



**LEVEL 1**  
**Workbook**  
By Racheal Frazier





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## **Welcome to the School of Worship!**

To gain the most from this class, be yielding to the Holy Spirit and open to new revelation and insight. Openly renounce any hindrances that will try to delay your spiritual growth and approach each lesson prayerfully. This is your time to advance and take it by force should you choose to. Throughout the upcoming lessons it's your choice to gain territory or lose it. Choose wisely! Buckle your seat belt and enjoy the ride. *Next stop, SPIRITUAL GROWTH!*

## **School of Worship Mission Statement:**

To train worshipers to live the songs they minister to in dance. Holiness is still right!

## **School Scripture:**

*"God is a Spirit: and they that worship him must worship him in spirit and in truth."*  
John 4:24 (KJV)

## **Statement of Faith:**

- We believe in God, the Father, Jesus, the Son, and our Helper, the Holy Spirit, are three in agreement and are three separate beings (1 John 5:7).
- We believe in the Baptism of the Holy Ghost with the evidence of speaking in tongues (Acts 2:38).
- We believe the Bible is the Word of God and agree that it has the final authority over our lives (Deuteronomy 8:3).
- We believe in living a holy, sanctified, and set apart lifestyle (1 Peter 1:15-16). We believe that there is only one way to Heaven, and that is through the man, Jesus Christ (John 14:6).
- We believe in Jesus' death, burial, and resurrection and because He was resurrected we, too, can be resurrected from our sinful nature, (refer to the Gospels of Matthew, Mark, Luke and John).
- We believe in salvation through the blood of Jesus (Romans 3:25, Romans 5:9). We believe that there is no such thing as "Eternal Security" (Psalms 69:28).
- We believe that first comes death and then the judgment (Hebrews 9:27) and that we will all give an account for the things done in this life (Romans 14:12).
- We choose to deny ourselves, take up our cross and follow Jesus (Matthew 16:24).



## Fasting & Prayer

### Schedule

Each Tuesday from 6am to noon

- No food
- Liquids only
- Broth or water, natural fruit juices
- No sugary drinks

### Prayer Topics

1. Pray we would view salvation the way God ordained it and not as a crutch to ease our guilty conscience.
2. Pray that we as minister of dance would maintain our personal deliverance before we try to minister to other.
3. Pray that we stay dressed in the full armor of God daily.
4. Pray we would allow God to show us what's in our heart and rely on him to change us.
5. Pray we would run to the Lord during hardships and not away from him.
6. Pray we would continue to grow spiritually and not be deceived by our sin loving nature.
7. Pray we would trust the Lord and allow him to increase our measure of faith.
8. Pray God will expose any pride hiding within us.
9. Pray we would discipline ourselves to consistently spend time with the Lord.
10. Pray we would use the life in the power of our tongue to speak God's will into existence.
11. Pray we would willingly and lovingly submit to all authority.
12. Pray we would become fully satisfied with the Lord.

### Memory Scriptures:

(Please note that all scripture must be memorised in King James Version of the Bible only.)

#### Week 1

**Matthew 6:24** (KJV), *"No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon."*

#### Week 2

**Matthew 5:6** (KJV), *"Blessed are they which do hunger and thirst after righteousness: for they shall be filled."*



### **Week 3**

**Psalm 119:105** (KJV), *“Thy word is a lamp unto my feet, and a light unto my path.”*

### **Week 4**

**James 1:14** (KJV), *“But every man is tempted, when he is drawn away of his own lust, and enticed.”*

### **Week 5**

**2 Corinthians 10:5** (KJV), *“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”*

### **Week 6**

**2 Peter 3:18** (KJV), *“But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.”*

### **Week 7**

**Proverbs 3:5** (KJV), *“Trust in the Lord with all thine heart; and lean not unto thine own understanding.”*

### **Week 8**

**Proverbs 16:18** (KJV), *“Pride goeth before destruction, and an haughty spirit before a fall.”*

### **Week 9**

**1 Corinthians 2:14** (KJV), *“But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.”*

### **Week 10**

**Proverbs 18:21** (KJV), *“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”*

### **Week 11**

**Hebrews 13:17** (KJV), *“Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.”*

### **Week 12**

**John 14:15** (KJV), *“If ye love me, keep my commandments.”*



## Lesson 1

### Topic: "Am I Saved?"

What is salvation?

Salvation is deliverance from sin and its consequences, believed by Christians to be brought about by faith in Christ. (a)

- Can you recall the moment you received salvation? What was it like for you? Pause and think about it for a while.
- For me salvation didn't happen in a church service but rather it was a process I experienced over the course of a few months. I remember in 1998 the Lord used a dear friend of mine, from high school, to begin witnessing to me. She was the same friend that introduced me to sin in 8th grade and the same friend who unfriended me in 10th grade because she had given her life to Christ and I was still "very much an indulgent sinner." I met her in the grocery store after graduation and she began telling me about the saving power of Jesus and I thought she was really crazy but I was longing for friendship so I obliged her many conversations not realizing God was using it to do a work in me. I didn't realize it until many years later that God had indeed used that time to begin changing my desires. Shortly after this I gave my life to Jesus.
- It is important that we confess Christ openly because we have sinned openly. So, at some point, we must all make a public declaration that we have changed masters. We publicly acknowledge our sinful lifestyles and must be just as bold to proclaim our new life in Christ.

**Romans 10:9-10**, NIV (b), *"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved."*

**Matthew 6:24** ESV (c), *"No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money."*

- When we receive Christ as "Lord" and "Savior" it's very important that our lifestyle matches what God expects from us as it is laid out in his word. So, with that being said, what does God expect from someone living in this generation?



Let's start simple:

### **The Ten Commandments (Exodus 20:1-17)**

- Remember, the Ten Commandments are to show us what sin is. We are not under the law nor should we take grace of God for granted and live carelessly. We should live each day focusing on the Holy Spirit's leading to guide us on what is sin against God. Each one of us have convictions that we develop as we go along this walk with God. Please remain sensitive to those convictions and know personal convictions are different for each person.

