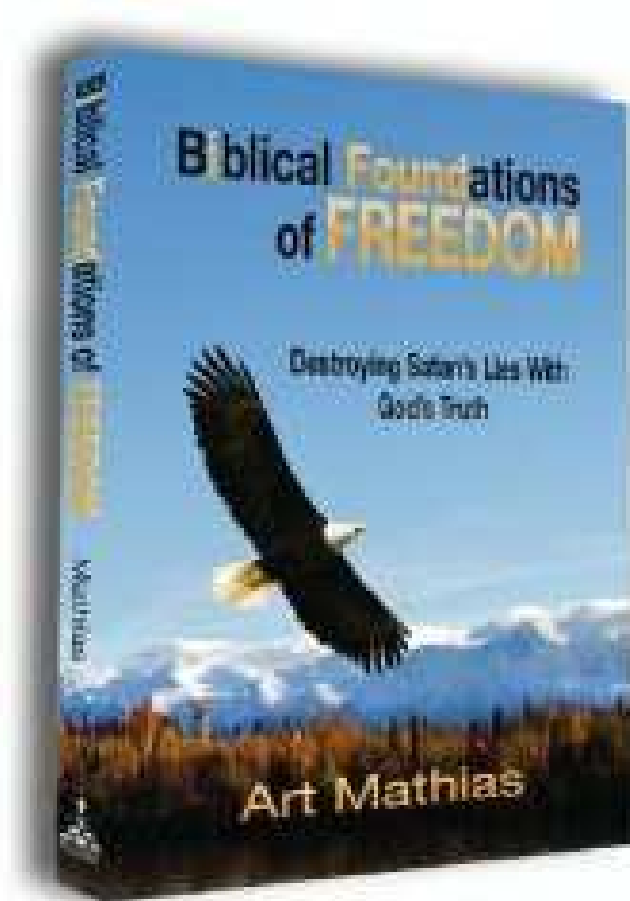


Book's Author: Dr. Art Mathias

Biblical Foundations of Freedom Program & Study Guide

Destroying Satan's Lies With God's Truth



Dr. Dorothy E. Hooks, PsyD
Senior Lecturer

“Biblical Foundations of Freedom Destroying Satan’s Lies With God’s Truth” was written
by Dr. Art Mathias:

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2005 Edition of Biblical Foundations of Freedom

About the Authors:

Dr. Mathias has lived in Alaska for more than twenty five years. He is a businessman, bush pilot, outdoorsman, and has authored several books and booklets. He and his wife Patti, of 38 years have two grown sons. Patti is an accomplished teacher and along with her husband are founders of Wellspring Ministries. Dr. Mathias has earned his master and doctorate degrees in counseling. Both Patti and Dr. Mathias travel extensively teaching about and demonstrating a powerful God that has answers.

I had the opportunity to attend one of Dr. Mathias’ “Biblical Foundations of Freedom” seminars about two weeks ago and it was a life changing event for me. I saw firsthand what God was doing at his seminars; I witnessed how powerful forgiveness is – people were getting set free because they decided to forgive – some had been holding onto unforgiveness for years - and that is why I decided to adapt his book into my Recovery program. Forgiveness is powerful because when we decide to forgive, we are obeying God’s Word and when we obey God, we will be blessed.

I am using these materials from Dr. Mathias’ book and other training aids by permission from him and his wife Patti.

Welcome to the journey that is going to change your life!

