- Darkness being exposed and cast out
- Living in truth and freedom
- God’s light and glory being seen by those around you
- Growing in your understanding of God’s great love for you
- Loving Him in response, with all your heart, soul, mind, and strength (Deuteronomy 6:5; Matthew 22:37)

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- Loving others
- Growing in maturity
- Healthy relationships
- Seeking first His kingdom and His righteousness (Matthew 6:33)

### **Step-by-Step Process<sup>1</sup> – Living in the Light**

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

1. Decide you’d like to live in the light. Tell God this.
2. Ask God to help you live more and more in His light. If you aren’t yet a follower of Christ, see the module “Confessing and Turning from Sin.”
3. Ask God to show you more of His truth. *To you, O LORD, I lift up my soul; in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me. No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse. Show me your ways, O LORD, teach me your paths; **guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long** (Psalm 25:1-5).*
  - Ask God to guide you in His truth and teach you.
  - Seek to understand more of His truth. See “Follow-up – Living in the Light,” step 2.
  - Apply what you learn.
4. Ask God to show you any ways you are *not* walking in His light. See also “Attachment 4: Truth for Everyday Life,” in this module.

For each of these ways:

- Ask His forgiveness. See the module “Confessing and Turning from Sin.”
  - Seek His truth, as it relates to the situation(s). Find scriptures about the issues involved.
  - Ask God to show you if anything within you is hindering you from applying this truth. Work through the issues involved. Take any action steps He shows you. See any modules that apply.
  - Choose to apply his truth. Ask Him to help you.
  - Take any action steps He shows you.
5. Ask God to help you take your thoughts captive. When you feel stuck in a negative emotion, such as unhealthy fear, ask Him to show you:
    - Why you feel this way
    - Whether or not you need to feel this way
    - If not, what other way you could feel
    - Find scriptures that relate to what He shows you.

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<sup>1</sup> “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.

6. Ask God to help you continue to grow in intimate relationship with Him. (If you don't want to do this, or if you struggle in this area, ask Him why. Work through issues involved. See any relevant modules.)

7. *“For this reason 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. 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, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen” (Eph 3:14-21).*

- Ask God to help you continually grow in
  - understanding (experientially) His great love for you
  - receiving His love
- Ask God to show you anything within you that keeps you from experiencing this in its fullness. Work through any issues involved. Take any action steps He shows you. See any modules that apply.

8. *“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 22:37b-39).*

- Choose to give God first place in your life. Choose to love Him (in response to His great love for you), with all your heart, soul, mind, and strength (Deuteronomy 6:5; Matthew 22:37). Ask God to help you.
- Choose to love others as you love yourself. Ask God to help you. Ask God to help you see others through His eyes.
- Ask God to set captives free. People may be captives spiritually, emotionally, physically, relationally, or in some other way.
- Seek to be set free yourself in any ways you are still in bondage.
- Ask God to continually show you how to *actively* live out your love for Him, and your love for others.
- Take any other action steps He shows you.

9. *But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God and is by faith. I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead. (Philippians 3:7-11)*

- Choose to give God first place in your life. Ask Him to help you continually live this way.
- Ask God to give you holy boldness (Acts 4:29), along with wisdom (Matt 10:16).
- Choose to take up your cross daily (Luke 9:23). Ask God to help you.

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*10. Give thanks to the LORD, call on his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the LORD rejoice. Look to the LORD and his strength; seek his face always. (Psalm 105: 1-4)*

- Decide you want to live as “the light of the world” (Matthew 5:14). Tell God this. Ask Him to help you live this way; and to show you what this means, day by day. Living as the light of the world includes:
  - Giving thanks to Him. Rejoicing in Him.
  - Telling of all His wonderful acts. Giving Him glory.
  - Calling on His name. Seeking His face always.
  - Interacting with Him about everything of significance in your life.
  - Asking Him for what you need.
  - Submitting your desires to Him.
  - Singing praise to Him. Worshipping Him.
  - Making known among the nations what He has done.
  
- Ask God how he would like you to make Him known among the nations. Ask Him how you can make Him known
  - In your home
  - In your community
  - In your nation
  - To the ends of the earth.

11. Ask God that *His Kingdom would come, and His will be done, on earth as it is in heaven (Matthew 6: 10)*. Ask God specifically that His Kingdom would come and His will be done:

- In your life
- In your relationships
- In your marriage, if you are married
- In your family
- In your church
- In your community
- In your nation
- To the ends of the earth
  - In other nations
  - In the lives of world leaders
  - Among unreached<sup>2</sup> people groups
  - In situations you read or hear about in the news
  - In the lives of those who are persecuted for following Christ
  - In the lives of those who are sharing His love directly with the unreached.

