



Meeting Notes: A Heart of Wisdom (February 4, 2015)

These notes capture our February 4, 2015 meeting. We opened our meeting in prayer and then began our evening. Topic notes may not be in the order discussed during group, and they are not intended to cover everything discussed. They are intended as highlights to capture the essence of our evening. General notes follow each topic that was discussed. Documents used or created during this meeting are attached.

GOD'S GOAL for the Group: Learn how to apply God's Word to our lives.

CURRENT VISION: "2015 - Passing the Test from the Inside Out." Scripture Reference: **Psalm 51:10**, "Create in me a clean heart, O God, And renew a steadfast spirit within me" (NKJV).

Discussion Topic: A Heart of Wisdom

- **Memory Verse: Psalm 90:12**, "So teach *us* to number our days, That we may gain a heart of wisdom."
- **Why Proverbs?** Now that we have captured our visions (our first application step for learning how to pass the test of our faith from the inside out), it's time to move on to our second step, which is to study Proverbs,¹ and here are some reasons why:
 - **Going through our trials.** Right after teaching us about trials, James tells us if we lack wisdom, ask for it, and Proverbs is one of the best places to learn about wisdom! As noted in a previous meeting, our goal is "to capture Scriptures that will become our "boundaries"—how we respond in a situation no matter how we feel."² **Takeaway. James 1:6-8** tells us to seek wisdom to go through our trials, and we are choosing to allow God's wisdom from His Word to determine the boundaries in our lives.
 - **Faith and wisdom.** In addition to telling us to seek wisdom for going through our trials, James also tells us to ask in faith. So, we took a moment and examined what asking in faith looks like in relationship to the condition of our heart (see attachment 1). **Takeaway.** Faith or doubt will be in our heart. What's in our heart will determine or action.

¹ Our steps for fulfilling our vision this year can be found in our Meeting Notes, "Breaking Down the Vision" (Jan 14, 2015) located on the Meeting Notes page of the website: <http://www.wow2women.com/meeting-notes.html>.

² This document, "Meeting Notes" (Jan 13, 2015) can be found on the Meeting Notes page of the website: <http://www.wow2women.com/meeting-notes.html>.

- **Delving deeper into faith.** To better understand the faith in our heart, we briefly looked at how the soil of our heart and the level of our faith are interconnected. As we learned when studying the armor, we have no faith when the seeds of God's Word fall by the wayside. We have faith, when our heart is rocky ground for the seeds of God's Word. When our heart is thorny, doubt battles with our faith, and we end up with little faith. But, when our heart is good ground, we have great faith and, through faith and patience, we are able to produce mature fruit on God's Word.³ **Takeaway.** The soil of our heart will determine our faith level.
- **Delving deeper into Wisdom.** After drawing out what's in our heart and the resulting action, someone asked how can wisdom be an action. Some saw wisdom as an adjective; others could see it as a verb. To clarify, we pointed out wisdom is directly related to our choices, because we either make wise choices OR foolish choices. And, our choices are how we walk something out. Moreover, Proverbs directly contrasts the wise with the foolish. **Takeaway.** Our actions will either reflect wisdom or foolishness.
- **What creates doubt?** Once we established the two alternatives expressed in **James 1:6-8** - faith or doubt - we discussed how fear leads to doubt. We noted fear is an emotional response, which means it's a feeling. We then looked at a photo retrieved from Facebook that states, "Feelings are indicators, not dictators. They can indicate where your heart is in the moment but that doesn't mean they have the right to boss you around" (see attachment 2). If we recognize our feelings as INDICATORS of what's going on in our heart, we can then use Name That Arrow to understand what our feelings are telling us, so we can choose a wise course of action! As one member put it, "feelings are like someone yelling 'man down.' We can either stay down and react to our feelings, or we can triage the situation and determine a wise course of action so we can continue on." **Takeaway.** Just like pain lets us know something is wrong in our physical body, our feelings can point us to what is hurting in our soul!
 - **Stable vs Unstable.** Returning to James, the author tells us when we walk in doubt we are unstable in all our ways. The flip side of that is, when we walk in wisdom, we are stable in all our ways. We looked at how doubt in our mind wars with the faith in our heart to cause us to be double-minded! **Takeaway.** If we are to properly wear the breastplate of righteousness and the helmet of salvation, there has to be agreement between what's in our heart and what's in our mind.
 - **Examining what causes us to doubt.** Now that we understood how fear

³ This information can be found in the Meeting Notes, "Shield of Faith – What it Protects Us From" (August 14, 2013), located on the Meeting Notes page of the website: <http://www.wow2women.com/meeting-notes.html>.

causes doubt, and doubt causes us to become unstable, we each expressed specific reasons why we currently doubt and then shared what stable looks like for us in that specific situation (see attachment 3).

