



J2F Work Books

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Book 1

Book 1: Man's purpose and the gifts of the Spirit

PART 1 - Man's purpose

1. Explain the concept of the uniqueness of man, based on the Word and proven scientifically.
2. Why do you think man is separated from the Father?
3. Explain the 3 concepts and its similarities or differences in terms of I **Thessalonians 5:23** & **Genesis 2:17** with regard to man's spirit, soul and body.
4. What is the significance of **John 3:3**; **Ephesians 2:1** and **Ezekiel 36: 26-27**?
5. List the 5 senses the body is guided by.
6. According to **Romans 12:1**, what parts of the body do we use to worship YHVH?
7. How many components is the soul made up of and what do these components reflect about a person?
8. Do you agree if the soul is wounded, that it can affect how the individual
 - a) Responds to issues _____
 - b) Have difficulty to respond to positive, righteous behaviour _____
 - c) How can Journey 2 Freedom [J2F] help heal the wounded individual? _____
9. What do you understand by **Romans 12:2** *"to have your mind conformed to the Word?"*
10. Complete the sentence:
One's personality includes _____
11. Explain the difference between a **Greco Roman** and **Hebraic mindset**.
12. Based on your response how do you think **Greco mindset** or **Hebraic mindset** have influenced you or others that you know?
13. Do you feel that hurting individuals are better off with a Greco mindset or Hebraic mindset?
Substantiate your response. _____
14. List the focus of a Hebraic mind set.
15. List 4 areas our mind can negatively impact us. What do you understand by 'chasing after earthly things'? Substantiate your answer with the appropriate Scriptures.

16. Cite Scriptures to indicate that we are blinded to the reality of YHVH's [GOD] purpose and calling.
17. What do you understand by a mind after YHVH's [GOD] heart? Substantiate your answer with the relevant Scriptures.

The Will

1. Complete the following:
 "A will which does not walk in humility/true submission" _____
 _____.
2. Now that you have completed the above sentence, explain what is meant by 'transformed'.
3. What benefit result when there is a true alignment of our will?
4. Explain transforming my will into a place of Sonship (break down strongholds of oppression) fear and uncertainty / build a new foundation.
5. Another explanation for total submission to the Father is the process of transforming my will to a place of Sonship _____
6. How can this happen if I am wounded and hurting?
7. Explain what it means that our will is tested. Is this only on a spiritual level?
8. Substantiate your answer.
9. Explain the similarities between **Matthew 12:33** & **Romans 12:1**.
10. In which Scriptures do we find the Beatitudes, and why is it necessary for us to walk in this according to **Matthew 5:3-12**?
11. How do we come to the full knowledge of the truth? Cite a few Scriptural examples.

The Emotions

1. List the 4 emotions
2. Complete the following sentence:
 What the mind thinks _____
 Emotions reveal the however emotions do _____
3. What reveals the dashboard of the heart?

PART 2 - The born again experience ... our identity in Y'shua

1. Explain **2 Corinthians 5:17** in the context of a new creation.
2. What part of our beings becomes new when we become born-again?
3. Explain the difference between the spirit and soul. Do you agree that the spirit/soul is made up of mind/will and emotions? Is this contrary to your belief?
4. What does myelination mean?
5. What does the process enable?
6. What part of you has been given a 10 month head start? Why?
7. Who gave us the ability to know the difference between four voices?
8. List these 4 voices.
9. What is the benefit of any believer who searches the heart with integrity and honesty?
10. Why is this so important?
11. Explain the relevance of **Romans 8:27** in regard to integrity and honesty.
12. Explain the Hebrew word for custody (mishmar) and its meaning.
13. Explain the Hebrew word for 'mind'.
14. Explain the Hebrew word for 'declared'.
15. What is the purpose of a 1 on 1 relationship between my 'spirit man' and my 'soul man'?
16. What impacts do my spirit man's words of love do for someone that is hurting and wounded?
17. Who in the Scriptures were revived by words of love and life (**Genesis 45:27**)?
18. What will allow you to keep a secret?
19. Explain the difference between keeping silent on wrong doing and keeping a secret.
20. Does the Torah describe carrying a burden?
21. What is the common word for carrying a burden?
22. Explain **Isaiah 6:3** "*exchanging our garments of heaviness*".
23. How does my heart become 'obstinate'?
24. Explain the time that Moses wasted became angry.
25. What are the dangers when our spirit man is proud and haughty?
26. List, with supporting Scriptures the different emotions of the spiritman.

PART 3 - The Spiritman's Will

1. List the benefits of the spirit man's will.
2. Who was the Scripture referring to in **John 13:21**?
3. Explain the 'essence of my being'.
4. Where is liberty rooted?
5. List the Scriptures that prove 'our spirit is light'.
6. Choose 2 Scriptures of the above list, and explain in your own words what you understand by it and how you can apply it in everyday life.
7. How does an individual reveal YHVH to the world ... Substantiate your answer by citing an appropriate Scripture.
8. Do you agree we are all uniquely made according to **Psalms 139: 13-17** and **Jeremiah 1-5**?
9. Why has YHVH designed your spirit to walk in dominion?
10. Why was the human spirit designed by YHVH?
11. How does this impact on someone that is constantly depressed?
12. What is the meaning of witchcraft?
13. What are dangers of stepping to the place of YHVH when counselling a person?
14. Complete the sentence:
Your soul sits in _____
15. Why do you think this is so?
16. Explain **1 Corinthians 14:15** the relationship that should exist between spirit and soul.

PART 4 - GOD's Purpose for Man

1. What should we enlarge to its fullest potential to impact the world?
2. Why do I have to do it (operate under the Ruach [Holy Spirit] to use the gift to impact the world/restoring my place of dominion so that YHVH's [GOD] intimacy can be re-established?
3. List the 5 phases of a purposeful life.
4. What does the concept 'multiply in the dominion mandate' mean?
5. Explain the difference between the **Greco-Roman mind set** and **Hebraic mind set** to short and long term goals.
6. What is the benefit of the Hebraic mind set on the end time goal?
7. List 3 Scriptures that supports and underpins this mind set?
8. Do you think by having a Hebraic mind-set the wounding/hurting process can be healed?
9. What impact can this have on the Journey 2 Freedom?
10. Define the term 'calling'?

11. Explain the impact of us been called to liberty.
12. Who are called to and included in the Marriage of the Lamb?
13. Explain the difference between the Body of Messiah and the Bride of Messiah.
14. Why are the Scriptures 'profitable for instruction' according to 2 Tim 3:15-17?
15. What does it mean to 'live a life of remembrance'?
16. Explain the concept 'Birthright'.
17. Explain the difference between 'calling' and 'destiny'.
18. What does seeking YHVH's [GOD] end-time destiny for my life mean?
19. Write out a prayer of repentance for not seeking YHVH's [GOD] will for your life.

PART 5 - Man rebels and strays off course

1. Why do you think man rebelled against YHVH's [GOD] will?
2. Cite examples in Scriptures where YHVH raised up leaders/prophets to speak His message of reconciliation to man.
3. What do you understand by Isaiah 59:2 'sin separating us from YHVH'?
4. What does separation do to our relationship with YHVH?
5. Explain what is meant by 'self' on the throne of your heart.
6. What are the consequences of being in this state/position?
7. What is profoundly connected in the occult realm & why?
8. Why is it important to bring your spirit man to take the lead in the sexual act?
9. List parts we lose when we rebel against YHVH.
10. Explain **Matthew 8:17** on the promise of restoration.
11. Why does YHVH wait and want us to return to Him?

PART 6 - YHVH's plan of redemption/restoration

1. What does it mean to become a Hebrew?
2. Who became a Hebrew?
3. Do you think we can also be known as Hebrews?
4. Are those who 'cross over' perfect or should they attempt to be?
5. Explain **Jeremiah 7:23**.
6. Who commits a sin of compromise in the Garden of Eden?
7. Explain why this sin was committed.
8. Explain the term 'the world was corrupt; filled with violence and perverted'.
9. Who was a 'righteous man' (according to the study notes in this case study)
10. Define righteousness - does it mean perfect?
11. Explain the Hebrew word for Gopher wood/Pitch.

12. How would you relate it in today's term, for those who desire to live righteous lives?
13. What are the 2 choices we have to make?
14. Are they both right if we make a choice for one way?
15. Explain the results of the choices made in the above question.
16. How does one rob the Body of Messiah?
17. According to **Proverbs 16:3** we have to commit our plans to YHVH. Why is this so? What is the connection with **verse 9**?
18. What will YHVH's plans reflect for you?
19. Cite a person in the Word who deviated from his calling and purpose
20. What did he do wrong?
21. What does his name mean?
22. What keeps us on a lifestyle of repentance?
23. List our problems and YHVH's remedy to our response to the path to deliverance.
24. Quote Scriptures to support your answer.

PART 7 - Differentiation between the Gifts

1. List the 7 feasts of YHVH and how this keeps us in line with His plans and purposes.
2. A whole person (delivered from hurts and pain) knows what they should do ... list these.
3. What do I need to do to fulfil my purpose and destiny?
4. Explain the term 'Calling'.
5. Why is it important to work in your Calling or to take on the redemptive gift?
6. List
 - a) the five-fold ministry gifts;
 - b) the gifts of the Ruach [Holy Spirit];
 - c) and the gifts of YHVH.
7. Explain the 5-fold ministry gifts;
 - a) gifts of the Ruach and
 - b) the gifts of YHVH

PART 8 - Path purpose filled life

1. Explain 1 Peter 4:10 in regard to the Gifts of YHVH (redemptive gifts).
2. List the attributes of the
 - a) prophet
 - b) servant
 - c) exhorter
 - d) giver
 - e) ruler

- f) mercy
- 3. What do you understand by the armour of YHVH?
 - a) How is each part connected to the redemptive gifts?
- 4. In your own words explain **Ephesians 6: 10-17**.
- 5. Why it is important for us to put on the armour on daily basis?
- 6. Use **Ephesians 6** to associate it with the gifts of the Father (e.g. Belt=Prophet), complete the various part of the armour to that of the gifts.

PART 9 - Analysis of the Gifts

1. How is a prophet identified?
2. What are the attacks against the gift of the prophet?
3. How is a servant identified?
4. What are the attacks against the gift of the servant?
5. How is a teacher identified?
6. What are the attacks against the gift of the teacher?
7. How is an exhorter identified?
8. What are the attacks against the gift of the exhorter?
9. How is a giver identified?
10. What are the attacks against the gift of the giver?
11. How is a ruler identified?
12. What are the attacks against the gift of the ruler?
13. How is a person with the gift of mercy identified?
14. What are the attacks against the gift of mercy?

PART 10 - Obtain YHVH's and your father's Blessing

1. Complete the sentence:
We should obtain and blessing to flow in _____ and _____
2. Define the power of blessing.
3. Define the circle of a blessing.
4. Through whom does the circle of blessing flow?
 - a) List the role of the father
 - b) What is the definition of father?
 - c) Blessing = YHVH's impartation of _____ and _____
 - d) What is YHVH's mandate to fathers?

PART 11 - Our Purpose / Gifts can be cursed

1. Complete the following:
Renewing our minds, _____ generational bondages that have perverted the _____ purity of the of our gift.
2. YHVH tells the priests, (those who are born again believers in Y'shua the Messiah).
3. Explain **Malachi 2:1-3**.
4. How does one get to this place?
5. Explain the spirit of Sisera.
6. Against what gift does this spirit operate?
7. What is the purpose of this spirit?
8. How do I cause this spirit to attack?
9. Explain how to deal with this spirit.
10. Explain how this spirit manifests.
11. What is the significance of Deborah's song and how is it applicable in our day?
12. Explain dealing with the spirit of Haman.
13. Which gift does the spirit of Haman attack?
14. How is this curse caused to alight?
15. How does one deal with this?
16. What spirit attack against the teaching gift?
17. How do I cause this spirit to attack?
18. Why do you think the curse of Job's friends is compared to attacking the Exhorter gift?
19. What gift does the spirit of Jezebel attack? Why do you think this is so?
20. The spirit of Delilah attacks the gift of ruler. Why is this so?
21. How can those with the redemptive gift of Ruler cause the spirit of Delilah to attack it?
22. What spirit attacks the gift of mercy?

PART 12 - Improper fathering wounds the spirit and therefore blocks the gifts of the spirit from being able to operate

1. List the 2 types of fathers and choose one and write in your own words its traits.
2. Explain **2 Peter 1:15** in relation to developing our redemptive gifts.
3. Look at the various redemptive gifts and note how our spirit man will be wounded if we have not been fathered properly.

Book 2

Book 2: Generational Blessings

PART 1 - Blessings of the Generation

1. How is man uniquely made by YHVH, and how does science also prove that every person is exclusively different?
2. Explain **Genesis 1:26** where it states that we are made in YHVH's image
3. What Scripture explains in detail that we are fearfully and wonderfully made?
4. What does this Scripture mean to you personally?
5. What Old Testament prophet speaks about being formed in the womb, and approved and appointed? Also list the Scripture where it is found.
6. What is the ultimate purpose why YHVH created us?
7. Explain **Romans 11:29** in your own words and note its significance?
8. What are the similarities of **Proverbs 15:22** and **Proverbs 20:18**?
9. What does **Romans 8: 28** and **Romans 9:11** have in common regarding purpose?
10. What is the primary reason that we are made in YHVH's image?
11. Why are males/fathers so important in the family?
12. What Scripture does the father declare over his family? What does it mean and why is it important for the father to do this?
13. What does it mean when the father put YHVH name on each child?
14. List YHVH mandate to fathers?
15. Complete the following sentence:
Blessing + YHVH's _____ of _____ and _____.
16. What picture does the camel depict of a father?
17. What does the word 'tend' in Hebrew mean?
18. What does the word 'keep' in Hebrew mean?
19. How do these words relate to **Genesis 2:15** where YHVH put man in the Garden of Eden to tend and guard and keep it?
20. What is the job of the father as priest?
21. What does 'tend' mean by way of example?
22. What does **Genesis 24:10-14** depict about the 'fruit' of Rebecca?
23. Why should we follow this example for our children?
24. Why is it important for children to be weaned in a particular manner?

25. Whose responsibility is it to ensure that the 'seed of YHVH is planted in the child?
26. Till what stage in the child's life is this the parents responsibility?
27. Why did YHVH expel Adam from the garden?
28. Why did YHVH place cherubims at the east side of the garden after He expelled Adam from the garden?
29. List the circle of blessings according to **Genesis 1:28**.

PART 2 - YHVH's mandate to fathers is to bless children

1. Complete the following sentence:
The _____ role is _____ to the role of the _____ in the Old Testament.
2. List the areas that the priest had authority over.
3. Why does the father publicly declare authority and blessing over a child?
4. What negative impact can mom or dad have towards the news of a pregnancy, especially if the timing of the pregnancy is inappropriate or untimely?
5. What happens to the unborn baby's spirit if the father does not legitimize the baby's welcoming into the world and speak curses over the child?
6. What impact does this have on the child even after growing up?
7. Why is the child not able to respond to the issues?
8. How does this impact on their relationship with YHVH?
9. What type of counsellor does this type of person respond to?
10. How would you start ministering to such an individual?
11. What foundational aspect of the individual has been challenged ? and why?
12. Cite an example of what the counsellor should say to such an individual
13. Why is it important and crucial that the counsellor communicate to the person's spirit?
14. How will this affect the counselee and their relationship with the Heavenly Father and earthly father?

PART 3 - Fathers and Priesthood

1. Complete the following sentence:
In the _____ Testament _____
all presented as _____ members of the _____.
2. Why is this so and how has it changed from the Old Testament?
3. What is the difference of the status or changed status between Old and New Testament?
4. What was YHVH original intention for the nation of Israel?

5. What is the role of the priest?
6. What action was part of the priesthood?
7. How does this relate to the role of the father in a family?
8. Explain the difference between the Greco & Hebrew thought patterns concerning blessing?
9. Which one do you think is correct and why?
10. Explain the terminology 'Sons of YHVH'.
11. Explain **Hebrews 3 -5** that Moses was a faithful servant.
12. On what basis were the Israelites judged?
13. What do you understand by the pagan viewpoint of what YHVH can do for you?
14. List 4 criteria in responding to our heavenly calling according to **Hebrews 3:1**.
15. How is this Scripture connected to **Deuteronomy 6:1-3**?
16. Explain the difference between the Greek mind-set and Hebrew mind-set regarding beliefs
17. What do you understand by **John 15:10 & John 15:15** and how can you appropriate in your life?
18. What is the relevance of **Romans 8:19** in today's age?
19. How do you or should you respond to the above Scripture to give it relevance in the community that you live?
20. Explain the terminologies 'legalism', 'lawlessness' and 'sons' of YHVH.
21. Study **James 2:14** and **James 2:20-28** and explain the connection between faith and works
22. Can the faith and works function without the other, and what is the blessing or curse if not combined?
23. According to **1 Corinthians 15: 44-49** explain YHVH's 'Principle of Execution'.
24. Explain the pattern of YHVH's land and the blessings associated with it.
25. List the consequences of not following the pattern of YHVH's land.
26. Who's example do we have to follow and reflect before we can claim the fullness of the blessing and why this specific person?
27. Explain what YHVH created on the 4th day and its relevance and significance in the Creation story.
28. According to **Genesis 3:8**, Eden is more than just a garden, it is place where YHVH came to dwell. Explain the fellowship and the communication YHVH had with man in Eden.
29. Will you agree or not that the Garden of Eden was a place of intimacy for YHVH and man?
30. What action of man broke this intimacy and how was it restored again so that all mankind can be blessed?
31. What is the significance of Mount Sinai?
32. What principles of 'holy time' and 'holy space' of the Covenant must mankind keep?
33. Give an example in the New Testament where this principle is operative

34. Why do we have to follow Y'shua's example of diligently keeping the Appointed times?
35. Do you understand what is the Appointed times according to the Scriptures?