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<sup>2</sup> Unreached people groups are those where less than 1% follow Christ.

## Module 12: Living in the Light

12. Choose to *partner* with Jesus for life. As part of that partnership:
- Meet with God. Expect Him to interact with you. A good pattern for this includes spending time alone with Him daily, and spending a longer period of time interacting with Him at least once a week.
  - Walk with God, moment by moment.
  - Make it your goal to have all kinds of things remind you of God and His truth.
  - Read (or otherwise interact with) the Bible daily. Talk about it with others. Learn more about what it means and how to apply it. Apply what you learn.
  - Talk with God about everything of significance in your life.
    - Ask God to help you develop this pattern in your life.
    - Find regular times that you can invite God to bring to mind the significant things in your life. Ask Him to give you His perspective on them.
    - Also ask Him about things of significance as they come up. *For example: “God, what is your perspective on this situation? What is your perspective on this person?”*
  - Seek fellowship with other followers of Christ. Seek to live in unity with them.
  - Tell people who haven’t yet heard the good news of God’s love for them.
  - Continue to follow the principles in this module, and in the other modules.
  - Give God the glory.
13. Rejoice! Remember that you’re in process, and the process is *good* because God is the one doing the processing! (2 Corinthians 3:18; 4:16-18; Philippians 2:12-13) Enjoy the journey. Give God the glory.
14. If you struggle with *choosing* or to *following through* with any of the steps above:
- Ask God to show you why.
  - Find scriptures that apply.
  - Work through any issues involved.
  - Take any action steps He shows you.
  - See any modules that apply.

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### **Follow-up – Living in the Light**

1. Seek to consistently apply the principles in “Step-by-Step Process – Living in the Light,” in this module. Follow through with action steps.

2. See “Attachment 1: No Longer a Victim – Empowered by a Loving God”  
“Attachment 2: In Christ We Are...”  
“Attachment 3: “One Anothering” Passages” and  
“Attachment 4: Truth for Everyday Life.”

Ask God to help you walk in these truths.

3. Ask God to *continually* fill you with His light and His truth.

4. Ask God to *continually* show you any ways you are *not* walking in His truth. Work through these (as in discussed in step 4 in “Step-by-Step Process – Living in the Light”, in this module).

5. *Learn* more of God’s truth. This includes:

- Asking God to continually reveal His truth to you
- Reading, studying, and applying the Bible
- Being taught by mature followers of Christ
- Fellowshiping together with other followers of Christ
- Seeking God’s truth for specific situations, and how to apply it
- Testing any teachings, ideas, and/or suggestions you receive, by the Word of God. Truth is always consistent with Scripture.
- Applying God’s truth in your life.

6. Seek to *understand* and *apply* more of God’s truth for any issues you’re working through.

7. 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.”



**Process Diagram**

**Module 12 – Living in the Light**

- *Opening prayer*
- *Decide* you'd like to live in the light. **Tell God** this.
- Ask God to **help you** live more and more in His light.
- Ask God to show you **more of His truth**.
- Ask God to show you **any ways you are not walking in His light**. For each of these ways: work through step 4 of Module 12.
- Ask God to help you **take your thoughts captive**. When you feel stuck in a negative emotion, such as unhealthy fear, ask Him to show you:
  - **Why** you feel this way
  - Whether or not you **need to** feel this way
  - If not, **what other way** you could feel
  - **Find scriptures** that relate to what He shows you.
- Ask God to help you continue to grow in **intimate relationship** with Him.
- Ask God to help you continually grow in
  - **understanding** (experientially) His great love for you
  - **receiving** His love
  - Ask God to show you **anything within you that keeps you from experiencing this in its fullness**. **Work through** any issues involved. Take any action steps He shows you. See any modules that apply.
- **Choose** to give **God first place** in your life. Choose to **love Him** (in response to His great love for you), with all your heart, soul, mind, and strength (Deuteronomy 6:5; Matthew 22:37). Ask God to **help you**.
- **Choose to love others** as you love yourself. Ask God to **help you**. Ask God to help you **see others through His eyes**.
- **Decide** you want to live as “the light of the world” (Matthew 5:14). **Tell God** this. Ask Him to **help you** live this way; and to **show you** what this means, day by day.
  - Ask God how he would like you to **make Him known among the nations**.
  - Ask God that **His Kingdom would come, and His will be done, on earth as it is in heaven** (Matthew 6: 10).
- **Choose to partner with Jesus for life**.
- **Rejoice!** Remember that you're in **process**, and the process is good because God is the one doing the processing! Enjoy the journey. **Give God the glory**.
- **If you struggle** with choosing or to following through with any of the steps above:
  - Ask God to show you **why**.
  - **Find scriptures** that apply.
  - **Work through any issues** involved.
  - Take any **action steps** He shows you.
  - See any **modules** that apply.
- *Closing prayer*
- **Follow-up:** see Module 12.

