



STUDY GUIDE

Restless for More Study Guide

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INTRODUCTION

Welcome to your study guide for *Restless for More: Fulfilling Your Soul*. This study will help you to delve deeper into understanding how God wants you to have a fulfilled life by living out his command to “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind” and to “Love your neighbour as yourself” (Luke 10:27 NIV).

Each of these chapters is written in conjunction with the chapters as listed in the book. This study guide is a wonderful tool for personal study and reflection, but it also invites you to do it with a friend or a group. There are many discussion questions that will create great conversation and deeper understanding of the “one another” principles.

We live in a restless generation. Many children are growing up with an entitlement attitude and always want the next best toy or fun activity. Teenagers are bombarded with social media and have access to unlimited temptations for a more exciting life. Many marriages are crumbling because of a restlessness to find fun and happiness instead of commitment. We have access to everything that invites us to have a more exciting career, shorter work hours, more adventures, less work, and more fun. The possibilities are endless, and we believe we deserve to be happy.

We have lost our way. Nothing in this world will ever completely fulfill or satisfy the longings of our heart. It is our spiritual soul that craves to be fulfilled, and only God can do that for us.

It is my deep desire for you to know how much God loves you and wants you to have a life that is fulfilling and joyful in all circumstances. Impossible, you say? Why not take up the challenge and journey with me through some tough but thought-provoking questions that will change your life.

I understand that you are all on a different part of your spiritual journey. For the first part of my Christian journey, I just wanted God to make me feel good and make my life easier. Then I realized that all the boulders, disappointments, and even unfairness taught me to dig deeper and comprehend that every part of my journey is to shape me into a more beautiful woman. This is what I want for you. So if the questions are easy and you’ve already covered that part of your life, then thank God and praise him for the completed work. If the question makes you cynical or complacent, perhaps God is asking you to look at life from a different perspective. If the question is tough, don’t dismiss it. Instead, dig in and ask God to teach you and help you to gain some powerful and life-changing insights.

I believe with all my heart that these study guide questions and ponderings will help you to let go of some unnecessary anchors and help you to move into your glorious, fulfilling life.

May the Lord of lords and the King of kings, the creator of heaven and earth, meet you in a powerful and personal manner, so that you will experience some new beginnings of deeper fulfillment and joy.

Chapter 1

FINDING FULFILLMENT THROUGH GRACE

Refilling My Bucket

1. Imagine the picture of two buckets on a whiteboard from Chapter 1. Then write down how you feel when

- your bucket is empty.
- your bucket is full.

God didn't put us on this earth to continually struggle through life. The Bible says, "The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life" (John 10:10 NLT).

If your bucket is running on empty, why do you think that is? If you're not sure why, ask yourself some questions:

- Do you feel that what you do is never enough?
- Do you feel restless believing you are missing out on something?
- Do you feel ordinary?
- Do you struggle with guilt, shame or unforgiveness?
- Are you just too busy?
- Do you hate disappointing people?
- Are you trying to make too many people happy and neglecting yourself?

If your bucket is full, stop and give thanks to God.

2. Read the story of the prophet Elijah (1 Kings 18:18–19:15). What were the three major steps required to get Elijah back on his feet? How can you incorporate this into your present life?

3. Most of us have experienced pain and brokenness that can only be described by the Hebrew word _____.

Recall a time when you felt this, and share it with the group or write it down.

Was there someone that helped you during this painful time? What is their name?

4. The Greek word for thankful is _____.
The Greek word for grace is _____.
The Greek word for joy is _____.

Do you see how the root word of *joy* is the final result of being thankful?

Finish this sentence: "When I am reminded of God's _____, joy returns."

5. Ephesians 3:20 says, "Now to him who is able to do far more than we would ever dare to ask or even dream of." Do you believe this?

Have you experienced a time in your life when you knew, without a shadow of doubt, that God was with you? Describe or write down when and how that moment happened. If applicable, can you share it with the group?

6. The Bible commentaries refer to Paul's outburst of praise as a doxology, which is _____.

I was very moved by the fact that Paul was able to praise God while he was locked up in prison and in chains. It inspired me to write a doxology. I urge you to try writing one using mine as an example; it will enrich your soul.

7. The fourth thing God told Elijah to do was "go back and do it again" (2 Kings 19:15). Once our buckets are refilled, it is important to see what God has taught us during our desert time and apply this newfound wisdom. What nuggets of truth or wisdom have you acquired or learned during your "empty bucket" days? List some of them.

8. We feel restless and depleted when we look at what we don't have. One of the most powerful ways to refill our buckets is to stop and thank God for every provision in our lives. One of my best investments that I use almost every day is my gratitude journal. It is a beautiful book where I number each item of thankfulness. Whenever I take the time to go back and read my entries, I am in awe of God's goodness and feel filled to overflowing.

Write down at least five things you are thankful for right now.

Chapter 2

FULFILLMENT THROUGH USING MY ABILITIES

The Joy of Being Me

I believe God wants us to experience joy in every area of our lives. Do you think he wants us to enjoy only our recreational activities, family, and friends, but not our jobs? I believe that our jobs and careers are also part of God's plan for our lives. After twenty-one years of being a controller for two automobile franchises, I had to reevaluate my joy. As hard as I tried, I knew in my heart that the joy and fulfillment of my career had finished its season, and I knew it was time to resign. I left.

1. If you are in an unsatisfying and dead-end vocation that is not in line with your abilities, perhaps it is time to reevaluate your joy. Certainly there are seasons through which we just labor on, because we are still on a learning curve and we know it will get better. Remember, learning and discovering new skills and growth leads to joy, and meaningless stagnation does not.

Look up these verses to see what the Bible says about our jobs:

- Ecclesiastes 9:10
- Proverbs 14:23
- Proverbs 16:3
- Proverbs 20:13
- Proverbs 22:29
- Proverbs 21:25–26
- Ephesians 4:28
- 1 Corinthians 10:31
- Colossians 3:23

For the next ten days, scrutinize your job to see if this is where you believe God wants you to be.

2. There is a website called Adult Spiritual Gifts Tests. Take five minutes to do this 98-question test to discover your top spiritual gifts:

<http://www.spiritualgiftstest.com/test/adult>

What are your top three spiritual gifts?

Were you surprised, or did you know them already?

How can you use them to benefit your family, community, and yourself?

3. We have natural and spiritual abilities. They all come from God and can be used for God's glory. For example, you may be a great musician, artist, or accountant. It all comes from God, but you are the one who decides how you will use it.