PART 4 - YHVH's Holy Space ... the Body of Messiah is One

1. What is your understanding of the Body of Messiah (Church)?
2. Substantiate your response with an appropriate Scripture(s).
3. Who makes up the Bride of Messiah?
4. Complete the following sentence:
The _____ in the _____ pointed to _____.
5. Explain the 'Goal of the Law' according **Romans 10:4**.
6. What does the presence of YHVH's glory in the living tabernacle depict?
7. Why has YHVH prophetically placed gifts in mankind?
8. Complete the sentence:
You are born again 'to be a _____'.
9. Give an example where you can live out this principle out in society.
10. Explain **1 Peter 1:3** in respect to 'our heavenly inheritance and one that does not fade away'.
11. What is the principle that Paul raises about us according to **Romans 12:6-9**?
12. Explain the meaning of 'Inheritance'.
13. What is the connection between sowing and reaping and an inheritance?
14. What happened at Mount Sinai with the people of Israel?
15. Explain **Numbers 1:52** in respect of the tribes of Israel.
16. List the 12 Tribes of Israel and the emblems of their banners.
17. Explain the role that Jacob played as a father.
18. What example of Jacob can we follow as 'fathers' and 'sons'?
19. By following Jacob's example how and what must be do in blessing our children?
20. According to **Genesis 49:1-2** list the blessings that Jacob gave his 12 sons.
21. Explain the difference between Jacob as father of the tribes and Moses as spiritual father of the nation.
22. List the physical and spiritual comparisons of YHVH's plan for the tribes.
23. Explain **Numbers 6:24-27** in terms of the Aaronic blessing?
24. Why did Aaron have to give the blessing?
25. What is the similarity between **Numbers 9:15** and the intimacy of YHVH?
26. What is your understanding of **Deuteronomy 28** in respect to 'blessings and curses'?

27. Give examples of blessings and curses in your own life and how this has impacted you and your family and those that you relate to.
28. What is a generational blessing?
29. Based on **Deuteronomy 28**, what do you understand by 'YHVH's Word to mankind is conditional'.
30. Explain **Jeremiah 17:25** in respect of the act of obedience.
31. Explain the acts of obedience according to **Job 42:5-6**.
32. Do you think that generational curses are possible?
33. If yes, substantiate your answer with a Scriptural response.
34. If no, substantiate your answer with a Scripture response.
35. Explain the terminology 'Replacement theology' and how it has affected your life and that of the Body of Messiah (Church).
36. Explain the essence of 'principle of commandment and **John 15:10-12** and its impact in today's life.
37. Complete the following sentence:
 _____ curses can be _____ of
 _____. More often it is the _____
 of _____, moral _____
 and _____ and _____ violence.
38. Explain in your own words the above sentence.
39. Explain 'iniquity' and the effects of generations of this.
40. Complete the following table:

GOD's picture of man	The result of man's wrong role model
Created in His image for splendour	
	Scare of
	Focused on performance and greed
Given a voice to encourage	
Given hands to hold and comfort	
	Burning with jealousy

41. List the stages of the journey of Judah.
42. How was Judah's character developed by his father, Jacob?
43. What was Judah's 1st test of manhood and his value system?
44. What lesson can you learn from this story?
45. Explain the Hebrew word 'mah-bitza' and its appropriateness to the text in **Genesis 37:26**.
46. Why do you think Judah's journey took deviations from YHVH's path?

47. What lessons can you learn from it and what should you do to avoid such deviations in your own life?
48. Did Judah marry an Israelite or a woman from a pagan nation?
49. Where do you find this in the Scriptures?
50. What were the names of Judah's sons.
51. Explain the meaning of their names.
52. Looking at Judah's life of compromise and disobedience, list how he as a son of promise fell.
53. Explain how Judah's father, Jacob moulded his personality and character?
54. What happens to Judah when he receives a revelation of his mission or calling on earth?
55. Who did he hurt and cause pain the most in his disobedient state?
56. What is the Hebrew word for 'to draw very near to someone'?
57. Can this word be linked to 'intimacy'.
58. What happens to an individual who changes from wilful sin and rebellion?
59. Explain the role of Judah in **Judges 1:17**.
60. What do you understand by **Ezekiel 37:15-16** of the 2 sticks becoming one?
61. What is the principle of cause and effect on generations?
62. According to **Genesis 19:1** was Lot allowed to sit at the city gates in Sodom?
63. Who was Lot's role model?
64. Who is your role-model and how has this person influenced and impacted your life?
65. According to **Genesis 19:4** what spirit ruled in Sodom?
66. Do you think this spirit overtook Lot? Justify your answer with an appropriate answer.
67. Do you agree that Lot was overtaken by the stronghold operating in Sodom?
68. Why do you think Lot offered his daughters to depraved men of the city according to **Genesis 19:8**?
69. If you were in Lot's position when he heard the message of how YHVH was going to destroy Sodom, what would you have done?
70. Can you have shalom [peace] and be distressed in your soul at the same time - look at the example of Job.
71. What violations did Lot's daughters do after they were rescued from destruction in Sodom?
72. List 2 tribes that came about because of the immoral activities of Lot and his daughters.
73. What was YHVH's plan for Jacob according to **Genesis 25:23**.
74. How does the Scriptures describe Esau?
75. What does the following words in Hebrew mean 'ish tam yosha ohariam'.
76. Is there a similarity between 'righteous and integrity'? Explain your answer.
77. When YHVH makes a covenant with Abraham, He speaks in 2 ways - list these and explain what you understand by these utterances.
78. List the generational consequences for Jacob with Esau.

79. What principle of sowing and reaping is experienced in Jacob's life.
80. Jacob and his sons all experienced the pattern of consequences as a result of their deceit. List these and state if there was or is a way out of this?
81. Why did Jacob wrestle with the angel of YHVH?
82. What were the 2 principles of the covenant YHVH made with Abraham?
83. Explain the following statement ... 'A generational curse is a self-made fire'.
84. What are the 5 most commonly used Hebrew words for 'curse'.
85. Looking at the example of Balak & Balaam explain the terminologies 'arar' and 'qavah' and how it impacted the nation of Israel.
86. In your own words, explain YHVH's [GOD's] promise to Abraham as recorded in **Genesis 12:3**.
87. What practical implications does YHVH [GOD's] Covenant have in our lives.
88. What impact does **Deuteronomy 30:19** have on our lives today?
89. List the consequences of not obeying YHVH's voice according to **Deuteronomy 30:19**.
90. What sickness or diseases will come upon you when you walk in disobedience to YHVH?
91. Do you believe that YHVH will use **Deuteronomy 28:23** against us, if we continue to sin against Him and walk in disobedience?
92. Do you agree that we can pass on generational blessings to our spiritual and biological seed?
93. List a few generational blessings that you can pass onto others.
94. What are the implications of been legally adopted on the bloodline?
95. What are the advantages and disadvantages of been legally adopted?
96. List the 3 Empowerment processes as a principle for mankind to follow for releasing children into their purpose and destiny.
97. Do you agree that all that you need to fulfil your purpose and destiny is given to an individual at the time of conception? Substantiate your answer.
98. What are the 3 unique roles of the father?
99. Do you agree that the enemy strategically targets those individuals that YHVH has called for great purposes and tries to kill them before they can do damage to his kingdom?
100. List the difference between children who have been blessed in the womb and the way they operate to certain things in present day situations.
101. Define spiritual discernment and a related Scripture.
102. Explain the difference between pray on demand or when the Spirit of GOD quickens the individual.
103. Does 'strong-willed' mean rebellious or a blessing in relation to the topic?
104. Explain the difference between generational blessings and curses.
105. What type of blessings would you pray for the unborn baby in the womb?
106. Explain **Luke 1:13-15** with regard to the destiny of a child.

107. List the 3 people that blessed Y'shua [Jesus] conception and bin regard . What were significant of these people.
108. List the importance of acceptance of the news of a pregnancy, and the implications of the news of an unwanted pregnancy.
109. What is the connecting difference with the baby between mother and father?
110. Why does the father reject the child on hearing about the pregnancy?
111. What the impacts on the unborn baby when the mother is unwed?
112. Why is it important to read Scripture to the child in the womb?
113. What is the advantage of the Father reading the Scriptures to the unborn child in the womb?
114. What do you understand by sanctifying time?
115. What does it mean to build a joy base?
116. Why do you think some people's home base is Anger, Shame or other emotions?
117. At what age can the brain complete a neurological 'ring of joy'?
118. What are the implications if the ring of joy is not completed?
119. Explain **Psalm 127:3** in respect to parents rejoicing over the gift.
120. What experiences allow the joy-base to grow?
121. How is **Psalm 16:11** applicable to increasing your joy-base?
122. List the 3 responsibilities the father has at milestone no.2 i.e. the bin regard of the baby.
123. List the focus of Milestone no .3 that the father teaches the child on the principles of following GOD and keeping His Commandment.
124. What are the fundamentals that the father should teach the child (from baby to adulthood)?
125. How do you release the child's spirit from the power of covenants that quench the spirit?
126. What do you understand by cutting ties with the dead?
127. Do you agree or disagree that clothing with demonic symbolism can hold a child or person bound?
128. What does spiritual labelling mean and what are the implications on a child's life?
129. Do you believe that irrespective of someone's background that there are generational blessings that have been reserved ?
130. List some of the generational curses that need to be dealt with in the child's life.
131. What is a 'pandora box' and what negative impact does it have on the child?
132. Based on the above, do you agree that it is important to take a child(ren) through deliverance in the womb?
133. What is Milestone No.4?
134. What are the curses listed in **Deuteronomy 28:45**?
135. Complete the following sentence:
Obedience is a minimum pre-requisite _____.
136. What was the tragedy of Hezekiah as listed in **Isaiah 39:5**?

137. What was so tragic about his actions?
138. Why do you think he lacked a generational vision?
139. What accrue generational blessings for the next generation?
140. Complete the following sentence:
 A generational blessing brings benefits _____ to apply to
 _____ who does _____ deserve it
 in _____.
141. Explain in your own words the meaning of 'Birthright'?
142. Is there a difference between 'Birthright' and 'succession Birthright'?
143. What is an exponential generational blessing?
144. How would you interpret **Galatians 3:7**?
145. What does the 'spirit of Messiah' means?
146. What is the positive practical outworking of this? List one attribute or characteristic.
147. Is there a link between **Galatians 4:6** and **John 12:36**?
148. What does 'a generational blessing' mean?
149. Explain the Hebrew words '**Sh'ma**, **Sh'mar** and **Asah** and its relevance to experiencing a generational blessing.
150. List the 3 steps in realigning our minds to come into step with YHVH.
151. Explain the difference between **B'racha** and **B'chorah** (both Hebrew words) and its impact in our lives concerning blessings.
152. What is the protocol of Birthright?
153. Is the Birthright only for some? If so, substantiate your answer with a relevant Scripture
154. If not, substantiate your answer with a relevant Scripture.
155. What do you understand by **Lev**, **l'da'at**; **Eynayim lir'ot**, **Oznayim list'moa**?
156. What will a Godly father give his descendants, and why is this important?
157. Explain in your own words **Deuteronomy 6:7-8**.
158. Do you agree that YHVH determines that Jacob would be the one that carries the birthright of leadership or did Esau sell his birthright in regard to right?
159. What does the Greco-roman mindset consider in terms of exponential blessing of generations?
160. Contrary to this, YHVH's criteria are simple, list these.
161. Why should the Bride of Messiah not exercise and control others?
162. What were the names of Aaron's 2 sons?
163. Explain the meaning of their names.
164. How would you apply these characteristics to one who seeks to bless others?
165. When do you think we use our callings and gifts in a job or in our YHVH (GOD-given) purpose?
166. How do you know if an individual is blessed? Substantiate your answer with an appropriate Scripture.

167. List the attributes of individuals who are blessed with supporting Scriptures
168. What is significant of **Genesis 12:7** in relation to generational blessings?
169. How did Abraham connect Isaac's spirit with YHVH? What is the Scripture related to this action?
170. What role did Abraham play in Isaac's life as a role-model and did it stop at his adolescence or into his married life?
171. What do we find in every living thing?
172. Complete the following:
The 'seed' of Abraham will be _____.
173. What did Jacob establish in the physical the 'Birthright' of all who came after the seed of Abraham?
174. Explain the concept of the dream Jacob had of a ladder and do you agree that it portrays Messiah.
175. What is the connection between the study of Jacob's ladder and Messiah?
176. What were the blessings / curses Jacob spoke over his sons as the tribes of Israel?
177. Can someone be blessed and cursed simultaneously? Substantiate your answer with a relevant Scripture.
178. What are the misconceptions about curses and blessings?
179. Explain the meaning of **Sin, Rebellion** and **Iniquity**.
180. Read **Isaiah 5:20** and state an example in present day living where this Scripture is appropriate.
181. What is the root meaning of the word 'punishment'?
182. List the 2 ten generational curses.
183. List an example of a curse that has no limit.
184. What do you understand about **Ezekiel 18** on the dealing with generational curses?
185. Can you explain why an individual (list 2 examples from the Scriptures), who lived righteous lives but was still taken into captivity?
186. Did they overcome the domain (physical and spiritual) of captivity?
187. Explain how we should function like Messiah did, in respect of our tongue and our actions.
188. Explain **James 1:26** on the power of the tongue.
189. What is the essence of 'barach' (blessing) in Hebrew?
190. What does it mean that YHVH blessed the 7th day and set it apart?
191. Explain in a simple diagram the capacity to reflect YHVH's glory.
192. List a few meanings of the Hebrew word 'emor'.
193. Explain the blessings of the Aaronic blessing as found in **Numbers 6: 24-26**.
194. Explain 'cause and effect' in respect to blessings.
195. What are the characteristics of a man who can bless?
196. What capacity has an individual who can bless others with conviction?

197. What stage of development is such an individual at (i) baby (ii) toddler (iii) child (iv) adolescent (v) young adult, (vi) adult and (vii) man?
198. List the 6 potentials of the blessing of YHVH's with relevant Scriptures.
199. What are the 6 wrong principles we have to watch out for?
200. In respect of blessings what should our words call forth in our present society and nation?

Book 3

Book 3: Blessings & Curses on Motherhood

A Motherless Generation

A. Introduction

1. Explain the similarities between pain of childbirth regard and Body of Messiah.
2. What curse does YHVH put or proclaim on Satan (**Genesis 3:15**).
3. According to Torah list the number of category of women.
4. What role does that take?
5. List the righteous attributes of
 - a) Deborah
 - b) Esther
 - c) Sarah
 - d) Rebekah
6. Write a paragraph on women in the Scriptures (choose 3 women) and explain why you chose them.
7. How have their lives impacted generations?
8. What are the attributes set out by Paul on the younger woman according to xxxx?
9. The Word says we are made in YHVH's [GOD's] image. Explain this according to **Genesis 1:26**.
10. **Genesis 1:28** says that *"we should be fruitful and multiply"*. Explain why we first had to be created and then to operate in the purpose of multiplication.
11. Explain the term multi-generational purpose in relational to mother and child.
12. Did the purpose change after the fall of Adam and mankind?
13. If yes, substantiate your response or if no, substantiate your response.
14. What happened at the fall of man with the purpose?
15. What natural instincts does the woman have?
16. Explain the physical and spiritual relationship.
17. Explain in your own words **Genesis 3:15**.
18. What do you understand by the permanent state of war between the enemy and the woman?
19. List the categories of older and younger women in the Torah.
20. List the attributes of the younger woman and refer to the Scripture where it is found.
21. List the attributes of the older women.

22. What is the role of each woman's (young and old) responsibility?
23. Explain **Revelation 19:7**.
24. What role should the mother reflect?
25. List the characteristics that the mother should display.
26. Explain the submission of woman in relationship been taken from the side of the man.
27. Where does our nurturing love life begin?
28. Who are our first contact with nurturing, and how do they determine the way we view relationships throughout our lives?
29. Do you agree that our reaction to relationships is determined by our bonding with our mothers? If yes, substantiate your answer.
30. List the first source of your relationship with your mother.
31. What significance and impact does your relationship with your mother have while you were still in her womb?
32. Complete the following sentence:
By the age of six of _____ of _____ personality has been formed.
33. What is the most important characteristics do you learn during breast feeding Cite and Biblical example of this significance _____?
34. Can the nurturing process still continue even if the mother is unable to breast feed? Explain your answer (yes or no).
35. What happens at the moment of conception, and why is this development important in future development?
36. Explain the term 'maternal rejection' and how this can be rectified.
37. How would you minister to the spirit for it to become stronger?
38. List 5 roots and fruits of pre-bin regard conditions.
39. Write a paragraph on how this has impacted you or someone you know and what remedy can be made to change this. Also list the prayer steps to healing in the pre-bin regard stage, and the relative scriptures.

