

**You Are Who
GOD
Says You Are**

8 Steps to Overcoming the Past

Jean A. Sturgill

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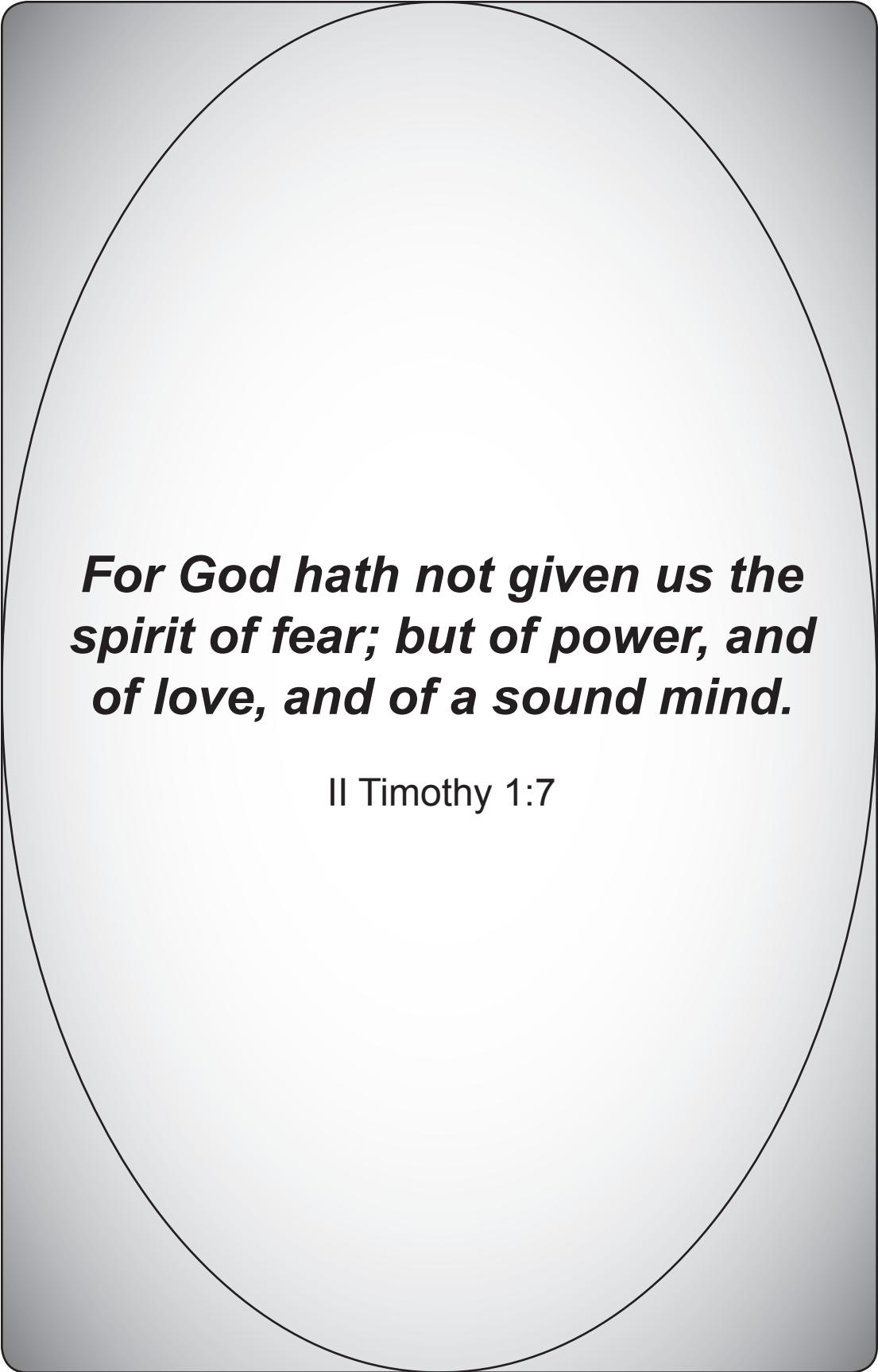
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Dedicated to
Jesus Christ

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***For God hath not given us the
spirit of fear; but of power, and
of love, and of a sound mind.***

II Timothy 1:7

Getting Started

I want to take you on a journey to a better place in your life.