- **Other discussion.**

- **How do I discern whose voice I'm listening to?** Even though this is captured in attachment 3, it warrants mentioning here as well. Something that really helped me learn how to determine whose voice I am hearing in any given situation was when I realized there are really only two influences in life: God or Satan. My soul is going to respond to one of those two influences. Therefore, it doesn't matter whether it's my voice or not I hear. What matters is who is influencing what I hear. In my personal journey, the question God taught me was to ask myself, "Is it love?" However, during our discussion, we also looked at other questions we can ask: "Is it wisdom?" and "Does it go against God's character or His Word?" These questions go back to when we studied how to bring down strongholds.⁴ **Takeaway.** Regardless of the question we ask, once we determine the source of the thought, we know whose voice we are hearing.
- **Longsuffering.** While examining "Love God's Way,"⁵ we ended up discussing what longsuffering is supposed to look like. I shared learning how to put things into an eternity perspective has helped me be more longsuffering. Someone else shared something they learned from Joyce Meyer: longsuffering is when we wait on God with the expectation He will move, and having a right heart while we wait.
- **Name that Arrow.** We had the opportunity to use Name that Arrow to help one member identify a childhood wound currently affecting her behavior. While doing the exercise, we were able to capture the following steps for completing this exercise:
 1. **Examine the situation to determine what you feel.** You should be able to sum up what you feel in one or two words, and those words CANNOT have anything to do with the other person. For instance, in our example, she felt **frustrated**.
 2. **Ask yourself why you feel what you feel.** This is what we call Y-Time, where we ask ourselves what we feel until we get to the root of our feelings. This root is normally related to a childhood or other existing wound. In this example, she said she "**felt alone**."

⁴ For more information on examining our thoughts, see our Meeting Notes (Oct 30, 2013) and our Reflections Newsletter, Bringing Thoughts to Christ (Dec 19, 2013). Both documents can be found on their respective pages on the website: www.wow2women.com.

⁵ This document, "Love God's Way" (Dec 2, 2009) can be found under Individual T-Times on the Documents page of the website: <http://www.wow2women.com/documents.html>.

However, as we sought to put that feeling into one word, we discovered her feeling alone was because she feels **abandoned** and **neglected**. BOTH of these are childhood wounds for her! Therefore, it was important to not stop at the first thing she felt (alone), but to delve deeper to the source of that feeling (abandonment and neglect)!

3. **Take what you learn to the Word; then create a prayer.** Whatever we learn during Y-Time, we can then take to the Lord in prayer, because it is only through His Word that we can be healed. As we learned throughout our armor study, focused prayer changes things. Therefore, once we identify what the Word says about what we uncovered (in this case feeling abandoned and neglected), we can create a 21-day prayer. Our prayer should be constructed in a way that allows us to implement the concepts of repentance, confession, and forgiveness (all components we identified in “What Does Being Saved Look Like”).⁶ In our prayer, we should:

- a. Replace the lie of our wound with the truth from God’s Word
- b. Forgive those who hurt us
- c. Bless those who hurt us

When creating a prayer, I ensure my prayer identifies what I am seeking to replace, as well as what I want to walk in. For example, when I did my prayer on judging, one statement was, “I will also recognize the first one to plead their cause will seem right until what they say is more closely examined; therefore, rather than take sides and become angry with my brother (or whomever my sister is in conflict with), I will seek to help my sister examine herself, so that she will rejoice in herself alone.” Basically, I took Scriptures (Proverbs 18:17; Galatians 6:4) and turned them into an action plan for my life (see attachment 4). **Takeaway.** Name that Arrow is a BONDAGE BREAKER!

- **Benefits of focused prayer.** In 2013 several of us attended a conference where Dr. Caroline Leaf (<http://drleaf.com>) was a guest speaker. It was there we learned the importance of renewing our minds through prayer. This helped me understand why the Holy Spirit led me to do my first focused prayer in 2011.⁷ I would pray that prayer first thing every morning. After awhile I was praying it from memory. And after awhile, my

⁶ The document, “What Does Being Saved Look Like,” (Sep 2014), can be located under Transformational Studies on the Documents page of the website: <http://www.wow2women.com/documents.html>.

