



Transformation

Study Guide

Express Edition



Welcome to the *Transformation Study Guide*

This guide will help you discover the key points in each DVD presentation. It is designed for both personal and group study.

Many groups use the book *Emotionally Free* as their personal study guide while watching the DVDs. This is not mandatory but it's quite helpful when the group leader has read the book.

Each DVD ends with a time of corporate healing prayer. Encourage your group to participate in these prayers since this is the most important and life changing part of the presentation.

There is no mandatory sequence required to watch the DVDs since each presentation can be easily understood by itself. I do recommend the following order however since it then creates an easier flow of understanding.

1. Starting your journey to recovery.

This is an introduction to the healing journey and it explains the 3 links in the chain of emotional bondage.

2. Our Will, a testimony of healing.

This is the story of our personal emotional healing journey. Kathy describes what actually happened to us and how God brought us through. She describes how God revealed her broken will and then restored it. This was the breakthrough event to her healing.

3. Moods

This is a basic introduction to psychiatry and mood disorders from a Christian perspective. You will learn how what mood disorders are, how they affect Christians in a unique way and how treatment works. It concludes with prayers for healing.

4. Depression, the path to recovery

This is a series of ten 20 minute TV interviews on mood disorders in Christians. When the series was broadcast it created the biggest response in the 25 year history of the program. It covers most of the information in Moods but in a more relaxed, conversational way. It is used primarily with people who are too depressed to listen to a one hour presentation or read a book on depression. This is the only DVD that might not work in a home group format. It is most valuable when used by individuals who want to know more about depression and mood disorders.

5. Fear, when trust is lost

Fear is an epidemic problem in humans. I explain how the same way there are 3 links in the chain of emotional bondage, there are 3 links in the chain of fear. God wants to help us with each link.

6. Healing, a physician's view

Physicians don't usually discuss divine healing. In this presentation I explain why praying for physical healing should be a normal part of being a Christian. I tell some of my experiences with physical healing and why everyone should be involved in the healing ministry. At the end there is a time to pray for physical needs. Encourage your group to pray for each other's health problems.

7. Burnout, rekindle the flame

Burnout is epidemic in every profession but particularly in ministry leadership. I explain why it's so common, how it can be prevented and how God wants to lead us out to freedom and productivity.

8. Forgiveness, the gateway to freedom

Kathy explains the most fundamental act in the healing journey. There is no personal emotional freedom without forgiveness. At the conclusion you can join Kathy in prayers that will change your life.

9. Controlling Relationships

I describe how controlling relationships develop when a person tries to force another to meet their emotional needs. You will learn how to recognize when domination, manipulation and control are infiltrating a relationship.

10. Finding Self Acceptance

Why are people so self conscious, defensive and oversensitive?

If you can't accept yourself then you won't be able to accept anyone else. You will always feel weak and insecure. You will learn how to successfully pass through emotional adolescence into self acceptance.

11. Freedom from Codependency

Codependency exists when one or both partners are using their relationship to meet personal emotional needs of meaning and significance. I explain how common codependency is and how it damages relationships.

12. Overcoming Rejection

Rejection is an almost universal experience. We've all experienced it at some time and to some degree. We usually don't realize how much it has damaged our personality since we try to bury our feelings and forget about painful events. God wants to expose and heal the wounds of rejection.

13. Shame, our hidden torment, part 1 How shame damages individual personalities.

You will be able to see how shame develops in childhood and is then carried on into adulthood. We wear masks to protect ourselves from the pain of shame. You will also see how God wants to heal our emotional injuries, remove the lies that we believe about ourselves and set us free from shame.

14. Shame, our hidden torment, part 2 How shame damages families and churches.

When you have been raised in a shame based environment, you just consider it normal to be shamed and to shame someone else. This leads to dysfunctional

relationships in adulthood. Families wear masks just like individuals do. You will learn the rules that govern shame damaged families. You will also learn what shame damaged churches look like and how they can damage those that attend.

15. You Have Authority

This is the first of a 3 part series on spiritual conflict. Please watch them in this order since it forms a more logical sequence.

In this presentation you will learn what our authority is, how we lost it, how we got it back and how we are to use it safely.

16. Freedom Now, a beginners guide to deliverance

Do you ever think you're under spiritual attack? Do you have habits that you can't break or thoughts that you can't stop? Do you feel like a victim more than a victor? In this presentation, I will show you how to set yourself free from spiritual attack.

17. The power of words

Words carry spiritual power to bless or curse.

These words can affect individuals, groups, families or generations.

Blessings and curses are like invisible winds that blow on us every day. In this presentation I will explain how to break curses and release blessings.

Personal or Group discussion questions

You can copy and distribute these pages with each DVD

Starting your journey to recovery

1. Why does God want us to be saved and transformed?
2. What is in our emotional baggage?
3. Why is transformation so rare?
4. What are the 3 links in the chain of emotional bondage?
5. How can childhood events still affect us as adults?