Read Deuteronomy 8:17–18. What does God say about our success?

How will you use it?

4. God loves variety, and he hands out many spiritual gifts, so that the whole body of Jesus Christ can work together perfectly and in harmony. List all the spiritual gifts mentioned in the following verses:

Romans 12:6–8

1 Corinthians 12:27–31

5. In *The Purpose Driven Life*, Rick Warren says, “Experience is not what happens to you. It is what you do with what happens to you. . . . Using your shape is the secret of both fruitfulness and fulfillment in ministry.”¹ Warren uses the word “shape” as the way God designed us when he formed us in our mothers’ wombs (Psalm 139:13). All of our experiences have helped to develop our shapes and prepare us for ministry and our greatest fulfillment. Write down your experiences in these different areas:

- Your Family: How did you relate to your parents, your siblings? What did you learn about behavior, your talents, and the value of money?
- Your Education: Did you like school? What were your favorite subjects? Have they helped you in your vocation or life so far?
- Spiritual Experiences: Have there been defining moments when you really sensed God's presence? Perhaps in your quiet, devotional time, in nature, or in a church setting?
- Past Experiences: Your most painful experiences can be restored to bring you your greatest joys. In order for God to use your biggest messes and pain, you must be willing to let God heal and restore you, and then be willing to share your experiences to help other people. What might this next step be for you: A step toward healing? A step toward sharing? Or could it be both?

- Your Personality: Do you like who you are, or are you still trying to be the person everyone expects you to be? Once you learn to love and enjoy who you are, you will be confident enough to embrace all the abilities God has given you.

6. You need to keep growing and learning. Remember that you are a work in progress, and in order to be all that God designed you to be, you have to keep diligent about your improvement:

Be sure to use the abilities God has given you through his prophets when the elders of the church laid their hands upon your head. Put these abilities to work; throw yourself into your tasks so that everyone may notice your improvement and progress. Keep a close watch on all you do and think. Stay true to what is right and God will bless you and use you to help others. (1 Timothy 4:14–16 TLB)

- What can you do to be diligent about your progress? Take cooking or painting lessons? Attend computer classes? Participate in Bible studies?

Remember, all these abilities are given to you by God, and you can enjoy them and use them for his glory.

- “Stay true to what is right.” When we use the gifts and abilities that God has given us, it squelches our restless nature and begins to fill all the empty places in our soul. How can you use your gifts and abilities

(a) in your home?

(b) in your church?

(c) in your workplace?

Chapter 3

FULFILLMENT THROUGH GOD'S LAVISH LOVE

A Royal Love Affair

1. One of the greatest gifts God has given us is joy. My children and grandchildren give me incredible joy. What gives you joy and puts a smile on your face?

2. The key passage for this chapter is John 15:9–15:

I've loved you the way my Father has loved me. Make yourselves at home in my love. If you keep my commands, you'll remain intimately at home in my love. That's what I've done—kept my Father's commands and made myself at home in his love. I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. (MSG)

What does it mean that Jesus “kept my Father’s commands”?

What does it look like for you to “make yourself at home in God’s love”?

3. Rebellion and pride are words we may throw around lightly, but they have a huge impact in our spiritual journey. Note what the Bible says about these topics in the following verses:

(a) Rebellion:

1 Samuel 15:23

Joshua 24:19

Jeremiah 28:16

Hebrews 3:15

(b) Pride:

Proverbs 16:18

2 Chronicles 26:16

Psalms 59:12

Proverbs 11:2

1 John 2:16

4. The Pharisees and the religious leaders were meticulous about following all of God's laws. Aren't we told to obey God and all his commandments? Yet Jesus told them, "You are like beautiful mausoleums—full of dead men's bones, and of foulness and corruption" (Matthew 23:26 NLT). Why did he condemn their behavior?

5. Perfectionism is often applauded because it looks noble on the outside. If we are doing things perfectly to receive love and to be applauded, it will eventually backfire and may leave us bereft and resentful.

Who do you seek approval from? Your parents or husband? Your coworkers or employers? Your church? Evaluate your motivations in each area of your life: work, family, church service, and hobbies or creative endeavors. Do you need help letting go of your need for others' approval in one of these areas? Discuss below or with your group.

6. Our homes are places where we can spread love better than any area of our life. The story of Mary and Martha is very familiar to many of us:

As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. "Master, don't you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand."

The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it's the main course, and won't be taken from her" (Luke 10:38–42 MSG).

For years, I felt guilty because I was more of a Martha than a Mary. But over time I discovered I can be a Martha or Mary depending on the circumstances. There are times the job just needs to get done, but we must never neglect our precious time with Jesus. Are you a Martha or a Mary?

Martha—Often we run around trying to fix everything and making sure everything is perfectly attended to. These downfalls may apply:

- Sometimes we forget how big God is, and we don't trust him to work out the details.
- We focus so much on tasks, we miss opportunities to be with Jesus.
- We worry that if we don't do it, it just won't get done.

Which of these three is a distraction for you?

Mary—Sitting at the feet of Jesus and soaking in his love and teaching is the perfect place for us to be. But is that all he wants for us? Consider the following:

- Perhaps we get so caught up in learning, we don't notice opportunities for us to minister to people.
- We do our morning devotions, but we never use the abilities God has given us to make this world a better place.
- James writes, "Fool! When will you ever learn that 'believing' is useless without doing what God wants you to? Faith that does not result in good deeds is not real faith" (James 2:20 NLT).

In what ways can your good deeds make a beautiful difference in your home and the lives of people close to you?

7. Creation's beauty is a visual reminder of God's lavish love for humankind. Read Psalm 104. Soak in God's presence. Imagine him opening his welcoming arms to you (v. 28) and satisfying every one of your soul's longings.

Which one of your thoughts towards him would please him right now? Recognizing and acknowledging his marvelous gifts evokes a miraculous presence that satisfies our soul.

Chapter 4

FULFILLMENT THROUGH SOLITUDE

The Red Suitcase

1. Hearing stories of how God answers our prayers greatly encourages us and spurs us on to seek him even more. Take a moment to share a story of how God answered one of your prayers.

2. I believe we all desire to hear God's voice so that we can find solutions to our daily struggles. Psalm 5 tells us how:

Each morning I will look to you in heaven and lay my requests before, praying earnestly. (Psalm 5:3 NLT)

God, our loving Heavenly Father, is waiting for us to meet with him so that he can turn our messes into miracles.

