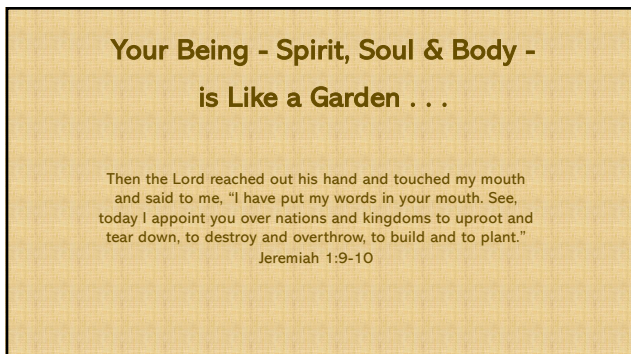


FREE TO BE ME
Session Nine: Walking Out My Healing & Freedom + Q&A



1



2



3



4

Tending to and Protecting Our Garden . . .

For every uprooted weed (forsaken sin) or extinguished parasite (demonic influence removed), be mindful of what God wants to **PLANT** and **USHER IN** instead!

Examples...

In place of bitterness toward men, I now intercede for the boys and men in my family.

Whereas I used to condemn myself in shame, I now meditate on and recite scriptures about God's love for me.

In my own life . .



5

Empty, unfenced land will soon have weeds and squatters again!

When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. Then it says, 'I will return to the person I came from.' So it returns and finds its former home empty, swept, and in order. Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before. Matthew 12:43-45

God's love drives out [replaces] fear.
1 John 4:18

Protecting our healing and freedom is a process of replacing fear with God's love in practical ways.



6

Practical Tips

1) **Extend God's love and nurturance to YOURSELF in EVERY situation!**

There is no condemnation for those who are in Christ Jesus... Romans 8:1.

Beware of the "mean voice" (demonic or conditioned)...

- "You/I should be over this by now."
- "You/I don't deserve that good thing."
- "By now in life, you/I should have accomplished..."
- "You're/I'm such a ... (cruel accusation)."

We often accept critical remarks about ourselves that we would never accept or think about a friend or loved one.

- "I'm so fat and disgusting!"
- "I messed up again - I'm an idiot."
- "God can't possibly love me."

We can only give others what we have practiced giving ourselves. We must stop the cycle of self-abuse.



7

Practical Tips

2) Be **100% HONEST** with God, yourself, and the safe person or people walking alongside you.

May expose areas of conflict, misalignment or disassociation.

In response to unmet needs or trauma in childhood, part of the soul becomes devoted to protecting the person in some specific way, in certain circumstances, that provides an escape from the pain (a means to cope). This "part" does not mature, age or change; to do so feels like a failure to perform his/her protective duty. There are varying degrees of disassociation.

My experience (spirit of covenant love).

MUCH more to say on this - stay tuned!

All that to say, be honest about your thoughts and emotions, yet look to God's word in faith (like the Psalms).



8

Practical Tips

3) **Depart from evil and pursue God's presence 24/7**

Don't team up with [live like] those who are unbelievers. How can righteousness be a partner with wickedness? How can light live with darkness? What harmony can there be between Christ and the devil? How can a believer be a partner with an unbeliever? And what union can there be between God's temple and idols? For we are the temple of the living God.

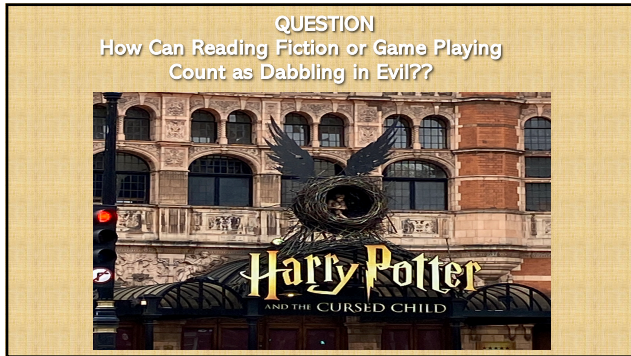
As God said: "I will live in them and walk among them. I will be their God, and they will be my people. Therefore, come out from among unbelievers, and separate yourselves from them, says the LORD. Don't touch their filthy things, and I will welcome you. And I will be your Father, and you will be my sons and daughters, says the LORD Almighty."

Media choices? Environmental/peer influences?

NOT a yoke of "holy" performance - genuine relationship!



9



10

Practical Tips

4) STUDY and CONFESS God's Word.

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. Joshua 1:8

Studying the Bible is not just for so-called Bible scholars. Ask the Lord to reveal truth to you. Consider joining a discussion-based Bible study where YOU contribute.

Get rid of a clergy/layperson mindset!
But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. 1 Peter 2:9



11

Additional Practical Tips – What's the *One* Thing?

- Praise God ALOUD throughout the day, reciting His scriptural promises.
- Listen to worship music (providing mental and emotional state allows).
- Use a journal to write out your thoughts, emotions, revelations, questions and prayers.
- Get involved with a loving, safe community of Christ-followers.
- Take care of your physical health – eat well and exercise.
- Get good sleep – read God's Word and comforting promises before bed.
- Be vigilant to guard your thoughts and bring them all to Christ (2 Corinthians 10:5).
- Speak God's Word and promises over yourself.
- Be quick to forgive.
- When you feel triggered by circumstances, or when you overreact, you may have found a new area in which you need healing. Thank Him for revealing it to you. Then take it to the Lord privately or in a ministry session, as needed. **Recognize** what you are feeling. Call it what it is.
 - **Repent** for any agreement with a lie, judgement, enemy, etc.
 - **Release** it to Jesus.
 - **Receive** His forgiveness, love, peace and anything else He wants to give you in place of the hurt.

12

Pray Daily . . .

“Lord I ask You to cleanse me from all defilement of spirit, soul and body and refresh me with Your Spirit. Wash me in Your precious blood and wash this place, my home, the land and atmosphere around me in the blood of Jesus Christ.”



13

Q&A . . . We're Just Getting Started!

Podcast: *Fearless and Free – Spirit, Soul, Body*

Fearless and Free Community:
FearlessAndFreeCommunity.com
\$10/month...

Supportive, Interactive Community
 Bonus Podcast Content
 Live Online Events
 Discount Registration on In-Person Events
 Pre-Release Copies of Dana's and Laura's Books and Resources
 Ongoing Exclusive Offers and Perks

14

Ongoing Homework... *Be fruitful and Multiply!*

Be fruitful and multiply . . . Genesis 1:28

Praise the Lord, my soul, all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103:1-5

Share what you've learned with others in need. Recommend the course.

FREE TO BE ME Gracelettl

15

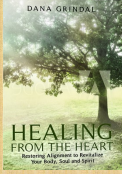
Slide Show Content, Prayer Guides and
Prayer Ministry Contacts featured at:
lauragallier.com/cms/free-to-be-me-resources

FearlessAndFreeCommunity.com

LauraGallier.com

DanaGrindal.com
Healing from the Heart coming in April!

Survey coming & Testimonials wanted



16

Let's Pray . . .

17
