

# COFFEE WITH GOD // GOING DEEPER

This is an opportunity to meditate upon truth revealed and allow this truth to reshape you. It is a time of healing and freedom. This is not a journey to rush but one to be enjoyed. It may be helpful to share this journey with someone who you trust.

## **Step one: Revealed truth**

From what you have just engaged in reading, what truth is God revealing to shape your life upon?

*Action: [Write down the truth God is revealing to you.]*

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## **Step two: Meditate upon the truth**

To meditate is literally to murmur, to repeat the word of truth to yourself in the presence of God. It's taking the revealed truth from your reading and sitting in the presence of God allowing him to marinate your heart in its sweetness. It's allowing the revealed truth to move from intellectual invitation to revelation and then to a place of passion. This is when God moves you supernaturally and where His words become cherished joy not logical understandings or legalistic demands.

Become aware that God is present with you, thank him for his presence → Bring the revealed truth before God and reflect upon it with him → Ask God to bring His truth into a place of revelation, desire and joy →

*Action: [Enjoy him]*

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### **Step three: Self awareness**

Ask God to reveal **opposing truth**. This is where the truths that have shaped your life that oppose Gods truth will come to your mind.

***For example:** When your revealed truth is that I am loved by God without cause, reveal any story shaping my life that says "I am unlovable".*

***Prayer:** God reveal to me any story that is shaping my life in contradiction or opposition to your revealed truth.*

***Action:** [Listen and record any opposing story God shows you. There may be a few. Write down the truth God is revealing to you].*

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### **Step four: When and Where**

Ask God - **Where** did this/these opposing stories come from?  
Where do they derive their power in my life from?

***Prayer:** God reveal to me where this story started in my life and where its power to shape me is from?*

These stories may have come from one or all of three below places in life.

1. From a Significant Event in life.

Is there an experience in my life where I took on the above story as my truth?

NOTE: this may be a word from someone in authority or a traumatic experience where I was hurt.  
The earliest memory where this truth began to shape your life is the most important.

**For Example:** My love story was shaped when the boyfriend I loved and gave myself to, broke up with me and said 'you're just too hard to love'.

**Action:** Listen and record what God shows you:

(NOTE: there may be several experiences, memories, ask God to reveal the ones that are important for you to know).

2. Through my Family Story:

Is the above truth evident in the story of my family?

**For example:** My dad never felt loved by his dad, and struggled to show love to me.

**Action:** [Listen and record what God shows you. Write down the truth God is revealing to you.]

3. Through a Personal Vow I have made over my life:  
Have I used a strong statement of conviction over my life that reinforces and empowers this story?  
We make vows to help us deal with our pain, in a hope that it will never happen again to me.

**For Example:** Statements that start with the likes of “I am...” “I will never...” “I will always...” (eg: “I will never be good enough to be loved”.)

**Action:** *[Listen and record what God shows you. Write down the truth God is revealing to you.]*

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### **Step five: Who**

Ask God - **Who** spoke this into my life? What voice is behind the story?

**Action:** *[Listen and record what God shows you: Write down the truth God is revealing to you.]*

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### **Step six: Prayer for healing and freedom**

Knowing a truth and establishing truth in your life is a journey. For your life to be shaped with the revealed truth that God has shown you a transaction must take place. There is a death to the truth that once shaped you and resurrection into new truth. The below is a model that may be helpful. Remember there is no magic in the words, the power comes from the presence of God and you aligning your life with His truth.

FIRSTLY – DEATH

**Step one: repent** – changing of my mind, turning away from this truth as a shaping influence.

*I **repent**, I no longer choose to shape my life in the story of .....(the opposing story that God has revealed to you). I understand **where** this story entered my life and I receive your healing and freedom.*

1. If the opposing truth was established in your life in a Significant Life Event that God has revealed to you then allow Him to take you on a reflective healing journey.

## Reflective Healing journey:

- *Allow Jesus to be present in the situation of trauma (the memory/memories) he has revealed to you. Allow your feelings to take you into the memory of that situation, be present there, taste, see, feel yourself present in the memory (this may be painful).*
- *Then listen for the opposing truth that has been revealed to you. Feel how true it feels.*
- *Then invite Jesus to show you himself in your memory. God is present with us always, so He was present in your memory at that time. Invite Jesus to show you his presence there in your memory and to speak His truth to you in your memory. Be attentive to what you see and sense that Jesus says and does, he is showing you himself to bring you healing. Healing comes as the core truth that was established in the memory is replaced with new truth that Jesus brings.*

*(You may need help here, and this may take some time.)*

2. If the opposing truth was established in your life through your Family Story then invite God to break its power over you.

### Pray

*I recognise that this story/truth (state it) has travelled through my family line. I see how it has shaped the lives of my family. I put Jesus between me and my family line where this curse/truth has come from (mothers' side or fathers' side) and I separate myself through Jesus from this curse/truth.*

*Jesus I ask that you break this curse/truth from having any further power in my life and in the generations that come through me.*

*I forgive those involved (**Who** - name) in releasing this curse upon me and I release them from my judgement and any resentments I hold against them.*

3. If the opposing truth was established in your life through a Personal Vow you made, then in the power and presence of God break that vow.

### Pray

*I recognise that I have spoken over my life the vow (state the vow you made) and I totally and fully reject this vow. This is not my story. I forgive myself for speaking this over my life, and I release myself from all judgements I make upon myself.*

Step two: **renounce** – taking back the power I have given the truth to shape me.

### Pray

*I **renounce** this opposing story (state it), it is no longer the lens through which I will shape my life. I cancel all agreements I have made with this story, I take back all power and authority I have given this story to operate in my life through the agreements I have made.*

Step three: **Break** – Jesus alone has the power in the spiritual realm to break the influence, the hold of power of this story, off your life.

**Pray**

*In the name of the true Lord Jesus I **break** this story of my mind, body, spirit and generational lines. I receive the fullness of freedom that Jesus has purchased for me.*

**SECONDLY – RESURRECTION**

Step four: **Renewal** – I receive as the core shaping truth in my life the new truth that God has revealed to me.

**Pray**

*I **renew** my mind with the truth you have revealed to me(state it)  
I ask that you would bring the fullness of your truth to shape my life. I will cherish this truth.  
I will see my life through this lens, I will shape my identity, and the way I see others and the world, through this shaping story.  
I declare to myself, and the spiritual realm, that this is my truth upon which my life will be lived.*

Step five: **Rave** – this is where you release the power of gratitude and praise.

**Pray**

*I will spend my life **raving** about your goodness.....you can take it from here for as long as you want to rave.*

**Be aware** – it's a journey into new truth. The old truth will be required to be put to death often as you create new pathways of truth in your mind. The above model (step six prayer for healing and freedom) may be required as a daily renewal of truth. Do not allow the voice of the old truth to have oxygen in your life. CUT IT OFF by putting it to death and being resurrected into the new life God has revealed.

*We pray this outline for going deeper will help guide you into the presence of God where His healing and freedom can establish His revealed truth as your core truth and shaping story.*