Here is a brief summary of the list (d):

1. Do not have any other god before God.
2. Do not make yourself an idol.
3. Do not take the Lord's name in vain.
4. Remember the Sabbath Day and keep it holy.
5. Honor your mother and father.
6. Do not murder.
7. Do not commit adultery.
8. Do not steal.
9. Do not testify or bear false witness against your neighbor.
10. Do not covet.

- When you read this list is there a particular commandment you see yourself struggling with? Sometimes we have to go back to the basics of scriptures and see if our lifestyles match what God expects of us or have we made allowances for sin. Scripture clearly tells us to examine ourselves to see if we are in the faith.

**2 Corinthians 13:5**, NLT (e), *“Examine yourselves to see if your faith is genuine. Test yourselves. Surely you know that Jesus Christ is among you; if not, you have failed the test of genuine faith.”*

- I've noticed that believers become tolerant and desensitized to sin and don't even realize it until it's pointed out clearly by the Holy Spirit or someone they respect and trust. This generation is also the one that boldly proclaims, “YOU CAN'T JUDGE ME!” This is truly a dangerous statement to make. We have to have people in our lives that can hold us to the standards of God's word and bring correction as needed.
- Each morning when you open your eyes, choose to obey! We have to stop picking and choosing which of the commandments we want to obey just to remain relevant with today's culture. We can't dismiss scripture as outdated or unfit for today's culture and circumstances. Scripture is still as relevant now as it was in biblical times.





What areas in your walk with God have you become complacent? What areas have you denied scripture for self-comfort or temporal pleasure? These questions can be difficult to answer but wouldn't you rather deal with that now versus on judgement day?

- As we minister in dance we are held to a higher standard. WE, you and I, must live the scriptures before others least we become a cast away. questions can be difficult to answer but wouldn't you rather deal with that now verses on judgement day?
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- As we minister in dance we are held to a higher standard. WE, you and I, must live the scriptures before others least we become a cast away.

**1 Corinthians 9:27**(TLB) (f) "Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside."

- When I read scriptures like this, I think, Lord please help get me together! Athletes train hard and they train consistently. My husband, Charles, coaches high school and pee wee football. They practice daily, going hard in each training session. As much as I love football and I love to see the character my husband pulls out of his players they are playing for a perishable reward. We are living for eternity. How we train and prepare now determines what happens later in the life to come.





## Lesson 1 Homework Assignment

2. What is one area in your walk with God that needs strengthening and why?

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3. List three scriptures dealing with your answer from number two and meditate on those scriptures throughout this week.

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## Lesson 2

### Topic: “Keep Your Freedom”

Deliverance (g) - The action of being set free.

**Galatians 5:1** (ERV) (h) *“We have freedom now, because Christ made us free. So stand strong in that freedom. Don't go back into slavery again.”*

- How many times have we gone to church or a conference and intensely listened to a motivating sermon and leave determined to activate what we heard but disgracefully fall flat on our faces? This has happened to me so many times! I really wish I could add an emoji here of the lady with her hand on her head because that is exactly how I feel as I discuss this point. You and I have to move beyond hearing the word and become doers of the word (James 1:22).
- I was having a conversation with my pastor and I mentioned when I first came to the ministry he gave us at least fifty scriptures per Sunday service. Guys, I have to be totally honest, those were some of the best days in my walk with the Lord. I was so hungry for his Word and his righteousness and I was being filled consistently!

**Matthew 5:6** (KJV) (i) *“Blessed are they which do hunger and thirst after righteousness: for they shall be filled.”*

- In the beginning of our walk with the Lord, there is a great excitement. Most of us run out and share our faith with anyone that will listen. We read chapters at a time, pray often and willingly fast because we want to embrace this new life of Christianity. Unfortunately, as the years go on that fire and passion dies out. Our church attendance drops or we are consistently late when we do finally go. We dread volunteering for projects, we judge others and don't even mention the Pastor correcting us! We then proceed to swear its church hurt and leave the ministry but not before pouring out a deadly trail of slander and poison onto other innocent members. Finally, we burn rubber church hopping from one church to another in an all-out attempt to avoid discipline and any real authority figure.
- If you have been saved five years or more I beg you to go back to your first love! You and I don't want the Lord to have something against us because we have lost the fiery passion when we entered fellowship with the Lord Jesus.

**Revelation 2:4** (KJV) (j) *“Nevertheless I have somewhat against thee, because thou hast left thy first love.”*

- Each day the enemy is trying to team up with our flesh and emotions to annihilate us! He hates us because we are made in the image of God. Satan



has one mission and that is to steal, kill and destroy us. He doesn't care if we go to church. He doesn't want to see us free doing God's will or living holy!!!!

**1 Peter 5:8** (KJV) (k) *"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:"*

**John 10:10** (KJV) (l) *"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."*

- Salvation is free but we are to work out our soul salvation with fear and trembling! We cannot lay down on the battle field and allow the enemy to rip away the freedom that we've obtained through Christ because we are having a bad day, someone cut us off, or we simply "ain't feelin' it."

**Philippians 2:12** (KJV) (m) *"Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling."*

**1 Timothy 6:12** (KJV) (n) *"Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses."*

- Be mindful of triggers. Triggers are things that cause you to revert back to your old ways. You and I are supposed to be dying daily to the flesh and its desires. So, when we are triggered that is a moment when we should PRAY! Prayer is our weapon of defense! I honestly don't think you and I will ever fully understand the power we have when we pray. When we talk to God and seek his help, he is compelled to move. A dear friend of mine, said she was watching a video and the speaker said, "The most violent thing we can do is PRAY!" From then until this very moment, I get chills just thinking about this!!! You mean to tell me just talking to the father can move mountains and change me? YES!
- How bad do you want to be free? In the world I would fight at the drop of a hat but when I gave my life to Christ I became passive and wanted others to like me, losing myself and true identity. I had to fight daily to be who God called me to be. Over the years, I fought to daily trust the Holy Spirit to help me live the scriptures. If I can fight and win so can you!!! Let's fight standing back to back!