God bless,
Dr. Dorothy E. Hooks, PsyD

Table of Contents

| | |
|---|----|
| Notebook Cover ----- | 4 |
| BFOF Program ----- | 5 |
| What It Is? ----- | 5 |
| How Complete Program Work----- | 5 |
| BFOF Program Course Topics ----- | 6 |
| BFOF Course Syllabus ----- | 13 |
| Preface ----- | 14 |
| Preface Study Guide ----- | 16 |
| Introduction ----- | 17 |
| Introduction Study Guide ----- | 20 |



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Class Dates & Topics:

February 21st, 2010 – June 6th, 2010 - all classes will be held online:

- Preface & Introduction (2 hour) – February 21st – 27th.
- What Is Sin – Chapter One (2½ hours) – February 28th – March 6th.
- Discernment – Chapter Two (2½ hours) – March 7th – March 13th.
- Accusing Spirits – Chapter Three (2½ hours) – March 14th – March 20th.
- The Major Strongholds, or Principalities, of Satan – Chapter Four (1½ hours) – March 21st – 27th.
- Principality of Bitterness – Chapter Five (2½ hours) – March 28th – April 3rd.
- Principality of Self-Bitterness, Unloving Spirits – Chapter Six (3½ hours) – April 4th – April 10th.
- Forgiveness – Chapter Seven (2 hours) – April 11th – 17th.
- Principality of Jealousy & Envy – Chapter Eight (2½ hours) – April 18th – April 24th.
- Principality of Rejection – Chapter Nine (3½ hours) – April 25th – May 1st.
- Principality of Fear – Chapter Ten (2½ hours) – May 2nd – May 8th.
- Principality of Occultism, Pharmakia & Sorcery – Chapter Eleven (2½ hours) – May 9th – May 15th.
- The Kinsman Redeemer – Chapter Twelve (1½ hours) – May 16th – May 22nd.
- The Armor of God – Chapter Thirteen (5½ hours) – May 23rd – May 29th.
- Our Power and Authority in Christ – Chapter Fourteen (3 hours) - May 30th – June 5th.

Class Location: www.abusedwoman.ning.com – Main Web Site



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"Biblical Foundations of Freedom" (BFOF) Program

What It Is: BFOF program is a weekly Christian based lecture adapted into the Abused Woman Ministries' Inc. School of Healing (AWMSOH) from the book, "Biblical Foundations of Freedom Destroying Satan's Lies With God's Truth" by Dr. Art Mathias. AWMSOH will make BFOF a prerequisite for the Abused Woman Ministry Recovery Program (AWMRP). AWMSOH want to educate abused women (but others are welcome) how to recognize the danger of anger, hatred, jealousy, rejection, fear, pride, bitterness, and to help them get rid of these toxic emotions so they can recover from abuse. The recovery process begins when the person decides to forgive – forgiveness is a choice. Therefore a person cannot receive complete recovery until these unresolved issues (toxic emotions above) are gone from their lives. BFOF program is also adapted to let the abused woman (and others) know that these toxic emotions separate us from God and create diseases in our souls and physical bodies.

Dr. Mathias was healed in January 1999 from a disease called, "Environmental Illness;" after discovering he had toxic emotions (unforgiveness, fear, and resentment), he repented and God healed him. This is what Dr. Mathias said:

"When I went before God and dealt with my sins of unforgiveness and resentment, and cast off fear, God was faithful: He healed me. He produces a radical change in my health that was obvious to many people. People started asking what had happened. I had changed physically, and they saw the difference in my appearance."

How the Complete Program Work: Every week, a different topic (listed on next page) will be taught. The program is designed so the topics can be combined into one (or many) course(s); customized according to the client's need. In a group session, the maximum number of individuals will be twelve (12). The BFOF Program also includes a Study Guide which can be used to help you apply the Word of God to your life.



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BFOF Program Course Topics:

- Preface & Introduction (2 hour).
- What Is Sin – Chapter One (2½ hours).
- Discernment – Chapter Two (2½ hours).
- Accusing Spirits – Chapter Three (2½ hours).
- The Major Strongholds, or Principalities, of Satan – Chapter Four (1½ hours).
- Principality of Bitterness – Chapter Five (2½ hours).
- Principality of Self-Bitterness, Unloving Spirits – Chapter Six (3½ hours).
- Forgiveness – Chapter Seven (2 hours).
- Principality of Jealousy & Envy – Chapter Eight (2½ hours).
- Principality of Rejection – Chapter Nine (3½ hours).
- Principality of Fear – Chapter Ten (2½ hours).
- Principality of Occultism, Pharmakia & Sorcery – Chapter Eleven (2½ hours).
- The Kinsman Redeemer – Chapter Twelve (1½ hours).
- The Armor of God – Chapter Thirteen (5½ hours).
- Our Power and Authority in Christ – Chapter Fourteen (3 hours).



