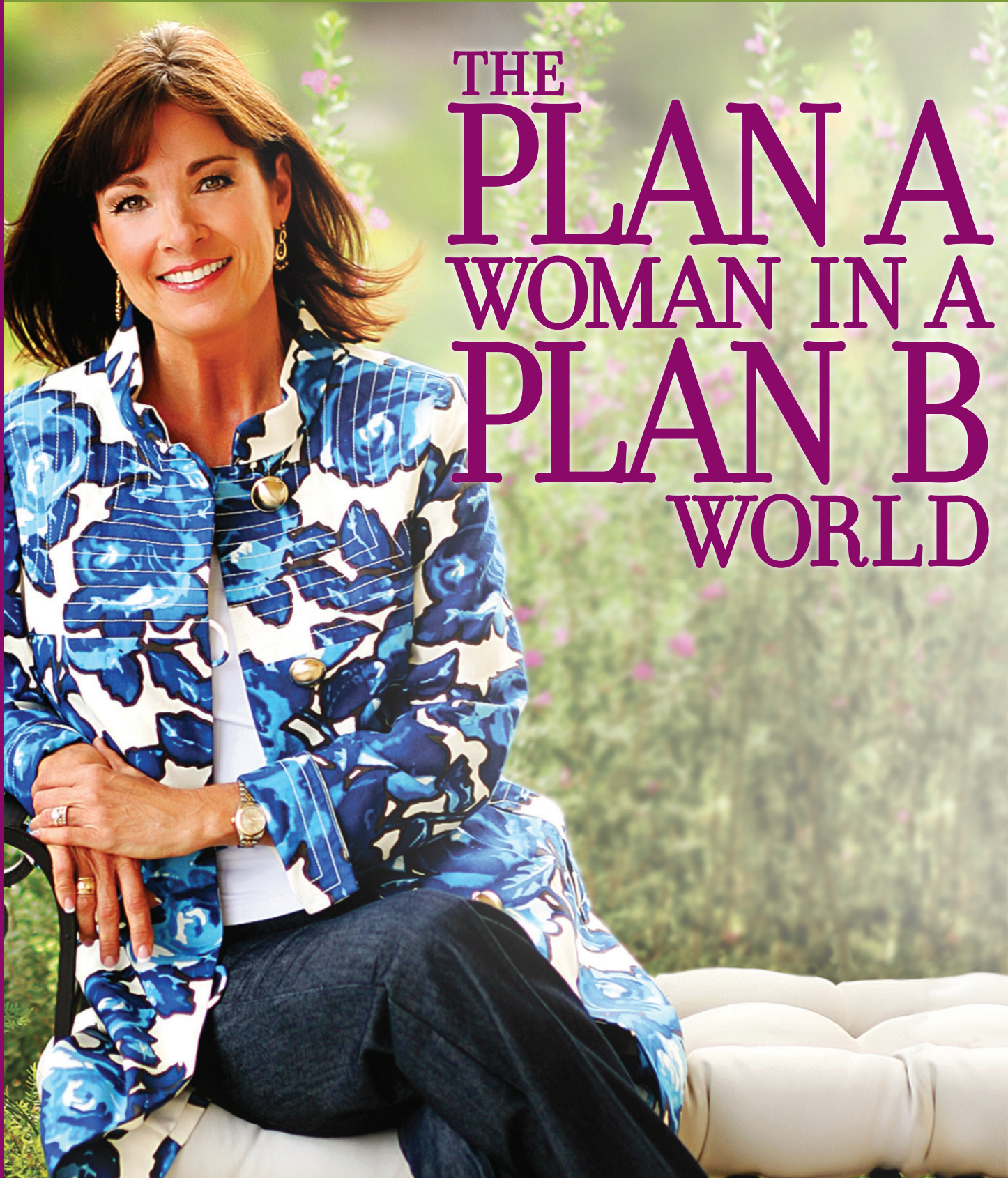


10 Teaching Sessions



THE
PLAN A
WOMAN IN A
PLAN B
WORLD

DEBBIE TAYLOR WILLIAMS

Bible Study and DVD Schedule

Week 1	<i>Hand out books</i>	<i>Point out the Welcome, and Love Out Loud Section beginning on page 173 with Chpt 12, The Importance of Christian Friends. Explain that the Discussion Starters for each chapter can be found in Chapter 13. Encourage group member to record their answers in the space provided in Chpt 13. Point out the Laugh Out Loud which begins on page 209. Encourage group members to read Chapters 14-15 and to journal a joy each day while they are going through the study.</i>	
Week 2	<i>Chapters 1 -2</i>	<i>God has an A+ Plan for your Life</i>	<i>DVD Session 1</i>
Week 3	<i>Chapter 3</i>	<i>Earthly Expectations or Heavenly Hope</i>	<i>DVD Session 2</i>
Week 4	<i>Chapter 4</i>	<i>Illusive Imagination or Refreshing Reality</i>	<i>DVD Session 3</i>
Week 5	<i>Chapter 5</i>	<i>Doomsday's Discouragement or Delighting in Your Destiny</i>	<i>DVD Session 4</i>
Week 6	<i>Chapter 6</i>	<i>Fear of the Future or Faith in the Father</i>	<i>DVD Session 5</i>
Week 7	<i>Chapter 7</i>	<i>Bound by Bitterness or Freed by Forgiveness</i>	<i>DVD Session 6</i>
Week 8	<i>Chapter 8</i>	<i>Woeful Devastation or Wise Discernment</i>	<i>DVD Session 7</i>
Week 9	<i>Chapter 9</i>	<i>Shaken Faith or Firm Foundation</i>	<i>DVD Session 8</i>
Week 10	<i>Chapter 10</i>	<i>Fixated on the Past or Fixed on Jesus</i>	<i>DVD Session 9</i>
Week 11	<i>Chapter 11</i>	<i>Living in the Flesh or Walking by the Spirit</i>	<i>DVD Session 10</i>
Week 12	<i>Share Day!</i>	<i>Celebration Fellowship and Share Time</i>	

*"I know the plans that I have you for you," declares the LORD,
"plans for welfare and not for calamity to give you a future and a hope."
Jeremiah 29:11*

What Is a Plan A Woman?

1. I was _____ to walk with God, be a helper, and rule over things of the earth.
2. A Plan B+ World includes God honoring worship, listening to and learning from God, choosing to do well, and _____ sin. 4:7
3. "Master" is the Hebrew word, _____
4. God has an A-plus plan for my life. Jer 29:11
5. For every problem, there's a potential _____. Rom 8:6

How Can I Walk in God's Plans for Me and the Good Works He's Prepared for Me to Do? Jer 29:11, Eph 2:8-10