## Lesson 2 Homework Assignment

1. Identify and write down one area in your life that in which you have given up freedom.

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2. Write out a prayer of repentance asking God to restore the freedom you once had but lost due to disobedience.

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3. Find someone who is in need of salvation and share the gospel with them and write out your experience.

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## Lesson 3

### Topic: “Are You Dressed Right?”

**Ephesians 6:10-18** (KJV) (o) *“Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;”*

- After reading the above verse you can pretty much guess where I heading with this one? If not, no worries I got you covered.
- Anyone who knows me know I totally LOVE fashion! I love every part of it. I love clothes, makeup, lashes, wigs, nails, purses and don't mention shoes! I love it all! Oh wait, I forgot hats! I love those too!!! If I could go to the mall weekly I would but unfortunately my husband, would need to be like God and own cattle on a thousand hills to support that habit. I hope that all of this has put a smile on your face because the truth is dressing up in our regular clothes does nothing for us spiritually. Its caring for the outer man and the inner man is what the Lord is looking at.
- The armor of God is needed to fight against the powers of darkness. Satan is no match for a believer who wears the armor daily and knows how to use it! Fancy heels and make up will not help you in a fight against the powers of darkness. Paul opened by exhorting the believers to be strong in the Lord and the power of his might. For this to be said I wonder what happened to cause those to whom he is writing to be weakened. Have you ever been a place where someone encouraged you? Umm just hearing be strong didn't fix your situation and drag you out of your issue. We can't stop there we must move on! For Paul to say be strong means they were weak, discouraged or even afraid. These are normal emotions that we encounter but must be handles with spiritual care.

Parts of the Armor:

- Loins Of Truth (p) - Like a normal belt, truth keeps your clothes on. If you lie, you expose yourself to ridicule. Truth keeps you together in integrity.



- Think about this for a minute. We lie when we choose to believe another gospel other than the one that is preached. When we take the gospel and conform it to our situation, family member or other dealing we lie against the truth. Truth is truth even when we don't want to believe or accept it. We have to be very careful because this is the broad way which leads to deception and believing another gospel. The belt of truth keeps us protected from the lies of Satan.

**Colossians 2:8** (TLB) (q) *"Don't let others spoil your faith and joy with their philosophies, their wrong and shallow answers built on men's thoughts and ideas, instead of on what Christ has said."*

- Breastplate Of Righteousness (r) - In the armor of a Roman soldier, the breastplate served as protection for some of the most important parts of the body. Underneath the breastplate is the heart, lungs and other organs necessary for life. Therefore, if a soldier did not wear his breastplate, he was vulnerable to an attack that could result in instant death. So, why does Paul call it the breastplate of righteousness? If we do not protect ourselves with righteousness, we open ourselves up to attack from the enemy and can fall into sin.
- To be righteous means to obey God's commandments and live in a way that is honorable to Him. Then our most crucial parts are guarded by the Lord. We are protected for the battle to come. You can't fight properly with a broken heart.

**Psalms 106:3** says, *"How blessed are those who keep justice, who practice righteousness at all times!"*

- Feet Shod With the Gospel of Peace (s) - Shoes allow us to step freely and without fear while we turn our full attention to the battle at hand.

**Matthew 4:23** (s) *"And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people."*

- How did Jesus do this? He used his feet!!! You and I cannot allow distractions from this life cause us to take off our armament! As dancers we can relate because we use our feet to dance. Our feet are a major part in us carrying the gospel. They must be prepared far beyond practicing dance movements. They must be ready to take us into the heat of the battle.
- Shield of Faith- The shield of faith is our trust and confidence in God's ability to care, provide and protect us.

**Hebrews 11:1** (t) *"Now faith is the substance of things hoped for, the evidence of things not seen."*





- The shield of faith is how much we trust the Lord. My pastor says most people have a shield of faith the size of a moon pie because their faith in God has never grown. Each trial the Lord allows in our lives are for our faith in him to grow. Are you short on rent this month? Good, that is God giving you the opportunity to trust him and learn that he is your provider. Are you sick and need to be healed? Did your husband leave you for another woman and then post about it all over Facebook? These are chances for our faith and trust in the Lord to grow. The Roman soldier's shield of faith was large enough for their whole body to hide behind. How big is your shield?
- Helmet of Salvation (u) – Helmets protected the head from the attacks of the enemy.

How many times do we overthink, worry, fear or doubt? These are sure signs that we have taken off the helmet of salvation. The only way to stay protected from these things is to trust that just the way we came to Christ through blind faith is the same way we must walk daily. The mind that is in Jesus has to become our mindset. If not our thoughts become our worst enemy.

**Romans 6:23** (u) *"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."*

**Romans 5:8-10** (u) *"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life."*

- Sword of the Spirit (v) - The Roman gladius has become known as "the sword that conquered the world." Adapted from a Spanish design, the prowess of the gladius in close range combat made it a fearsome tool in the hand of a skilled Roman warrior. When sharpened, its dual edges wreaked havoc on unarmored foes, while its tapered point could pierce through even heavy metal armor. God's word is our sword for today.

**Psalms 119:105**(v) *"Your word is a lamp to my feet and a light to my path."*

**John 17:17** (v) *"Sanctify them by Your truth. Your word is truth."*

- The sword is the only part of the armor we can fight with. In a street fight you might want to take your shoe off and throw it at your opponent. You may even be tempted to remove your helmet and hit them with it but that will never result in spiritual victory. We fight with what God's word says. It alone has the power to defeat Satan.



To end all of this we are to pray always. This armor is held together on us with much prayer! How much time do you spend in prayer? If prayer is the key to winning battles why is this normally our last resort? We have to begin praying without ceasing. This is the only way to obtain real victory!

**1 Thessalonians 5:17**(TLB) (w) *“Always keep on praying.”*



### Lesson 3 Homework Assignment

1. Describe how you use each piece of the armor in your daily life.

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2. Which piece of the armor have you not been using and why?

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3. What piece of the armor are you consciously aware of daily and why?