B. Generational Memories

1. Explain in your own words **Psalms 22:9**.
2. What is a similar name for de-jay-vu and what does it mean?
3. Explain how these memories are transmitted.
4. What part of the brain develops much earlier in the new born child In which part of your brain is the emotional concepts stored _____.
5. Explain the major flow of data from the mother to the baby.
6. Why is this significant and important? Where is memory stored in the brain?
7. Explain how the left and right brain works.
8. What is the impact on what generations have gone through on next generations?

Why is it important to deal with our generational issues?

9. List some of the bondages that people who are broken resort to.
10. Explain how right brain trauma can be embedded through eye-to-eye contact with your mother.
11. Can this be good or bad? Substantiate your answer.
12. Explain the importance and impact of foundational data base transfer.
13. How do you respond to crises and why do you think this is so?
14. Do a mother's emotions have a bearing on the child's emotions and emotional make-up in any way?
15. What connection has **Matthew 6:22-23** have on transferring of data from our mothers?
16. What is the light of the body? And why should it be single?
17. Explain the difference between '*Single and Evil*' based on the eye being the light of the body.
18. Now that you understand the singleness, explain the importance of **Matthew 5:16** "*Let your light so shine before men ...*"
19. How do we move from have darkness in us to allow the Spirit of YHVH [GOD] to shine through us?
20. What is GOD's plan for the husband in the whole concept of not going to war for a year after getting married?
21. What does the word 'community' mean and how do our actions affect community?
22. Does the data transfer from eye-to-eye stop at a certain age? If not, substantiate your answer?
23. Why it is important for healing the chasm between the right and left brain and bring singleness to our emotional identity?
24. Can watching television, videos, DVDs, etc defile us? Why would you say so?

C. What do we understand about Nurturing?

1. What does nurturing love teach children?
2. What should mothers do to awaken nurturing love in their children? If this does not happen what are the consequences and what are the impacts on the child in growing up?
3. Why do you think many of YHVH's [GOD's] children are handicapped in the realm of love.
4. What does '*storge*' mean?
5. What does nurturing mean?
6. What is our first encounter with storge love?
7. What are the impacts on the child/baby through the nurturing love of the mother?
8. Do you agree that if the baby did not receive nurturing love from the mother that it would be unable to receive love from the father?
9. How would this impact on the siblings?

10. List the 3 ways storge love is primarily administered.
11. What are the benefits of the mother meeting the baby/child's needs?
12. What are the results of a lack of storge love?
13. Do you agree that Satan's plan to destroy nurturing through love has been successful on the earth? If yes, cite some examples of ruined lives because of a lack of receiving nurturing love.
14. For us to function healthily, what do we need?
15. Explain the following in your own words 'You are a wanted child, a desired child, a cherished child' in terms of storge love.

D. Destruction of the Woman / Mother role

1. What do we receive from the moment we are born again in Yeshua Messiah [Jesus Christ]?
2. What happens when we become born again?
3. What does the love of YHVH [GOD] in your spirit simply want to bring forth means?
4. Do the external things have anything to do with your born- again experience?
5. Why can we not receive YHVH's [GOD's] love, and in which part of your being does this reside?
6. Why is the releasing of what we already have a process?
7. Why do you think women are devalued and is it intentional?
8. What is masculinity all about?
9. What is femininity all about?
10. Explain what is at the core of the creation of mankind?
11. What is YHVH [GOD] restoring on the earth today and why?
12. What is Satan's counterfeit for Godly nurturing and what are the dangers of this?
13. Explain **Galatians 3:28** in your own words.
14. Why do you think it is easier to minister to the homosexual than to the lesbian?
15. What enables men to receive the fullness of YHVH's [GOD's] anointing, etc.
16. Why do you think men deny their nurturing side and choose to acknowledge only their masculinity?
17. Where does this problem start?
18. Complete the sentence:
We were created for a _____, _____
home environment.
19. Explain what happens if we do not receive this (answer above).
20. What can happen to children left in the arms of a nanny or a bottle?
21. What do a wife's breasts give to her husband in marriage?
22. Explain the dangers when a man was not nurtured by his mother.

23. What does this lead to?
24. What does men look for when home was not a place of rest, comfort and peace?
25. Explain the counterfeit affection.
26. Why do many marriages have foundations which lack 'storge' love?
27. Explain 'eros' and 'storge' love and its impacts.
28. What exists all over the world today?
29. What does the youth of the day view as a norm? Why do you think it is so and is it right?
30. What do you understand *'to have a love need'* and how should this be filled and completed?
31. Explain **1 Corinthians 6:18** in your own words and its significance.
32. Explain the negative impact of 'loosing YHVH's [GOD's] love' and how it can affect the person and generations to come.
33. What do you think happened to the Israelites when they failed to take note of the prophets?
34. What happens to us when we fail to take note and live by YHVH's [GOD's] principles?
35. Will or can our disobedience have an effect on our children? Substantiate your answer.
36. What do you understand by **Exodus 20:5** *"I the Lord your GOD am a jealous GOD, visiting the iniquities of the fathers upon the children"*.
37. If YHVH [GOD] is so serious about dealing with generational curses, why are we disputing it in the Body of Messiah, but believing 'that the blood of Jesus' has cleansed us from all our sins?
38. How does the thought life a husband impact on his wife in the marital bed?
39. Explain the purity of a wife's heart that cannot yield to uncleanness in her husband.
40. Is there a remedy for this in the Scriptures?
41. What is the significance and importance of **Deuteronomy 30:19** *"I have set before you life and death ... choose life, that you and your descendants may live ..."*?
42. What are the consequences and impacts of a 'storge love' deficit?
43. What counterfeit affections are sought due to pain seeking pleasure?
44. There are serious repercussions because of counterfeit affections what do you think it is and how will it affect you in later life?
45. Why do we need El Shaddai?
46. Complete the following:
Eve is known as _____, Sarah is known as _____
47. What types of abuse does mothers experience? Support your answer with the relevant scripture.
48. Complete the following:
"The womb is a place of _____"
49. What is the analogy of a bin regard of a baby?

50. What is the Hebrew word for 'thing' and what is its root word?
51. What does it mean?
52. Why is it important for the mother to be holy, pure and connected to YHVH [GOD]?

E. Result of Generational abuse of woman/mothers

1. How does the foolish mother and foolish virgin in Matthew 25: 3-8 have a connection?
2. What does the 'harlot' mother mean?
3. What does a mother's lifestyle of deceit, lies and false beauty leave on the child and how will this impact on the child in present stage and other developmental stages?
4. List the 'harlot' mother operations with supporting scriptures.
5. What does 'the jezebelic mother' mean?
6. List the traits of the 'jezebelic mother'
7. What is the core issue of an 'Ahab'?
8. Do you think Ahab was weak, even though he was a king?
9. What is the 'Ahab' battle plan in getting something?
10. What lays the seed for an Ahab personality in next generations?
11. Explain the impact in relationships on *"don't engage in war. You will lose. Conflict cannot be won. Seek survival and not success"*.
12. What are the dangers of an alternative belief system if a mother cannot receive that which is normal?
13. Why do you think the saying is true 'If they have trouble receiving, they will almost always have trouble submitting'?

F. Curses on Motherhood ... How does this happens

1. What are the causes of never being mothered coming down the generations?
2. List the results of the curses on our Motherhood.
3. Where can curses on Motherhood start and what are the negative impacts on the unborn child?
4. What results can the cycle of never being mothered result in?
5. What is jezebelic spirit main purpose to the baby in the womb; at bin regard and the weaning stage?
6. List the curses on our Motherhood at bin regard .
7. If the baby does not receive any nurturing, bonding, touching, warmth and no breast feeding - what are the issues the baby will take with in development?
8. How will this impact in the individual's life?
9. Is there a cure for this? Substantiate your response.
10. What does the Jezebelic/Babylonian Kingdom represent?

11. Why do you think the loss of children and widowhood is a very painful, grievous curse?
12. What is our society plagued with through the curse of Jezebel?
13. How do we deal with it in a spiritual manner?
14. Explain post-natal depression and the impacts and addictions that the weaning baby can experience.
15. Explain the name 'sorcery' and its root word.
16. What does the word involve?
17. What is accomplished by sorcery and what are the implications?
18. List the drugs that fluid can make that the poppy flower contains
19. What is the poppy the symbol of?
20. Why is a blood pact a possible blockage to restoration?
21. Why do children make blood pacts?
22. Why do these blood pacts have to be repented of?
23. List the negative emotions resulting from not being mothered
24. How can this be changed?

G. Restoration of the Abandoned Child

1. How do you respond if you did not receive 'storge' love from your mother
2. What do you understand by **Jeremiah 1:5**?
3. What does the Greek word for 'show' mean?
4. Who can meet your deepest need?
5. What does El Shaddai mean?
6. Why did GOD create us?
7. What happens when we miss certain stages of development?
8. What negative impacts will this have on our children?
9. Do you think this is applicable in the spiritual realm as well?
10. What are the dangers of this and what doors will it open to operate in the Body of Messiah?
11. What happens if the stronghold of the queen of heaven (Babylon) is broken?
12. What happens when we do not honour our fathers and mothers?
13. What determines our spiritual maturity regarding our response to the sins of others?
14. What happened to Ham's generations, and how has it affected those of his lineage?
15. How has it affected the continent of Africa and the Foundation Nation?
16. What did the moral failure of Noah result in and what did it reveal about his 3 sons?
17. What was Ham's intention to expose his father's nakedness?
18. How does this relate to children undermining their parent's authority?
19. What spirit was operative in Ham's life, and is there a cure for this in people's lives today?

20. What was different about Ham and David's heart in their authority figures in their lives?
21. Do you think that those who honour authority is blessed?
22. Explain the hearts of Miriam and Aaron (Moses brother and sister) who were both called by GOD in response to the Cushite wife Moses married.
23. Were they wrong and why did GOD punish them?
24. What are the results of viewing spiritual gifts over authority and should we avoid of falling into this trap?

H. The Offices of Authority

1. How many offices are there in the New Testament?
2. Who is the Head of all of these offices?
3. List the scriptures concerning children obeying their parents?
4. Have you had any problem or challenge in obeying these scriptures regarding your parents?
5. What is YHVH's [GOD's] attitude toward rebellious behaviour?
6. Why should you not mock or scorn your parents?
7. Explain **Psalm 127:3-5** "*Behold children are a heritage from the Lord, the fruit of the womb is a reward*".
8. What can affect a son's masculinity, and what are the effects of this hindrance?
9. Explain the demonic control of Mother and son worship i.e. Semiramis and Tammuz.
10. What does this Babylonian stronghold often result in?
11. What are the manifestations of this Babylonian stronghold?
12. What has to be broken off from the child, even after been disconnected from the mother?
13. Explain the effects of anger that erupts from this stronghold
14. To be free from the curses on Motherhood, list the 9 issues that we need to deal with.
15. Give examples of how these issues operate?
16. What is the major fruit of the Babylonian system and how does it affect us today?
17. How can we be set free from this?
18. How is our emotional development determined?
19. Why do you think is this so important?
20. How do we take ownership of the repeated unhealthy patterns experienced by not being mothered and what should we do to get a breakthrough?
21. List the patterns that we could have learnt from in our relationship with our mother.
22. How has the enemy orchestrated that these behaviours are handed over to the next generation?
23. How can we stop this and change this?
24. What are the negative patterns that we could have received from negative mothering?

I. Healing our Generational Memories

1. What affects our understanding of YHVH [GOD] not answering our prayers?
2. How can the spiritual belief system override the evidence of YHVH [GOD] answering our prayers?
3. Explain how healing take place for the right brain memory download?
4. How does one grow the spirit of a wounded person larger that will eventually bring healing to their soul?
5. List the ways that this can be done.
6. What are the positives /blessings when your right and left hemisphere (brain) are functioning on the same page?
7. How do we break the Babylonian pattern in our lives because of not being mothered according to the Scriptures?
8. List the curses that comes with never being Mothered.
9. How do we overcome our negative family patterns?
10. List the relevant, appropriate scriptures in dealing with negative family patterns.
11. Explain the Fast of getting out of Babylon, and what is our target in determining to be a Godly battle-axe?
12. List the scriptures of the fall of Babylon prophesied.
13. Draw a table of the impact of Rejection and Rebellion and the effects.
14. How does a wounded spirit affect our bodies?
15. According to **Proverbs 17:22** "*A happy heart is good medicine and a cheerful min works healing*". Explain how this works and if it can deliver us from a wounded spirit.
16. List the 14 issues that causes wounds.
17. How can a person be delivered from a wounded heart?
18. How would you minister to a person with a wounded heart?
19. How would you respond when it seems that the person is not getting a breakthrough?

Book 4

Book 4: Understanding Water Baptism (Mikvah)

1. What does the term Mikvah in Hebrew mean?
2. What is your understanding of **Genesis 1:10** “YHVH [GOD] called the dry land Earth, and the accumulated waters He called Seas, and YHVH [GOD] saw that this was good (fitting, admirable) and He approved it”?
3. What was the immersion pool used by YHVH's [GOD's] people and what was its purpose?
4. Who were allowed to immerse themselves in a Mikvah bath at the Temple, and why was this necessary?
5. In addition to the Priests and the Levites immersing them in the Mikvah bath, who else were allowed to do this?
6. Why was it necessary at Yom Kippur (Day of Atonement) for the High Priests to be immersed in the Mikvah 5 different times in the course of their duties?
7. List the 5 different times of the High Priest immersion and its significance.
8. What are the daily Mikvah practitioners called in the Talmud?
9. Why were they known as dawn bathers, and what is its relevance for us as followers of Messiah?
10. On what day of creation do we see the source of the word Mikvah for the first time and what spiritual significance of this event at creation?
11. What does the Mikvah offer the individual?
12. Why do you think that many of the early church's daily activities centered around the Temple?
13. List the scenarios to indicate when a Mikvah was required. With each scenario provide an appropriate scripture.
14. What is the significance of Romans 6:3-6, in relation to the Mikvah? What does it mean to you?
15. What prophetic declaration is conveyed in **1 Corinthians 15:29**.
16. Why do you think a Mikvah was performed when accepting a role as a kohen (priest) according to **Exodus 29:4**?
17. What is the significance of a Mikvah in respect of been set apart for the five-fold ministry?
18. What was the requirement for ritual baptisms and how did Y'shua [Jesus] fulfil this according to **Matthew 3:16**?
19. How would you explain John 4 in terms of flowing water and its connection to understanding the Mikvah?

20. List the 6 basic restrictions on the water used in the Mikvah.
21. Where does the word Mikvah first appear in the Scriptures?
22. What is the reference to the 'gathering' or the 'accumulated of the waters' mean according to **Genesis 1:10**?
23. What are the root words of Mikvah? Why do you think it is important in the context of understanding immersion and baptism?
24. What is the reference to Mikvah in the **Book of Jeremiah**?
25. What happens if we forsake the living waters Y'shua (Jesus) referred to in **John 4**?
26. List a few examples in Scriptures where the waters parted and why did this happen?
27. If we pass through a 'Mikvah' according to the above examples, what spiritual significance does it mean and have in our lives?
28. What does Paul reveal to us according to **1 Corinthians 15:45-49** regarding the Mikvah and immersion?
29. Who was **Ezekiel 36: 25** referring to? And what was special about this promise?
30. According to New Lexicon Webster's Dictionary explain the word 'ritual' and what relevance does the word have with regard to the Mikvah?
31. How does this impact on the Mikvah / immersion or baptism as we understand it today?
32. In the rabbinic literature what was the baptismal water referred to?
33. According to Scriptures and your understanding does this have any relevance to baptism and becoming a new creation?
34. What New Testament terms having similar meanings and reference to the above question?
35. What is term referring to laws governing the civil and moral fabric of life?
36. What would you consider is its relevance to our present day societal ills?
37. What is the term referring to rituals and rites described as testimonials?
38. How does this term fit into the cardinal beliefs of our faith?
39. Explain the terminology Chukkim and its importance and how it defies human intellect and understanding.
40. How do we accept the Mikvah? Is it possible to describe it in an intellectual manner or logical manner?
41. What scripture in Romans would be applicable to explain our belief to accept the Mikvah?
42. List the 3 places where the concept of immersion as a process leads to death, and the appropriate scriptures.
43. Which scriptures refer to a change of status through Mikvah?
44. What is your understanding of the Mikvah, and what is its spiritual relevance?
45. Do you agree that it is through the Mikvah that we truly become a new creation? Substantiate your answer with a relevant scripture.
46. What change do we undergo and what scripture reference refers to this change?
47. Explain how the Mikvah was done.
48. What was the spiritual importance of the Mikvah?