1. LIVE OUT LOUD: Choose to Disarm Land Mines in Your Mind
 - a. My _____ influence my actions which affect my destiny.
 - b. My mind is a _____.
 - c. Christ has already redeemed the believer's mind. The flag of His Holy Spirit is staked in my _____.
 - d. I can clear my mind of land mines. I have the Holy Spirit, prayer, the example of Christians who have gone before me, and spiritual armor to stand against Satan.
2. LOVE OUT LOUD: Talk over with friends what you're learning.
"By this will all men know that you are My disciples, If you have love for one another," Jn 13:35.

Commit!

- a. Teamwork
 - b. Time
 - c. Realism and commitment
3. LAUGH OUT LOUD: Experience Christ's Joy. Develop a sense of humor.
"A joyful heart is good medicine, But a broken spirit dries up the bones," Prov 17:22.
 - a. I can develop my sense of humor, which, in turn, will help me psychologically and physiologically as I walk through Plan B.
 - b. True joy comes from serving Christ, (Matt 25:21) and being filled with His Spirit. (Eph 5:18, Gal 5:22-23)

God's plan is for me to live in the blessings of a mind cleared of land mines. I will begin today!

Hope in Christ is a cord to which a Plan A woman can cling
when expectations go unmet in a Plan B world.

I will hope continually, and will praise You yet more and more. Psalm 71:14

In a Plan B world, our expectations often fail to be met. In those moments, our minds are fertile ground. Satan tempts us to love ourselves and our interests rather than God's. (Rom 1:21) God tells us to prepare our minds for action and to hope in Him. (1 Pet 1:13)

Hope in Christ

What can we do when expectations come crashing down?

1. Acknowledge with the psalmist: "_____ are my hope; O Lord God, You are my confidence from my youth" (Ps 71:5).
2. _____ if our anger, hurt, and disappointment are because we've had our expectations tied to a person or idea.
3. Recognize if we've been more interested in our desires than _____ plans. (Is 55:9). Continue the legacy of women who kept their hope in God and whose lives counted for eternity.
4. _____ over our thoughts. Choose to "exult in our tribulation, knowing that tribulation brings about perseverance; and perseverance, proven character, and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us," Rom 5:3-8.