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## Lesson 4

### Topic: "What's In Your Heart?"

- I have witnessed to tons of people over my twenty years in the Lord. One thing that I have consistently heard is, "I have a good heart" or "I'm a good person." How do we judge that? Do we judge by our works? Do we judge by how we treat others? Do we even have the right to judge that or is this job for God alone?

**Jeremiah 17:9-10** (TLB) (x) *"The heart is the most deceitful thing there is and desperately wicked. No one can really know how bad it is! Only the Lord knows! He searches all hearts and examines deepest motives so he can give to each person his right reward, according to his deeds—how he has lived."*

- Do you believe that you can deceive yourself? How many times have you been lured away by your own lust. Please note that I am not limiting the word lust to simply sexual desire but lust for things, money, status or even power. Again, we must be very careful that we will not allow our flesh and emotions to deceive us into thinking we are a "good person."

**Matthew 19:17** (KJV) (y) *"And he said unto him, Why callest thou me good? There is none good but one, that is, God: but if thou wilt enter into life, keep the commandments."*

**James 1:14** (KJV) (z) *"But every man is tempted, when he is drawn away of his own lust, and enticed."*

- What does it look like in a believer in this generation to be drawn away by their own lusts? It looks like someone choosing their opinion over the word of God.

Example:

Opinion: I'm lonely and want a boyfriend.

Results: You both fall into sexual sin.

Scripture Violation: 1 **Corinthians 6:18** (KJV) (aa) *"Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body."*

- You never thought having a boyfriend would lead to sexual immorality but then again we never think about the plan the enemy has. We are only looking for pleasure now.
- If we are not careful we can do this in every area of our lives. The example may not be your issue but there is something you hold in higher esteem than the word. We must spend most time in prayer seeking to expose our hearts



- because we don't know what's inside of it. Only the Lord knows what lies on the inside of our heart. He brings up issues such as these to show us what's on the inside of us. Most often we avoid any dealing that make us uncomfortable. You and I would never admit it but we avoid spiritual growth. Not one of us are raising our hands saying, "Lord pick me for the next test." We are too busy complaining and trying to figure out a way to get out of it rather than seeking what lesson we are to be learning in it. It's very sad that we do this and then blame others that we aren't "where we are supposed to be," in God.
- Stop running and let God cause you to bloom in the mist of adversity! Ask the Lord to expose your heart. Stop thinking you're a good person. Keep your eyes on judgment day. Is your heart ready to be judged by almighty God?



## Lesson 4 Homework Assignment

1. What is one area you have allowed your opinion on an issue to override what the word says about it? Pull the scriptures to show what God word says.

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2. How do you think God feels when we choose our opinions over what his word says? Explain why.

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3. What are some thing(s) you can do to change this?

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## Lesson 5

### Topic: “Staying Steady During Hardship”

- I can testify that I have failed the test of staying steady when hardships arrive many times. It seems when a trial arrives I lose my faith and begin to fear and worry. But why do this when we serve the God who created the universe?
- Human nature is to trust in what their own ability can provide. My mother raised me to never depend on anyone for anything. So imagine coming to Christ and having to trust him for everything!
- If we really had it all together what would be the father’s purpose in sending Jesus to save us. One thing we rarely admit is that we need help. Why? Well, because it’s a sign of weakness. Who wants to show or highlight where they are weak? People would take advantage of us and walk right over us, wouldn’t they?
- When hardships arrive we must train ourselves to trust the Lord and take our eyes off of the situation and fix them on the father. I know this is easier said than done but with focus and purpose we can accomplish this. Let’s jump into how.

**Proverbs 3:5** ESV (bb) *“Trust in the Lord with all your heart, and do not lean on your own understanding.”*

- The struggle comes into play when we lean to our own understanding! At this point we have to cast down vain imaginations that want to take our focus away from the Lord and trusting his plan and keep them on the problem.

2 Corinthians 10:5-7 (KJV) (cc) *“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”*

- There is a lot of talk about spiritual warfare but to be able to cast down the wrong thoughts, that’s spiritual warfare. We cast down vain imaginations by making to the choice to think about what we are thinking about. It’s a dangerous thing to allow our minds to roam. We must be careful to monitor our thought life.

**Proverbs 23:7**(KJV) (dd) *“For as he thinketh in his heart, so is he.”*

- What we think on becomes truth to us. This is why it is so important to memorize scriptures and keep our mind on what God says.



**Psalm 119:11** KJV (ee) *"Thy word have I hid in mine heart, that I might not sin against thee."*

- This is a job that only can be done by trusting the Lord and the help of the Holy Spirit. When a trial or test arise we must cast down what we think and feel and grab hold to what God says about our situation. Find scriptures that speak to our situation and memorize them. Quote the scriptures until they run off any other thought! Keep your eyes on the Lord and not the size of the hardship in front of you. I saw a meme that said instead of thinking how BIG your problem is, tell your problem how BIG your God is.
- To do this requires faith. Go back and remember all the ways God has already made for you. Think about all the sticky situations you got yourself into and reflect on how the Lord freed you. Building a track record of God's faithfulness is sure to help you on the journey when hardships arise.
- One last tool to survive hardships is prayer. I think this is one of the most powerful tools of all. Most people don't pray because after five minutes they don't know what else to say or they fall asleep. Prayer is talking to God! If he has all the answers shouldn't we consult him when these hardships arise for what he wants from us during this time? I also challenge you to spend time praying for others when you are going through. Think about others and their needs. It helps to keep you from whining and complaining about your own issues and you can be a blessing to others. I always think to myself things for me could be worst. We have so many reasons to give thanks.





## Lesson 5 Homework Assignment

1. How do you respond during hardships?

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2. What are some scriptures that you can hide in your heart to make it through hardships?

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3. Who is someone you can pray for instead of yourself?