What is one miracle you need in your life right now?

What intentional effort will you make to meet with God and give him your requests?

3. According to the following verses, how might God help you and fulfill you at your point of need:

Psalm 30:11

Psalm 31:7

Psalm 56:3–4

Matthew 11:28

John 14:27

2 Peter 1:2–4

1 Peter 1:2

2 Timothy 1:7

4. Reflect on Psalm 1:1–3 (NLT):

- (a) v. 1: “Oh, the joys of those who do not follow evil men’s advice, who do not hang around with sinners, scoffing at the things of God.”
 - i. Who/what gives us wrong advice?
 - ii. Are you hanging around with people who you know are “sinning and scoffing at the things of God”?

We may strongly insist that other people’s sin and distorted views of God do not affect us, but they do. Is there a group or a person that you know you need to pull away from?

- (b) v. 2: “But they delight in doing everything God wants them to, and day and night are always meditating on his laws and thinking about ways to follow him more closely.”

The Hebrew word for “to meditate” is *hagah*,² which comes from the primitive root *hagiyg*,³ which means “to murmur (in pleasure or anger); by implication, to ponder: —imagine, meditate, mourn, mutter, roar, speak, study, talk, utter.”

The word “meditate” can be misconstrued in this verse if we use it to meditate on anything other than God. I love how the Message version states it: “Instead you thrill to God’s Word, you chew on Scripture day and night.”

Studying God’s Word by chewing on it, imagining all the good things he can do for us, and sometimes even roaring in anger or muttering in despair helps us to learn about his character and deep love for us. Reflect on the ABCs of the wonderful characteristics of God, listed below. Which one speaks to you right now?

Almighty
Beloved Son
Comforter

Dwelling Place
El Shaddai
Fortress
Gardener
Helper
Immanuel
Just
King of Kings
Light
Majestic
Never Gives Up
Overcomer
Potter
Quickening Spirit
Redeemer
Shield
Tower of Strength
Uplifter
Victorious
Wonderful
EXalted
Yahweh
Zion's King

Now make up your own list of the A–Z characters of God.

(c) v. 3: “They are like trees along a river bank bearing luscious fruit each season without fail. Their leaves shall never wither, and all they do is prosper.”

I love this verse because it creates a beautiful image of a tree covered with fruit and rich green leaves. It conjures up a glorious life, rich with peace, generosity, and kindness, and overflowing with God's love. Neither you nor I can create this kind of fulfilling, prosperous, and sustainable life. This luscious fruit is a result of its rich soil.

We need to let our roots go down deep into God's outrageous love. This is done not by striving, but by pulling away from the noise of the traffic of our lives, and sitting in a place of silence and solitude.

- i. Discuss the different rhythms and ways in which you can prepare that special place to meet with God.

- ii. What season of life are you in right now? Explain.
- Spring: You just started your spiritual journey and everything is new, fresh, and exciting. You can't wait to see what God will do next.
 - Summer: Your restlessness is gone; you have stopped striving, and you are in a glorious season of contentment and spiritual prosperity. Every day is like a mountaintop of joy—you enjoy great health and all is right with the world.
 - Autumn: You feel reflective and sad because you have left the exhilarating season where everything seemed to flow like butter. Change is coming and you're not sure you're ready for it.
 - Winter: It feels like God has abandoned you and nothing is going your way. You feel stuck, alone, and like the cold darkness will never end.

- iii. What kind of fruit do you want God to produce in your life?

5. The Hebrew word for “still” in Psalm 46:10 is *raphah*,⁴ which means: “sink, relax, sink down, let drop, be disheartened, to let drop, abandon, relax, refrain and forsake, and to be quiet.” Which part of this definition hits your heart at this very moment? What will you do about it?

When we quiet our space to hear God's voice, stop our striving, and seek to rid ourselves of the corrosion of our souls, we begin to manifest the “Fab 5” of faith, hope, love, joy, and peace. Which one do you need most right now?

Chapter 5

FULFILLMENT THROUGH RELATIONSHIPS

One Is a Lonely Number

1. We are designed for connection: “We are all parts of one body, we have the same Spirit, and we have all been called to the same glorious future” (Ephesians 4:4 TLB). Look up the following verses and discuss how we are made for “one another”:

Ephesians 2:21

Ephesians 4:4–6

Romans 12:4–5

Romans 15:5

Are you presently part of the body of Christ? If not, ask a trusted Christian leader to answer some of your questions, and then have them pray with you so that you can start your personal relationship with Jesus Christ.

As Christians, we have a glorious future, and we have to help each other along the way.

2. Joining the body of Christ is like crossing a national border. My husband Jack and I have children who live in the United States, so consequently we go through many border crossings. Border patrols always ask the same questions:

Border Patrol: “Can I see your passport?”

My spiritual question to you: “If you presently belong to the church body, what year did you start your relationship with Jesus Christ?”

Border Patrol: “What are you bringing into this country?”

My spiritual question to you: “What can you contribute to the body of Christ?”

Border Patrol: “Any dangerous goods, meats, or vegetables that you should not be bringing across the border?”

My spiritual question to you: “Is there a lifestyle, attitude, or ‘dangerous good’ you need to leave behind?”

When we become part of the body of Christ, we need to leave behind our selfish attitudes and start to focus on “one another.”

3. Shame can make us feel alone and disconnected. There are two types of shame:

- (a) Circumstantial Shame: We feel this shame when we see or hear things that we have no control over.
- (b) Real shame: We need to ask God to forgive us for our misdeeds and move forward with confidence and new freedom.

When we identify our shame and surrender it, shame loses its power, and we gain the confidence to engage in healthy, loving relationships. Can you identify any shame that you are struggling with? Find a trusted friend or counselor to help you identify your shame and then surrender it to God. When shame is taken out of its secret place, it will unleash freedom and joy beyond anything you have ever experienced.

4. Vulnerability is essential to overcoming loneliness. First of all, we need to acknowledge that loneliness is a feeling and not a fact. There may be opportunities all around us that we are afraid to pursue.

You and I have to take the steps to open our hearts and let other people see what’s in there, so that they can in turn share their life with us. We also have to become vulnerable enough to recognize that we are lonely and make deliberate choices to move out of our comfort zones. It is up to you to

- look up, make eye contact, and say hello;
- talk to people in line-ups and smile;
- sign up for a Bible study or book club;
- take a new course at the college or sign up for something you’ve wanted to do for a long time, like a writing, cooking, or painting course;
- join a knitting or crocheting group; or
- go the gym and engage in conversations with people around you.