49. Does the Mikvah allow you to do introspection (taking stock of your life)? Substantiate your answer with a relevant scripture.
50. Where was the earliest drawing of Christian baptism found and in which century?
51. What do you think happened during those times (in that century)?
52. Are Believers today still ridiculed for the belief and accepting Baptism as the tenet of their faith?
53. **Explain Romans 4:7** in relation to Baptism or Mikvah.
54. What do you understand by the term 'gentile', and is there a distortion of this word today?
55. From which scripture does the idea of total immersion come from?
56. How would you connect the scripture of John 3:5 to the baptism experience, even though it refers to been born again?
57. What is meant by the term 'born again'?
58. What are the 6 times where the born-again are encountered?
59. What illustrate YHVH's [GOD's] cleansing?
60. Do you agree that 'uncleanness' is not physical but rather a spiritual condition? If so, why and what scripture would be relevant to your statement.
61. List the events where blood is used in cleansing according to the following scriptures;
 - a) **Exodus 12**
 - b) **Leviticus 16**
 - c) **Leviticus 17**
 - d) **Leviticus 23**
62. Explain the number 19 in terms of the use of water.
63. Explain why water was used in cleansing in relation to the cleansing of the leper.
64. How do you understand **Hebrews 9:10**?
65. List the scriptures that relate to water used in relation to the remission of sins.
66. Choose of 2 of the above scriptures and explain it in your own understanding.
67. Complete the following sentence:
 The _____ is a _____ witness, _____
 and _____ of _____ one's _____
 to follow _____.
68. Based on the above sentence, why this is necessary to make a public declaration?
69. Why do you think Mikvah is a powerful act of spiritual warfare?
70. What are the conditions to Mikvah (what must we do before we go through Baptism)?
71. Provide the relevant scriptures in response to you answer above?
72. Do you agree that the Baptism is not a one-time event? Why would you say so?
73. What does a good conscience mean?
74. Why do you think Y'shua (Jesus) always had 3 witnesses in everything He did?
75. What connection does the Water Baptism have in this regard?

76. What is the scripture Y'shua (Jesus) referred to be washed in the water and the Word?
77. List the two forms the Ruach (Holy Spirit) is presented in
78. What scriptures have relevance in regard to YHVH's [GOD's] Ruach of Set-Apartness (Holiness)?
79. What scriptures refer to YHVH's [GOD's] Ruach [Holy Spirit]?
80. Give the meaning of the word 'Ruach'.
81. Explain the connection of the Ruach as found in **Genesis 1:2**.
82. What was the purpose that the Ruach moved over/across the waters?
83. Explain **Zechariah 12:1** concerning the burden of YHVH [GOD] being lifted.
84. What is the 'recall' and why is it necessary in our lives?
85. List the scripture in the Old and New Covenant (Testament) that relate to committing our spirit to YHVH [GOD].
86. Why is it necessary for the spirit of man and spirit of YHVH [GOD] to respond with each other?
87. Are you battling with this aspect in your life right now?
88. What do you have to do to get your spirit to respond to the spirit of YHVH [GOD]?
89. What is the difference of 'man's spirit understands the things of man' and YHVH's [GOD's] spirit perceives the things of YHVH [GOD]?
90. According to **Romans 8:16**, how do we know that we are children of YHVH [GOD]?
91. According to **Genesis 41:38** Pharaoh acknowledged that the Spirit of YHVH [GOD] was in Moses. How did he know this?
92. We hear that in the Old Covenant (Testament) there was no Ruach [Holy Spirit]. Do you agree with this statement? If not, why?
93. What do you think was the significance of **Numbers 27:18**?
94. How do we grieve the Ruach [Holy Spirit]?
95. List relevant scriptures on grieving the Ruach [Holy Spirit].
96. Why do you think there was a lack of visible evidence of the Spirit of YHVH [GOD] in the Old Covenant (Testament)?
97. Substantiate your answer with appropriate scriptures.
98. Explain the connection between **Joel 2:28-32** and **Acts 2:17-18** where the Ruach [Holy Spirit] is promised and where the Ruach [Holy Spirit] is poured out and evident?
99. Explain the Law of Parallels according to **1 Corinthians 15:46-49**.
100. What is the physical and spiritual manifestation according to **Acts 1:4-5** and **Acts 2:1-4**?
101. Cite an example in the Old Covenant (Testament) that depicts the physical manifestation.
102. Where do we find this scripture, and what is its relevance in our day and for the nation of Israel?
103. What is the significance of **Ezekiel 37 :14**?
104. What is the connection with **Ezekiel 37** and **John 3: 8,14**?

105. Have you experienced **John 20:22** and what has changed in your life since you experienced it and it became a reality in your life?
106. What does the Spirit of YHVH [GOD]speak of?
107. Provide a relevant scripture for your answer.
108. Explain your own words your understanding of **Ezekiel 36: 25-28**.
109. What are the three-step action noted in the scripture?
110. How does this action relate to the Mikvah and the Water Baptism and the Baptism of the Ruach [Holy Spirit]?
111. How do we draw near to YHVH [GOD], according to **James 4: 8**?
112. What does it mean that the Spirit of YHVH [GOD] jealously yearns for us?
113. What is the Hebrew meaning of 'yearns'?
114. What does dialogue mean?
115. What is the connection when the Word says pray without ceasing?
116. Do you agree with this statement 'You will never experience a love relationship with the Ruach [Holy Spirit]?
117. List the attributes of the Ruach [Holy Spirit].
118. Explain the Hebrew meaning of the word 'another' and 'helper'.
119. Why do you think it was better that Y'shua [Jesus] went away?
120. What was Y'shua's [Jesus] instruction to His disciples?
121. Where is the relevant scripture found?
122. According to **Acts 2:1** ... what happened on the day when they were all together in one place?
123. Why do you think that only 120 were filled with the Ruach [Holy Spirit] as recorded in **Acts 2:1**?
124. What happened to the other 380 people and what convinced the people that the 120 were filled with the Ruach [Holy Spirit]?
125. What comes with the evidence of the Ruach's [Holy Spirit's] presence?
126. Do you agree that the Baptism of the Ruach [Holy Spirit] is a separate experience from New Bin regard ?
127. If yes, why or if no, why?
128. Explain **Acts 8:5-8,12**.
129. Explain Saul's [Paul's] conversion, according to **Acts 9:5-6**.
130. Explain Saul's [Paul's] filled with the Ruach [Holy Spirit] according to Acts 9:17
131. What was the evidence of Saul [Paul] and Acts 10 : 1, 24, 44-46 of being baptised by the Ruach [Holy Spirit]?
132. Do you believe the evidence of speaking in other tongues have ceased in our day?
133. According to **1 Corinthians 12, 1 Corinthians 13, 1 Corinthians 14** there is mention of personal and public ministry. Explain this and also indicate if all believers have a public ministry.
134. As the Body, how are we able to participate in the communion of the Ruach [Holy Spirit]?

135. What is the meaning of 'communion'?
136. What is the purpose of the Baptism in the Ruach [Holy Spirit] and speaking in tongues?
137. **1 Corinthians 14:21-22** is written to understand the sign for unbelievers and believers. Explain this scripture with this in mind.
138. According to 1 Corinthians 14:5 is about Interpretation of tongues. Is it necessary to have an interpretation if there is a speaking in an unknown tongue?
139. **Romans 8:26-28** is about Intercession. Explain what is your understanding by this term?
140. According to **Romans 8**, who helps us when we pray?
141. How does everything in the Kingdom come?
142. Define the term 'faith'.
143. What is the difference between **1 Corinthians 14:21-22** and **1 Corinthians 14:2** regarding speaking in unknown language [speaking in tongues]?
144. According to **Romans 8:26**, what defeats our weakness when we do not know what to pray?
145. How does it strengthen our faith according to **Jude 20**?
146. And how does it give us the ability to worship and give thanks on a higher level according to **1 Corinthians 14-17**?
147. What did Y'shua (Jesus) promise at the Feast as recorded in **John 7:37-39**?
148. Power comes when we obey YHVH [GOD]. What does it mean to obey?
149. List the 5 senses of your spirit man and the appropriate scriptures.
150. Explain the sense of smell of the spirit man according to **2 Corinthians 2:14-16**.
151. How do we practice training our spiritual senses? Give a relevant scripture in support of your answer.
152. What do you need to do if your spirit man senses are dull?
153. According to **Luke 11:9-10**, how do you receive the Ruach [Holy Spirit]?
154. What do we need to be careful about interpreting Truth from our experience?
155. Explain **Psalms 42:2** in your own words and its relevance to being filled with the Ruach [Holy Spirit].

Book 5

Book 5: Spying out the Land

1. What is GOD's Primary Purpose for us as individuals?
2. The departure point for 1 above is _____.
3. **John 3: 3-7** refers to being born again in the _____.
4. Describe what happens in 3 above?
5. We are then clothed in Y'shua's (Jesus) Righteousness (just as if we never sinned), this is called?
6. Explain the process of Sanctification?
7. How is this paralleled in the Israelites lives?
8. The journey of is the journey of our land and destroying the _____ of darkness that have taken up residence in our minds.
9. Name the 2 ways in which do strongholds take up "residence" in our lives?
10. Who helps us in the process of sanctification?
11. What actions should one partake in to achieve the process of sanctification?
12. State whether the following is true or false "Salvation is an ongoing decision." And if True or False, why do you say so?
13. Describe the process of "cleansing"?
14. Indicate whether the following sentences are True or False.
 - a) I am perfected at the time of my salvation.
 - b) My past affects me even though I am saved.
 - c) Once saved, I will automatically grow into the Image of Messiah.
 - d) At salvation my spirit is regenerated.
 - e) At Salvation my mind is regenerated.
15. What is the Torah?
16. Is this the first existence of the Law, explain? Mention 3 ways of incorrect thinking in which someone may abuse the Law based on **Romans 6:14** "Ye are not under law, but under grace".
17. Indicate whether the following sentences are True or False?
 - a) GOD's Spiritual Laws only operates if you are saved.
 - b) We can't break GOD's Law.
 - c) Violating GOD's Law has consequences.
 - d) GOD can have a legislative meeting in Heaven and repeal any part of His Law or change the consequences.
18. What was Y'shua's relationship to the Law?

19. How does GOD expect us to relate to the Law?
20. Discuss the 4 consequences that occur when we violate GOD's Law?
21. Briefly describe the following Spiritual Laws:
 - Sowing & Reaping;
 - Multiplication;
 - Time to Harvest.

PART 1 - The position of the Body of Messiah in the World

1. Briefly describe what happens to the Spirit, Soul and Body the instant we are saved by Y'shua?
2. List the 3 parts that make up our soul?
3. Does being reborn renew your mind?
4. List 3 typical ways that people act to confrontation with the enemy (Satan)?
5. Complete the sentence: 'GOD promised the Land of _____ to Israel, He promised them _____ over the _____ and strongholds BUT _____.
6. Explain the parallel between Israel, the Promised Land, Joshua and Y'shua?

PART 2 - The Hierarchy of Darkness

1. The four ranks of hierarchical structures of the kingdom of darkness as explained in **Ephesians 6:12** are:
 - Principalities (Archas);
 - Powers (Exousia);
 - Rulers (Kosmokratoras)
 - and Demons/Spirits (Pneumatika Poneria). Briefly explain each.
2. You have learnt demons are spiritual beings, morally unclean and perverse and that they have a personality with a will, knowledge and emotions. Explain what a demon's purpose is and how they will achieve this.
3. Give an explanation of where you have seen the impact of demons in your everyday life. How did you handle it in the past ie before understanding the role of demons? How do you handle it now?

PART 3 - Keys of the Kingdom

1. Name the 2 ways in which sin affects our lives?
2. Satan is continually waging war against the children of GOD. He does so on many levels. Explain how it is achieved in each level?
3. List the four attitudes a believer can have towards this warfare?
4. Has Satan been bound?
5. What was Y'shua's two fold purpose?
6. What does it mean to be an AMBASSADOR of the Kingdom of GOD on earth?
7. How is Kingdom authority obtained?
8. Briefly describe the difference between Authority and Power?
9. Faith, Y'shua's Blood, the Word, Praise & Worship, Unity and Fasting are all weapons for our spiritual warfare. Explain?
10. What were the results of Y'shua's 40 day fast?
11. List 3 biblical characters that fasted?
12. Describe how a Normal and Absolute Fasts work?
13. List the 9 fasts YHVH [GOD] uses.
14. What is a Nazirite vow? And does it mean anything in today's environment?
15. What is a petition?
16. List the steps to writing a petition and explain each step
17. The word petition has a legal connotation. We can only present our petitions before GOD's Throne if we stand on legal ground. Explain what legal ground we have?
18. List the scriptures one can use that are applicable to the following:
 - marriage,
 - loved ones to be saved,
 - safety and protection
 - and memories to surface.

PART 4 - Spiritual Warfare and the Armour of GOD

1. What is the similarity between **1 Thessalonians 5:8** and **Ephesians 6: 10-17**?
2. List the 6 pieces of armour as referred to in **Ephesians 6** and what they stand for?
3. What is the main theme of the message in **Ephesians 1**; **Ephesians 2:3-5**?
4. What does it mean to leave gaping holes?
5. Complete the following sentence:
We first _____ have inner _____ before we can _____ the land on the _____.
6. What does the land of Canaan represent?
7. What does it mean that our armour is both offensive and defensive ?

8. List the parts of the armour that are offensive armour and defensive armour.
9. How does the armour come off?
10. List the types of prayers.
11. The Belt of Truth is important part of the armour, explain why this is so.
12. Satan attack on the belt of truth is completely opposite, list these.
13. How can the believer counter-attack Satan on accusations and what part of the armour is referred to?
14. Why is it important to wear the Shoes of Shalom (Peace).
15. Does this part of armour bring about unity or disunity?
16. What is our counter attack on unbelief the enemy throws at us?
17. In your meaning, is one part of the armour more important than the rest?

PART 5 - The Battle of the mind

1. Complete the following:
 The _____ is the _____ battleground in our _____ warfare against the _____ of darkness.
 To gain _____ over one's _____ and mind.
2. What are the characteristics of the mind?
3. What is the relation of the mind and **2 Corinthians 1:3-5** "*For though we walk in the flesh, v 5 'inasmuch as we refute arguments ...'*"
4. How do we counter the different attacks of the enemy against the mind?
5. How do most attacks formed in our minds?
6. Explain the term 'stronghold'.
7. Do you agree the mind-sets that we have can be compared to strongholds?
8. What are the effects of these strongholds in our minds?
9. What argue and reason against the things of YHVH [GOD]?
10. What blocks a person from receiving the truth?
11. List the 2 basic types of strongholds.
12. How do we learn to take every thought captive?
13. What are the negative impact of the mind have a connection with the spiritual?
14. Write up a paragraph of about 5 sentences of the mind and can victory be achieved by the mind.
15. List the 3 possible sources of thoughts.
16. What are the characteristics of a divisive person?
17. What does the renewing of our minds mean?
18. What demons partner with the spirit of jealousy?
19. What do you understand by the statement 'covenants that provide protection for demons'?

20. Explain what generational covenants are.
21. Are these covenants higher than the Righteous Judge?
22. What are the benefits of breaking the unholy alliances with these demonic covenants?
23. Who can annul these unholy covenants?
24. How do we sever the agreements with the devil and what are the impacts on the person once this is done?
25. List the 3 character traits of evil spirits.
26. What are the areas from where the mind is penetrated?
27. List the stages of the mind that has been renewed.
28. What is the synonym for renewing?
29. How are areas of speculation developed in our minds?
30. List the aspects of an unrenewed mind with the appropriate, relevant scriptures.
31. How do bondages overtake a person's mind?
32. What is deception based on?
33. How can you make sure you will not be deceived?
34. List ways how Christians can be deceived.
35. What are the signs of deception?
36. What does the 'passivity of the mind' mean?
37. List the positive attributes of a peaceful mind.
38. What feelings is depression linked with?
39. What are the causes of passivity?
40. Define passivity.
41. List the symptoms of passivity.
42. How do we use our minds the way YHVH [GOD] has made it?
43. What will passivity hinder you from?

The Mind

1. What does the natural mind do?
2. Do you agree that Truth is the key to a renewed mind?
3. What is YHVH's [GOD] solution for a disturbed mind?
4. List the benefits and advantages of Bible meditation.
5. What can we do when a negative thought comes to mind?
6. What are the characteristics of a liberated mind?
7. List the aspects of insight of the mind.