What can you do tomorrow to accelerate your transformation process?

Our Will, a testimony of healing

1. How can you tell if you are using activities to find personal significance?
2. What are some signs that you are depending on someone to make you feel worthwhile?
3. What counterfeits do we use to try and fill our love buckets?
4. What are the symptoms of a broken will?
5. How can your will be restored?

Can you think of times in your life that God painfully intervened but it turned out to be a blessing?

OR

Are there areas in your life where you've become too passive?

Moods

1. Why is there so much misunderstanding in the church about depression?
2. What causes depression and mood disorders?
3. How do you know when to see a doctor for depression?
4. How does depression affect you spiritually?
5. Why are Christians afraid of medical treatment for moods?

Do you know someone with depression who you can help?

Fear, when trust is lost

1. What is the key symptom of an anxiety disorder that indicates you need to see a doctor?
2. How does Satan use anxiety to harass us?
3. Where did we learn to be afraid?
4. How does fear affect your behavior?
5. What do we need to increase to overcome fear?

What steps can you take today to defeat fear in your life?

Healing, a physician's view

1. What was Jesus' ministry pattern?
2. Why did Jesus do miracles?
3. Why are miracles less common today?
4. How can we increase the flow of healing anointing?
5. Who should pray for the sick and how?

Do you want to be a channel of God's power to release healing? What will you do differently?

Burnout, rekindle the flame

1. What are the signs of burnout?
2. Which Bible characters had symptoms of burnout?
3. What are dangerous motivations to be in ministry?
4. How did Jesus avoid burnout?
5. How can you rekindle the flame for ministry?

How can you prevent burnout in your ministry (inside or outside the church)?

Forgiveness, the gateway to freedom

1. Why is forgiveness so hard for humans?
2. What are the characteristics of true forgiveness?
3. What are the consequences of unforgiveness?
4. How can you tell if you have unforgiveness in your heart?
5. What is the difference between forgiveness and reconciliation?

Will you ask Jesus to give you the strength and courage to forgive?

Controlling Relationships

1. Why do humans like to be in relationships?
2. What is the difference between Godly and ungodly soul ties?
3. What does an ungodly parental soul tie look like?
4. What weapons do we use to get our needs met?
5. How can we get all our emotional needs met?

How can we change unhealthy relationships?

Finding Self Acceptance

1. What is the difference between your true and false self?
2. Why do so many people lack self acceptance?
3. What are the symptoms that a person has not accepted themselves?
4. Why is lack of self acceptance so dangerous?
5. Why didn't Jesus have this problem?

What can you do today to fill in the gaps of your emotional development?

Freedom from Codependency

1. What is the difference between a healthy and unhealthy relationship?
2. What is codependency and why is it dangerous?
3. How do codependent people behave?
4. What do we learn in childhood that makes us codependent?
5. How did Jesus avoid becoming codependent?

What idols have you created to meet your emotional needs? What are you going to do about them?

Overcoming Rejection

1. How do rejection wounds get started?
2. What's the difference between rejection and abandonment?
3. What behaviors does rejection cause?
4. How does Jesus feel about you?
5. How can we be healed of rejection?

Will you give Jesus your rejection experiences for permanent disposal?

Shame, our hidden torment, part 1

How shame damages individual personalities.

1. What is the difference between true shame and false shame?
2. What are some common shame based behaviors?
3. Where did we first experience shame?
4. What does the Bible say to people who feel inadequate and insignificant?
5. Why can Christians feel adequate and complete?

What can you do right now to get rid of your shame?
Do you need to release someone from the shame you put on them?

Shame, our hidden torment, part 2

Families and churches, hurtful or healing?

1. What are the characteristics of a functional family?
2. What are the characteristics of a dysfunctional family?
3. What does a shame damaged church look like?
4. What are the 2 kind of thoughts that shaming lies encourage?
5. What is the cure for shame?

What shaming lies have you believed about yourself that started in childhood?
Will you ask God to replace them with truth?

You Have Authority

1. Where did Satan get his authority?
2. How did man get his authority back?
3. Why does Satan still seem to have so much authority?
4. How are we to use our authority?
5. What are the keys to walking in authority?

What can you do today to sharpen your spiritual weapons and walk in greater authority?

Freedom Now, a beginners guide to deliverance

1. What was Jesus' ministry pattern?
2. How do demons harass people?
3. What are the most common types of evil spirits?
4. How did we gain the authority over demons?
5. What is one of the most powerful spiritual weapons?

What steps should you take today to break free of bondages?

The power of words

1. How does spiritual conflict affect our daily lives?
2. What are the similarities and differences between blessings and curses?
3. How do curses influence us?
4. What are the sources of curses?
5. What spiritual weapons do we have that will defeat demons and curses?

What can you do right now that will set you and your family free from curses?