Which one of these suggestions would help you to step out of your loneliness? Can you think of other ways?

5. Being alone isn't the same as feeling lonely. Let's not confuse these facts. Many people, especially introverts, love being alone. They feel content and happy. It is a choice that they make, and it rejuvenates their minds, calms their spirit, and gives them new inner strength.

Do you rejuvenate by being alone?

Loneliness feels different. It says, *Is there something wrong with me? Am I so unlovable that no one wants to be with me? Am I a loser?* The brain can trigger a childhood memory of sadness and crying, of feeling isolated or abandoned. So in the present, our brain is designed to recognize pain and danger and therefore remembers that loneliness.

Is there a sad childhood memory that triggers pain and loneliness? Are you willing to share this story with someone so that it loses its power?

Chapter 6

FULFILLMENT THROUGH ENCOURAGING ONE ANOTHER

You're the Best

1. One of the best gifts we can give each other is encouragement. Anatole France, a poet, journalist, and novelist who won the Nobel Prize for literature in 1921, says, "Nine-tenths of education is encouragement."

Do you agree or disagree? Discuss.

2. Look up the following verses and write down what they say about the power of encouragement.

Proverbs 15:4

Romans 12:8

Romans 12:4

Psalms 119:28

Psalms 138:3

Proverbs 28:10

What strong theme runs through these verses?

3. William Arthur Ward, one of America's most quoted writers of inspirational maxims said, "Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you."

What is the name of one person who encouraged you when you were growing up?

4. We crave human touch. An article in the *New Yorker* states, “In the mid nineteen sixties Romania saw the proliferation of *leagăne*—literally, ‘cradles,’ otherwise known as institutional homes for the very young.”⁵ Romania was trying to increase the industrial output and thought it required a larger population. The babies born in these institutions didn’t have human cuddling or touch and experienced severe sensory deprivation and social withdrawal.

It’s heartbreaking for me to read this because I know how important healthy and loving human touch is for single moms, elderly people, and even seemingly disengaged teenagers.

Jesus touched people wherever he went, and his loving hands healed and restored lives.

What is appropriate touch that encourages and uplifts?”

Is there someone in your area of influence that perhaps disgusts you, but you know they need a loving touch?” What will you do about this the next time you see them?

5. The word *parakaleō* means “to strengthen and call to one’s side.” When we take the time to pull people aside and give words to strengthen them, we are also encouraged and strengthened in ways we may never understand. But it’s more than a pat on the back and “Hey, it’s gonna get better!”

What are three loving and authentic ways you can go out of your way to encourage someone?

6. Read 2 Corinthians 3:4–6. Often we fail miserably when we try to pour goodness into someone’s life simply by gritting our teeth and trying harder.
Our power comes from_____.

7. You may be saying: “I am alone, discouraged, and I need someone to come alongside me and lift me up.”

So often people ignore us or don’t help us because they don’t know we are going through a difficult time. May I lovingly suggest that first of all you share your story and discouragement with someone who will listen. Then ask them for help and encouragement.

8. Look up the following verses and record nuggets for your encouragement.

Romans 15:4

Psalm 63

Psalm 91:11, 14–16

Psalm 103

Isaiah 43:1–2

Chapter 7

FULFILLMENT THROUGH BEING KIND TO ONE ANOTHER

Love in Shoe Leather

1. Read Rahab's story in Joshua. Rahab the prostitute was an unlikely candidate for kindness. She showed kindness to the spies by hiding them among the flax on the roof of her home. The spies returned the kindness by saving her and her entire household. Through this exchange of kindness, Rahab ended up in the Israelite community, and her name is listed in the genealogy of Jesus Christ and in the Hall of Faith in Hebrews 11:31.

Even the most undeserving people deserve God's kindness, and we never know how our actions will impact people throughout the generations.

What unlikely and undeserving person needs a radical dose of your kindness? Is it a prostitute, as in Rahab's case, or someone living on the streets, or a grumpy and disliked person in your neighborhood? How can you show sacrificial kindness?

2. Be kind to yourself. Spend some time in your "happy place" so that you are refueled and have the energy and compassion to be kind to one another. What are some of your happy places?

3. Look up the following verses in the Living Bible (TLB) and write down what you learn about kindness.

Psalm 103:8

Psalm 103:17

Proverbs 3:3

Proverbs 11:17

Proverbs 19:22

Ephesians 4:32

Philippians 1:11

4. Jack's story is a beautiful example how modeling kindness in our workplaces can enrich people's lives in ways we don't even realize. Throughout your busy day, what are some ways you can go out of your way to express kindness to the most unlikely candidates?

5. Pass it on. A lady at one of my conferences won a beautiful bracelet. Later she told me that she gave it to a teenage gal she saw working in the kitchen. She said, "I gave that young gal my bracelet because years ago someone gave me a necklace with a cross on it and it changed my life. I hope my act of kindness will change this young woman's life."

Teenagers can use huge doses of kindness. Do you know of a teenager who would greatly benefit from a "gift for no reason"?

6. Mother Teresa said:

"Love begins by taking care of the closest ones—the ones at home."

and

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile."⁶

Sometimes it is easier to be kind to strangers who don't know your personal history. But at the end of the day, it is the people closest to you that matter the most. This week, how can you show kindness in your face, eyes, and smile to your husband, children, sister, or parents? Name three practical steps:

Chapter 8

FULFILLMENT THROUGH HONORING ONE ANOTHER

Rewards for Honor

1. There seems to be a lack of respect in our North American culture. Students disrespect their teachers, policemen, and other authorities. Young people don't readily give up their seats on the subway or bus, or open doors for elderly people. Many children talk disrespectfully towards their parents, grandparents, and people in general.

Discuss this with your group: Do you think there is a lack of respect in this generation? If so, how do we bring respect back into our society?

2. According to the world's standards, if we work hard or have a significant accomplishment, we get a reward. In God's economy, if you trust him fully you get your rewards. But it is hard to honor God if we don't trust him. Our past hurts often keep our hands tied by unbelief and mistrust. Romans 12:10 NLT says: "Love each other with genuine affection, and take delight in honoring each other." But until we learn to honor God, it is difficult to take delight in honoring each other.

Read Psalm 91:14–16 and record at least seven things God promises to do when we pray and ask him to help us.