Dealing with ungodly beliefs

1. What are the 2 sources that form ungodly beliefs?
2. Write a paragraph on the how childhood hurts can form ungodly beliefs.
3. What is the difference between a Godly view and a World View?
4. List the additional forces that shape our beliefs.
5. Explain the belief-expectation cycle.
6. How can one stop this cycle?
7. What are the results of ungodly unbeliefs?
8. What undermines the basis of any meaningful relationship with YHVH [GOD?]
9. List the ungodly beliefs about ourselves.
10. Now take 2 of the above and identify the traits that are found in this ungodly beliefs.
11. What are examples of ungodly beliefs about others?
12. Consider safety, defective in relationships and list the traits that are found in these ungodly beliefs.
13. List examples of the effects of ungodly beliefs in specific areas.
14. Are facts true (e.g. an experience that an individual went through)?
15. Is there a higher level of truth than facts?
16. List the differences between believing factual truth and believing YHVH's [GOD's] truth.
17. If you were counselling a person, how would you deal with ungodly beliefs in the person's life?
18. Write up a list of Godly beliefs that will counter the ungodly beliefs for a counselling session.
19. List aspects of false identity based on ungodly beliefs.
20. Now list aspects of true identity (based on the Word) to counter the false identity.

Dealing with Depression

1. What is the difference between depression and discouragement?
2. What causes depression?
3. What are the symptoms of depression?
4. Why is socialization difficult during depression?
5. What is contemplative prayer?
6. Does this type of prayer have any scriptural support?
7. What does contemplative prayer by design mean?
8. Can contemplative prayer be associated with new age religion activities?
9. What does it mean that the church should be God-centred than self-centred.

PART 6 - Charismatic Witchcraft

1. Do you agree that as children of YHVH [GOD] we can be deceived?
2. What are the forms of deception?
3. What does the term 'charismatic witchcraft' mean?
4. How does it manifest?
5. Explain in your own words **2 Corinthians 11: 20** *“for you endure it if a man assumes control of your souls and makes slaves of you, or devours [your substance, spends your money] and preys upon you, or deceives and takes advantage of you, or is arrogant and puts on airs, or strikes you in the face”*.
6. How do you test a prophetic word you received?
7. Is it right to question a leader?
8. Cite a few examples of people in the scripture who questioned YHVH [GOD].
9. What is the fruit of fear and insecurity displayed in leaders lives over their flock?
10. What is the meaning of 'witchcraft'?
11. How does charismatic witchcraft operate amongst Christians?
12. What is 'spirit-soul-power'?
13. How does it operate and affect individuals, families, etc?
14. How do fleshly powers work?
15. What are the 'works of the flesh' according to **Galatians 5:19-21**?
16. How does a person enforce his/her will on another person?
17. Can this be regarded as charismatic witchcraft?
18. What do you understand by selfish, soul's prayers?
19. What are the main outcomes of charismatic witchcraft?
20. Do you agree that false prophets operate on the principle of charismatic witchcraft?
21. Why do you think this happened to them?
22. Is it scriptural to tap into the prophet's anointing?
23. Explain in simple terms **Ezekiel 14:3-10** (summarise response), on creating idols in our hearts.
24. Complete the following:
Manipulate: weapons of _____. Give an example of this.
Dominate: fight for _____. Give an example of this.
Intimidate: fear _____. Give an example of this.
25. How can you walk free of charismatic witchcraft?
26. List the steps to spiritual maturity.

PART 7 - The Will

1. What is the centre of our being?
2. What is YHVH's [GOD's] Will for us?
3. What does it mean that Satan's will is polluted?
4. Why was it so important for Yeshua [Jesus] to pray the prayer in **Luke 22:42** ' ... ? Yet not my will, but (Always] Yours be done.
5. Does the will have potential?
6. Complete the following sentence:
The _____ level of _____ is seen in the _____ of man.
7. Do you agree that man is (i) creature of dominion and (ii) a creature of decision making?
8. How do we give the enemy legal right to attach him to certain areas of our lives?
9. The will can be _____ and _____.
10. What does the principle of the Active Will Mean?
11. What is the result of passivity?
12. How can deception develop?
13. For healing to take place I must remember and I must be connected to the _____ involved even if the _____ took place many _____.
14. What does it mean to possess the land, when dealing with the will?
15. List the basic principles of discernment.
16. What are the symptoms of passivity?
17. What are the causes for passivity?
18. How do bondages form over the will of a person?
19. According to **Galatians 2:20**, where does Yeshua [Messiah] live?
20. Explain **Matthew 6:10** "*Your Kingdom come, Your Will be done on earth as it is in heaven*".
21. How should we expose deception?
22. How do you break passivity?
23. What type of prayer should a believer pray every day?
24. In relation to the will, what guarantees Freedom?
25. How would you link up with your question with **Proverbs 25:28**?
26. What is the relevant scripture concerning the stability of the will?
27. Explain the difference between 'submitting yourself to circumstances' and 'submitting to YHVH [GOD] in all circumstances .
28. What did YHVH [GOD] do to liberate us?
29. What will exist for a free choice of a free will?

30. What does it mean that man is created in YHVH's [GOD's] image?
31. The terms of a motor car can be likened to the whole process of behaviour. List the similarities.
32. What happens in the spirit realm to the will of man?
33. What is the only reaction YHVH [GOD] seeks of man?
34. Explain in your own words what you understand by Romans 6:16 'Do you know that if you continually surrender yourselves to anyone to do His Will, you are the slaves of him whom you obey, whether that be to sin, which leads to death, or to obedience which leads to righteousness (right doing and right standing with YHVH [GOD])'.
35. List some of the scriptures found in Galatians depicting the 'old man' and the 'new man'.

Book 6

Book 6: Dealing with the Giants and Strongholds

1. What do you understand by this heading and how do you identify giants in your life?
2. What does it mean to take back and possess our land?
3. Distinguish the 3 stages of warfare.
4. What does each phase mean?
5. The Believer's walk and life is one of a journey ... what does this mean?
6. What does it mean that a believer is always at war?
7. What does it mean to be wise and tactical warriors?
8. What is the parallel between the promised land and the Body of Messiah?
9. Which 2 books in the Old Covenant describe the execution of war against the giants?
10. Why do we have to take the land back in a spiritual context?
11. Why did it mean for each tribe to get land?
12. List the stages of warfare strategy.
13. What is the responsibility of each generation of the land?

PART 1 - Understanding iniquity, transgression and sin

1. Explain the difference between iniquity, transgression and sin.
2. How would you explain **Deuteronomy 24:16** in relation to iniquity?
3. Does the Bible relate exceptions of children dying for their father's sin?
4. Is there a way out for the children not to suffer for their father's sake?
5. How does the sins of the father and curses are related to strongholds in the mind?
6. Do you agree that the sins of the father are related to inner hurts?
7. List other impacts of the sins of the fathers on their off spring?
8. What are the negative impact of the generational curse of iniquity?
9. Explain the meaning of idolatry.
10. What is the connection with **Matthew 6:21** and idolatry?
11. List a few practices and beliefs of idolatry.
12. What is the Hebrew meaning of jealous?
13. What do you understand by **Romans 1:25**?
14. Explain **Exodus 20:5** in hating GOD when we involved in idolatry.

15. Do you think that all sin has its basis in idolatry?
16. Do you agree that iniquity is a heart condition and if so, substantiate your answer.
17. Can iniquity affect your relationship and intimacy with GOD?
18. List the fruits of evidence of iniquity.
19. Explain 2 of these fruits.
20. What does it mean *'their cup of iniquity was full'*?
21. What are the consequence of Iniquity and can it become a generational curse?

PART 2 - The original of iniquity and fertility cults

1. What happened at the fall of man and how did it allow iniquity to enter the hearts of man?
2. According to the Word, what is the origin of iniquity?
3. What happened in **Genesis 9:18-23**?
4. Why did Noah curse Ham's descendants?
5. Who was Nimrod?
6. How was he related to Noah?
7. Was there a curse on Nimrod as well?
8. Who was inspired to build the Tower of Babel and why did he do this?
9. What are the 2 kingdoms that Nimrod establishes that war against Israel all the days of their lives?
10. Do you agree that Nimrod started a new religion of pagan and occultic worship? Substantiate your answer.
11. How did the formation and history of the mystery of fertility pass down from generation to generation?
12. Do you agree that some of these myths are still believed in now?
13. Was Israel obedient to GOD's instructions to reject pagan practices? List the scripture where God instruct them not to follow after the abominable practices of pagan nations.
14. What do you understand about the worship of fertility cults?
15. Is it still operative in our day?
16. Do you agree that fertility cults devour our blessings? Substantiate your answer with an appropriate scripture.
17. What is the basic belief of fertility cults?
18. How does this affect relationships between male and female in our day?
19. Do you agree that the worship to 'mother earth' is central to witchcraft?
20. Do you think that this worship is connected to idolatry as well?
21. How is 'mother earth' appeased with human blood?
22. What are the foundation for all goddess religions?
23. Who's spirit is always at war with the Gospel of Yeshua?

24. How do you relate this to **Ephesians 6** on “*we do not wrestle against flesh and blood, but against principalities, powers, rules of darkness of this world, and spiritual wickedness in high place*”?
25. Explain the difference between the Spirit of Messiah and spirit of anti-Messiah.
26. Besides Nimrod, who was another key figure in pagan worship?
27. How was this person related to Nimrod?
28. What happened to Semiramis after Nimrod's death?
29. Who were the original pagan trio of the great idolatrous Babylonian system of Baal Worship?
30. Give an explanation of Nimrod, Tammuz and Semiramis and relevant scriptures that explain their role.
31. Can you list typical images of Sun & Mother worship objects in Greece, Egypt, and Phoenicia?
32. In your own word, explain **Jeremiah 10:2** about the ways of heathen nations and their abominable practices.
33. How has the astrologers taken 12 house-gods and divided it into 4 categories?
34. List the 4 levels of the spirit world and the relevant scripture.
35. Explain how these levels are related to when Satan and a 1/3 of the fallen angels were cast out of heaven and fell according to **Luke 10:18**.
36. List 6 names nations give to Nimrod, Tammuz and Semiramis.
37. What are the signs used for male and female symbols in biology and do you agree that it is connected to the pagan trio?

PART 3 - Understanding generational and personal curses

1. List the 5 Hebrew words and its meaning for the word ‘curse’.
2. Explain in your own words the story of Balak and Balaam and how it is connected with cursing a people.
3. What was GOD's promise to Abraham according to **Genesis 12:3**?
4. Is it still relevant today?
5. What is the essence of **Deuteronomy 30:19**?
6. Explain curse according to **Matthew 25:41** and blessed according to **Matthew 25:31-34**.
7. Complete the following:
 Blessing = _____ = _____.
 Curse = _____ = _____.
8. What is a curse?
9. Do you agree that a curse can also be defined as favour of God turned away from a person?
10. List the 3 violations of God's instructions that will bring about curses.

11. What is the nature/medium of a blessing or a curse?
12. By looking at the fruit of a person's life, can you tell whether there are curses or blessings?
13. List some of the fruit that are indicative of curses on an individual and a family.
14. List the scripture for the following curses:
 - Difficult childbirth
 - Slavery
 - Rebellion against parents
 - Extra-marital affairs
 - Disobedience to Scripture
 - Finances
 - False teaching
 - Inability to hear God's Voice
 - Insanity
 - Fear
 - Sickness
 - Illegitimate children
15. Have any of the above been part of your family's lives?
16. Can this be changed and how?
17. What is the relevance of **Exodus 34:6-7** in regard to blessings and curses on generations?
18. What is the bad news about curses on the bloodline and what is the good news that God made available to us regarding repentance of bloodline sins?
19. List scriptures of a wicked and good son.
20. Explain **1 John 1:9** in regard to repentance and forgiveness.
21. What is the relevance of **Matthew 25:32-33** regarding goat and sheep nations that would be judged?
22. What is the importance of appropriation of what Yeshua did for mankind?
23. List some areas in your life that you can appropriate what Yeshua did for you.
24. Is Ahab and Jezebel good examples of parents in following God's instructions?
25. Even though Yeshua was born of God, do you think He was tempted with sin and how is this related to inheriting from your parents?
26. How do you understand **Ezekiel 18:30-32**?
27. What do you understand by cultural assimilation and its impact on this study?
28. What is the danger of this?
29. Is there a danger in worshipping in an appropriate manner, that brings spiritual confusion?
30. What are the practices associated with idolatry?
31. How many human beings with all their mixture of fleshly and Godly desires, actions, beliefs, stumbling, falls and besetting sins are passed onto you?
32. List the relationships.
33. What are the impacts of divorce and remarriages and adoption on an individual?

34. Does the iniquity passed down to us only include a number of people or does it go back to Noah?
35. What are the mechanisms that transmit the sins of the fathers?

PART 4 - The tree of iniquity and the occult root

1. What is the similarity between the tree and our lives in relation to sin?
2. List the 3 violations of God's Word that bring on curses in our lives.
3. Do you agree that it is through these 3 violations that the kingdom of darkness gains legal right in our lives and generations? If so, substantiate your answer with relevant scriptures.
4. Where did the occultic root stem from in the nation of Israel?
5. Explain in your own words **Exodus 13:12-17**.
6. List a scripture in the New Testament that refers to the occultic root.
7. Why do you think the occult is obsessed with power to dominate and control?
8. What is the vacuum that the church has created over centuries?
9. List 4 areas of operation where the dark kingdom has created a revival in the vacuum the church has created.
10. How do you think this can be changed?
11. Explain **Deuteronomy 18: 4-15** in respect to Israel's set-apartness?
12. List the Holy Spirit gifts and the Counterfeit gifts.

GIFT	HOLY SPIRIT INSPIRED	COUNTERFEIT GIFTS
Gifts of Revelation		
Power of Gifts		
Gifts of Encouragement		

13. Explain the difference of operations between the gifts of the Holy Spirit and the Counterfeit gifts.
14. List the fruit of the occultic root, and cite some examples of each fruit listed.
15. List additional fruit of occult involvement and list the examples for each fruit listed.
16. How is ranking in the kingdom of darkness designated and why do you think this is so?
17. Do you agree that Christians can suffer oppression as a result of deeds committed before salvation?
18. What practical steps would you recommend for such a person to be set free and delivered from the oppression?
19. Do you agree that even though a Christian was never involved in any occultic activity can and will experience oppression? If so, substantiate your answer.
20. Complete the following table on Modern terms of occultic activities in the Bible.

Biblical Reference	Biblical Terms	Modern Synonym	Occult Power
		Wizard	Possessing powers of manipulation over
	Necromancer	medium	The ability to

Branches of the Occult Root

1. List the Branch and activities of the various occultic root and how you would deal with it.
2. As a born again Christian counsellor ... how would you deal with these branches in a counselling session?

PART 5 - The Bloodshed root

1. What is the element of this iniquity?
2. Where in the Scriptures do we find the origins of child sacrifice?
3. Explain the difference between the wisdom from above and the wisdom from below according to **James 3:15, 17**.
4. According to **Genesis 19:3-33**, what was the result of Lot's daughters intimacy with him after they made him drunk?
5. How is this act and results related to the sacrifice of children according to **1 Kings 11:7**?
6. What is the prophecy against Amon (the descendants of Lot) according to **Amos 1:13**?
7. Do you agree with modern archaeologists and anthropologists that Molech and Baal represent the same pagan god? Substantiate your answer with a relevant scripture(s).
8. According to archaeology, what is the name of goddess that children were sacrificed to?
9. What is the connection between modern feminism and child sacrifice?
10. List a few scriptures referring to a/or the woman who leads people into idolatry.
11. Who became spiritual slaves when they offered their children and to whom did they become slaves to?
12. Why do you think God gave the Israelites the instruction to kill the 7 nations in **Deuteronomy 20:16-18**?
13. What ultimately happened to the Israelites according to the **Book of Judges**?
14. What was the significance of the first born?
15. What does the term 'pass through the fire to Molech' mean?
16. List relevant scriptures in respect of the above.
17. What are the motive for these sacrifices according to **Micah 6:7**?
18. What is the Hebrew word for bloodshed? Give its meaning in Hebrew.

19. What is the connection with the meaning of Adam and 2 scriptures in **Zechariah 14:8-9** and **Ezekiel 47:8-10**?
20. According to the Scriptures, what is the punishment for bloodshed?

PART 6 - The sexual iniquities root

1. List 7 sexual iniquity branches of the root of sexual iniquity.
2. Give 2 examples of sexual sin that will result in 10-generational courses.
3. Explain **1 Corinthians 6:18** in regard to results and consequences of the occult and sexual iniquities.
4. What are the advantages and disadvantages of spirit and soul ties?
5. How are soul ties formed?
6. Explain the statement 'the stronger the spirit/soul tie, the more we become like the one to whom we are attached'?
7. Do you think David and Jonathan had a spirit or soul tie? Substantiate your answer and list the scripture to support your response.
8. Explain **Ecclesiastes 4:10** "*for if they fall, the one will lift up his fellow, but woe to him who is alone when he falls and has not another to lift him up*" in regard to spirit and soul tie.
9. What do you understand by **Matthew 18:19** "*if two agree on earth*"?
10. List the dangers of having ungodly soul ties.
11. Do you agree that abuse and manipulation are evident in ungodly soul ties?
12. What spirit/soul tie enables us to resist forming of ungodly spirit/soul ties?
13. Explain **Deuteronomy 10:20** in regard to a godly spirit/soul tie.
14. What is the strongest spirit/soul tie between two people?
15. What does the marriage spirit/soul tie depict with our relationship to Jesus [Y'shua]?
16. How is the marriage pledge made and what is formed when this is done?
17. What must the individual do who has or had sexual soul ties with an individual before marriage and who is married?
18. Do you agree that when a person has many sexual partners that his/her soul is scattered and fragmented?
19. Explain **Proverbs 5:15** "*of your own cistern [of a pure marriage relationship], and fresh running waters out of your own well*".
20. What do you understand by **Genesis 3:16** "*And thy desire or longing shall be to thy husband, and he shall rule over thee*".
21. Why do people struggle to surrender themselves to their marriage partners?
22. How is the person's behaviour affected because of lust?
23. List the areas of lust that weakens a person's character.
24. Do you agree that during sexual intercourse transference of evil spirits takes place?
25. Can spirit/soul ties also be formed by fantasy and imagination according to **Matthew 5:28**?