## Out of Darkness into Light

### Attachment 1. No Longer a Victim – Empowered by a Loving God

#### Biblical Basis - No Longer a Victim

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

*“Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. **You are my hiding place; you will protect me from trouble and surround me with songs of deliverance**” (Psalm 32:6-7).*

*“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you **the Spirit of wisdom and revelation, so that you may know him better.** 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, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe.** That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come” (Ephesians 1:17-21).*

#### Brief Explanation – No Longer a Victim

As a follower of Christ :

- You have been
  - Rescued from the dominion of darkness. *“For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins” (Col 1:13-14).*
  - Redeemed by the blood of the lamb.
  - Reconciled with God.
- Your heritage includes
  - Rejoicing always (Phil 4:4)
  - Persevering in suffering (Acts 14:22; Romans 12:12)
  - Overcoming the evil one – “by the blood of the lamb, the word of their testimony, they did not love their lives even to death (Rev 12:11)
  - Freedom from bondage – out of darkness into light (1 Pet 2:9)
- You are the recipient of a love so great it surpasses knowledge (Eph 3:19).
- You have a hiding place. You are protected (Psalm 32:6-7).
- You are no longer powerless. God’s power is at work in you (Eph 1:19).
- You need no longer feel hopeless (Ephesians 1:18). You have been born again into a living hope (1 Peter 1:3).
- You are no longer a victim. You have been set free. (Gal 5:1)

God loves you, has rescued you, and wants to *empower* you. You no longer need to be in bondage. God wants to train you for spiritual battle and give you victory.

### Step-by-Step Process<sup>3</sup> – No Longer a Victim

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

1. Ask God to help you understand that you no longer need to be a victim.

If this is hard for you to understand, ask God to show you why. Seek healing for any related emotional wounds. See the module “Healing from Emotional Wounds.” Also see any other modules that apply to your situation. Follow through with any follow-up steps God gives you.

2. Ask God to:

- Be your hiding place and protect you from trouble (Psalm 32:6-7; 91:1-2).
- Surround you with songs of deliverance (Psalm 32:7).
- Give you “*the Spirit of wisdom and revelation, so that you may know him better*” (Ephesians 1:17).
- Enlighten the eyes of your heart “*in order that you may know the **hope** to which he has called you, the riches of his **glorious inheritance** in the saints, and his **incomparably great power** for us who believe*” (Ephesians 1:18-19).

3. If you feel attacked

- Apply the strategy in Psalm 18:
  - Cry out to God. Ask Him to rescue you.
  - Learn to do battle in the heavenly realms.
  - Ask God to show you how to act in your earthly situation – with love, yet empowered by God.
  - Do battle, alongside God and empowered by Him.
  - Get total victory.
  - Give God the glory.
  - Praise Him, trust Him and worship Him throughout the process.
- Also
  - Ask God to show you anything within you that could be part of why you feel attacked. Work through any modules that apply.
  - Seek God for His solution to the problem.

4. If you feel fear or other negative emotions, ask God to show you why. Seek healing for any related emotional wounds. See the module “Healing from Emotional Wounds.” Also see any other modules that apply to your situation. Follow through with any action steps God gives you.

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<sup>3</sup> “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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5. Ask God for His strategy for your situation. Find verses that relate to this.

If another person is the issue, you may need to develop appropriate boundaries. See “Follow-up – No Longer a Victim,” step 2.

If you have felt intimidated by the evil one:

- Grow in knowing who you are in Christ. See “Attachment 2: In Christ We Are...” in this module.
- Grow in knowing your authority in Christ. Key verses include: Matthew 18:18-20; Luke 10:19&20; 2 Corinthians 10:3-5; Ephesians 1:19-23; 2:6&7; 3:20; 2 Timothy 1:7; and 2 Peter 1:3.
- Ask God to show you if there are any strongholds in your life that haven’t yet been dealt with. See the “Module 5: Breaking Internal Strongholds.”
- Ask God to if there is anything else in you that is giving the devil a foothold (Ephesians 4:27). Work through the modules that apply. Follow through with any action steps God gives you.