⁷ This prayer, “2011 Vision Prayer” (Apr 24, 2013) can be located under Group Documents on the Documents page of the website: <http://www.wow2women.com/documents.html>.

thought processes had changed to line up with the contents of my prayer. As Dr. Leaf explained in the conference, there are actual physical changes happening in our brain every 21 days. As I understood her:

1. The first 21 days breaks down the old thought.
2. The second 21 days creates a new thought pattern.
3. The third 21 days reinforces the new thought pattern.

I have found these three statements to be true in my own life, especially when it comes to childhood wounds. The first 21 days are normally the hardest, especially when you first start doing focused prayer. Most of us have experienced some form of internal struggle, especially as we get closer to day 21. If a second 21 days is needed, it gets easier to do what the prayer says. And, if a third 21 days is needed, there is a healing that occurs deep in the soul, leaving a peace that truly does surpass all understanding. **Takeaway.** Regardless of how long it takes, intentionally praying God's Word over our lives in a focused and disciplined manner can and does bring healing!

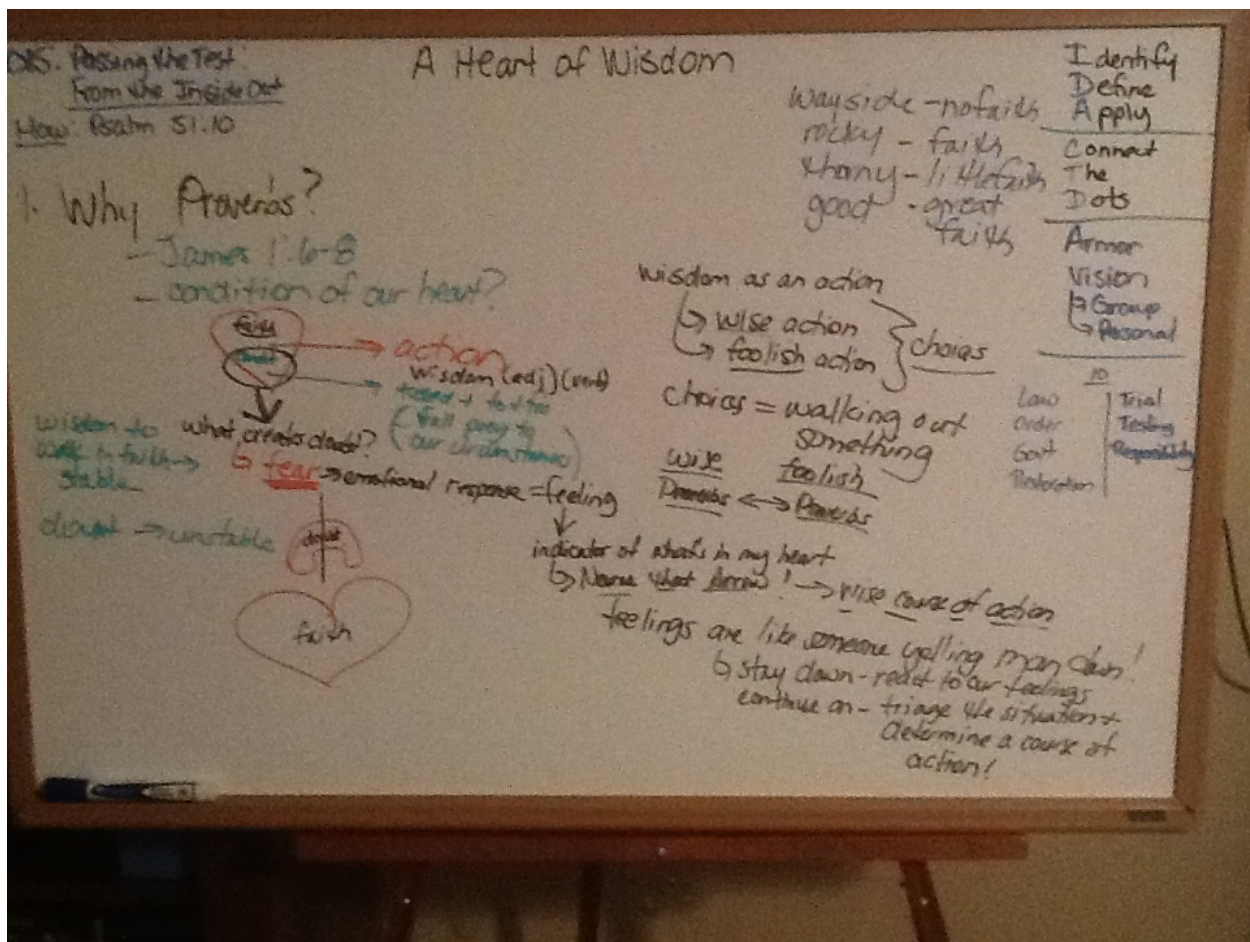
- **A nugget from our takeaway time.** As we closed the evening with our takeaways (what impacted us the most), one statement really stood out to me. It went something like, "Arrows from the devil hit our childhood wounds. Children feel helpless. So, the devil's arrows take us back to that helpless feeling." As I typed that, the verse, Greater is he that is in me than he that is in the world, came to mind (1 John 4:4 paraphrased). **My takeaway.** We may have felt helpless as children, but God has our back now, so we are no longer helpless!