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## Lesson 6

### Topic: "Spiritual Growth"

Growth (ff) - progressive development

Development (gg) - to create or produce especially by deliberate effort over time

- Before we jump into this topic I think we should all be on the same page with what spiritual growth is and isn't. Spiritual growth is progressive development by making a deliberate effort to apply the word of God and trust the Holy Spirit daily to help you execute it. Now, what it's not: being promoted, getting a title, being prophesied over, or being anointed for a position. These things are all good and can happen as a result of spiritual growth but these things do not determine if you have grown spiritually.
- I'm not sure when it all happened but somewhere along the way we got caught up by titles and positions. Our titles on earth does not establish our title or position in heavenly realms. I'm looking forward to the day I enter Heaven and the Lord rewards me for what I've done with the life he gave me. His rewards aren't bias according to who put a word in for me nor are they overlooked due to the slander of others. To obtain eternal rewards should be our goal and spiritual maturity is the only way to achieve this.
- Spiritual growth is taking what we learn from scriptures and applying it to our everyday living. When was the last time you read a scripture and applied it in spite of your feelings or the opinions of those closet to you?
- Obedience is key in growing in the Spirit. Many times the Lord will ask you to do things you don't understand, forgive those whom have purposefully wronged you and love the straight up unlovable. When we yield in these different areas and respond like Christ, then and only then are we growing spiritually.

**2 Peter 3:18** ESV (hh) *"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."*

- I was taught in our church's ladies bible study that grace is God's empowerment to do his will. So, when we read the above scripture and think of grace in this manner it takes on a whole new meaning. As we read it again, "But grow in the power of God to do his will and knowledge of our Lord and Savior Jesus Christ. We can trust the Holy Spirit to help us and empower us daily to do God's will. We need his power to press each day to grow spiritually. Spiritual growth can never be done in the flesh.

**Romans 8:8** (KJV) (ii) *"So then they that are in the flesh cannot please God."*



- You and I have to be very care not to spend time walking after the flesh and its desires or we will slowly wonder off the road of walking in the spirit. Our flesh man wars against our spirit man to keep us from obeying God. This is usually a very subtle process that is unnoticeable until we are knee deep in sin wondering how we got there. How can we tell when we have walked off of the road of walking in the spirit and into the flesh? Check out this verse.

**Galatians 5:17-22** (KJV) (jj) *“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law. Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, reveling, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.”*

- To grow spiritually we must continue reading and drop down to **Galatians 5:22-23**, *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”*
- Each day we are to produce fruit and yes, this means in unbearable situations and with difficult people. I harp on this a lot because many folks believe that if someone is difficult, “I’ll just remove myself,” or not deal with them. Don’t get me wrong, there are times when God allows this but it’s rare. That “unbearable person” is there to help you grow! If you run from them or avoid them how will you produce the fruit God placed them in your life for you to produce? The flesh naturally desires its own comfort but we have to starve our flesh and feed our spirit man daily. Which are you feeding?



## Lesson 6 Homework Assignment

1. When you read the fruit of the spirit, what is one fruit you see actively at work in your life and which one do you see dormant and why?

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2. Find someone to love who rubs you the wrong way and write a brief paragraph of your experience.

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3. Remember you are a work in progress. How can you rely on God's grace to empower you to do his will and walk in the Spirit?

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## Lesson 7

### Topic: “Learning To Trust Him”

- I think this is one of the hardest things in Christianity. Why do I say this? Many of us know of God but have never encountered God which makes it hard to trust him. If we really trusted the Lord, his plan for us and his word we wouldn't be so easily moved by life's circumstances or people. Trusting God is the main focus of Christianity. We have to trust Christ as Lord and Savior, we have to trust that he has forgiven our sins, we have to trust his word is true and we have to trust his leading in our everyday lives. I could literally go on and on. There is no faith or relationship with God if there is no trust.
- In any relationship there must be a level of trust in order for that relationship to thrive and grow. Anyone who knows me know that I am extremely picky with who does my hair or nails. I have to trust that the person and their skill level before they could even touch me. I have an amazing hair stylist but before I ever went to her I studied her and watched her work for months before I scheduled an appointment. Even after I did I explained to her what my expectations were (I know I can literally be the client no one ever wants because I'm so extra and so super picky). With me taking all those precautions I still had to trust that when I sat in her chair I was going to get my desired hairstyle.
- Have you taken the time to study out the Lord to see if he is trust worthy? Have you taken the time to seek through the scriptures to learn the character of the father? I'm asking this because just as I did the stylist we have to do this with the father. I had to stop and spend time seeking the Lord to learn of his ways.

Trust (jj) - a: assured reliance on the character, ability, strength, or truth of someone or something b: one in which confidence is placed

- Reliance upon the Lord is crucial from the moment we accept Christ until the day we cross over the valley of the shadow of death.

Hindrances to trusting God

1. Trusting ourselves- **Proverbs 3:5**
2. Fear of failure or disappointment- **Job 13:15**
3. Worry that our needs won't be met -**1 Peter 5:6-8**
4. Embarrassment/Humiliation- **1 Peter 2:21**
5. Doubt- Psalm 42:11
6. Concerned more what people will think- **Proverbs 29:25**
7. Lack of faith -**Psalm 34:17-20**



## Promises of trusting God

1. Strength- **Psalm 28:7**
  2. Confidence- **Psalm 112:7**
  3. Peace- **Isaiah 26:3**
  4. Things Work-**Romans 8:28**
  5. Safety - **Psalm 62:8**
  6. Confidence- **1 John 5:14**
  7. Courage- **Joshua 1:9**
  8. Blessings- **Jeremiah 17:7**
- You and I have to choose each day who we will serve. Are we going to serve fear of the unknown or will we serve the true and living God who gives us the ability to do the supernatural? As you go throughout this week ask the Lord to show you areas where you need to trust him more.



## Lesson 7 Homework Assignment

1. After reviewing this lesson, what is your definition of trusting the Lord?

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2. Many times it's easier to trust in self rather than trusting in God. What is your first response when an issues arise and explain?

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3. Which scripture from the hindrances of trusting God best identify where you are right now and why?

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4. What scripture from the promises of trusting God best describe where you want to be and why?

