



1. HOLD ONTO HOPE.

Expectation: *Hold onto Hope that Jesus Christ will deliver you without a doubt. Remember a valley of trouble leads to a doorway of Hope*

2. PINPOINT LIES YOU BELIEVE ABOUT GOD AND YOURSELF.

Deception: *"I am unloved by God" vs. "I'm not loved"*

3. DISCOVER WHERE YOUR BELIEF IN THESE LIES HAS LED TO.

Direction: *"I am discontent in my relationships which has led to marriage problems"*

4. PINPOINT WHO HAS CONTROL OVER YOUR LIFE: GOD, WORLD, ENEMY, YOURSELF.

Control: *"Due to my belief in being unloved by God, that led to feeling discontent and unloved in my marriage, I've been entangled with an alcohol and porn addiction. I no longer have control over my life, but the enemy does through addictions."*

5. SURRENDER CONTROL OF YOUR LIFE BACK INTO HIS CONTROL AND WILL.

Lordship: *"Lord, I can't do this anymore, I surrender, "You are Lord", and reach out for help."*

6. START PROCESSING OF CLEANSING.

Cleansing: *"Ask the Lord to cleanse you along with seeking an accountability partner to help you. Commit to sustaining yourself with The Word."*

7. SELF CONTROL.

Detox *from all things that entangle or stumble you. For example, starve and detox your flesh of your carnal desires: love, food, porn, sex, drugs, and continue to replace with sustaining yourself with The Word.*

8. HEART PURIFICATION.

Pray and Fast: *Do a complete 40 day fast from your worldly desires: sex, drugs, love, food, alcohol, intimacy, friendship, internet. Pray about fasting from certain people as well.*

9. SPIRITUAL TRAINING IN DISCERNMENT AND STRENGTHENING YOURSELF

Wisdom: *Ask for Wisdom and train yourself in discerning between good and almost good: These are exercises of walking past and around subtle traps set for you that will cause you to fall or stumble.*

10. CLOTHE YOURSELF IN CHRIST

Identity: *Put on the Lord Jesus Christ and make no provision for the flesh: Do this by walking properly in the right direction, being clothed in the armor of light and power of the Lord Jesus Christ. Continue to cast down thoughts that come against that.*

11. SUBMIT YOURSELF TO A HUMAN AUTHORITY OR COVERING.

Protection: *Church, Pastor, Husband. Put others before yourself.*

12. FULFILL YOUR CALL IN CHRIST

Legacy: *Action-What is that? Seek out and pursue your call to help others find Hope in Christ as well.*