6. Rejoice! Your heritage is one of glorious joy (1 Peter 1:8-9).

## **Follow-up – No Longer a Victim**

1. Sing to the Lord.

2. Continue to grow in knowing who you are in Christ. See “Attachment 2: In Christ We Are...” and step 5 in the “Step-by-Step Process – No Longer a Victim,” in this attachment.

3. Continue to grow in understanding your authority in Christ. Find Scriptures that apply. *For example, Eph 1:2-8 tells us that followers of Christ are:*

- *blessed with every spiritual blessing in the heavenly realms in Christ*
- *chosen in Him before the foundation of the world*
- *holy and blameless before Him*
- *loved*
- *predestined to adoption as sons*
- *redeemed through His blood*
- *forgiven their trespasses*

*And that they have:*

- *grace freely bestowed on them in the Beloved*
- *His grace lavished upon them.*

4. Use Psalm 18 principles to partner with God in spiritual warfare, in situations where you are not directly involved:

- Learn to do battle in the heavenly realms.
- Do battle, alongside God and empowered by Him.
- Get total victory.
- Give God the glory.
- Praise Him, trust Him and worship Him throughout the process.

5. Apply spiritual warfare principles found in other Bible verses.

*For example, in 2 Chronicles 20:3-22, the following principles can be found:<sup>4</sup>*

- *Draw near to God (vs. 3,4).*
- *Acknowledge God (vs. 6).*
  - *Affirm His nature.*
  - *Affirm His sovereignty over all nations, and how that sovereignty is relevant to the situation about which you're praying.*
  - *Affirm His past mighty deeds and their relevance to the situation. (Ask yourself, "How has He already done in the past something like what I want to see Him do here?"*
- *Invite God to move in power. Confess your weakness. Look to him for a glorious answer (vs. 12, 13).*
- *Respond to God with your whole self (vs. 18,19).*
- *Release God's power through praise (vs. 21,22). This:*
  - *Brings us into closer touch with heaven's constant reality.*
  - *Brings heaven's reality into more concrete experience and application on earth, related to the situation's we touch.*

*Application for group worship as warfare:*

- *Ask God, "Where is today's battle? Where shall we focus our intercession?"*
- *Keep your mind focused on God, and on His glory being released.*
- *Worship Him. Between worship songs either pray, listen to God, or speak what you think He might be saying.*

6. Many Scriptures can be used to pray for yourself, others, and various situations. For example:

- *Psalms can help you pour out your heart to God.*
- *Many verses can be used to pray for yourself and others. For example, Psalms, Ephesians 1:3-12; 3:14-20, Philippians 1:9-11, and Colossians 1:9-12.*

7. Tell others the marvelous things God does.<sup>5</sup> Give Him glory!

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<sup>4</sup> Adapted with permission from *Worship as Warfare*, DC

<sup>5</sup> Remember not to share others stories without their permission.

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8. Develop healthy boundaries (as needed).

- When possible, seek to know what healthy boundaries are before you get into a situation. Starting with good boundaries is easier than trying to establish them later. It is easier to loosen boundaries than to tighten them.

To develop healthy boundaries:

- Find out what they are in your context.
  - Search His Word for relevant principles (you can ask others to help you).
  - Ask mature followers of Christ who understand your context.
  - Ask Him to help you know healthy boundaries for your situation. Keep in mind the bigger picture.
  - Submit the results of the above interactions to God and test the boundaries by His Word.
- Apply the healthy boundaries God has given you.
  - Ask God to help you.
  - If anything within yourself is hindering you from applying these healthy boundaries, work through those issues.
  - If someone else is hindering you from applying them, seek wisdom on how to proceed. Seek wisdom by:
    - Asking God for it
    - Asking Him how to apply the wisdom He gives
    - Asking mature followers of Christ for advice
    - Testing their advice to see if it's consistent with His word.
  - Share with someone. Keep them posted on how you're doing. Ask them to ask you how you're doing.