26. When there is repentance of these ungodly spirit and soul ties, do you believe that God forgives?
27. What does the following Hebrew words mean?
 - a) Chabar
 - b) Qashar
 - c) Shachath
28. What effect does adultery have on your mind?
29. How do you break free from the place of judgment?
30. Do you believe that the blood of Jesus [Y'shua] can deliver a person from the sin of fornication, perversion, sexual iniquity and adultery?
31. Give a scripture that can be appropriated to the above statement.

PART 7 - GOD's solution to our mess

1. What is the all time cure from our mess that we have inherited and we are responsible for?
2. Explain in your own words the freedom and victory that God has given us through the blood of Jesus [Y'shua].
3. Do you agree that overcoming the sins of the past is a process journey, according to **Exodus 23:29-30**?
4. What is the key principle to understand in deliverance and inner healing?
5. List the root systems characteristics that can affect us in the physical and spiritual.

Ethnic origin	
Stature	
Education	
Lifestyle	
Social status	

6. How do these root systems affect people? Provide the appropriate scripture.
7. What do you understand by 'laying the axe to the root' in dealing with the mess in your life?
8. What do you have to renounce to be set free from the occultic, bondage roots? List the appropriate scripture for each heading.
9. Complete the table below in respect of being grafter into the True Vine, the natural olive of God's family and covenant.

Grafted into a new root system	
In order to produce Godly fruit	

10. Explain **Isaiah 53:5-6** & **Luke 4:18-19** to God's precious answer to all mess.
11. Is there a difference between a 'bruise' and a 'wound'? If so, explain the difference.
12. What does the word Shalom [peace] mean?
13. What sicknesses and diseases are from within the body?
14. What does the combined quarters ($\frac{1}{4}$'s) represent for us through Messiah's death?
15. What is the meaning of 'redeemed'?
16. What punishment was meted out for the man who had sinned?
17. According to Galatians 3:13, do you agree that Jesus [Y'shua] became sin for mankind and by His blood we can be and are delivered from sin and slavery?
18. Explain **Galatians 3:13** when Jesus [Y'shua] reclaimed us from the curse of the law.
19. According to **Hebrews 10:19-20**, do you agree that Jesus [Y'shua] did not stop the curse and that He is still continuing to this day, by what He did to make a New and Living Way by His Blood and make it possible for us to enter into the Holy of Holies [Most Set Apart] place?
20. What must we do to enter the blessings of Abraham?
21. What hinders us from applying the full truth and appropriate what Jesus [Y'shua] has accomplished for us to live victorious lives?
22. List the 16 steps (i.e action and identifying the issue)that an individual must follow in dealing with personal or generational curses, bondages and destructive patterns of sin in their lives.
23. Do you believe that you are now forgiven, delivered and set free?

PART 8 - Dealing with the occult root

1. What does 'renunciation' mean, according to **Ephesians 4:27**?
2. Involvement in the occult means entering into Satan's territory. Explain this statement.
3. Do you agree that the involvement must be renounced? What happens if the involvement is not renounced?
4. List the 2 kingdoms or 2 playgrounds.
5. Explain in your own words, **James 4:7**.
6. How would you appropriate **Luke 10:19**?
7. With current day events, do you believe that the Body of Messiah understand the full meaning of **Luke 10:19**?
8. What are demonic covenants?
9. How do we deal with these demonic covenants on our bloodline?

10. What are the impacts on our generations if we do not deal with these demonic covenants?
11. Explain the difference of the root and fruit of breaking the 1st and 2nd Commandments (Instructions/Torah).
12. What are the 1st and 2nd Commandments (Instructions/Torah) according to **Exodus 20**?
13. List some of the blessings and curses according to **Deuteronomy 28**.
14. Why do we have to deal with the root of the problem?
15. How do you appropriate **1 John 1:9** on dealing with the root of the problem?
16. Can you stand in the gap on behalf of your family?
17. If yes, substantiate your answer with the appropriate scripture.
18. Explain in your own words, your understanding of **1 Corinthians 7:14** in regard to one partner in marriage is saved and the impact and effect on the other partner and children.
19. List the steps to breaking bondages.

Spiritually cleaning your home

1. Explain **Deuteronomy 7:26** about bringing idols into your home.
2. List 2 other scriptures that refer to idols and worshipping of idols.
3. What is the meaning of the Hebrew word '**Cherem**'?
4. What are the implications if you bring a graven image, which is a dedicated thing into your home, office?
5. Do you agree that idols and/or pagan images can also be contact points through which demonic spirits and oppression can enter your home?
6. List the steps for spiritually cleansing your home.
7. List the steps for 'entering the battle' in spiritually cleansing your home.
8. List the 10 steps with the appropriate scriptures to rid your home of spiritual darkness.

PART 9 - Dealing with the bloodshed root

1. Where in the Scriptures is the 1st reference to Bloodshed?
2. What was God's judgement to the elder brother who killed his younger brother?
3. What is the difference in the Old Covenant and New Covenant concerning the act of murder or bloodshed?
4. What is the only way to deal with the guilt of bloodshed in our land?
5. Explain in your own words **1 Chronicles 14:7**, in relation to bloodshed on the land.
6. List the different ways bloodshed has effect on our lives, families, communities and nation.

PART 10 - Dealing with the sexual iniquities root

1. What is fornication?
2. How would you repent on the sin for incest and sexual abuse?
3. Do you agree that witchcraft in families have many consequences? If so, explain why.
4. What is Incubus and Succubus?
5. Why is important for the triple cord need to be broken?

PART 11 - Walking in loving obedience with joy

1. What does obedience in God's Kingdom mean?
2. Do you agree that the 1st and greatest gift given to man was Life? If so, substantiate your answer with a relevant scripture.

Book 7

Book 7: Uprooting generational heart-attitudes & Roots

1. **Deuteronomy 1:21** says “Behold, the Lord your God has set the land before you; go up and possess it, as the Lord, the God of your fathers, has said to you. Fear not, neither be dismayed”. Explain this scripture in regard of dealing with the issues in your life and those you will counsel.
2. Why do you think satan's main objective is to hurt every person born into this world?
3. List the bruises that innocent children pick up during their childhood and then explain the impacts of these bruises in relationships.
4. What is the process of dealing with these bruises?
5. Explain the similarities of **Proverbs 12:25**; **Proverbs 15:23**; and **Proverbs 25:11**.
6. Do you agree that all forms of child abuse and emotional abuse may be the cruelest and longest lasting of all on a person? If so, substantiate your answer.
7. Explain in your own words the following statement 'If a parent rejects a child then their identity is defiled'.
8. List 5 to 10 symptoms of worthlessness.

PART 1 - The bruises of the enemy

1. Do you agree that Messiah Y'shua [Jesus Christ], who is the same yesterday, today and forever has come to destroy the works of the enemy?
2. Why then are so many people still bound, if the above is true?
3. What is the meaning of denial?
4. What are the negative impacts of denial in the life of an individual?
5. **Isaiah 61:1-4** and **Luke 4:18** records the words of Messiah “*coming to set the captives free*”. Do you believe these words still have the power to set people free? If so, how would you use these scriptures when counselling an individual who is struggling with bitter roots of rejection and bruises?
6. What is the father's role in a healthy and Godly family to bring them to wholeness?
7. How does the enemy bring about emotional bruising in our lives?
8. How was Y'shua bruised for our healing, according to **Isaiah 53:10**?
9. Complete the following table on the examples of the bruises of the enemy.

Issue	Results	Symptoms
Divorce		
Unfair treatment		
Sexual abuse		
Violence		
Words that are spoken		

10. Draw a picture of the brain, with its 3 parts and explain what happens in every part, when emotional bruises are experienced in an individual.
11. What is the final result of the enemy's bruising?
12. What happens when the wound is caused in an individual?
13. How is **Isaiah 53:4** an appropriate scripture to use when dealing with the pain of an individual?

PART 2 - The Root of Bitterness

1. What is bitterness?
2. Do you agree that bitterness is the greatest weapon available to the enemy? If so, why?
3. How do we overcome bitterness?
4. Explain **Hebrews 12:12-15** in dealing with bitterness.
5. How would you apply this scripture with an individual you are counselling to overcome bitterness?
6. List the similarities and differences of the Hebrew word 'Marar' and 'Ma rah' and supporting scriptures.
7. How does bitterness begin and how does it evolve?
8. How does and can bitterness be overcome?
9. Why do we have to deal with bitterness and why should we avoid becoming bitter?
10. List the steps of the progression of bitterness.
11. The sources of bitterness are _____.
12. How does bitterness begin and cite examples of how it begins?
13. List the fruits of bitterness.
14. What are the impacts of broken relationships?
15. What are the noticeable traits of emotional immaturity?
16. How do we overcome emotional immaturity?
17. What is the precaution against bitterness?

PART 3 - The Root of Rejection

- List the basic needs of a child.
- Explain the statement '*love must be communicated*' and how it be communicated.
- Complete the following sentences:
An _____ need causes a _____ in which _____ grows. A child _____ his own _____ and _____ of _____ from his relationship with his _____. Rejection _____ and _____ the whole _____. Rejection will create an _____ relationship with GOD.
- Do you agree rejection produces a spirit of competition, coupled with the need to perform to be acceptable? If so or not, substantiate your answer.
- How would you counsel an individual who has a spirit of rejection?
- Complete the following table on the 'sources of Rejection'.

Deepest Root	Reasons	Problems	Solutions based on the Word
Parent-child relationships			
Peer-group relationships			
Society and Culture			
Physical changes in the body			

- List the 7 results of rejection with its various explanations.
- What is the first step to be free of rejection?
- Explain **Hebrews 12:14** "*Strive to live in peace with everybody*".
- List the scriptures indicating that Y'shua [Jesus] carried our rejection.
- After taking the 1st step of forgiving those who rejected you, there are 14 other steps that you should do to be set free from rejection. List these with the appropriate scripture(s), e.g. Forgive the ones who have rejected you = **Hebrews 12:14** "*Strive to live in peace with everybody ...*".
- Do you agree that by following the above steps that you or anyone you counselling will be free from the spirit of rejection, based on **Romans 12:2**?

PART 4 - Loosing our Hurts

1. Do you agree with the following statement? The key to human relationships is forgiveness.
2. If so, explain in your own words what it means to you and cite scriptural references and examples.
3. What is key to loose bitterness?
4. Without forgiveness there is no deliverance. List the steps that indicate how this can be appropriated.
5. Explain the statement 'forgiveness is a decision of the will'.
6. List the 5 steps to forgiveness.
7. Consider **1 Peter 3:11**, **Romans 14:19** and **Hebrews 12:14** and explain what these scriptures refer to and how it can be achieved.
8. How do you know that you are truly forgiven, what is the evidence and the fruit thereof?
9. Explain God's forgiveness.
10. What are the effects in and over an individual's life that lives with unforgiveness?
11. What happens when an individual who has been hurt and in such bondage learn to forgive?
12. What is the connection with forgiveness and communion?
13. List the practical application of **1 Corinthians 11:28** in regard of forgiveness.
14. What is the progression we must be careful to follow?
15. Do you agree that the covenant meal is a serious matter?
16. How do you bless your enemies, when they have hurt you so badly, now that you are a follower of Messiah?
17. Explain the meaning 'of taking offense'.
18. Has this happened to you, and as a follower of Messiah, what did you do or not do?
19. Explain the pathway to a life of blessing.
20. List the benefits of blessing those who offended you with the appropriate scriptures.
21. What type of prayer should an individual do towards someone who has hurt pained and offended them?
22. What are the practical steps in forgiving someone who hurt and offended you?
23. Do you agree with **Romans 12:20** "*Prepare a meal for your enemy*" in the light of the message of forgiveness.
24. Is 'wounding' inevitable if we are following of Messiah? Substantiate your response with appropriate scriptures.
25. What is the trap Intercessors are exposed to?
26. Explain **Isaiah 53** in regard to Messiah when He was brought before His enemies and opened not His mouth.

27. What were the evidential results in Messiah's life when He was offered as a guilt offering?
28. Explain the statement 'We are the progeny of Messiah' according to **Colossians 1:24**.
29. What does this mean in real and everyday life for the Follower of Messiah?

PART 5 - The Root of Rebellion

1. Define rebellion and in what is it rooted.
2. What the infamous 3 sayings indicative rebellion?
3. Why does the Father hate rebellion?
4. Explain what you understand by **Isaiah 30:1** "*Woe to the rebellious children, says the Most High, who take counsel and carry out a plan, but not Mine, and who make a league and pour out a drink offering, but not of My Spirit, thus adding sin to sin*".
5. Do you understand the implication and the negative effects in society of this Scripture? How would you address it and rectify it based on what principle?
6. Define rebellion in today's society.
7. What is the difference between Greco-Roman and Hebraic (Biblical) understanding of rebellion?
8. What does it mean to have a Hebraic mind-set? Use the relevant scriptures in support of your answer.
9. What are the negative implications if we forget the Most High, based on the principle of rebellion?
10. List some of the attitudes that come out of hurts and unfulfilled needs.
11. What are the steps to rebellion against the Most and man?
12. What are the sources of rebellion?
13. What is the nature of rebellion?
14. What are the main ideas of rebellion?
15. List the results of rebellion.
16. What is the meaning of schizophrenia?
17. In what word is the same roots found, i.e. rejection and rebellion?
18. List the symptoms that comes with rebellion.
19. How would you counsel an individual who displays a disorder of schizophrenia and rebellion?
20. How do we recognise rebellion?
21. According to **Psalms 107:18** rebellion is connected to Anorexia. Do you agree, if so why and if not, why?
22. What are the steps out of rebellion?
23. What are the 2 main keys to receive deliverance from rebellion?
24. List some of the problems experienced during deliverance from rebellion.

PART 6 - The cords of Jezebel and the Babylonian family order

1. List the 5 cords Jezebel holds while riding the beast.
2. What are the 2 main starting points in regard to Abba-Father relationship?
3. List the problems that result because of weak father image.
4. What are the factors that give rise where the father figure has failed?
5. List the consequences for the woman and man in regard to the weak father image.
6. Do you agree it's because of weak fathers who failed that it has a negative image on children and society at large?
7. Cite a few factors that can build up a good father-relationship.
8. What is the main aim of the plan of salvation?
9. How do we get this, and who made it possible?
10. List the ministry of Messiah that must be represented by the fathers as 'priest', 'prophet' and 'king'.
11. If you are counselling a father, what would you focus on him fulfilling the Most High's calling to be a father?
12. Based on the above questions and answers, do you agree that God's order for marriage is for the man to lead?
13. Is this happening in today's society?
14. If not, why not and how can it be set aright according to the Scriptures?
15. List examples in the scriptures where women took the lead and the consequences that followed.
16. What are the issues men have to deal with in the area of their ego?
17. What are the issues that make women vulnerable in their emotions?
18. List the man's responsibilities and the woman's responsibilities.
19. What are the enemy's strategy in these roles and responsibilities?
20. How the man is cut off from his family and become a weak father image?
21. Complete the following table:

GOD's Family Order	The Order of Babylon
As a growing _____ little, the boy is _____ to his _____ . The _____ is on _____ .	_____ is away and _____ grows up to mom's strings.

GOD's Family Order	The Order of Babylon
In the later _____ of _____, father comes the _____ . The _____ associates with the _____ and _____ away from _____. The boy _____ to be _____ into a man.	The _____ makes all _____ and maintains _____. The son _____ with his _____. All the _____ is on her. He is never _____ from being _____ dependent on his mother. _____ stops the son from _____ in order to be able to _____ the home.

22. What are the results of Babylon's order In a Son and In a Daughter?
23. List the reactions to Babylon's order.
24. How do we break free from this demonic, Babylonian Order?

PART 7 - The root of pride

1. What is the spirit that operates in God's Kingdom?
2. Is arrogance/pride a demon or an attitude?
3. Substantiate your answer.
4. What vacuum does pride grow in?
5. Why is the image of pride erected?
6. Explain what it means that this image is two dimensional.
7. What is the connection between pride and infallible?
8. List the factors of pride under the following headings:

Factor	Definition	Description	Fruit
Achievement			
Perfectionism			
Competition			
Unforgiveness			
Critical			
Unbelief			

9. What is the fruit of pride?
10. How do we cut down the root of pride?

- Characteristics of humility are, list them.