It was November 2007. The door to my past closed like the final chapter in a book. I laughed. I thought, “That is my life?” I laughed again. It was all kinda surrealistic to me.

God said, “Now use it to help others.”

A new beginning was born. The past no longer controlled me. God had healed the hurt.

When God placed it on my heart to write this book, I began to try to recall the lessons He had taught me over the last several years. I began to try to retrace God’s fingerprints in my life.

Overcoming the past is really about becoming who God wants us to be. As long as the past is slowing us down, we cannot fully be that person. Pain from the past clouds everything we do. Subconsciously at times, it is a filter between us and reality. It filters out the best part of life, and it feeds us lies that create more pain.

Satan is the father of lies. God is the Father of truth. Clinging tightly to God’s Word, the truth, is the exit ramp from the past.

Head knowledge is great, but it won’t get us there. We need heart knowledge. The activities in this book are designed to bring heart knowledge when done in conjunction with faith and blind obedience.

blind obedience:
to obey without
questioning why

filter: like the filter
for a camera

Goal

To bring healing by replacing the pain / past filter that is constantly changing and updating as you move through life with a new filter based on God's Word, the truth, that never changes.

Timeline

I suggest you take a step at a pace that is comfortable for you. The timeline for each person will be different. However, the next step should not be taken any sooner than about 3 weeks. The 8 steps overlap. In some cases, you are adding steps as some of the activities are continuing. This is because growth and healing take both time and commitment. Applying God's Word in this way to your life and letting it change you is a process.

Group Setting Suggestions

Move forward every 3 weeks. Although best done in the order the book has been written, any of the steps can be adjusted to serve as an entry point. This chapter and Step 1 can be done as a one-to-one for those entering later in the process. The chapter titled "The Next Step" can be used as an evaluation for those who have been through all the steps.

Supplies

Your own copy of this book (to write in)

* Prayer Journal (additional notebook optional)

* Promise Journal (additional notebook optional)

* The lined note pages in this book may be used instead of purchasing the additional notebooks.

Commitments to Succeed

Your success will be proportional to your commitment.

1. Being committed to helping someone else succeed is a vital step in overcoming the past. Find a Christian person that you can help long term (8 months to a year) on a frequent and regular basis (1 to 3 times a week).

As you help this person, God will be able to work through this person to bring you healing. He will be able to use this person to tear down any visible and invisible walls you have constructed around your heart.

This relationship will not be about you, and you will not talk about you. Before you choose, pray asking who God would have you volunteer your time. You will maintain a professional relationship with this person. You are there for them. You need to consider this a working relationship.

*** It is important that you be committed to helping them because God told you to help them even when it is not convenient, or easy for you to do. There will be times when you do not want to help them for whatever reason. Cheerfully help them anyway. They are counting on you.

And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

– Colossians 3:23-24

Record your prayer request, for someone to help, in your Prayer Journal with any other requests you have. All requests need to be very specific. Date the request. When you have decided who God would have you to help, enter their information below.

Name: _____

How often you will help them: _____

How you will help them: _____

2. Fill in the blanks for these additional commitments.

- Establish and/or improve your faith and your relationship with Jesus

Jesus answered and said unto him, If a man love me, he will _____: and my Father _____, and we will _____, and _____.

– John 14:23

- Blind trust and obedience to God

For _____ are not _____, neither are _____, saith the LORD. For as the heavens are higher than the earth, so are _____ higher than _____, and my _____ than your _____.

– Isaiah 55:8-9

Holy Spirit: Spirit of God that lives in Christians to guide them and empower them.

- Apply necessary Biblical principles to your life, and act upon those principles through the power of the Holy Spirit

And that ye put on _____, which after God is _____ and true _____.

Wherefore _____,

 with his neighbour: for we are _____. Be ye angry, and
 sin not: let not the sun go down upon your wrath:
 Neither give place to the devil. Let him that stole
 steal no more: but rather _____,
 _____, working with his hands the thing which
 is good, that he may have to _____ to him that
 _____. Let no corrupt communication
 proceed out of your mouth, but that which is _____
 _____, that it may _____.