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"Biblical Foundations of Freedom" (BFOF) Program

Prerequisite Course – 40 Hours Syllabus

BFOF Program Course Topics:

- Preface & Introduction (2 hour).
- What Is Sin – Chapter One (2½ hours).
- Discernment – Chapter Two (2½ hours).
- Accusing Spirits – Chapter Three (2½ hours).
- The Major Strongholds, or Principalities, of Satan – Chapter Four (1½ hours).
- Principality of Bitterness – Chapter Five (2½ hours).
- Principality of Self-Bitterness, Unloving Spirits – Chapter Six (3½ hours).
- Forgiveness – Chapter Seven (2 hours).
- Principality of Jealousy & Envy – Chapter Eight (2½ hours).
- Principality of Rejection – Chapter Nine (3½ hours).
- Principality of Fear – Chapter Ten (2½ hours).
- Principality of Occultism, Pharmakia & Sorcery – Chapter Eleven (2½ hours).
- The Kinsman Redeemer – Chapter Twelve (1½ hours).
- The Armor of God – Chapter Thirteen (5½ hours).
- Our Power and Authority in Christ – Chapter Fourteen (3 hours).

Description of BFOF Program Course Topics:

Preface – Goal: to help you understand how you feel about your relationships with God the Father, yourself, family, and friends. To accomplish this goal, we will teach you what the Word says is the cause of broken relationships.

Introduction – Goal: to differentiate between God's Kingdom and Satan's Kingdom and understand our free will. To accomplish this goal, we will:

- ✚ Explain God's Kingdom and His nature
- ✚ Explain Satan's Kingdom and his nature



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Prerequisite Course – 40 Hours Syllabus

Description of BFOF Program Course Topics (continued):

What Is Sin? – Goal: for you to understand clearly what sin is and its origin. To accomplish this goal, we will:

- + Define Terms so You Can Understand Who You Are
- + Discuss The Second Heaven
- + Explain How Sin Got Into This World
- + Define What Is Sin
- + Discuss Perfect Hatred
- + Explain Why Sin Exist In The World

Discernment – Goal: to define discernment and understand its meaning. To accomplish this goal, we will:

- + Define Discernment
- + Explain Spiritual Warfare
- + Discuss “Does God Allow Evil”

Accusing Spirits – Goal: to explain where and how negative thoughts come into our mind and explain to use discernment to stop them. To accomplish this goal, we will:

- + Describe Accusing Spirits
- + Examine How Accusing Spirits Make Us:
 - ✓ Accuse Others
 - ✓ Judge Others
 - ✓ Accuse God
 - ✓ Accuse Ourselves
- + Discuss A Partial List of Accusing Spirits
- + Give The “Prayer of Release”



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Description of BFOF Program Course Topics (continued):

The Major Strongholds, or Principalities, of Satan – Goal: to introduce Satan's major weapons (strongholds). To accomplish this goal, we will: explain each principality (bitterness, self-bitterness, jealousy and envy, rejection, fear, unbelief and the occult separately).