Examples of areas where you may need to develop healthy boundaries are:

- Balance of work and rest
- Holiness, including sexual purity
- Knowing what's your job and what's someone else's
- Holding on to what you know is true, even if others disagree
- Not following "the crowd" into sin or unwise choices

**Process Diagram**

**Module 12 – Living in the Light –**

**Attachment 1. No Longer a Victim – Empowered by a Loving God**

- **Opening prayer**
- Ask God to help you **understand that you no longer need to be a victim**. If this is hard for you to understand, ask God to show you **why**. Seek healing for any related **emotional wounds**. See the module “Healing from Emotional Wounds.” Also see any **other modules** that apply to your situation. Follow through with any **follow-up steps** God gives you.
- Ask God to:
  - **Be your hiding place and protect you from trouble** (Psalm 32:6-7; 91:1-2).
  - **Surround you with songs of deliverance** (Psalm 32:7).
  - Give you “**the Spirit of wisdom and revelation, so that you may know him better**” (Ephesians 1:17).
  - **Enlighten the eyes of your heart** “in order that you may know the **hope** to which he has called you, the riches of his **glorious inheritance** in the saints, and his **incomparably great power** for us who believe” (Ephesians 1:18-19).
- If you feel attacked, apply the **strategy in Psalm 18**. Also:
  - Ask God to show you **anything within you that could be part of why you feel attacked**. **Work through** any modules that apply.
  - **Seek God for His solution** to the problem.
- If you feel fear or other **negative emotions**, ask God to show you **why**. Seek healing for any related **emotional wounds**. See the module “Healing from Emotional Wounds.” Also see any **other modules** that apply to your situation. Follow through with any **action steps** God gives you.
- Ask God for **His strategy** for your situation. **Find verses** that relate to this.
  - If **another person** is the issue, you may need to develop **appropriate boundaries**. See “Follow-up – No Longer a Victim,” step 2.
- If you have **felt intimidated by the evil one**:
  - Grow in knowing **who you are in Christ**. See “Attachment 2: In Christ We Are...” in this module.
  - Grow in knowing **your authority in Christ**. Key verses include: Matthew 18:18-20; Luke 10:19&20; 2 Corinthians 10:3-5; Ephesians 1:19-23; 2:6&7; 3:20; 2 Timothy 1:7; and 2 Peter 1:3.
  - Ask God to show you if there are **any strongholds in your life that haven’t yet been dealt with**. See the “Module 5: Breaking Internal Strongholds.”
  - Ask God to if there is **anything else in you that is giving the devil a foothold** (Ephesians 4:27). **Work through** the modules that apply. Follow through with any **action steps** God gives you.
- **Rejoice!** Your heritage is one of glorious joy (1 Peter 1:8-9).
- **Follow-up:** see Attachment 1 of Module 12.
- **Closing prayer**

## Out of Darkness into Light

### Attachment 2. In Christ We Are...

<i>A chosen people</i>	<i>1 Pet 2:9</i>
<i>A holy nation</i>	<i>1 Pet 2:9</i>
<i>A people belonging to God</i>	<i>1 Pet 2:9</i>
<i>A royal priesthood</i>	<i>1 Pet 2:9</i>
<i>Able to approach God with freedom and confidence</i>	<i>Eph 3:12</i>
<i>Able to do all things through Christ who gives us strength</i>	<i>Phil 4:13</i>
<i>Able to stand firm in Christ</i>	<i>2 Cor 1:21</i>
<i>Accepted</i>	<i>Rom 15:7</i>
<i>Adopted into God's family</i>	<i>Eph 1:5</i>
<i>At peace with God</i>	<i>Rom 5:1</i>
<i>Baptized into Jesus's death that we might live a new life</i>	<i>Rom 6:3-4</i>
<i>Being renewed day by day</i>	<i>2 Cor 4:16</i>
<i>Being transformed into His likeness</i>	<i>2 Cor 3:18</i>
<i>Beloved of God</i>	<i>Rom 1:7</i>
<i>Blameless</i>	<i>1Cor 1:8</i>
<i>Born again</i>	<i>1Pet 1:23</i>
<i>Called to be saints</i>	<i>Rom 1:7</i>
<i>Called to belong to Jesus Christ</i>	<i>Rom 1:6</i>
<i>Children of God</i>	<i>John 1:12</i>
<i>Children of Promise</i>	<i>Gal 4:28</i>
<i>Chosen in Him</i>	<i>Eph 1:4, 11</i>
<i>Citizens of heaven</i>	<i>Phil 3:20</i>
<i>Clothed with Christ</i>	<i>Gal 3:27</i>
<i>Dead to sin and alive to God in Christ Jesus</i>	<i>Rom 6:11</i>
<i>Each a part of the body of Christ</i>	<i>1 Cor 12:27</i>
<i>Empowered by God</i>	<i>Eph 3:20</i>
<i>Encouraged to approach the throne of grace with confidence</i>	<i>Heb 4:16</i>
<i>Forgiven</i>	<i>Eph 1:7, Col 1:14</i>
<i>Friends of God</i>	<i>John 15:15</i>
<i>Given victory through Jesus Christ</i>	<i>1 Cor 15:56</i>
<i>God's temples</i>	<i>1 Cor 3:16</i>
<i>God's workmanship</i>	<i>Eph 2:10</i>
<i>Holy</i>	<i>Heb 3:1</i>
<i>Justified through faith</i>	<i>Rom 5:1</i>
<i>Kept safe from being harmed by the evil one</i>	<i>1 John 5:18</i>
<i>Lavished with the riches of God's grace</i>	<i>Eph 1:7-8</i>
<i>Light of the world</i>	<i>Matt 5:14</i>
<i>Ministers of reconciliation</i>	<i>2 Cor 5:18</i>
<i>New creations</i>	<i>2 Cor 5:17</i>
<i>One in Christ Jesus</i>	<i>Gal 3:28</i>