Exult – kauchaomai: to glory (whether with reason or without), to glory on account of a thing, to glory in a thing.

Principle: Christ is a cord to which I can hope, cling, and even glory when expectations go unmet in my Plan B world.

Assurance: My hope is in Christ who also holds me. "I give eternal life to them, and they will never perish; and no one will snatch them out of My hand" (John 10:28).

Live Out Loud: Process your experiences through your hope in God and His eternal plans.

Prepare Your Mind for Action in a Plan B World

Prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ" (1 Pet 1:13).

1. Our mind is a _____ ground. Jesus commands us to love God with our entire mind. (Mt 22:37)
2. God's objective is to _____ us by renewing our minds. (Rom 12:1-2)
Satan's objective is to deform us by ruining our minds. Rom 1:21

3. The Bible is a sentinel at the _____ of our mind through which we are to check our thoughts; a sieve through which to filter them. Phil 4:8
4. A Plan A woman in a Plan B world must remember - what man often means for evil, God means for _____. Gen 50:20

Put on the Full Armor of God to Defuse Land Mines in Your Mind and Extinguish Incoming Flaming Arrows

Synergy Exercise

Principle: A land mine begins with a thought.

Live Out Loud: Extinguish ungodly thoughts. Defuse those already planted in your mind.
Build new thoughts by meditating on the truth.

1. Be strong in the Lord and the strength of His might. Eph 6:10
Believe it. Personalize it: I cannot fight this battle in my own strength. However, I can be strong in the Lord and the strength of His might.
Pray in the Holy Spirit: Lord, fill me with the strength of your might to walk through my day and handle my situation.
2. Put on the full armor of God, so that you'll be able to stand firm against the schemes of the devil. Eph 6:11
Believe it. Personalize it: I have the full armor of God by which I can stand firm against the devil's schemes.
Pray in the Holy Spirit: Lord, arm me so I can stand, and not just stand, but stand firm against the devil's schemes.
3. Recognize that your struggle isn't against flesh and blood, but against rulers, powers, world forces of darkness, spiritual forces of wickedness in the heavenly places. Eph 6:12
Believe it. Personalize it: There are powers, world forces of darkness, spiritual forces of wickedness in the heavenly places interested in me.
Pray in the Holy Spirit: Father, thank You for the warning that this situation is about more than me. It's about Your kingdom and what you're trying to accomplish. I love You and praise You for exposing the enemy. Thank you for helping me understand who my struggle is with.
4. Take up the full armor of God so you will be able to resist and stand firm. Eph 6:13
Believe it. Personalize it: I have the full armor of God: Full. Armor. God's armor is sufficient for me to stand firm and resist!
Pray in the Holy Spirit: Father, thank you for giving me Your armor, and not just some of it, but Your full armor. Thank you for encouraging me that I can resist the devil. I can stand firm!

5. Stand firm. Eph 6:14

Personalize it: I can stand firm in God's Word and ways. I can.
Pray in the Holy Spirit: Father, thank You that you tell me what to do: to stand firm. Thank you that through your empowerment, I can.

6. Put on the full armor. Eph 6:14-17

Gird your loins with truth.

Personalize it: I have Your truth. Truth - Aletheia: "what is true in any matter under consideration." ² "Your word is truth" (Jn 17:17).
Pray in the Holy Spirit. God, help me live by Your truths.

Put on the breastplate of righteousness.

Believe it. Personalize it: God credited Christ's righteousness to me. Righteousness - Dikaiosisune "the condition acceptable to God," ² "Abraham believed God, and it was credited to him as righteousness." (Rom. 4:3).
Pray in the Holy Spirit. Thank You, Lord, for Christ's righteousness. I'm feeble and fall. But you don't judge me on the basis of my sin, but on Christ's righteousness. Satan can't penetrate your righteousness. All praise to You! Help me be more righteous.

Shod your feet with the gospel of peace.

Believe it. Personalize it: As Jesus did, I'm to take the good news of salvation to others. "Go therefore and make disciples of all the nations," (Mt 28:19).
Shod - *Hupodeo*: bind on. ²
Gospel - *Euangelion*: "the proclamation of the grace of God manifest and pledged in Christ."
Pray in the Holy Spirit. Father, I love the shoes of peace You've given me, but I confess, I only wear them to church. Forgive me. I'll wear them all the time. Use me to share the gospel with others.

Take up the shield of faith.