Principality of Bitterness – Goal: to define and explain the principality of bitterness. To accomplish this goal, we will:

- ✚ Define Bitterness
- ✚ Describe The Antidote For Bitterness
- ✚ Discuss "Forgiving Others"
- ✚ Explain How Often To Forgive Other
- ✚ Give The "Bitterness Affidavit"
- ✚ Give The "Prayer For Overcoming Bitterness"

Principality of Self-Bitterness, Unloving Spirits – Goal: to define and explain the principality of self-bitterness (unloving spirits). To accomplish this goal, we will:

- ✚ Define Self
- ✚ Explain Self-Hatred (Unloving Spirits)
- ✚ Discuss Competition Or Self-Competition
- ✚ Give More Aspects of Unloving Spirits
- ✚ Discuss More Areas of Concerns
- ✚ Explain God's Truth
- ✚ Give The "Self-Bitterness Affidavit"
- ✚ Give The "Prayer For Overcoming Self-Bitterness"



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"Biblical Foundations of Freedom" (BFOF) Program

Prerequisite Course – 40 Hours Syllabus

Description of BFOF Program Course Topics (continued):

Forgiveness – Goal: to define and explain forgiveness. To accomplish this goal, we will:

- ✚ Explain The First Condition For Receiving Forgiveness
- ✚ Explain The Second Condition For Receiving Forgiveness
- ✚ Explain How To Forgive

Principality of Jealousy & Envy – Goal: to define and explain the principality of jealousy & envy. To accomplish this goal, we will:

- ✚ Define Jealousy & Envy
- ✚ Explain The Entry Routes
- ✚ Give God's Truth
- ✚ Explain How To Be Set Free
- ✚ Give "Freedom Prayer"

Principality of Rejection – Goal: to define and explain the principality of rejection. To accomplish this goal, we will:

- ✚ Define Rejection
- ✚ Give God's Truth
- ✚ List Roots of Rejection
- ✚ Discuss Possible Sources of Rejection
- ✚ Describe Who You Are In God
- ✚ Discuss Why Receiving Rejection Is Idolatry
- ✚ Explain How To Be Released From Rejection
- ✚ Give "Prayer For Overcoming Rejection"



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“Biblical Foundations of Freedom” (BFOF) Program

Prerequisite Course – 40 Hours Syllabus

Description of BFOF Program Course Topics (continued):

Principality of Fear – Goal: to define and explain the principality of fear. To accomplish this goal, we will:

- # Define Fear
- # Explain How Fear Enters Our Lives
- # Discuss Fears That Torment Us
- # Answer The Question: “What Is Fear?”
- # Explain Why Fear And Faith Equal
- # Give A Partial List of Fears
- # Give “Prayer For Overcoming Fear”

Principality of Occultism, Pharmakia, & Sorcery – Goal: to define and explain the principality of occultism, pharmakia, & sorcery. To accomplish this goal, we will:

- # Define Occultism, Pharmakia, & Sorcery
- # Examine Belief Systems
- # Discuss Medical Practices
- # Give A Partial List of The Occult
- # Give “Prayer For Overcoming The Occult”

The Kinsman Redeemer – Goal: to explain God’s plan for redemption. To accomplish this goal, we will:

- # Discuss The Blood Avenger
- # Explain The Law of The Kinsman Redeemer



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"Biblical Foundations of Freedom" (BFOF) Program

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Description of BFOF Program Course Topics (continued):

The Armor of God – Goal: to define and explain God's Spiritual Armor for warfare. To accomplish this goal, we will:

- + Define The Belt of Truth
- + Define The Breastplate of Righteousness
- + Explain What The Scripture Teaches About Immorality
- + Review Forgiveness
- + Explain How To Put On The Breastplate of Righteousness
- + Define The Gospel of Peace
- + Define The Shield of Faith
- + Define The Helmet of Salvation
- + Define The Sword of The Spirit

Our Power And Authority in Christ – Goal: to define and explain our authority in Christ. To accomplish this goal, we will: fully explain Christ's authority first then explaining the believer's authority using various scriptures.



