

Worksheet for Module 6B

Out of Darkness into Light – Wholeness Prayer Basic Modules

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1. Presenting emotion/physical sensation:

2. Trigger event:

a. Emotions:

b. Thoughts/beliefs:

3. Original (or key) memory:

a. Emotions:

b. Thoughts/beliefs:

c. Jesus' perspective:

4. Jesus' perspective in the trigger event:

5. Application:

Schematic and Basic Steps in the Process for *Out of Darkness into Light – Freedom for the Captives Basic Modules*

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1 Peter 2: 9

Personal Restoration Facilitating Transformation

This schematic is a simplified picture. There is much crossover between the categories.

Introduction: Module 1

Out of Darkness – Put off the Old

- **External**
 - *Generational Bondage* – Module 2
 - *Family Curses* – Module 3
- **Internal**
 - *Sin* – Module 4
 - *Strongholds* – Module 5
 - *Emotional Wounds* – Module 6

Into Light – Put on the New

- **Internal**
 - *Forgiveness* – Modules 7, 8, and 9
 - *Healthy Patterns* – Module 10
 - *True Security* – Module 11
- **External**
 - *Godly Living and Kingdom Advance* – Module 12

Basic Steps in the Process

- **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.