When we know he loves us that much, it opens our hearts to let him be God of our lives, to exalt him, and to honor him.

3. To honor someone, we need to be in a posture of humility. It means letting go of our selfish demands and attention seeking, and instead respecting the other person and lifting them up.

Read the following verses and write down what happens when we humble ourselves and honor one another:

1 Peter 5:6

Proverbs 22:4

4. We honor successful and smart people, but Jesus chooses the humble, the weak, and the misfit. When Jesus chose his twelve disciples, he chose a motley crew. He chose a greedy and dishonest tax collector, Matthew, and a rugged and volatile fisherman, Peter. We honor people for who they are, not for what they do. Look up the following verses to see whom we need to honor:

Romans 13:1–2

1 Thessalonians 5:12–13

1 Peter 2:17

1 Peter 3:7

What happens if you don't do this?

Psalms 127:3

Ephesians 5:33

Read all of Psalm 128 and write down all the rewards God gives us if we honor (reverence) him.

5. “And this is the promise: that if you honor your father and mother, yours will be a long life, full of blessing” (Ephesians 6:3 TLB).

After reading Chapter 8 in the book, what are some changes you need to make so that you are truly honoring your mother and father?

Do you believe that if you do this, yours will be a long life, full of blessings? Why or why not?

6. Honor is a matter of the heart, and it must be extended without hypocrisy and with the right motives. It should never be in pretense, because there is no reward for counterfeit.

Look up the definition of the word *hypocrisy* in a dictionary or Wikipedia. Define it in your own words.

Read Isaiah 29:13–14.

These verses tell us that people show honor with their _____ but not with their _____. What is the result?

7. There are certain tangible ways we can honor the Lord. Note what these verses say about honoring God in such ways:

Proverbs 3:9–10

Isaiah 58:7–11

8. Honoring God with our money is a true test of who and what the Lord is in our lives. God doesn't ask us to give him the first fruits of our life because he needs it; he already owns the cattle on a thousand hills. He asks us to do for our own good.

Read 2 Corinthians 2:6–9. Why does God ask us to give generously?

Isn't our God an amazing, loving God? He wants us to honor him so that he can pour his favor on us.

Chapter 9

FULFILLMENT THROUGH BLESSING ONE ANOTHER

Prosperity on My Knees

1. In this generation, many people don't understand or use the concept of blessing our children. Do you believe the same power of blessing is still valid today? If so, why do you not incorporate this practice in our homes?

2. Look up the word *blessing* on Wikipedia or in a dictionary and begin comprehending the beauty and power of blessings. Write down several synonyms.

3. Blessings come in different forms through words and actions. We can bless people by requesting that God bestow a favor on them, their children, their marriage, and their careers. We can bless people by giving them a financial gift when they are going through a money crisis. We can bless homeless people by giving them a warm blanket or a hot cup of soup. We can bless our children by praying for their success and healthy social interactions before they leave for school. There are endless ways to bless people. When we bless someone, we are literally imparting God's image and goodness into their lives.

List several ways that you can impart blessings to others in each of these areas:

- Your family

- Your workplace

- Your church

- Your friendships

2. I experienced the beauty and power of a “blessing evening” with my family when we spoke blessings over all our grandchildren. If you have children, grandchildren, or an intimate circle of friends who have children, I challenge you to have a special blessing evening. To get you started on writing a blessing, consider some of these possibilities:

- Their name: find its biblical meaning.
- What special qualities, natural gifts, or abilities do you see in that child?
- What aspect of their personality or character stands out to you?
- With those obvious traits in their life, how do you believe God can unleash the full potential of their future?
- What Bible verse would be suited for them?
- Write out a prayer invoking God’s words for them over their life.

3. The Hebrew word for Blessing is *barak*, closely related to the word *bara*, which means to create. When we speak words of blessing, we unleash creative ability to cause the effects of our words to take fruit. But by the same token, our words have the power to curse people, which can create destruction or calamity in their lives.

Having this knowledge, try to imagine how words of blessing, instead of curses, can change your marriage, your workplace, and your relationships. We have the ability to literally change a person’s life by the way we speak.

What are some bad habits you can change to speaking blessings instead of curses? For example:

- In your marriage: Instead of saying, “Why don’t you ever?” try saying, “Thank you for....”
- To your children: Instead of saying, “Why don’t you ever do as I say?” try saying: “Come here, sweetie, let me help you....”

It takes an intentional new way of thinking to create new habits to speak words of blessing that will create an atmosphere of harmony, love, and beauty.

4. What do the following verses tell you about blessings?

Deuteronomy 11:27

Deuteronomy 15:5

Deuteronomy 15:10–11 (The Message)

1 Chronicles 17:27

Psalms 31:19, 20 (The Message)

Psalms 37:25–26

Psalms 40:4

Proverbs 3:33

Proverbs 10:6

Malachi 3:10

Mark 10:13–16

Luke 6:20–22

John 1:16

5. Read the compelling story of Jacob (now Israel) in Genesis 48. What is your interpretation of Israel crossing over his blessing to Ephraim, the younger child?

6. Our Heavenly Father wants to pour out blessings onto his children. Pray and ask God to help you write a blessing for yourself. You deserve it.

7. When I read Esau's words, "Oh my father bless me too," it wrecked me because I had never received a blessing. Even though I felt sad for a while I realized I could never get back all those lost years. Instead of regret, I decided to put blessing practices in my present life. If you have never received a blessing, instead of regret, how can you incorporate this blessing principle into your family or circle of influence?

For the next two weeks, pray that God would help you deliberately find ways to bless someone each day.

Chapter 10

FINDING FULFILLMENT THROUGH PRAYING FOR ONE ANOTHER

Boulder in My Pathway

1. Most Christians acknowledge there is great power in prayer. We know we should pray more, and we want to, but we make excuses. Which apply to you?

- I don't know how.
- I feel intimidated by the way other people pray.
- I simply don't feel like it.
- I'm not convinced it makes any difference
- I'm too busy, tired and I don't have time
- Why would God want to answer my prayer?
- My prayer life is just fine, thank you.

How would you like to see your communication with God improve?

2. Prayer is a supernatural transaction and does not come easily. It is not a set of rigid rules but a passionate relationship with our Heavenly Father. It is communicating, talking and listening, with God who listens to us, loves us back, and is zealous about giving you the fulfilling life. How do we become passionate about prayer?