## Module 12: Living in the Light

<i>Partakers of the Divine nature</i>	<i>2 Pet 1:4</i>
<i>Raised with Christ</i>	<i>Col 3:1</i>
<i>Redeemed</i>	<i>Col 1:14</i>
<i>Rescued from the dominion of darkness</i>	<i>Col 1:13</i>
<i>Salt of the earth</i>	<i>Matt 5:13</i>
<i>Saved by grace through faith</i>	<i>Eph 2:8</i>
<i>Seated with Christ in the heavenly realms</i>	<i>Eph 2:6</i>
<i>Servants of God</i>	<i>1 Peter 2:16</i>
<i>Set free by Christ</i>	<i>Gal 5:1</i>
<i>Set free from the law of sin and death</i>	<i>Rom 8:2</i>
<i>Temples of the Holy Spirit</i>	<i>1 Cor 6:19</i>
<i>Vessels of honor</i>	<i>2 Tim 2:21</i>

*“Rejoice in the Lord always. I will say it again: Rejoice!” (Phil 4:4).*

## Out of Darkness into Light

### Attachment 3. “One Anothering” Passages

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

Romans 12:10—Be devoted to one another and honor one another above yourselves

Romans 12:16—Live in harmony with one another

Romans 13:8-10—Love one another

Romans 14:13—Stop passing judgment on one another

Romans 15:1—The strong are to bear with the failings of the weak

Romans 15:7—Accept one another as Christ accepted you

II Corinthians 1:11 – Pray for one another.

II Corinthians 6:11—Share affection with one another rather than withholding

II Corinthians 7:5-7—Comfort and show concern for one another in practical ways

Galatians 6:2—Bear one another's burdens and thus fulfill the law of Christ

Ephesians 4:2—Be patient, bearing with one another in love

Ephesians 4:15, 25—Speak truth with one another

Ephesians 4:29—Speak what is helpful for building others up according to their needs

Ephesians 4:32—Be kind and compassionate and forgiving of one another

Ephesians 5:21—Submit to one another out of reverence for Christ

Colossians 3:16—Teach and admonish one another with all wisdom

I Thessalonians 4:18—Encourage/comfort one another

I Thessalonians 5:11 – Encourage one another, build one another up

James 1:19—Listen to one another

James 5:16—Confess your faults to one another and pray for one another

**Attachment 4. Truth for Everyday Life**

The verses below are only a small sampling. The Bible is *full* of answers for all kinds of everyday life questions. When you have a problem, tell God about it. Ask Him to give you His perspective. If you stuck, ask God why. Work through any modules that apply to your situation. Follow through with any action steps God reveals. Find relevant Biblical principles and apply them in your life.

*Walk in the light as He is in the light. (1 John1:7)*

<b>Out of Darkness – Emotional</b>	<b>Into His Marvelous Light</b>
Anger	<p><i>(James 1:19b-20).</i></p> <p><i>(Ephesians 4:15b, 25-27)</i></p> <p><i>(Matthew 5:22a)</i></p>
Anxiety	<p><i>(Philippians 4:6-7)</i></p>
Bitterness	<p><i>(Ephesians 4:31-32).</i></p> <p><i>(Colossians 3:13-14)</i></p>
Confusion	<p><i>(1 Corinthians 14:33a)</i></p> <p><i>(John 14:26).</i></p>
Discouragement	<p><i>(Joshua 1:9).</i></p> <p><i>(2 Corinthians 4:7-9)</i></p>
Fear	<p><i>(Psalm 34:4)</i></p> <p><i>(Joshua 1:9)</i></p> <p><i>(John 14:27)</i></p> <p><i>(1 John 4:18-19)</i></p> <p><i>(Isaiah 41:10)</i></p> <p><i>(Isaiah 12:2)</i></p>