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## Lesson 8

### Topic: "Pride"

**Proverbs 11:2** NIV (kk) *"When pride comes, then comes disgrace, but with humility comes wisdom."*

**Proverbs 8:13** NIV (kk) *"To fear the Lord is to hate evil; I hate pride and arrogance, evil behavior and perverse speech."*

**Romans 12:16** NIV (kk) *"Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited."*

**Proverbs 16:18** (ll) *"Pride goes before destruction, And a haughty spirit before stumbling."*

**Proverbs 11:2** (ll) *"When pride comes, then comes dishonor, But with the humble is wisdom."*

- Pride is definitely something God hates but it's sad to acknowledge it is plaguing dance ministry. I have never seen so many ministers of dance that "just want to be seen." What happened to being hidden in Christ and Lord let me decrease so you can increase within me? When I scroll through Facebook I see ministers of dance and mime posting their booking information. Why? What happened to the time where if God wanted an open door for you he opened it? I love getting calls for our ministry to go and minister and the people say Mrs. I don't even know you but the Lord lead me to you. They then proceed to tell me how the Lord got them in touch with me. Each time I just stand in awe. I love having confidence in God that he is orchestrating my assignments and not my booking representative.

Pride (mm) - a feeling or deep pleasure or satisfaction derived from one's own achievements, the achievements of those with whom one is closely associated, or from qualities or possessions that are widely admired.

- Look at me! Notice me and who I am! Pay attention to me and to what I have done! How great I am! How wonderful I am! Won't you join me in praising myself? I AM THE GREATEST! These are the phrases that secretly lie in the heart of the proud. Mind you, these things would never come out of their mouth nor would these traits even be noticed with the natural eye. Pride is a spiritual sickness.

Let's discuss someone from scripture who was filled with pride but tried to mask it with false humility, Haman. Haman's desire was to have status and power. If social media existed in his time I think many of Haman's posts would look like those I see daily promoting themselves. He was promoted to a place of honor





above all the princes but that still wasn't enough for him. He was tormented because one person, Mordecai, wouldn't bow before him. If this isn't the essence of pride I'm not sure what is.

- We must realize that pride is subtle. As believers we have learned to hide behind false humility and what things appear to be rather than what they really are.
- As ministers of the gospel do we secretly crave these things? I remember in the early days of my public ministry I felt ineffective if I didn't get a certain response from the audience. I soon came to realize that was solely my fleshly desires wanting acknowledgment for myself and what I had done versus giving the glory back to the one in whom I was ministering for. This is a fine line because yes, we are in the front and yes we are the one being seen but even in all this we must learn to hide in Christ that he may be seen. We are being used to shift the atmosphere and bring forth deliverance not to get our shine on.

Beware of the spirit of pride. Its luring temptations are always very subtle. We as worshippers would never willfully walk into pride but we can be deceived into becoming prideful. Our enemy is a roaring lion seeking whom he can devour (**1 Peter 5:8**). Be alert!



## Lesson 8 Homework Assignment

1. Read Esther chapters 3-7 and list the instances where you see Haman's pride.

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2. As you list the areas of Haman's pride are there areas you can see in yourself? If so explain.

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3. Is pride hindering you in ministry? Tell how?

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4. Pride also forces you to compare yourself to others. Have you struggled in this area? Explain.

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## Lesson 9

### Topic: "Self-discipline"

- Joyfully wake up & pray (4:30am), study scriptures (5:30am), exercise (6:30am), have breakfast (7:15am), pack my lunch and head out the door for work for (8am). This is the vision of my ideal morning. Reality: Wake up grumpy and fighting God not to get up and pray because I stayed up too late the night before so I think I'll skip prayer time today and pray during my lunch break (6:45am many 7ish). Read a few scriptures so my conscience doesn't bother me too badly (7am). Umm, skip my work out because I'm already late and behind schedule. Spend 20 minutes looking at social media (7:30am). Overthink my lack of daily discipline and plan how I'll do better tomorrow (8am) and then jump up in shock because I'm late and I'm not even dressed yet (8:15am). Does this sound familiar?
- All of the great men and women who were used by God learned the importance of self-discipline. I think Jesus' public ministry was so powerful and effective because of what he did in private alone with the father. All throughout the scriptures we see Jesus going off from his disciples and the crowd to pray. (Matthew 14:23, Mark 6:46, Luke 6:12, Mark 1:35, Luke 5:16, Luke 9:18, Matthew 26:36, Luke 11:1) When I read this it gives me insight to how Jesus was able to live in the flesh and please the father. He spent much time in prayer. Our time in prayer shouldn't just be about all of what we want from God nor should it be us bringing our laundry list of issues but rather sitting and basking in the presence of the lord seeking and receiving instructions.
- Have you ever sat down to read your Bible and immediately get sleepy but you can sit up and watch a two-hour movie without a second glimpse at sleep. I'm saying all this to say, the natural man doesn't want spiritual things. We have to train and discipline ourselves to obey God.

**1 Corinthians 2:14** (KJV) (nn) *"But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned."*

Spiritual Disciplines include but aren't limited to:

1. Reading and studying the Word of God
  2. Praying
  3. Fasting
  4. Memorizing scriptures
- I personally avoid situations that I know will cause me to sin. I cannot say that I am strong enough to do this on my own but my strength but I rely on the help of the Holy Spirit. Even as I write this I feel that I don't spend enough time



- but I have to silence those voices and continue to press into his presence.

Discipline (oo) - the practice of training people to obey rules or a code of behavior, using punishment to correct disobedience.

- Ouch! to that end part of the definition of discipline! We should train ourselves to obey the word so we are spiritually healthy for service for God. When we do this we can then point others to him and not ourselves. Also, we won't steal the glory for the mighty things God does.

**1 Corinthians 9:25-27** (MSG) (pp) *"You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally. I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself."*

- How seriously are do we take our faith? Do we think we even need to train hard? Too many Christians are going to try to slide their way into heaven on grace. Not the empowering grace we spoke of a few lessons ago but rather the grace that says its ok to sin God will forgive me.