- (a) We experience the power of prayer through answered prayer. Whenever I lead a Bible study, I keep a prayer journal. Over the years, my study groups have enjoyed the sweetness of sharing answered prayers. Passion for prayer rises up within us when we realize that God does hear our prayers and answers them.

What prayers has God answered for you?

- (b) We become passionate about prayer when we realize how much God loves us. It's hard to pray to someone when we are not assured of their love. I love my children so much I can't even imagine how much God loves me.

Are you assured of God's love for you? If not, why? Read 1 John 4:9–10 and paraphrase this in your own words.

- (c) We become passionate about prayer when we believe God is listening to us. If we don't believe God listens, it feels like we are speaking into a big black hole where nobody cares. Look up the following verses and write down affirmation words to remind you that God listens.

Psalm 4:3b

Psalm 86:6–7

Jeremiah 33:3

Isaiah 65:24

Do you believe God listens to you? If so, give an example. If not, why?

3. Presently, where are you on your pathway to your hopes and dreams? If you are behind a boulder, describe the boulder and how it happened.

God has the power to transform your circumstances, but most importantly, God has the power to change your heart. How do you usually respond to difficulties in life, i.e. boulders?

If you are in the “land between” what would you like God to change? In the depth of your heart do you believe God has the power to solve this problem?

4. My friend Sandra explains how she prepared a war room. This was a place for people to take their pain and sorrow into God’s presence. If you were inclined to prepare a war room what would your prayer requests say?

What would stop you from diligently going to the war room each day?

5. The story of my son, Donovan, resonates with so many women because many children are not living their life for Jesus. I made a promise to myself and God that I would pray for my son until I took my last breath.

Do you have a child who needs Jesus in their life? Can you make a resolution right now that you will commit to pray for them until Jesus changes their life?

6. Read the following verses:

I am holding you by your right hand—I, the Lord your God—and I say to you, Don’t be afraid; I am here to help you. (Isaiah 41:13 TLB)

I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows; but cheer up, for I have overcome the world. (John 16:33 TLB)

(a) Read the verses again, slowly, and write words that resonate with you. Read them once again and write down any more thoughts.

(b) Read over what you have written and discern what God is saying to you.

(c) How will these verses encourage you as you wait for God to answer your prayers?

7. My friend Sheryl shared her story about her need for encouragement and friends. She found this through praying with other women and praying through the names of God. For example: Yahweh-Jireh, "The Lord Will Provide" (Genesis 22:14)—the name memorialized by Abraham when God provided the ram to be sacrificed in place of Isaac.

Look up the following link and write down some other names for God:

<http://www.gotquestions.org/names-of-God.html>

After you have made the list, pray through the names to be reminded of the beautiful character and power of God.

Chapter 11

FULFILLMENT THROUGH HOSPITALITY

A Haven to Connect Hearts

1. What is the difference between a “home” and a “haven?” How are they similar?

2. It is easier, faster, and less messy when we eat with friends or family in a restaurant. Even though our restaurant experiences are nice, they don’t offer the intimacy, warmth and acceptance that our havens provide. What are some advantages to having people into your home vs. meeting them in a restaurant?

My example: It is cheaper. Consider how much you spend per month on restaurant meals and coffee treats. Multiply it by 12 months and then the number of years before you retire. (Example: \$100.00 per month x 12 months = 1,200.00 x 25 years to retirement = \$360,000.00) That is how much money you would save toward your retirement.

Other Examples:

3. One of the most common excuses people use for not serving other people in their homes is that they don’t have anything to offer. God designed us in his image, and we are created for relationship and intimacy. Life is meant to be shared. It includes unselfish loving, honest sharing, practical serving, and sympathetic comforting. All of these are done best in the comfort and safety of our havens.

Maybe you aren’t a great cook, or you don’t have much time, but we can all open our homes to one another.

Finish this sentence: “When you come into my home I can offer you _____.”
_____.

4. Servanthood hospitality is an opportunity for life-changing ministry. Look up the following verses on servanthood, preferably in the NIV version, and note how they might apply to hospitality:

Mark 9:35

1 Corinthians 12:4–6

Luke 19:17

John 12:26

Galatians 1:10

2 Timothy 2:24

5. In the following list of benefits of Family Meal Time, which benefit surprises you and will prompt you to make deliberate time for family meals? What needs to happen in your home to make room for family meals?

- Children depend on their parents for the ABCs of good health: 71 percent say they get information about how to be healthy from their mothers, 43 percent from their fathers.
- 19 percent of teens who have fewer than three family dinners per week report that there is a great deal of tension or stress between family members, compared to 7 percent of teens who have at least five family dinners per week.
- More meals at home was the single strongest factor in better achievement scores and fewer behavioral problems in children all ages. More meals at home also resulted in less obesity.
- Because feeding is the most basic animal form of caring, sharing meals is one of the most central family bonds.
- Through the mini lessons of table manners, children learn to share and think of others. By saying “please” and “thank you,” we recognize the humanity of our tablemate, acknowledging the fact that we both deserve respect.
- More than a decade of research by The National Center on Addiction and Substance Abuse at Columbia University has found that the more often kids eat dinner with their families, the less likely they are to smoke, drink, or use drugs.⁷

6. If you have children, you know that your actions are a model for teaching your children how to navigate through life. When it comes to mealtime and hospitality, what family habits and behaviors need to change in order to promote a healthy family?

For example: I need to stop people/children from snacking and eating haphazardly throughout the day so that they don't complain that they are not hungry at suppertime.

7. What frightens you or turns you off the most with regard to having people in for an evening of food and fellowship?

- Rejection
- Failure
- You don't know how to cook
- You don't have enough money
- Your house/apartment is too small or uncomfortable
- You just don't like it
- It's too much work
- You simply don't have time

Pray with me right now that God will give you a heart to make your home a haven for your family and all those people God places in your life:

Heavenly Father,

I chose to honor you and all those that you place into my life. Whether it is children, other family members, friends, or even strangers, I ask that you give me a heart of kindness, compassion, and a willingness to offer a cup of love and comfort. Help me to make my home a haven, a place of rest, beauty, and safety, where I can nurture love and lives through food, family meals, and acceptance. I ask that you make me wise with regard to mealtimes and modeling loving hospitality. Thank you that you will.