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Winter Semester 2010

BFOF Class Syllabus

February 21st – February 27th

Instructor: Dr. Dorothy E. Hooks, PsyD
Campus: www.abusedwoman.ning.com
E-mail: www.awmsoh@yahoo.com

Topics & Goals:

- **Preface - Goal: to help you understand how you feel about your relationships with God the Father, yourself, family, and friends. To accomplish this goal, we will teach you what the Word says is the cause of broken relationships.**

- **Introduction – Goal: to differentiate between God' Kingdom and Satan's Kingdom and understand our free will. To accomplish this goal, we will:**
 - ✓ Explain God's Kingdom and His nature
 - ✓ Explain Satan's Kingdom and his nature



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Preface

Ecclesiastes 1:9 says, "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun" (KJV – www.biblegateway.com). God continues to teach His people through His Holy Spirit, and His truth is coming forth in many places throughout the earth. In light of this Scriptural truth, I submit that no thought of man is truly "original."

The book, BFOF is about anger, hatred, jealousy, rejection, fear, pride, bitterness and others, and how they separate believers from God, creating "disease" in our souls and physical bodies. It is so important for us to make sure none of these sins are in us because God cannot heal us of the diseases, and sicknesses that attack our body if we have unconfessed sins. God will not bless us when we choose to disobey Him. Why should God choose to bless us if we choose to disobey Him? Deuteronomy 28 and many other passages graphically lay out the blessings of obedience and the curses, or consequences of disobedience. In these curses are listed all the diseases of mankind. Disease is the result of sin, either Adam's or our own. We live in a fallen world, and Scripture says there will be infirmities because of the fall. An example of this is the blind man in John 9; before sin entered into the world there were no diseases.

Christians, we have an active part to play in this temporal life. Our part is to obey the Lord. When we choose to live the way God commands, He delights in blessing us. He teaches us that we are to draw nigh to Him, and He will draw nigh to us (James 4:8). We are to seek first the kingdom of God, and His righteousness, and then all other things will be added (Matthew 6:33). These verses show that there is a level of responsibility and obedience required to receive His blessings, and to enjoy a very close and personal relationship with Him; we can walk in the "cool of the evening" with God, as Adam and Eve, if we have dealt with the sin in our lives.

Most of us do not understand what sin is. We have become immune to sin so that we do not understand that sin in our lives separates us from God. God called each of us to be holy and set apart. We are to be in this world, but not of it. Sadly, many of us are "leavened" by the things of this world. Then we wonder why God's power is not evident in our lives or our churches.

Jesus did three things while He was on the earth: He taught repentance, He cast out demons by His word, and He laid hands on the sick and healed them. And then He laid down His life to forever free us from the bondage of sin. In Mark 16, and other passages, Jesus told us (and continues to tell us) that after His ascension and the coming of the Holy Spirit we should do these same things.

The events of Matthew, Mark, Luke and John relating to freedom from sin and ministering to others should be happening in our lives today. God never changes. "For I am the LORD, I change not ..." (Malachi 3:6a). If we apply the principles of sanctification taught in the New Testament, then the power of God will be evident in our lives and churches.



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Preface continued:

Jesus alone will heal you because He is not a respecter person; what He has done for one, He will do for another, if we meet His conditions. What is the status of your relationship with Him? Are you separated from Him anyway? How do you feel about God the Father? Is He a loving, caring God or does He carry a big stick, ready to punish you? Do you really believe that He is the giver of every good perfect gift? Do you believe that if it is not good and perfect it cannot be from God? How do you relate to others?

Are your relationships with members of your family and others fractured? How do you feel about yourself? Do you love yourself? God teaches that you need love yourself before you can reach out to love others (Matthew 22:37-40).

It is in broken relationships that most of our problems in life and many of our diseases take root. Spending time studying this teaching from the BFOF book and applying its life-transforming truths will help free you from these diseases. I guarantee that you will walk closer with God, heal relationships with others, and find how to "walk worthy" of the high calling of Jesus Christ (Colossians 1:10; I Thessalonians 2:12). Herein is shared knowledge and understanding to change your life by bringing you closer to God and providing you the tools to change your life, heal your diseases, and restore wounded relationships.





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BFOF Study Guide

Topic: Preface

February 21st – February 27th

According to Matthew 22:37-40 our problems in life come from broken relationships in three areas of our life. What are they?