PART 8 - The spirit of son-ship vs the spirit of slavery

- What place in the Scriptures is slavery compared to?
- List the comparison between a slave and a son in a roman household.

Slave	Son
Manager - Jezebel	
	Is part of the family, enjoys freedom in the household.
Value was determined by what he could do	
	Purpose of person as he prepares himself for responsibilities.
Position of profit or loss in household	
	Total right of existence is based on relationship, value was determined.
Lives under fear - when asked to "jump", answers "how high"?	

- What has satan succeeded in placing within us, that brings forth a spirit of slavery?
- What is a characteristic of a slave?
- List some of the inward sources of a spirit of slavery.
- How would you counsel an individual who displays these traits?
- What are the outward sources of a spirit of slavery?
- How would you apply **1 Corinthians 7:23** in dealing with an individual who displays a spirit of slavery?
- Where there is a root there is always a fruit, what is the fruit of spirit of slavery?
- What does the spirit of son-ship give?
- Explain **Hebrews 4:9** in regard to son ship and rest.
- What is the Hebraic understanding of a son?
- Answer the following by citing an example, of a son in the house, growing up and maturing as you follow after Messiah.
- List the differences between religion and relationship.
- Now that you have done so, are you in a relationship with the Father.
- What are the characteristics of a child of the Most High?
- According to **Isaiah 57:15**, where does the Most High Live?
- How is Love desired in the Scriptures?

PART 9 - The Victim Spirit

1. Explain what the following statement means 'the devil never plays fair, but he does play for keeps'.
2. What do you understand by **Psalms 16:5-8**, in regard to the unique personalities given to us to fulfil our kingdom assignment on this earth?
3. Explain the stages of how the 'victim spirit' operates and function in an individual.
4. List ways the victim spirit pervades an individual's life.
5. How does the victim spirit manifest itself in an individual's life?
6. Define the victim spirit.
7. **Matthew 7:6** talks about a victim spirit and how it can be devoured and torn to pieces by a predator. Explain this.
8. How does the victim spirit work?
9. Do you think that Y'shua [Messiah] was a victim, according to **John 10:17-18** "*on the contrary, I lay my life down voluntarily ...*".
10. What happens with an individual when victim spirit over take them?
11. What are the emotions that are prevalent in an individual with a victim spirit?
12. List the results of a victim spirit.
13. What is the connection with the victim spirit and the demonic?
14. Who are the 'friends' of the victim spirit?
15. What is the good news of overcoming a victim spirit?
16. How could an individual walk in freedom from the victim spirit
17. Explain in your own words and in the relevancy of the day, **Ezekiel 34:28-29**.
18. How does walking in freedom and fullness change your life from walking with a victim spirit?
19. What does freed from a victim spirit look like?
20. What type of prayer will you ask an individual you are counselling to pray to break free from a victim spirit?

PART 10 - The role of blessing in marriage

1. Why do you think that people's souls are not at rest?
2. List the relevant scripture that depicts 'their souls are not at rest'.
3. What part of our being takes over when our souls are not at rest?
4. What are the solutions the flesh seek when the soul is not at rest?
5. Do you agree that this is seeking a false comfort for the unhappiness in the inside?
6. Explain **Genesis 2:24** in regard to leaving and cleaving principle of marriage.
7. Is leaving your father and mother related to a geographical relocation or is it a spiritual matter?

8. What is the reason for the 'heart not to leave father and mother'?
9. Explain the term 'blessing'.
10. Explain the term 'cursing'.
11. What is a bitter root of judgment?
12. Do you agree that we are called to hate sin, hate the wrong behaviour but never to hate people?
13. What does this mean?
14. List the patterns of the flesh if not blessed by the father in regard to first male pattern regarding the father-role.
15. Such a son who has cut himself off from his father, will display certain identity traits list these.
16. What are the potential results in the life of this son?
17. How would such a son respond in his marriage?
18. What is the root of the problem that such a son has?

Second male pattern regarding the father role

19. What are the indicators of such a son?
20. How does he seek to fulfil his needs?
21. List the potential results in his life.
22. How will his relationship be with his wife?
23. What the two major areas such men have in adulthood?

First Female pattern regarding the father role

24. What are the results of a girl that was not blessed by her father?
25. What are the negative impacts on the girl's identity?
26. List the potential results in such a woman's life.
27. How would she respond in her marriage?
28. Can this problem be solved when this girl is married? If not, why not, and if so, why

Second Female pattern regarding the father role

This girl has not been blessed by her Father and as a result is striving after her father's blessing. She has a longing, and desperate for a blessing, to be accept and affirmed. So she will do anything, whatever to be accepted, to be approved and loved.

29. How will her identity be established?
30. What are the potential results in her life?
31. How would such a girl be in a marriage?

Part Two of patterns of the flesh if not blessed ... the role of the mother

First male pattern regarding the mother role

1. If such a son is not blessed by his mom, what is his response to her?
2. How would such a son treat his wife?
3. How will he put his identity and create value for himself
4. What are the potential results in his life?
5. How would he be in marriage?
6. In such a marriage can the wife fix the problem, if not, why not, if so, why?

Second Male pattern regarding the mother-role

This son was never blessed by his mom, and make a choice in his heart to strive after her blessing come what may!

7. How is his identity established, in and on what?

First Female pattern regarding the mother-role

A daughter who was never blessed by her mother or even actively cursed by her. She has decided in her heart to cut her mom off and totally reject her and walk away.

8. How is her identity established by self?
9. What are the potential results in the life of such a daughter/woman?
10. How would such a daughter be in marriage?

Second Female pattern regarding the mother-role

Daughter who was never blessed by her mother or even actively cursed by her mother. She makes a choice in her heart to strive after her blessing come what may! She believes if she works hard enough she will receive her mother's blessing one-day!

11. How is her identity to be established in what other people think about her?
12. Complete the following sentence:
Wherever she goes, _____ will be _____ approval
_____ the time from _____.
13. How will such a daughter be in marriage?
14. Taking all the above scenarios into consideration how can and will these be solved.
15. What are the positive results in marriage when sons and daughters overcome these shortcomings forgive their parents and accept the Father's love?

Letting it all go

1. What is the enemy's strategy of wounding and bruising us, especially during our childhood?
2. What are the silent killers that pain bruise and hurt us through our lives if we do not deal with it?
3. List the six types of emotions and the feelings that may be holding people captive.
4. How do you know what emotions and associated feelings you are experiencing in your body?
5. Do you agree that there is hope and complete restoration for your heart from pain, bruises and the hurt?
6. Who can set people free from these bruises?
7. Explain the caption 'Y'shua [Jesus] saves, heals and delivers'.
8. Based on all the information you read in this manual, write prayers for the following:
 - a) Generational healing
 - b) Healing hurts from parents

A Bride that is preparing herself for the Groom

1. What is the Journey to Freedom really about?
2. What is a Covenant?
3. List the steps of how we prepare ourselves as Bride, with the appropriate scriptures.

Book 8

Book 8: Childhood pain, the Brain and Arrested Development

Maturity and growing up

1. Define maturity. Do you agree that maturity can be measured in stages in an individual's life? Draw a table to define the various stages of maturity and growing up in an individual's life.
2. Is it important for an individual to go through all the listed phases to reach the goal of full development?
3. List another truth about maturity. Look at your family or community to see the impact of this statement. Without listing names and incidents, highlight the lack of maturity. Write up recommendations on how these challenges can be overcome.

Infant Stage

1. List the ideal age, needs and tasks of this stage. Do you agree that joy is very important at this stage? Explain in your own words 'At essence, joy is relational'. How does joy become an everlasting joy according to **Isaiah 51:1**?
2. Describe in your own words the relation between joy and the human brain.
3. Explain the ring of joy in the infant stage.
4. What are the challenges of an incomplete or weak ring of joy/
5. Draw a picture of the brain's control centre and label accordingly. List the various areas of the brain and its specific purpose.
6. What does it mean that the control centre is predominantly on the right side of the brain?
7. List the 4 levels of the control centre.
8. What do you understand by synchronising attachment lights?
9. Explain the different scenarios if the light is on in an insecure style.
10. Is it important for the synchronizing of the right brain to right brain in the mother and infant stage to develop?
11. What does it mean to lower the energy levels by Mom?

Child Stage

1. List the stages of the child stage.
2. What is the goal for childhood?
3. Defective bonds with father. If you were a father and experienced this with you child, how would you address this in a counselling session?
4. Define a conformist in the child stage.

Adult Stage

1. List the stages of the adult stage, their needs, their tasks and other relevant information associated with this stage.
2. Explain the rite of passage.
3. What are the challenges and frustrations when the father is absent in this stage of the son's life?
4. What demands does it place on the single mother?
5. Explain the concept of 'no community of men'. No mature men and Boys that did not make it. Explain this and how they behave to prove that they are men.
6. Do you think there is hope for such men even old butt in arrested development stage?
7. Do you agree that young men played a role in assisting biblical characters? List these with relevant scriptures.
8. How does young teenager help establish a new identity? What are the negative impacts on these, when not encouraged by their own role models, such as righteous fathers?
9. Explain the following statement 'A young adult is part of history'.

Parent Stage

1. Write a paragraph on the role and impact and reason for parenting.
2. List the stages on becoming a parent.

Elder Stage

1. List the stages and related information on the Elder stage.
2. Define an 'Elder'.
3. Do you agree that age does not define an Elder? If so, substantiate your answer with relevant scripture(s).

4. How would you apply **Titus 1:6-9** on the role and function of an Elder?

How does bonding or the lack thereof affect my life now?

1. Explain bonding and the importance of this in babyhood; childhood; adolescent; young adult and adult.
2. How would you counsel the above individuals who have bonding challenges? Write up a plan of action over time to introduce your counselling sessions with the desired outcomes.
3. Explain **Isaiah 53:1-6** in regard of bonding, separation and connection. List scenarios in a Believer's life where the Ruach becomes comforter, helper, Intercessor, the strengthener, Standby, advocate, sustainer.
4. Explain the Left and Right brain and their functions.
5. Is the one side more important than the other?
6. The left brain is the naming and explaining side. Write a paragraph on this function.
7. The right brain refers to experiences of the individual. Explain what this means.
8. Is the left or right brain very resistant to change? Why do you think this is so? How would you counsel an individual presenting such problems in a counselling session?
9. What results can be expected if only 1 side of the brain is used?
10. Why is it important for both sides to work together and synchronize?
11. Do you agree with the Brain-Joy Connection?
12. List another important aspect in Joy. Why do you think this is important?
13. Explain the statement 'We are creatures of rhythm'.
14. What happens if I do not have joy (that I am designed for)?
15. Write out the full meaning of B.E.E.P.S.
16. Are B.E.E.P.S genuine or does it mimic joyful relationships?
17. Do you agree that B.E.E.P.S are the foundation of all addictive behaviours?
18. List the big 6 negative emotions.
19. How can this be broken and dealt with in an individual's life to bring the person back to joy.
20. Explain why it is important to have connections back to Joy on the individual.
21. List the phases of not staying relational when distressed.
22. What 2 primary strategies does the enemy keep us stuck in pain and relational breakdown?
23. Explain the part of the brain that is the pusher and the picker.
24. List the misnomers of ungodly beliefs.
25. Why does an individual resort to B.E.E.P.S?

Attachments / bonding styles

1. How would you identify and manage attachment plan, identified in an individual you are counselling?
2. Write short notes on the wounded father and the infant stage; the wounded father and the child stage. The wounded father of young men and women.
3. List the 4 main attachment/bonding styles.
4. What are secure and non-secure attachments?
5. After their disobedience, Adam and Eve experienced the 1st negative emotions. List them.
6. What are the other consequences of sin?
7. What does B.E.E.P.S and attachment pain bring us? List these and explain in your own words the negative impacts of these.
8. Draw a table and list the dismissive, distracted and disorganised attachments.

Trauma and dissociation

1. How does trauma affect me? What are the impacts of Trauma in an individual's life?
2. Define Trauma.
3. List the 2 types of trauma.
4. What can temporarily shut down when there is disruption to the control centre?
5. What happens when 'Amy' (the amygdala) is in charge?
6. Do you agree that there are positive feeling of traumas and euphoric recall?
7. Explain **John 16:33** in your own words, in regard ton biblical suffering.

B.E.E.P.S and addictive behaviours

1. Explain the difference between healthy interdependence and Harmful dependency.
2. List the attachment intensity; attachment intimacy and attachment exclusivity.
3. Do you agree if an individual have trauma they will have B.E.E.P.S?
4. In the various stages of an individual's life there are various B.E.E.P.S that are reverted to. List these in the various stages and explain how you would counsel an individual struggling with B.E.E.P.S.
5. Explain what is Dopamine receptor.
6. Explain the various cycle of B.E.E.P.S in an individual's life.

B.E.E.P.S cravings, attachment pain information and checklists

1. List the short-term relational signs my attachment pain is increasing.
2. List the long-term relational signs of attachment pain.
3. How are attachment pains often felt?
4. How would you handle cravings?
5. What is the meaning of denial?
6. How can we overcome and deal with the B.E.E.P.S in our lives before it becomes catastrophic?

Childhood pain and Brian Science

1. Explain the similarities of **Isaiah 28:9-10** and **1 Corinthians 13:11** in regard to childhood.
2. List the 3 chemicals missing from the brain during infancy and early childhood.
3. At what age does the brain begin to release these chemicals?
4. Why do you think this is so?
5. What are the links between lie-based realities and ungodly beliefs in Childhood pain and brain science?
6. What happens to our brains during trauma?
7. Explain the statement 'The Thalamus has a mind of its own'.
8. Why is it important to trust our parents to get our trauma resolved?
9. Do other mature/trained mentors also have a role to play in helping us address trauma
10. What is abreacting?
11. How does one overcome abreacting when it takes place? What role does the individual have in all of this process?
12. What does the Word teach us about dealing with strongholds of the mind, according to **2 Corinthians 10:3-5**?
13. What is the relevance of the Hebraic culture in regard to chemicals to make decisions, and the importance of living under the teaching/training of my parents?
14. What is a minyan in the Hebrew home?
15. What is the role of women in the Hebrew culture in regard to training the younger women?
16. Complete the following:
The Limbic System is made up of _____, _____ and _____.
17. List the principal structures of the Limbic System.
18. What happens to the amygdala in a trauma situation?
19. Explain in your own words 'automatic programming' according to **Titus 2:1-8**.

20. How has the enemy confused that roles within marriage and what are the negative impacts of these confused roles?
21. What does 'a double-minded man' refer to in terms of pseudo-personality?
22. In Scriptures, we read about Hosea, a righteous man who won the heart of a wounded woman and likewise in **1 Peter 3:1**. Explain these scriptures in your own words and the positive impacts of the situation.
23. Explain the 3-year pattern in the Word for rewiring/renewing our minds.
24. What is the connection between deliverance and discipling? List the relevant scriptures that are applicable to this scenario .
25. What is the name of the survival chemical given by God to keep people alive for fight-flight reaction?
26. Why is it important to address the root issues of a matter to get complete healing in the body, soul and spirit?

Additional Information on perceptions

1. How does our brain receive all input through our five senses?
2. How do we receive this information?
3. Define Arrested Development.
4. What are triggers that cause me to react from my childhood pain? Do you think it is relationships or situations or can it be linked to certain issues?
5. Define maturity in respect of reality.
6. List the 4 filters that both development and colour our perceptions.
7. How are the unique perceptions of an individual connected to situations or circumstances?
8. How would you deal with perceptions in a counselling session and help the counselee understand the difference and help them identify this (6 stages)?

Hope and recovery

1. List the steps to recovery and healing.
2. On writing up an experience that caused you pain, how would writing and journaling help you deal with the experience?
3. Do you agree this is a journey and how do you prepare for a journey?
4. What do secure attachments look like and how do I build them?
5. List the 3 ways on the road to healing.

The Limbic system and addiction

The importance of understanding how our brain develops and how if we have wounds/pain that have not been addressed and healed - we are easily susceptible to addictive behaviours.

1. Based on the above statement, can your research be justified and substantiated. What lessons can be learnt if the experience was negative? Substantiate your answer with relevant scriptures.
2. Write up a plan of action of how you as a counsellor will use on a one-on-one basis for personal counselling group. Do you agree that this model is necessary to address?
3. Do you agree that the Limbic system is your heart? If so, substantiate your response and quote a relevant scripture to substantiate your response.

Part 1: Food

1. List eating disorders and how these are indicators that we are struggling with emotional pain.
2. Is gluttony a sin, according to the Scriptures?
3. List some of the emotions you face on a daily basis and how you are addressing these by identifying the root of the matter. Now encourage yourself and quote relevant scriptures that will help you in our journey to freedom to deal with these issues based on scriptures.
4. Do you agree that sugar addiction can be deadly?

Part 2: Sexual imprints and GOD's plan for sexuality

1. Imprinting comes from 2 main sources - list these.
2. Do you agree that if these are negative, it will affect our sexuality permanently unless healed or restored by God?
3. Do you agree that the 1st consequence of the fall is a sense of shame?
4. How is the individual's spirit man involved in the sexual act? Is this a good thing or counter-productive?
5. List the results of sexual abuse.
6. Sexual abuse victims have to walk through forgiveness in 5 main areas. List these and explain in your own words what you understand by every area.
7. Define sexual addiction.
8. List the fruits of sexual addiction.
9. What does **Galatians 5:16** mean to Believers who are struggling with sexual addictions?
10. List the stages of dealing with child sexual abuse - the perpetrator in the Body of Messiah.