Amen

Chapter 12

FINDING FULFILLMENT THROUGH BEARING WITH ONE ANOTHER

Tow Truck, Alzheimer's, and Surprising Rewards

1. In our present culture, many people find it difficult to be vulnerable and share their burdens. However, on social media, such as Facebook, Instagram, and Twitter, we choose to post the fun, entertaining, and impressive sides of our lives. Selfies display laughter, being surrounded by friends, and “living the life.” How is anyone to know that inside we feel guilt, are deep in debt, are lonely, or have a secret addiction?

Read the following passages and then finish this sentence: “What is the use of saying you are a Christian if you _____?”

James 2:14–17

1 John 3:17

Wow, that's an eye opener, isn't it?

2. What holds you back from sharing your burden and asking someone to pray with you or help you?

Do you have someone in your life that you can be open and honest with? Who is that? Name godly people who have mentored, guided you, or encouraged and taught you examples of loving Christian behavior:

3. It's very hard when we finally do share our burdens and nobody does anything to help. Has that ever happened to you?

Will you resolve right now that you will not become resentful or bitter about this, but instead be the one to help another person?

And let us not get tired of doing what is right, for after a while we will reap a harvest of blessings if we don't get discouraged and give up. That's why whenever we can we should always be kind to everyone, and especially to our Christian brothers. (Galatians 6:9–10 TLB)

When the burdens are heavy and you feel alone, remember God's strength and energy is available for you to tap into. He cares about your burdens, and he has the energy to handle them.

Read Isaiah 40:28–31 and Isaiah 40:11. How will God look after you?

4. I found that most women do not feel qualified to serve God by mentoring other women. When I ask them about this, they respond, "What have I got to offer?" God has given all of us gifts, insights, and wisdom to pass on to the next generation. One of the most fulfilling and helpful ways to help "one another" is to mentor other women. In my book, I list eleven ways this can fulfill your soul. Which items would make a positive difference in your own life?

Write down the names of a couple of women that you would like to mentor.

Will you be courageous and ask them? For the past twenty years I have been mentoring women, and it is one of the most enriching and fulfilling spiritual experience.

5. You might feel that bearing someone's burdens through a mentoring relationship will be too hard. Think about other things you have already mastered: perhaps taking care of a family and young children, managing a variety of jobs, or expending physical, social, and intellectual energy. Read through the following excuses, and then stop and dispel any lies that make you feel you are not qualified to mentor another woman.

- (a) "I'm not good enough." List the things that you have not yet given over to God. Any guilt, shame, or unforgiveness? Pray right now for God's mercy to allow you to forgive completely and move forward with new confidence and freedom.

(b) “I have nothing to offer.” Humility is indeed one of the wonderful characteristics that God asks us to exercise, but don’t be too humble to list the qualities and abilities God has given you. This is not about pride or showing off; it is about having a “God confidence” that he can use your strong points, talents, and material possessions to make a difference in someone’s life. List some of the abilities and possessions you might be able to share with someone.

(c) “It’s too hard.” We are not asked to fix people; we are asked to share their burdens and love them. Read the following passages and beside each one write down “whose power is at work within us”:

2 Corinthians 12:9

Ephesians 1:19–20

Ephesians 3:20

Isn’t it amazing to think that when you step out in faith to help build up the Kingdom of God, he will give you everything you need?

6. “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you” (Colossians 3:13 NIV).

Notice that the first command is to “bear with each other,” and then it goes right on to “forgive one another.” Christians are to support each other with grace and love in our churches and families and across the world. But we don’t always get along. There are differences of opinions, challenges, disharmony, and pain. So to love our neighbor as ourselves, we must always be cognizant to forgive right away when there is any kind of misunderstanding or hurt.

Is there someone you need to forgive? In your church, your family, or friendships? In the epilogue, I list thirteen steps to forgiveness, and I invite you to work through them in the corresponding section of this study guide. To have a fulfilling and satisfying life, it is important that you do not harbor unforgiveness toward anyone.

7. Surprising Rewards. Read the following verses on rewards in The Living Bible. You might have to read one or two verses prior to the ones listed here in order to find the answer. Write down *why* we are getting these surprising rewards.

Matthew 6:1

Matthew 6:4

Mark 9:41

Luke 14:13–14

Luke 19:17

1 Thessalonians 2:19

2 Thessalonians 1:11–12

Hebrews 6:11

Hebrews 10:35–36

James 1:12

Pray with me:

Thank you, Heavenly Father, that you want to give good rewards to your children. Help me to obey the command to bear each other's burdens so that this world functions with love, harmony, and peace. I want to experience all your fullness in my life. Show me what to learn and unlearn in order to fully embrace all you have for me. Thank you for never giving up on me. Thank you that your love never ends and that your faithfulness is new every morning.

Amen

Chapter 13

FULLFILLMENT THROUGH PEACE

The Greatest Gift

Peace comes from a deep and vital relationship with God. When we take our anxiety and struggles and place them in the hands of our loving Heavenly Father, it will give the Holy Spirit permission to usher in the Prince of Peace. The more we learn about God, the more we will learn to love him and enjoy his peace.

1. Describe a present circumstance in your life that is robbing your peace.

2. Read 2 Thessalonians 3:3. What is robbing your peace?

3. For your encouragement, look up the following verses. What do they tell you about peace?

Ephesians 2:13–14

Galatians 5:22

John 16:33

Acts 10:36–37

Romans 2:10

Romans 5:1

Romans 16:20

4. Job 3:26 describes what life is like without peace: “I have no peace, no quietness; I have no _____, but only _____.”

The word “turmoil” means disturbance, confusion, or restlessness.

A lack of peace manifests itself in sleepless nights, ulcers, memories that hold us captive,

tension in relationships, and a feeling that life is out of control. We cannot create peace on our own. Yes, it helps when our life is in order, but only Christ can help us with the inner turmoil.

Read Romans 15:13. What will return our peace?

When we have peace, what follows?

5. Read Colossians 3:15. We are to let the peace of Christ _____ in our hearts. The presence of peace, like an umpire, helps us make good decisions and gives finality to confusing questions that might arise. You won't have to wonder: "Should I or not?" "Do I say yes or no?"

When we are a follower of Christ and have the fruit of peace in our life, the Holy Spirit will be the umpire to help us make wise and good decisions. Peace can be the deciding factor.

I have learned from experience not to move forward until I have peace. Is there a decision you have to make that needs the umpire of the Holy Spirit to guide you and give you peace?

In what other areas do you need the umpire to help you rule?