## Out of Darkness into Light

<b>Out of Darkness – Emotional (continued)</b>	<b>Into His Marvelous Light</b>
Frustration	<p><i>(Isaiah 30:15b)</i></p> <p><i>(Romans 8:28)</i></p>
Grief & Loss	<p><i>(Matthew 5:4).</i></p> <p><i>(Isaiah 53:4a)</i></p> <p><i>(2 Corinthians 1:3-4)</i></p>
Guilt, Self-Punishment	<p><i>(Psalm 103:12).</i></p> <p><i>(Romans 8:1-2)</i></p>
Insecurity	See “Attachment 2: In Christ We Are...” in this module.
Pride	<p><i>(Philippians 2:3)</i></p> <p><i>(2 Corinthians 11:30)</i></p>
Shame	<p><i>(Psalm 34:5)</i></p> <p><i>(Romans 10:11)</i></p>
Worry	<i>(Matthew 6:25b,33)</i>

**Module 12: Living in the Light**

<b>Out of Darkness – Personal and Relational</b>	<b>Into His Marvelous Light</b>
Avoiding responsibility	<i>(Galatians 6:2-5).</i>
Blame shifting	<i>(Matthew 7:3-5).</i>  <i>(1 John 1:8)</i>
Broken Promises	<i>(Matthew 5:34b,37).</i>
Comparing with others	<i>(1 Corinthians 12:18-20)</i>  <i>(2 Corinthians 10:12).</i>
Criticizing Others	<i>(Matthew 5:22)</i>
Cursing	<i>(James 3:9-10)</i>  <i>(Romans 12:14).</i>
Deception	<i>(Ephesians 4:15)</i>  <i>(1 Peter 1:24-25a, 2:1)</i>
Divorce	<i>(Matthew 5: 31-32)</i>

## Out of Darkness into Light

Out of Darkness – Personal and Relational (continued)	Into His Marvelous Light
Envy	<p><i>(James 3:14-18)</i></p> <p><i>(Romans 12:15)</i></p>
Fighting	<p><i>(Romans 12:16 &amp; 18)</i></p> <p><i>(Matthew 5:9)</i></p>
Gossip	<p><i>(Proverbs 16:28).</i></p> <p><i>(Matthew 7:12).</i></p> <p><i>(Proverbs 11:13)</i></p>
Harshness	<p><i>(Galatians 5:22, 23)</i></p>
Hatred, Hatred of men, Hatred of women	<p><i>(Matthew 22:39b)</i></p> <p><i>(1 John 2:10-11)</i></p> <p><i>(Matthew 5:43-47)</i></p>
Hiding your sin	<p><i>(Psalm 32:3-6)</i></p>

**Module 12: Living in the Light**

<b>Out of Darkness – Personal and Relational (continued)</b>	<b>Into His Marvelous Light</b>
Impatience, Unkindness	<i>(Colossians 3:12-17)</i>
Judgment	<i>(Matthew 7:1-2)</i>
Laziness	<i>(2 Thessalonians 3:10)</i> <i>(Proverbs 6:6-11)</i> <i>(Proverbs 10:4-5)</i>
Living in sin	<i>(Romans 13:12,14)</i>
Lying	<i>(Psalm 34:12-13)</i> <i>(Ephesians 4:15)</i>
Manipulating Others	<i>(Philippians 2:3-4)</i> <i>(Matthew 7:12)</i>
Negativity	<i>(Philippians 4:4)</i>
Perfectionism	<i>(Philippians 3:8-9)</i>

## Out of Darkness into Light

<b>Out of Darkness – Personal and Relational (continued)</b>	<b>Into His Marvelous Light</b>
Prejudice	<i>(James 2:1,8-9)</i>
Rejecting Others	<i>(Matthew 22:39b)</i>
Revenge	<i>(Romans 12: 19-21)</i> <i>(Matthew 5:38-39)</i>
Selfishness	<i>(Philippians 2:3-4).</i> <i>(Matthew 6:33a).</i>
Sexual sins	<i>(Ephesians 5:3,5,11).</i> <i>(Matthew 5:27-28)</i> <i>(1 Corinthians 6:15-20)</i>
Slander	<i>(Ephesians 4:31-32).</i> <i>(1 Corinthians 4:12b-13a)</i>