Here a few scriptures to review on discipline (qq):

1. **Hebrews 12:11** ESV *"For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it."*
2. **Proverbs 12:1** ESV *"Whoever loves discipline loves knowledge, but he who hates reproof is stupid."*
3. **1 Corinthians 9:27** ESV *"But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."*
4. **Revelation 3:19** ESV *"Those whom I love, I reprove and discipline, so be zealous and repent."*
5. **Proverbs 25:28** ESV *"A man without self-control is like a city broken into and left without walls."*





## Lesson 10

### Topic: “Life and Death”

**Proverbs 18:21** (KJV) (rr) *“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”*

- I was a consistent complainer. You named it I complained about it. I thank the Lord He has delivered me but I do have to admit it's hard not to revert back to it at times. I have to make a practice daily of giving thanks. As I think back over some of my complaints I realize that the enemy had only used me to speak death over my life and situations. You and I have to always remember that what we see happening in the earth realm, as real as it seems, isn't real at all. We must always look at situations through the eyes of Christ and say what he says about it. This can be rather difficult at first but like anything with practice it gets better. Do you realize the above verse is true? Do you realize you have the power to change your situations with what you confess? Scriptures can't lie. You reap what you sow. If you're bold enough to speak by faith and believe it, then you should see it manifested, unless it's not Gods will for you. Our words have power! You and I are to use that power to speak the will of God into our everyday lives. We do this by saying what the word says. The fight is to say what God says even when it seems impossible. God is supernatural and wants to do supernatural things in our lives but we limit him with our unbelief. Please stop this lesson and cry out, “lord, help my unbelief!” I'm not going to issue any additional scriptures because I want you to really ponder on the one verse shared in this lesson. **YOU HAVE THE POWER TO CHANGE THINGS AND MOVE MOUNTAINS WITH YOUR WORDS.** Realize that there is nothing wrong with God. It's your confession that is the problem.





## Lesson 11

### Topic: "Submission"

- When I asked the Lord what to say about this lesson and the word submission... I heard in my spirit, "submission isn't a bad word and it's still good for today, and why... because I said so..." My mouth is still dropped open, too! Wow, just wow, what a way to start off this lesson! All I ever heard growing up was, "because I said so!" But now let's take a scroll through scripture and see why God said so.

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Submit- accept or yield to a superior force or to the authority or will of another person.

- What is it about our generation that doesn't like to yield or submit to authority? Truth is it's not just our generation, even though we have made the biggest outward showing that we ain't doing nothing nobody tells us unless we want to. Rather this attitude has been around since the beginning of time. Eve didn't want to submit to what God said, the kings from one king to another didn't want to yield to what the Lord commanded through the prophets and nor do we want to obey our leaders as scripture says.
- We can easily equate submit and obey to mean the same thing. Obey means to do as instructed by authority. Those are my words but let's see what Google had to say about it.

Obey- comply with the command, direction, or request of (a person or a law); submit to the authority of.

- Sounds a lot like submit doesn't it? So why should we submit? What do we gain from it? I have my own mind can't I do what I think is best for me? The many questions that plague us all have a simple answer but yet we refuse to see it because it goes against our fleshly nature and our will. The reason is... (drum roll please)... "Because I said so."

**1 Peter 2:13-14** (NLT) *"For the Lord's sake, submit to all human authority—whether the king as head of state, or the officials he has appointed. For the king has sent them to punish those who do wrong and to honor those who do right."*

- The Bible clearly speaks to us to submit to all human authority. The scripture is detailed to say ALL. Not some, not the ones who speak kindly to us, not the ones we like, not the ones we voted for but ALL authority. This HONORS God!
- Now, I know what you are thinking. The scripture is talking about natural worldly leaders not church leaders. They can't possibly expect me to do what they say. Ummm well God covers that too!





**Hebrews 13:17** (NLT) *“Obey your spiritual leaders, and do what they say. Their work is to watch over your souls, and they are accountable to God. Give them reason to do this with joy and not with sorrow. That would certainly not be for your benefit.”*

- Well, ok, point made but what about leaders that are mean and not worthy of respect because of the way they treat others. Correction how they treat me! In reality what we are really saying is we are really upset that they corrected us, but that's a whole different lesson. God willing I'll deal with that topic too just not today. Should I obey them too? Again I am forced to turn to the scriptures to seek answers to the questions at hand.

**1 Peter 2:18-19** (NIV) *“Slaves, in reverent fear of God submit yourselves to your masters, not only to those who are good and considerate, but also to those who are harsh. For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God.”*

- Seriously, God has every area covered but let's get down to the nitty gritty. Again we have to realize that our fleshly nature is against God (Romans 8:7) and doesn't want to obey God even knowing the risk is Hell forever. We have issues that go far beyond the person who is giving the instructions. The real issue is with God. We don't want to obey scriptures. What does obedience do for me?

Benefits of obedience:

1. Divine Protection- God's protection over your life.
2. Prosperity- Walk in obedience to all that the Lord your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess.
3. It causes the Devil to flee from you!!! Come on Jesus! *“Submit yourselves, then, to God. Resist the devil, and he will flee from you.” James 4:7, NIV*
4. We become blessed and God's treasured possession. *“Blessed are all who fear the Lord, who walk in obedience to him.” Psalm 128:1, NIV. “Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine.” Exodus 19:5, NIV*
5. Good health. *“If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.” Exodus 15:26, NIV*

- These are only a few blessings we receive from being obedient and submissive but unfortunately the list is ten times as long if we disobey and not yield to authority.

Consequences:

1. You lead others astray. *“Whoever heeds discipline shows the way to life, but*



whoever ignores correction leads others astray. **Proverbs 10:17**, NIV

2. You lose your assignment and it's given to someone else. **1 Samuel 13:14**,  
*"But now your kingdom shall not endure The LORD has sought out for Himself a man after His own heart, and the LORD has appointed him as ruler over His people, because you have not kept what the LORD commanded you."*
3. You receive a curse. **Deuteronomy 28:15-64**, *"However, if you do not obey the Lord your God and do not carefully follow all his commands and decrees I am giving you today, all these curses will come on you and overtake you:"*

Now I know you are thinking I know God, I go to church and I'm in ministry. I've been this way for years surly I'm ok... **Titus 1:16**, *"They profess to know God, but by their deeds they deny Him, being detestable and disobedient and worthless for any good deed."*

- Let the authority cover you. Receive the blessings that comes when you allow submission to God's word keep you from going off or choosing the way of the flesh.