Closing: We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site, www.wow2women.com.

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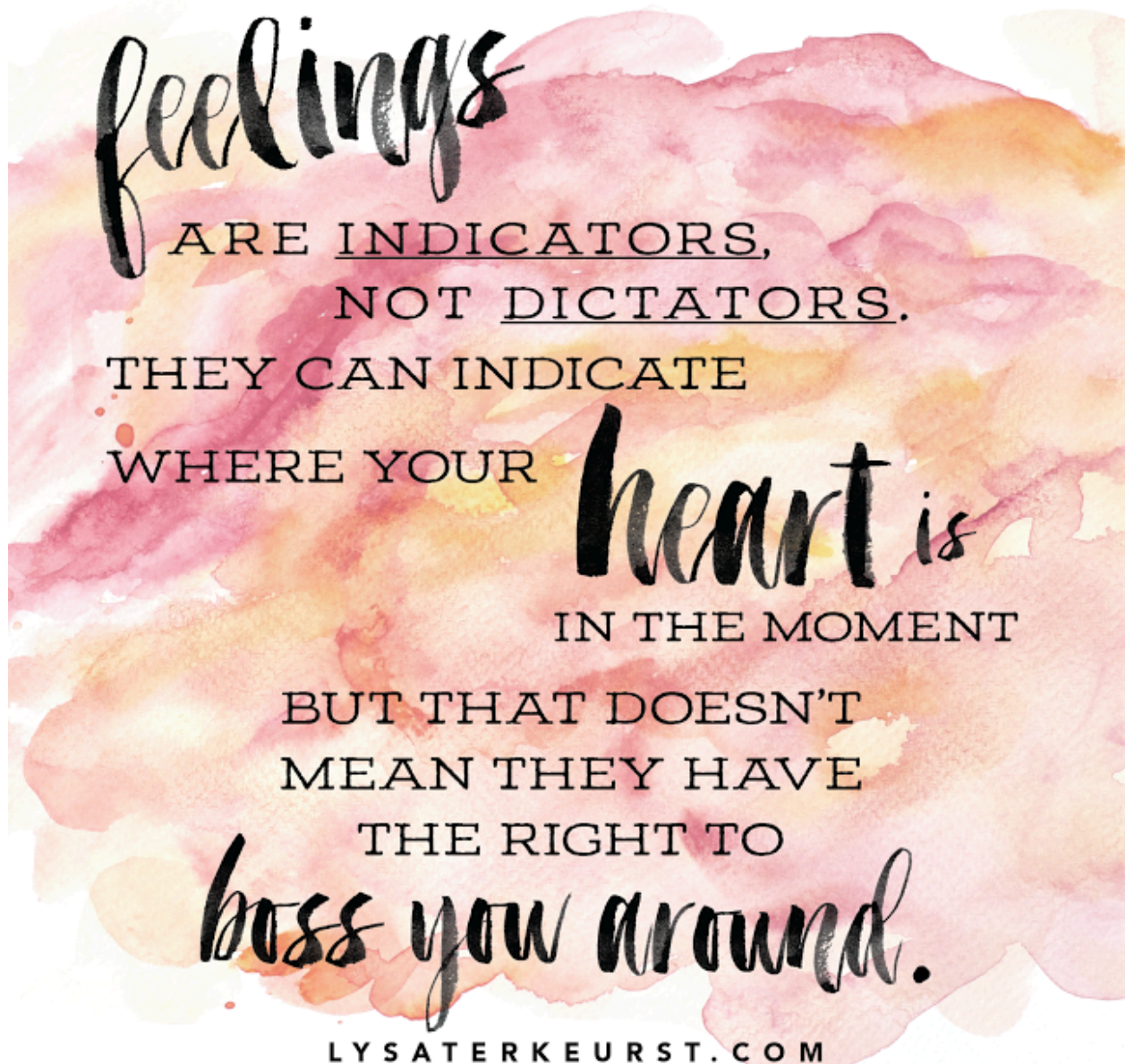
ATTACHMENT 1: Whiteboard