And _____
 _____, whereby
 ye are sealed unto the day of redemption. Let all
 bitterness, and wrath, and anger, and clamour,
 and evil speaking, be put away from you, with
 all malice: And _____ one to
 another; _____,
 _____ one another, even as God for Christ's
 sake hath forgiven you.

– Ephesians 4:24-32

edifying:
 confirming, building
 up

redemption:
 deliverance

We have been
 bought with a price.
 When we accept
 Jesus as our savior,
 our sins are paid in
 full.

3. Reflect on John 14:23. What promise is made in this
 verse?

4. List one thing you can do today to improve your
 relationship with Jesus. _____

5. Keeping Isaiah 55:8-9 in mind makes it easier for us to
 trust and obey. Is there time in your past when you obeyed
 God with blind obedience? If so, what was that?

6. Is there a situation in your life now that you need to trust and obey God? If so, what is it?

7. What steps will you take as you trust God? Maybe you need to take action? Maybe you need to wait?

8. Look back at Ephesians 4:24-32. What kind of communication should proceed out of your mouth?

9. What does it mean to you to be kind, tenderhearted, and forgiving? Who do you know right now that needs you to be this towards them?

10. How can you apply this principle in your life?

11. Prayer. Praise God and ask Him for His help to fulfill these commitments, to reveal Himself, and to show you who you are in His eyes. Ask Him to help you forgive those who have hurt you in the past. Write your prayer below.

12. Record additional prayer requests and needs in your Prayer Journal. Pray the prayer you wrote above, and pray for these additional prayer requests daily.

13. Record any promises God has shown you in your Promise Journal.

14. Write this chapter's scripture verse (page 7) below and memorize it.

Promise & Prayer Journals may be kept separately from this book, or you may wish to use the space provided at the end of each chapter.

Motivational Speaker



Jean A. Sturgill enjoys speaking to groups to motivate and inspire them to become who God says they are spiritually, personally, and professionally. She has spoken to professional business people since 2005. She has presented topics to help business professionals increase their client potential through educational

training sessions. Jean also speaks to women's ministries, community outreaches, and marriage retreats.

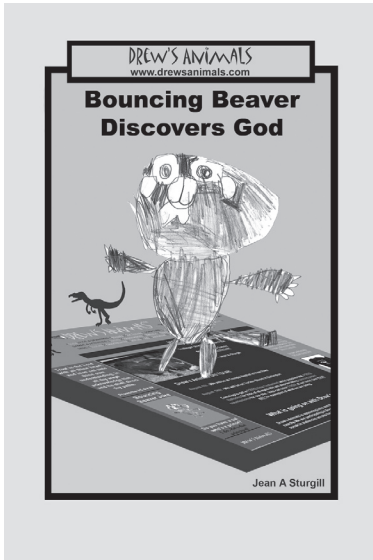
Topics:

- Business
- Leadership & Ethics
- Marriage & Family
- Politics

Travels From:
Mebane, NC

Visit JeanSturgill.com for more information.

Bouncing Beaver Discovers God



Delightfully fun and sweet with a powerful message of the Christian faith, *Bouncing Beaver Discovers God* by photographer and Christian writer Jean A. Sturgill shares the book of Genesis with young and beginning readers. With vivid color photos, this timeless Bible tale gets a little help from two boys and one very eager beaver that have the love of God in their hearts and on their minds.

Robbie and Drew come face to face with Bouncing Beaver when she literally jumps off of a page of their website. She is a beaver on a mission. She has been looking for God. She does not know who God is exactly, but she is pretty excited to learn. Robbie and Drew talk to her about God and all that He did to create all the creatures, big and small, on the planet. The boys also teach her that God is all knowing, that He is the creator, He is all powerful and that He is everywhere. So when she returns to the website from whence she jumped, it is fitting that an old friend of hers has renovated the site and she'll be able to read her Bible anytime she likes. Thank goodness, and all praise to God.

Order online at DrewsAnimalsStore.com
ISBN: 1419678221

JeanSturgill.com



Inspirational & funny blog to lighten your day or encourage you in your walk of faith.

Check the “Resources” page for additional resources for this book.

DrewsAnimals.com



Christian site. Safe for kids. Parent and teacher resources. Fun includes online games, printable coloring pages, animal photos, activity sheets, Bible verses, and scripture pages.