11. What boundaries would you put in place when you have a perpetrator in your congregation?
12. How does the community help the sexually broken?
13. What is the Hebrew word for beginning?
14. List the concepts found in the Word.
15. What does this tell us as an individual, family and community?
16. Does our personal choices affect us in the long-run?
17. Explain **Leviticus 11:10-11** in regard to man's calling to be priest, as Messiah is our Great High Priest.
18. What is relation to a heavy-yoke and Old Testament law called?
19. What does it mean if the priest has authority?
20. What is the comparison of Father Abraham as holy and set apart?
21. What is the comparison of Father Abraham as unholy and unclean?
22. What negative impact does today's worldview have on the role of family and family values?
23. What is the importance and significance of **John 15:4-5** to " *dwell in Messiah ...* "?
24. What does this scriptural obedience guarantee us if we obey it, according to verse 10?
25. Do you think God has a plan for fathers to change the community? If yes, support your response. If no, support your response. If not sure, check the scriptures and respond accordingly.
26. What steps should be used to get there?
27. List the gifts according to **Romans 12:6-8** and how it is applied in the family unit through the Father.

Additional information on the brain, the Limbic System and Addictive Behaviours

1. List the 2 parts to our brains and where it is located and its function.
2. How does the Limbic system colour or tag events with degrees of responses as either safe or dangerous?
3. How do you change the negative behaviour associated with false beliefs?
4. Complete the following sentence:
The _____ is _____ need to _____ GOD and _____.
5. Why is this important and necessary?
6. What is a limbic bag?
7. How does one break the limbic patterns and decrease the time of the limbic lag process?
8. Do you agree that drugs and alcohol are anaesthetics and they kill pain?

9. What is relapse prevention?
10. What is the neuro-chemically function of the main role of anger?
11. What outlet does anxiety give the individual?
12. Do you agree that relapse is a predictable process?
13. What common area does medical, psychological, scientific researchers and Christian workers agree that the origins of our problems have to do with fear?
14. What is the uniqueness of fear, and what impact does it have on an individual?
15. What is a survival or hyper vigilant brain?
16. Do you agree that all addictions are a double bind?
17. Define 'intimacy'.
18. What is recovery?
19. Do you agree that restoring someone who has been caught in severe addictive behaviour is a community project?
20. What can recovery ministries provide in regard of addictive behaviour?
21. What is the difference between morals, values and relationships?
22. Does grace and competency make the church safe for hurting people?
23. What is grace?
24. What is competency?
25. List the areas the Limbic (addictive) part of the brain basically controls.
26. Does the Limbic system monitor and governs our basic needs?
27. Why is it important to change your heart (in regard to) the Limbic system?
28. Explain **Romans 7:15-20** on doing what I don't want to do, and not doing what I am supposed to do.
29. Is lust a sin?
30. What is a craving?
31. What is the 1st step towards recovery?
32. What should be put in place to prevent relapse?
33. Explain Psalm 32:3 in your words with regards to dealing with sin and secrets in our lives.
34. What are the negative effects of keeping secrets? List these in the various areas they occur in an individual's life.
35. Explain **Matthew 11:29-30** and following God's ways and instructions.
36. Do you believe that recovery can be achieved by the affected individual on their own?

List the problems for which there is no home remedy.

1. I am what I do.
2. I am what I imagine.
3. I don't learn from my mistakes ... fear or failure.
4. I can't do hard things.
 - a) Write a summary on why aggressive anger should never be ignored. If you have been involved to assist in dissolving aggressive anger in a fellow worker or counselling session, list the stages of your approach and the individuals responses.
 - b) What do you think are the 2 major reasons why men have not progressed to adult maturity?
 - c) What are the most common kinds of wounds?
 - d) What is the opposite of trust?
 - e) Do you agree that distrust is an impediment and holds an individual back from getting the necessary help and assistance?
 - f) Who should we trust above all else?

Book 9

Book 9: Mother-bonds, deception and the False Prophetic

Importance of Relationships

1. What is the primary theme of the entire Bible?
2. Do you agree with the following statement "God desires relationship with each and every one of us!?" Substantiate your response with an appropriate scripture.
3. Explain the synergy of the oneness of marriage to that of relationship God wants with us as His Bride.
4. Why is it important that we walk in relationship with God the Father and with each other?
5. What event in the Scriptures, changed man's relationship with God?
6. Do you agree where there is no mothering, there is fear?
7. What are the negative effects on our relationship with God and people if I had problems in bonding in my infant and formative years?

Testing the Prophetic Ministry

1. Is there a difference between the Office of a Prophet and the Gift of Prophecy? Substantiate your answer.
2. Summarise the Office of a Prophet.
3. List a few examples of Prophets in Scripture with the relevant Scriptures.
4. What is the test of a true Prophet?
5. Do you agree that a false Prophet's words can also be fulfilled, and can also use signs and
6. wonders?
7. Did you experience this in your personal life?
8. What would be the words of a true prophet?
9. What role does money play in the role of a prophet (true and false)?
10. What level of influence would a true prophet's words impact?
11. Do you think a true Prophet should focus on an individual level or on a broader perspective?
12. List a few scriptures that highlights the Prophetic Gift.

13. Prophetic words have 3 primary purposes. List these.
14. What are the scriptural principles for judging words/ministry?
15. Why is it important to test all prophetic ministry?
16. Why do you think broken/wounded people are often the most drawn to false prophetic ministry? How can this be dealt with and what would you as a Counsellor counsel the broken or wounded individual?
17. What is the purpose of the Office of a Prophet and the Prophetic Gift to the Body of Messiah?

Primal Splits

1. Explain what is the Neshamah.
2. How would you link **Proverbs 20:27** to the Neshamah of a person?
3. What do you understand by the Neshamah and primal splits?
4. What is a primal split?
5. Can the Neshamah be stolen?
6. Explain **Psalms 78:61** in relation to the 'stealing of the Neshamah'?
7. What negative impact does a person with a Jezebel spirit have on people with primal splits?
8. Explain the Integration of all dissociation that the mind used as a coping mechanism? Why is this integration necessary and important for the individual?

PART 1 - Created to reflect GOD

1. Do you agree that human beings didn't accidentally happen?
2. Who created them separate from and superior to the rest of creation?
3. Why do you think God did this?
4. Explain **Genesis 2:15; 19**.
5. What was the purpose for creating mankind?
6. If we understand why we were created are we impacting our communities?
7. Are the local congregations within communities impacting these communities with kingdom living principles?
8. What are the other reason why God created man?
9. Do you think the Body of Messiah understands this principle?
10. How would you relate **Psalms 42:1-2** in a relationship with God and man *"As a deer pants for streams of water so my soul thirsts for God, for the Living God"*?
11. Design a pamphlet capturing an appropriate scripture by using the following words 'We are built to yearn for relationship with our Creator, to depend on Him and to bring Him glory', and also to relate to other people.
12. What is Appropriate Dependencies?

13. List the characteristics of mutual interdependence.
14. Do you agree that those who strive for self-sufficiency and total independence miss the mutuality of interdependence they were created for? If yes or no, substantiate your answer.
15. What can we expect from mutual interdependence?
16. List the effects of the Fall and the impacts on mankind to present day realities.
17. What did they lose when they declared their independence from God, and how has this affected mankind through the ages?
18. What additional need came about because of Adam and Eve's independence?
19. What are the issues that are natural to man since the Fall?
20. Parents are expected to meet the needs of the very young. List these.
21. How can **Genesis 18:19** depict this role of parents transferring their obedience and legitimate dependency needs to God Himself?
22. Explain **Deuteronomy 6:6-7** on talking to your children about obeying the ways of God.
23. What does the Creation story in Genesis teach us about the nature of man?
24. Explain the difference between man's longing for impact and man's longing for relationship.
25. Name some ways we refuse to depend on God?
26. Is it true that if we could have a close enough relationship with God we wouldn't need other people? Why, or why not?
27. What makes our longings for relationships feel so risky and dangerous?
28. Why do co-dependents often kill their longings for impact and for relationship?
29. What are some ways in which you or someone you know well has killed your longings for intimacy?
30. What are some negative consequences of squelching our longings for impact and relationships?
31. What are some positive consequences for allowing those longings to surface and thrive?

PART 2 - Painful losses

1. What is the importance of affirming our longings?
2. From John Bradshaw's list of ways parents abandon their children, describe one that fits your own experience or the experience of someone you know well.
3. Explain how role reversal is damaging to both parent and child.
4. Why do you think it is or is not necessary for personal healing that we acknowledge the woundedness of our past?
5. What, if anything, might you do if you realised you'd 'lost' your childhood by growing up too fast?
6. What might be a healthy way to help a child deal with his or her anger over losing a parent to sickness or death? To an addiction, compulsion, or co-dependency?

7. What would be some Biblical ways for an adult to deal with repressed or unacknowledged anger from his or her childhood?
8. How would you respond to a Christian who insists, 'don't bring up your parents' sins against you; just get on with obeying God in the present'?

PART 3 - Self protective pretence

1. In your own words explain why children in abusive homes develop a 'false self'
2. Which event or pattern from your own childhood most encouraged you to become someone different from who you really were?
3. Which 'role' best describes the primary way you related within your family of origin?
 - Hero (Good Kid)
 - Scapegoat (Rebel)
 - Lost Child (Adjuster, Avoider)
 - Mascot (Comic)
4. In what way did that role help you? Harm you?
5. Name some specific misplaced dependencies in your own life i.e. what you depend on (instead of God) to keep you out of pain.
6. Explain why you believe co-dependency is or is not a sin.
7. How does developing an ego facade violate the command to love and trust God above all?
8. How does developing an ego facade violate the command to love others as ourselves?
9. In a few sentences summarise the chart of how co-dependency develops Longings, Losses, Pretence.

PART 4 - Self governing independence

1. Why does Scripture speak out against self-government or self-sufficiency?
2. What does it command instead?
3. How would you describe the difference between life and a way of life'?
4. How is self-generating accepting similar to the image of pulling oneself up by one's own bootstraps?
5. In what ways did Jesus 'set boundaries'? How did it relate to the His loving?
6. Are you angry at God? Why or why not?
7. What are some ways a person might experience anger and/or anti-dependence toward God?
8. Name some specific ways self-governing independence interferes with genuine intimacy in your life or in the life of someone you know well.
9. How would you define appropriate dependence on God and others?
10. Why are both important for a recovering co-dependent?

PART 5 - The healing of grief

1. List the 3 kinds of grief.
2. What are the benefits of grieving?
3. What is the purpose of facing our pain and why is it two-fold?
4. What keeps you from facing the pain of your childhood losses of nurturing and intimacy?
5. What prevents you from grieving your disappointments in present relationships?
6. How is your refusal to acknowledge and grieve your losses (past and present) keeping you from loving others well?
7. What is the difference between niceness and Christ like love?
8. What would have to happen in order for you to deeply feel how you've damaged others, especially those closest to you?
9. What difference would it make in your life if you believed God hurt as much over your self-ruling independence from Him as you hurt over the damage done to you?
10. Name some ways in which co-dependents raise inner fists in rebellion against God.
11. What is the connection between repentance and grace in regard to relationship with God and with these close to us?

PART 6 - The Wonder of Grace

1. What is the meaning of Grace?
2. What is forgiving Grace?
3. Explain the following terms:
 - Grace for Losses
 - Grace for pretence
 - Grace for Self-Government (Autonomy)
4. Why is it essential for co-dependents to take step one; the admission of powerlessness?
5. Explain step two, acknowledging the co-dependent's desperate need for grace.
6. Why is God's forgiving grace through Christ's death on the cross foundational to all other graces we experience from Him?
7. Briefly describe an experience you have had (or wish you had had) of God's comforting grace.
8. Briefly describe an experience you have had (or wish you had had) of God's empowering grace.
9. What was the difference between the prodigal's repentance in the pigpen and his repentance in his father's embrace? How does this apply particularly to co-dependents?
10. Briefly describe an experience you have had (or wish you had had) of God's embracing grace

11. What co-dependent characteristics in your own life most frequently block the flow of God's grace toward you? And the flow of God's grace through you?

PART 7 - The Freedom of Surrender

1. Explain what you understand by **Proverbs 3:11-12** "*My son, do not despise the Lord's discipline and do not resent His rebuke, because the Lord disciplines those He loves, as a Father the son He delights in*".
2. What is the connection with God's unfailing love and **Psalms 100:5** "*The Lord is good and His love endures forever.*"?
3. According to **Psalms 46:1**, what do you understand by "*God is a God of Sovereign Strength*"?
4. List the benefits of Surrender.
5. Why do co-dependents (even recovering co-dependents) resist taking Step Three?
6. Which attribute of God was best modelled by your parent(s)? Which was least modelled by your parent(s)?
7. Tell why it is easy or difficult for you to think of God as your Father.
8. Describe something you wish your father or mother would do (or had done) for you. Can you imagine God filling in that gap for you as your Father?
9. Give some examples of ways in which we act as though God were made of Play-Dough.
10. Think of a way God has confronted you recently with your sin. Did that confirm or contradict His love for you? Explain.
11. Think of your own co-dependent strategies and tell what it might look like if you were to abandon them and enjoy instead the peace of surrendering your will and life to the care of God.

PART 8 - What does Bonding look like

1. What is crucial to the balanced view of mutual interdependence?
2. Do you agree with the following statement 'Love is not a feeling but a Commitment'?
3. What is the connection with expressing love in 2 ways and **Colossians 3:9-10** 'taking off your old self with its practices, and putting on the new self, which is being renewed in knowledge in the Image of the its Creator'?
4. What are the two (2) aspects of Mutual Forgiveness?
5. List the benefits of Mutual Interdependence.
6. How are dependence on God and mutual interdependence related to Jesus' summary of the Law in **Matthew 22:37-40**?
7. What is the difference between detachment and self-governing independence?
8. What is the relationship between detachment and mutual interdependence?
9. Why it is important that mutual interdependence be rooted In God's unconditional love?

10. If love is a commitment to aggressively pursuing the other person's good, in what ways is codependency a violation of love? Give some specific examples.
11. Explain the following: 'The personal boundaries of a recovering co-dependent are naturally established by the principles of Biblical love.'
12. Give specific examples of how a recovering co-dependent can 'put off' the following characteristics:
 - Self-forfeiture
 - Self-contempt
 - Self-glorification
 - Self-sufficiency
 - Self-deception
13. How is a recovering co-dependent's expectation of repentance (before restoration) different from demanding change?

PART 9 - Aspects of freedom

1. Explain the following statement 'Freedom to have feelings offers us a new lease on our emotional life, and it feels good' in relation to;
 - Free to have Needs
 - Free to be Imperfect
 - Free to Deal with my Imperfection
 - Free to Risk
 - Free to make Responsible Choices Free to be Spontaneous
2. Why is mutual freedom integral to the survival of any relationship?
3. Name some co-dependent behaviours you or someone you know well have done that violated others' freedom.
4. Why is freedom essential to intimacy?
5. Tell how the following ways to deal with unwelcome feelings are Biblical or unbiblical:
 - Pretend you don't feel them
 - Lie to others about having them
 - Tell others just what you feel when you feel it
 - Tell others what you feel only if it won't upset them
 - Tell what you are feeling if it's for the other person's good
 - Tell God exactly why you are feeling - about Him and others • What kind of freedom is hardest for you? And Why?
 - To have feelings
 - To have needs
 - To be imperfect
 - To deal with imperfections
 - To risk
 - To make good choices
 - To be spontaneous
6. How might it be either co-dependent or healthy to ask for what we need?

7. What's the difference between accepting our imperfections and ignoring our sin?
8. If you are spontaneous, what would that look like?
9. What are the dangers of offering others freedom?

PART 10 - Sacrificial love, free to risk and suffering

1. Do you agree that bonding with God and knowing we belong to Him is the basis for healing all losses and rebuilding all broken relationships? Substantiate your response with an appropriate scripture.
2. Why must an addiction and/or co-dependency present in an intimate relationship be addressed before genuine bonding can become a reality?
3. List the different levels of bonding and give a brief description of each level.
4. What are the benefits of Bonding and also the cost of Bonding?
5. Explain John 15:12-13 "Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends".
6. In one sentence, explain what is the significance of the phrase 'from bondage to bonding'.
7. Explain mutual interdependence?
8. Under what circumstances might you pursue re-bonding with your parents?
9. Why must addiction and/or co-dependency be addressed before mutual interdependence is possible?
10. What limits might a recovering co-dependent place on his/her relationships that would be consistent with Biblical love?
11. Give specific examples from your own life of the cost of bonding in each area:
 - Willingness to risk
 - Choosing to suffer
12. How is Christ-like suffering different from co-dependent victimization?
13. How can you 'carry the message' of your recovery to others in your family, church and community?