

Wellness Tools Session 9

Overcoming by the Power of the Testimony

❖ OPEN IN PRAYER

***Suggestion:** We praise You and thank You, Father, for bringing us all together right now. You have been showing us so much of Who You are and allowing us to see You in our lives. Thank you for starting to do good works in me. Thank you for showing me the ways in which you are changing me. That is a miracle. Amen.*

❖ DEFINING THE TOOL

>>><< TESTIMONY >>><<	
Definition	A written statement or telling of an event or truth.
Synonyms	evidence, witness, statement, demonstration,

Testimony: In court it is a statement given by a witness. In faith it is the telling of the things that changed in your life from the bad to the good through Yahweh/Yeshua/Jesus. You are a witness to the power of Creator/Yahweh.

❖ DIGGING IN

Every situation gives you a choice. Even if you don't choose the circumstances or what happens in the end, you do get to choose how you will respond to it. There can be times of big decisions and those decisions can be pivotal to our future. These are the crossroads in life where we have to decide which way to go. It can

be a choice between good or evil. We may allow ourselves to fall into self-pity or rebellion, or choose to overcome.

Do I call on Jesus/Yeshua to help me follow His best way for me, even if it seems hard?

Do I give in to what seems easy or feels good for the moment? Do I rebel against Who God has told me He is?

Do I believe?

When we make the choice to believe what God did for us through Yeshua/Jesus, our faith starts to change our mindset. We find ourselves looking at the world and our situations through different eyes. It starts when we allow the love of God into our whole lives – leaving no part out, including our minds.

Read aloud from your Bible: Luke 10:27

Do I have faith that Jesus/Yeshua is with me? Do I have faith that He is good?

Do I have faith that when I choose the way that looks closest to His path, He will lead me through?

Do I want to keep moving forward in life?

Read aloud from your Bible: I Corinthians 15:54-58

We get to choose if we are going to live as a victim or believe in the victory of Jesus.

Do I choose to be a **victor** instead of a **victim**? Do I stand my ground, holding fast to what I know is true?

Will I live in the place of victory?

These are the questions we must ask over and over again through our journey in life.

❖ GOD MOVES IN OUR NEED

Read aloud from your Bible:

Jeremiah 29:11

Romans 8:28

James 1:2-8

Believing God will help you deal with your problem. (Often in some miraculous way, He uses it in a way nobody else could.)

Read from your Bible: 2 Corinthians 1:3-5

God will either take you out of the problem, around the problem or help you through it. And when He does, it gives you the ability to tell your story. It gives you a place to be of help in the future: to be able to understand and care for someone else who is going through what you have, and to give them hope. You will know how to care for them or encourage them like no one else can because you went through it too. In this way, your testimony can be more than just a story you tell; it can be you living the example and leading the broken to hope in Jesus.

When Jesus/Yeshua has given power, dominion and rule over something in your life, it's His overcoming power that He now gives to you. It's victory over the enemy. When you do overcome, another thing happens to you. From your experience with these same things that Jesus/Yeshua caused you to overcome in your personal life, you can go out and pray the victory to overcome for others with those issues and problems. You can pray for them from the very place of victory and power that Jesus/Yeshua has given you. You carry it. You carry the authority of overcoming that problem. All the glory goes to Yeshua, because He was the first to overcome and gives you His Spirit to do the same in His Name.

When you have seen the lies of the enemy, and you have learned the truth of Creator's love for you, and have experienced all He has done and is doing to show you Himself, and you know He is giving you the victory... it changes everything. It is like being at the place of a soaring eagle. You have the perspective and vision that has risen above and can better recognize the lies from the truth. From far up in the sky, an eagle can see where to get its food and those things that will help it to live.

As you grow stronger in your faith, it is like you have been given eagle eyes. You know now about the food in the Bible, the true Word and the things that help you to live and guide you on your way. The Creator gave you the ability to see from a high place. His place. If we have times when we can't see, we ask Him to show us. Sometimes He has us step into the unknown, trusting Him to show us the way even when it is cloudy. Sometimes our way forward is only step by step. Sometimes He just has us wait.

When there are old things in our past that cloud our vision, He can come in and take care of that. He is outside of time. He can come to what happened back then and change it and free you from it. He can help take away the pains of the past. It's Jesus/Yeshua's perspective that we need. When clouds come, the sun is never gone. It was the clouds that got in the way.

❖ DIGGING IN

- **Share a time when you were at a crossroads, a place of making a decision which way to go.** (There are times where we made the wrong choice. Feel free to share that. We have all made wrong choices.)

- **How were you feeling when you made that choice?**

When we go back and look at these crossroads decisions, we can often see ourselves in a place of fear, or dealing with a sinful nature and temptation. The more we begin to recognize those things, the more we are able to identify the enemy and know how he has worked in our lives.

Today is a good day to turn that around - to ***follow the One Who Saves you!***

- **Declare something that the Holy Spirit has shown you – a way that He is helping you and moving you forward in a good (and godly) direction.**

These are the victories!

The people around you now have heard a story of Creator/Yahweh in your life. It is part of your story, your testimony. A testimony is testifying to something that happened. It is the truth that happened to you. **No one can take away your truth.**

Group Leader: *Speak this invitation –*

If you are at a crossroads time right now on your journey and you want prayer to have the Holy Spirit show you the way to go, let's take time to pray for that right now.

How does the touch of God's hand impact a life? People who knew the power of God through Jesus and His death and resurrection, and who experienced the change He made in their lives through His forgiveness of sins and new life, were willing to tell about Him and about their new lives to the point of not caring what anyone thought. The change was so big that they could not hide it or keep the news secret if they wanted to. They also didn't care if they lost their lives for sharing the truth because they knew that they were promised eternal life with the Creator in heaven.

Not everyone will believe the testimony. Many people wouldn't believe Jesus' testimony, but the Word tells us this in John 3:32-36:

He testifies about what he has seen and heard, but how few believe what he tells them! Anyone who accepts his testimony can affirm that God is true. For he is sent by God. He speaks God's words, for God gives him the Spirit without limit. The Father loves his Son and has put everything into his hands. And anyone who believes in God's Son has eternal life. Anyone who doesn't obey the Son will never experience eternal life but remains under God's angry judgment.

Read from your Bible:

John 4:39-42

Revelation 12:11

Acts 22:15-16

Psalm 96:1-2

Telling the story of the Truth in your life- how you have found Jesus/Yeshua to forgive you and start changing your life - finds great power in the Oral Tradition. As you tell the story and pass it to others, they too can choose to come into the fullness of life in Jesus.

**Lives will change
and hope will rise
and the enemy of their souls will be overcome.**

❖ CLOSE IN PRAYER

***Suggestion:** Creator Father, thank You for the testimony of my own story. Thank you that I can tell it to others so that they may live too. I praise you for the power this testimony has to overcome the Enemy of my soul and those of others. Thank you for showing me a way to choose the right way. Help me to choose You and choose to believe Your Words. As I walk forward from this place, help me to share my story without fear. In Yeshua's name. Amen.*