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ATTACHMENT 2: Feelings⁸



⁸ Retrieved from Facebook on January 26, 2015 via Lysa TerKeurst shared photo.



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ATTACHMENT 3: From Doubt to Stable

What causes me to doubt (unstable)

- Insecurity whenever I go to a new level
- Pride when I'm successful in a new level
- Impatience
- Prejudging someone as appearing not capable
- Circumstances – what I see
- Judgment/expectations
- Lack discernment of who's talking (whose voice do I hear)
- Uncertainty

What does stable look like for me?

- Trusting that God has equipped me to do what He says do
- Remind myself, it's not about me!
- Wait expecting God to do something in His timing. Being praiseful and joyful while I wait. Stay focused Scripture
- Remember Psalm 46:10 – Be still and let God handle it
- Trust God in spite of what I see
- Remember its not personal
- There's only two voices (God & Satan) - Who am I listening to? To determine that ask myself:
 1. Is it love? (Loving God and loving others as myself are the two greatest commandments)
 2. Is it wisdom?
 3. Does it go against His character/Word?
- Trust (turned out to be the theme of the night)



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ATTACHMENT 4: Prayer to Overcome Judging

Vision: To overcome judging by walking in humility

Verse: James 4:6, But He gives more grace. Therefore He says:
"God resists the proud, But gives grace to the humble."

JUDGING: Matthew 7:1-2; Galatians 6:1-5; 2 Timothy 2:19-21; Proverbs 18:17

Prayer: Father, I will not judge others, so I will not be judged. I will, however, judge sin, because You tell me if I see my sister overtaken with a fault, I am to restore her gently, considering myself, so I do not become tempted to sin against her or others in any way. Though I will seek to help her carry her burden, I also understand only she can carry her load. Therefore, I will not place expectations on others of where I feel like they should be spiritually or what I feel they should do, but I will depart from the iniquity of judgment so I may be a vessel of honor for Your grace to freely flow to me and through me. I will also recognize the first one to plead their cause will seem right until what they say is more closely examined; therefore, rather than take sides and become angry with my brother (or whomever my sister is in conflict with), I will seek to help my sister examine herself, so that she will rejoice in herself alone.

HUMILITY: James 4:6; Romans 12:3, Colossians 3:12; Proverbs 14:12, 2 Timothy 2:24; Psalm 33:4; 2 Corinthians 2:2; John 14:6.

Prayer: Father, I know that You resist the proud, but give grace to the humble. Therefore, help me to humble myself by not thinking more highly of myself than I ought to think, rather help me to have a compassionate heart, walking in kindness, humility, meekness, and patience. Since there is a way we think is right, but the end thereof is death, Father, help me to always seek Your wisdom. And, in those times when it appears one of Your daughters is in opposition to Your Word, help me to not be quarrelsome, but to pray for Your truth to be revealed to both of us, because we know Your Word is right and all Your work is done in truth. Father, help me to keep my heart, my mind, and my eyes focused on Christ Jesus and the cross at Calvary, that I may be like Paul—determined not to know anything among Your daughters except Jesus Christ and Him crucified—because Jesus alone is the way, the truth, and the life, and no one can come to You except through Him. May I always point Your daughters to You through Jesus Christ—the living Word!

Father, I thank You and I praise You for this vision You have given me. I ask that I will be blessed to have eyes to see, ears to hear, and a heart to receive Your Word. I pray I will be renewed in the spirit of my mind that I may have the mind of Christ: moved by compassion and walking in love and humility towards others. In Jesus' name. Amen.