6. Some people have peace as long as they keep getting what they want. Even some Christians lose their peace because they do not allow the Holy Spirit to help them in their time of need. They may have been led astray through a long time of disobedience, bad habits, fear, and anxiety. Or perhaps they did pray, but nothing happened, and they have lost their trust in God to help them. But in order to have peace, we must learn to trust God in every circumstance.

As hard as it is, we must learn to become like Job in Job 13:15.

Look up the following verses to strengthen and renew your trust in God:

Proverbs 3:5–6

Psalms 40:4

Psalm 43:5

Psalm 56:3–4, 11

Proverbs 28:25

7. While Jesus was on this earth, he needed perfect confidence in his Father's provisions for him. What did Christ know about God that gave him such peace? Let's follow him and find out:

Matthew 6:6–13

Matthew 6:25–32

Matthew 14:23

Romans 8:32

8. We have already learned that Satan wants to sabotage our joy by robbing our peace. Here are some more traps that Satan uses. Read them over carefully to see if any of them apply to you:

- Rejection. Holding resentment toward someone who rejected or hurt you.
- Control. You try to control everything in your life, but of course it doesn't always work out the way you plan.
- Ego. You want to do life your way. Your ego wants you to be the best and have the most. These restless pursuits keep you awake at night and rob your peace.
- Your past. Satan replays the words and pictures of all your weaknesses, shortcomings, and mistakes in your mind. You can't let them go.
- Fear. You feel like a failure and believe you will never have meaningful purpose. You feel like you are never enough, and you can't see any hope.
- Need for approval. Everybody demands something from you, and you try to make everyone happy, but it's wearing you out and you are getting angry. You don't know how to stop.
- The most important one is unforgiveness. When we harbor unforgiveness in your heart, it leaves the door open for Satan to divide and destroy relationships.

Read Philippians 4:7 and describe the peace of God in your own words. How you will give your traps over to God?

EPILOGUE

In our quest to find fulfillment and joy, our biggest obstacles are daily distractions. It is my greatest desire that you find the sweet fulfillment that God designed all of us to enjoy. But there are two crucial things we must remember to stop and do:

1. The most important item is to pray and have Jesus, the Son of God, forgive you from all your past sins. All the bad things you have done in your life have a lot of negative power over you and keep you seeking fleeting happiness. But when you confess your sins to God, he forgives every one of them. The Bible promises, “But if we confess our sins to him, he can be depended on to forgive us and to cleanse us from every wrong” (1 John 1:9 TLB). What does that prayer do? It reconnects you to your creator: God. Pray this simple prayer with me:

Father,

You loved the world so much, you gave your only begotten Son to die for my sins that I will not perish but have everlasting life. I believe and confess with my mouth that Jesus Christ is your Son, the Savior of the world. I believe he died on the cross for me and bore all my sins, paying the price for them. I acknowledge that I have sinned, and I ask you to please forgive me for my sins. Fill me with the Holy Spirit and give me the gift of eternal life. Be my power by giving me the mind of Christ to help me on the pathway to embracing the glorious and fulfilling life you created for me.

Thank you that you will.

Amen

You can try harder, act differently, be nicer, be less busy, focus on relationships, or be less critical, but eventually you will find that without God’s forgiveness and power in your life, you will still be restless.

2. Now that God has forgiven all your sins, you must turn around and forgive everyone that has hurt you. This is not just a nice option; the Bible commands us to forgive. “Be gentle and ready to forgive; never hold grudges. Remember the Lord forgave you, so you must forgive others” (Colossians 3:13 TLB).

I tell you in all sincerity that forgiving everyone in my life has set me free from all the hooks of shame, guilt, anger, and resentment. I know I will be in this transformation process for the rest of my life, but daily God refills me with love, joy, peace, patience, and all the other qualities that saturate my soul with fulfillment. I want you to know this fulfillment as well.

When I walk people through the process of forgiveness, I use the steps listed below. In order to do a complete, supernatural heart work, I suggest that you go through all of them with each person that you need to forgive:

1. On a sheet of paper, write down the names of the person who has hurt or offended you.
2. Face the hurt and the hate. Write down how you feel about this person and his or her offenses.
3. Acknowledge that Jesus died for his or her sins.
4. Decide you will bear the burden of this person's sin. All true forgiveness is substitutionary, as Christ's forgiveness for us was.
5. Decide to forgive. Forgiveness is a conscious choice to let the other person off the hook and free you from the past. The feelings of freedom will eventually follow.
6. Take your list to God and pray: "God, I choose to forgive [name] for [list of offenses, what they did, and how they made you feel]."
7. Destroy the list. You are now free.
8. Let go of expectations that your forgiveness will result in major changes in the other person.
9. Try to understand the person you have forgiven. He or she is also a victim.
10. Expect positive results of forgiveness in yourself. In time you will be able to think about the person who has offended you without hurt, anger, or resentment.
11. Thank God for the lessons you have learned and for setting you free.
12. Be sure to accept your part of the blame for the offenses you suffered.
13. Do something to bless the person who hurt you.

Forgiveness is hard, and joy and freedom may take longer than you think. Please persevere. If someone hurt you deeply, it may take many prayers until the ugly hook is completely released from your heart. One day you will be able to look that person in the eye and bless them. Then you will know you experienced the powerful transformation from struggling to create your ideal life, to living with joy and fulfillment.⁸

NOTES

- ¹ Rick Warren, *The Purpose Driven Life, What on Earth am I Here For?* (Grand Rapids, Michigan: Zondervan, 2002), 248.
- ² <http://www.blueletterbible.org/lang/Lexicon/Lexicon.cfm?strongs=H1897&t=KJV>, August 1, 2015.
- ³ <http://www.blueletterbible.org/lang/lexicon/lexicon.cfm?Strongs=H1901&t=KJV>, August 1, 2015.
- ⁴ <http://www.blueletterbible.org/lang/Lexicon/Lexicon.cfm?strongs=H7503&t=KJV> - August 8, 2015.
- ⁵ <http://www.newyorker.com/science/maria-konnikova/power-touch>, September 2, 2015.
- ⁶ <http://inkhappi.com/mother-teresa-quotes-happiness-kindness-love-life/> September 21, 2015.
- ⁷ <http://poweroffamilymeals.com/resources/about> October 13, 2015.
- ⁸ Heidi McLaughlin, *Sand to Pearls, Making Bold Choices to Enrich Your Life* (Sisters, Oregon: Deep River Books, 2010), 230, 231.