1. _____
2. _____
3. _____

How do you feel about God the Father? Is He your friend or does He have a big stick ready to punish you? Explain your answer.

How do you feel about or relate to others: dad, mom, brothers and sisters, etc.?

How do you feel about yourself? Are you your own best friend? Do you love your neighbor as you love yourself?



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Introduction

The introduction is going to set the stage for the upcoming chapters' lectures. There are two facts that we need to establish first:

1. Our true enemies are not other people but Satan and his demons.
2. There are two totally opposing kingdoms at war fighting for our soul; but the devil is not fighting fair.

Ephesians 6:12 teaches, "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" (KJV – www.biblegateway.com). Therefore, Ephesians call this a spiritual war, and we have no choice about participating. Let us accept this fact and become educated on how to win instead of living in defeat. He that is within us is than he that is in the world (I John 4:4). We will always win when we do things God's way; we will always lose if we do things our own way.

To win a war, a military commander first needs a clear idea of the character, tendencies and strategies of his enemy. He masters knowledge of his enemy's strengths and weaknesses. Hosea 4:6 says, "My people are destroyed for lack of knowledge: because rejected knowledge, I will also reject thee, that thou shalt be no priest to me: thou hast forgotten the law of thy God, I will also forget thy children;" God has given us His knowledge, and sent His Holy Spirit to teach us (John 14:26). In the Bible, everything we need to understand and combat the wiles of the devil. God has given us everything that we need to have victory in this war. Let's choose not to reject His knowledge.

Now, let's look at the different kingdoms; there are two and they both oppose each other:

1. **God's Kingdom** consists of God the Father, God the Son-who is Jesus-, and God the Holy Spirit. **God's nature** is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance.
2. **Satan's Kingdom** consists of Satan and his powers, principalities, and demons. Satan's principalities have a pecking order. There are stronger ruling demons and lesser demons that answer to, serve, and protect each principality. These demons form the front rank of the army of Satan.



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Introduction continued:

Satan's nature is hatred, envy, jealousy, unforgiveness, resentment, anger, murder, violence, rejection, fear, self-hatred, self-murder, bitterness, fornication, adultery, and the like.

In this war between these two kingdoms, God gave us a free will. We have the ability to choose whom we will serve (Deuteronomy 30:19; Joshua 24:15). The evidence of whom we are serving is heard in our words (Matthew 15:11). It is what comes out of the mouth of man that defiles him. If we are submitting to the Holy Spirit, our speech will be proclaiming His nature of love, joy, peace, longsuffering, etc. He lives in and through us. We are a vessel in service to Him. If our mouths spew hatred, unforgiveness, resentment, fear, bitterness, violence, rejection, self-hatred, etc., then we are showing that we are controlled by one or more of Satan's demons. These demons can live through us. We are, all too often, their vessels of self-expression.

There is only one Holy Spirit, so all of God's nature and fruit comes from Him and is expressed through us. But Satan has innumerable demons. Thousands can be in the same person at the same time. Jesus cast out legions of demons from one man, and sent them into a herd of pigs (Luke 8:30-31).

In the book BFOF, Dr. Mathias called each nature or fruit of Satan by the name that indicates how that nature expresses itself. Thus, each demon has its own name, i.e., "the spirit of fear" (II Timothy 1:7). The Holy Spirit manifests His nature through people. Satan and his demons are the counterfeit of the Holy Spirit and they also manifest their nature the same way — through people.

Just as God is truth, Satan is a liar. God is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance (Galatians 5:22-23) — perfection personified. Satan is hatred, murder, violence, unforgiveness, resentment, rejection, fear, jealousy and envy, lies (Galatians 5:19-21) — imperfection and degradation personified.