## Lesson 11 Homework Assignment

1. What is your definition of submission?

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2. Have your thoughts of submission changed since reviewing this lesson, if so why?

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3. What part of this lesson has stuck out to you and why?

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## Lesson 12

### Topic: "Am I Enough?"

Enough-1. occurring in such quantity, quality, or scope as to fully meet demands, needs or expectations. (Webster) 2. in or total degree or quality that satisfies or that is sufficient or necessary for satisfaction.

- "If I am enough why are you not satisfied with serving me?"

Satisfied- pleased or content with what has been experienced or received.

**Isaiah 65:1** NLT, *"I was ready to respond, but no one asked for help. I was ready to be found, but no one was looking for me. I said, 'Here I am, here I am!'" to a nation that did not call on my name."*

- I come to church, I dance, I sing, I am an usher... Yeah, you do those things but you are not fully surrendered. Don't you also drink, club, party, smoke... You can't serve two masters.

**Matthew 6:24** NLT, *"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money."*

- Who is your master and who have you allowed to rule over you? Because the Lord is saying it's not him. Who have you pledged allegiance to?

How have you shown your lack of satisfaction towards me?

#### 1. Disobedience

**Psalms 78:10**, *"They did not keep the covenant of God and refused to walk in his law."*

**Titus 1:16**, *"They profess to know God, but by their deeds they deny him, being detestable and disobedient and worthless for any good deed."*

**John 14:15** NIV, *"If you love me keep my commands."*

#### 2. Prayerlessness

- I asked Lord what do you mean and I heard, my people won't pray to me because I am not a vending machine. They pray only for selfish gain and not for the needs of others. I long to talk to them but they only want to sit and ask for their own needs to be met and then they leave. Never do they sit and wait for me to respond. Nor do they even reflect on what I've already done. They are always on the take wanting more. I want to and will meet their needs but I am longing to spend time with those who are mine. Their needs would be met if they would just spend time with me.

**Luke 18:1** KJV *"...that men ought to always pray, and not faint."*

**2 Chronicles 7:14**, *"if my people, who are called by my name, will humble*



*themselves and pray and seek my face and turn from their wicked ways then I will hear from Heaven, and I will forgive their sin and will heal their land."*

### 3. Fear of Man

**Proverbs 29:25** KJV, *"The fear of man is a snare; but whoso put his trust in the Lord shall be safe."*

**Isaiah 51:12** NLT, *"I, yes, I am the one who comforts you. So why are you afraid of mere humans, who will wither like grass and disappear?"*

**Luke 12:4**, *"I say to you, my friends, do not be afraid of those who kill the body and after that have no more that they can do."*

So what can you do to show God he is enough?

#### 1. Love the Lord and become satisfied with him

**Mark 12:30** NLT, *"And you much love the Lord your God with all your heart, all your soul, all your mind and all your strength."*

**Psalms 37:4** ESV, *"Delight yourself in the Lord, and he will give you the desires of your heart."*

**Commentary:** "Love" here doesn't just mean to have an affections for. It's a choice. It's to delight in and to choose to fully act on their behalf. When we agape love God we see him as honorable, true, and loving. We trust him and respond to that trust with obedience.

#### 2. Turn and do:

**Psalms 34:14** NLT, *"Turn away from evil and do good. Search for peace, and work to maintain it."*

#### 3. Live Worthy

**Ephesians 4:1** NIV, *"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received."*

#### 4. Obey whether you understand or not just follow.

**Deuteronomy 28:1** NIV, *"If you fully obey the Lord your God and carefully follow all his commands I give you today, The Lord will set you high above the nations on earth."*

**James 1:22** NIV, *"Do not merely listen to the word, and so deceive yourselves. Do what it says."*



## Lesson 12 Homework Assignment

1. Are you satisfied with God? Explain.

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2. What emotions did you experience during this lesson?

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3. What is the Lord speaking to your heart right now?

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## SOURCES

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Racheal Frazier is the owner and director of Yet Praise Dance Company, an outreach ministry birthed from Smoking for Jesus Ministry (Rev. 3:16). She assists dance ministries with their initial set up, leadership training skills, choreography, workshops, and conferences. Her passion is to show others how to worship God through dance, receive freedom and experience his glorious presence.

Her passion for dance began in her early childhood where she would sit in her window and watch girls attend the dance studio next door to her house that she couldn't afford to go to. At the age of thirteen, she began to dance for the dance team at Sarah Towels Reed High School in New Orleans, Louisiana. After graduating from high school, she began to dance in strip clubs in the French Quarters in New Orleans, LA, to earn a living. It was on the stage one night that she heard the audible voice from the Lord call her to dedicate her life to him and use her gift of dance for His Glory.

Racheal is married to her husband, Charles Frazier, of twenty years and they have six children. Together, they fellowship at Smoking for Jesus Ministry, which is pastored by Elder Willie L. Monnet Sr. They have been members there for twenty years. There, she formally served in dance and as a leader in dance ministry for eighteen years. She is currently a member of the intercessory prayer group, does marketing for the church and school, and is a Learning Center Supervisor at Smoking for Jesus Ministry Christian School.

Six years ago, Racheal, by the leading of the Holy Spirit, opened Yet Praise Dance Company. This isn't your everyday studio. The studio focuses on offering salvation to the company members and their families all while teaching them praise dance. We gladly accept the least of the community and give them hope through dance.

In 2018, she began to offer dance ministry consultations and conference calls, training for ministry of the arts leaders in lecture courses, workshops, conferences and hosts live internet webinars. Through these avenues she allows God to use her to encourage people to grow in their gift of praise dance and to become better leaders.

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