<p><b>Out of Darkness – Personal and Relational (continued)</b></p>	<p><b>Into His Marvelous Light</b></p>
<p>Someone is angry at you</p>	<p><i>(Matthew 5:23-24).</i>  <i>(Romans 12:18).</i></p>
<p>Someone sins against you</p>	<p><i>(Matthew 18: 15-17).</i></p>
<p>Stealing</p>	<p><i>(Ephesians 4:28).</i></p>
<p>Unforgiveness</p>	<p><i>(Colossians 3:13-14).</i>  <i>(Matthew 6:14-15).</i></p>
<p>Violence</p>	<p><i>(Proverbs 16:29).</i>  <i>(Matthew 5:9).</i></p>

## Out of Darkness into Light

<b>Out of Darkness – Beliefs, Choices and Desires</b>	<b>Into His Marvelous Light</b>
Fear of man	<i>(Psalm 56:3-4).</i>  <i>(Psalm 3:3)</i>
Legalistic Thinking	<i>(Galatians 5:1).</i>  <i>(2 Corinthians 3:6)</i>
Limited Good	<i>(2Peter 1:3).</i>  <i>(Psalm 37:4)</i>
Love of money	<i>(1 Timothy 6:10-11).</i>  <i>(Matthew 6:19-24)</i>
Seeking earthly reputation	<i>(Philippians 3:7-11).</i>
Seeking earthly power	<i>(Zechariah 4:6b).</i>
Seeking to save your (earthly) life	<i>(Luke 9:23-25).</i>

**Module 12: Living in the Light**

<b>Out of Darkness – Conditions</b>	<b>Into His Marvelous Light</b>
Abandonment	<i>(Psalm 27:10).</i> <i>(Deuteronomy 31:8).</i> <i>(Ephesians 1:11)</i>
Addiction	<i>(Galatians 5:1).</i>
Betrayal	<i>(Psalm 55:20, 22, 23b).</i> <i>(Psalm 55:12-14)</i>
Bondage (of various types)	<i>(Psalm 69:33).</i> <i>(Isaiah 61:1).</i> <i>(Isaiah 60:17)</i>
Brokenhearted	<i>(Psalm 34:18).</i>
Burdened	<i>(Psalm 55:22).</i>
Criticized	<i>(Romans 14:4b).</i>
Depressed	<i>(1 Peter 1:3-5).</i> <i>(Psalm 69:1)</i> <i>(Psalm 42:11)</i> <i>(2 Corinthians 1:3-5).</i>
Feel cursed	<i>(Galatians 3:13-14).</i> <i>(Rom 10:12b).</i>
Feel no one cares	<i>(1 Peter 5:7).</i>
Feel like a victim	<i>(Psalm 32:7).</i>
Lack boldness	<i>(Acts 4:29-30).</i>
Lack joy	<i>(1 Peter 1:3-9).</i>
Lack wisdom	<i>(James 1:5-6).</i> <i>(Matthew 10:16)</i> <i>(Proverbs 2:6)</i>

## Out of Darkness into Light

<b>Out of Darkness – Conditions (continued)</b>	<b>Into His Marvelous Light</b>
Lonely	<p><i>(John 15:14-17).</i></p> <p><i>(John 17: 20b-21)</i></p>
Overwhelmed	<p><i>(Psalm 18:4-6).</i></p>
Persecuted	<p><i>(Matthew 5:10-12).</i></p> <p><i>(Matthew 5:44).</i></p>
Rejected	<p><i>(Isaiah 53:3-5)</i></p> <p><i>(Ephesians 1:11).</i></p>
Suffering	<p><i>(Romans 8:18).</i></p> <p><i>(Matthew 5:10-12)</i></p> <p><i>(Philippians 3:10-11)</i></p> <p><i>(1 Peter 4:13)</i></p>

<b>Out of Darkness- Religious and/or Idolatrous</b>	<b>Into His Marvelous Light</b>
Idolatry	<p><i>(Exodus 20:3).</i></p> <p><i>(Exodus 20:4-6)</i></p> <p><i>(1 Corinthians 8:4b-6)</i></p>
Looking to sources other than God for power and security	<p><i>(Colossians 2:9-10).</i></p> <p><i>(Exodus 34:14)</i></p> <p><i>(Colossians 2:8-10)</i></p>
Rebellion	<p><i>(Numbers 14:18).</i></p>
Unbelief	<p><i>(Mark 9:24b).</i></p> <p><i>(Romans 3:21-24)</i></p>
Worship of anything but God (ancestors, false gods, spirits, idols...)	<p><i>(2 Kings 17:35b-36a).</i></p>
Witchcraft	<p><i>(Deuteronomy 18:10-13).</i></p>

## **Out of Darkness into Light**