Which area of our everyday life gives us the most trouble? Is it not fear, doubt, unbelief, rejection, jealousy, envy, bitterness, sexual sin, lust, greed, etc.? These words describe the very nature of Satan. Could these be the names of the principalities and powers of Ephesians 6:12? It would seem that this host of evil principalities and powers would show evidence of the major battles with Satan in our lives. This study will show how each of these areas is nothing but the lies of Satan he uses to try and defeat us.

We are in the process of being changed into the image and likeness of God through the renewing of our minds (Romans 12:2). We must understand the condition of our mind in its present state. What lies of Satan have we believed? We must identify them and allow God to replace them with His truth.

Why is it that one minute we can joyfully be driving down the road singing praise songs and praying yet when someone cuts us off, we fly into rage with angry and coarse words spewing out of our mouths? How can we praise God one minute, and the next minute be cursing (James 3:11)?



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Introduction continued:

Let's go back to the beginning of time, and learn about the origin of sin and its nature.

The Spiritual Battle Mankind Has Free Will

God created man put him in the Garden of Eden, man sin, now he has free will which makes us sovereign in our choices. We are told in Deuteronomy 30:19-20 to choose whom we will serve; whomever we choose to serve, we become a servant to him. The evidence of whom we have chosen to serve is seen in our speech, because it is what comes of the heart of man that defiles him. Our fruits are either of God, our Creator, or of the enemy, Satan.

God's Kingdom: God The Father, God The Son, and God The Holy Spirit

The Nature of God: Love, Joy, Peace, Longsuffering, Gentleness, Goodness, Faith, Virtue, Purity, Wisdom, Justice, Honesty, Fairness, Sincerity, Knowledge, Understanding, Grace, Mercy, Excellence, Forgiveness, Compassion, Devotion, Truth.

Satan's Kingdom: Satan, Powers, Principalities, Demons

Satan's Nature: Rejection, Hatred, Violence, Jealousy & Envy, Condemnation, Shame, Pride, Guilt, Lying, Lust, Greed, Covetousness, Revenge, Retaliation, Slander, Critical Spirit, Fear, Terror, Unforgiveness, Unmerciful, Self- Pity, Gossip.

In this life, our testing comes through the decisions we make. If we choose to obey God and to make quality decisions that honor (agree with) Him, we receive His blessings. If we choose to serve God, we also choose to allow the Holy Spirit to manifest through us, and we exhibit the fruit of the Spirit. As a result, we have the peace that passes all understanding.

If we choose to serve Satan, the consequence is that his evil spirits, which represent his nature, will manifest through us. God never causes evil; this is always Satan, the devil, whom God calls "the enemy." If we choose to disobey God, and follow Satan, we receive Satan's blessings (which in reality are a curse) and lose our peace and joy; it is our choice to obey God and live or disobey God and die (Deuteronomy 30:19-20).



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BFOF Study Guide

Topic: Introduction

February 21st – February 27th

Goals:

- To identify and realize the two kingdoms, the nature of God, and the nature of Satan.
- To understand our free will.

To Think About:

Write out Ephesians 6:12 and underline those things with which we wrestle.

What are "powers and principalities"?

Name the two kingdoms that are at war.

1. _____
2. _____

Describe the nature of God.

Describe the nature of Satan.



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BFOF Study Guide (Continued)

Topic: Introduction

February 21st – February 27th

Can God ever violate His nature?

Is God a covenant God? _____ Can we trust His promises?

Can Satan ever violate his nature?

What is free will?

Why did God give us free will?

According to Matthew 15:18, how do we know whom we have chosen to serve?

Personal Responsibility:

Identify which kingdom you are serving. Check only one.

God's Kingdom _____ Satan's Kingdom _____

Application:

Consider praying this prayer:

Dear Heavenly Father, In the name of Jesus I confess and repent for having not served you at times in my life. I ask you to forgive me, Lord, and I forgive myself for falling short at times. I purpose and choose to commit to serve You, Lord, and I cancel Satan's authority over me in this area. Holy Spirit, come and show me what You have for me to learn today.

Write down anything that the Holy Spirit may have shown you.