Believe it. Personalize it: I have the shield of faith. Faith - Pistis: the conviction that God exists and is the creator and ruler of all things, the provider and bestower of eternal salvation through Christ. ²
I believe God and what He says is true and best for my life. I'll extinguish the flaming arrows of the evil one with faith. "Fight the good fight of faith; take hold of the eternal life to which you were called," (1 Tim 6:12).
Pray in the Holy Spirit. Father, thank you for the conviction that you are ruler of all things. Increase my faith to apply to my Plan B world.

Take the helmet of salvation.

Believe it. Personalize it: My mind is vulnerable to Satan's attacks. I must cover it with the power of my salvation. Helmet – perikephalaia, metaph. the protection of the soul which consists in (the hope of) salvation. ²

I've been saved not only from the penalty of sin, but from the power of sin. Because Christ is in me, I have the hope of glory. I have the empowerment of the Holy Spirit. I do not have to sin. I can reign over my thoughts. I will intentionally conform my mind to God's ways rather than entertain depraved, sinful thoughts.

Pray in the Holy Spirit. Father, thank you that my head is covered with more than hair. It's covered with the power of salvation; power over sin. Help me reign over my thoughts.

Take the sword of the Spirit.

Believe it. Personalize it: I'm in battle, but I'm not unarmed. I have God's Word, which is sharper than any two-edged sword" (Heb 4:12). It will cut to the quick Satan's schemes

Pray in the Holy Spirit. Father, thank you for your word, which is sharper than any two edged sword. Train me to use the Bible as Christ did when tempted by the devil.

7. I will pray and petition God at all times in the Spirit. I will be alert and persevere. I will pray for all the saints. Eph 6:18

Live Out Loud: Process your experiences through your hope in God and His eternal plans.

Love Out Loud: Believe and act on God's command to love your neighbor and pray for them, even when Plan B happens.

Laugh Out Loud: Exult....rejoice in the hope of the glory of God.

I will hope continually, and will praise You yet more and more. Psalm 71:14

1. Peter Martell, "The Women Who Clear Sudan's Minefields," BBC News, July 26, 2009, <http://news.bbc.co.uk/2/hi/8161199.stm> (accessed December 31, 2009).

2. Strong, J. 1996. The exhaustive concordance of the Bible : Showing every word of the test of the common English version of the canonical books, and every occurrence of each word in regular order. (electronic ed.) . Woodside Bible Fellowship.: Ontario

The realities of God's truths keep me in his plan
and guard me from dangerous imaginings.

*Whatever is true, whatever is honorable, whatever is right, whatever is pure,
whatever is lovely, whatever is of good repute,
if there is any excellence and if anything worthy of praise, dwell on these things.
Philippians 4:8*

1. Imagination is defined as "the act or power of forming a mental image of something _____ present to the senses or never before wholly perceived in reality; a creation of the mind; fanciful or empty assumption." (*Merriam-Webster's Collegiate Dictionary, Tenth Edition*)
2. The ability to imagine is God given. However, as with any gift, our imagination can be used for God or _____.
3. Imaginations, just as feelings, can go haywire. They must be _____ (analyzed, guarded, tested, approved) by the Spirit and mind of Christ.

*"The heart is more deceitful than all else And is desperately sick; Who can understand it?
"I, the Lord, search the heart, I _____ the mind, Even to give to each man
according to his ways, According to the results of his deeds" Jer 17:9-10*

4. Our thought life affects our destiny. Anything not _____ by God should not be approved by us.
5. Ungodly, vain imaginations _____ us and others. They are thorns.

Principle: We must yield to the mind and Spirit of Christ's rule over our illusive imaginations.
Rom 6:14 "Sin shall not be master over you..."
Rom 6:4 "Walk in newness of life."

Biblical Warnings About the Imaginations of Our Minds

Figment of Our Imagination 1: I'm not part of the problem or solution. I'll be happier avoiding reality and God's calling for me in it. Esther 4:13

"Then Mordecai told them to reply to Esther, "Do not imagine that you in the king's palace can escape any more than all the Jews" Esther 4:13. (Imagine: Heb - think.)

6. Emotionally driven imaginations must be checked with the truth. You must _____ your mind, will, and Holy Spirit.

Figment of Our Imagination 2: Truth is relative.

"Thus says the Lord of hosts, "Do not listen to the words of the prophets who are prophesying to you. They are leading you into futility; They speak a vision of their own imagination, Not from the mouth of the Lord" Jer 23:16.

7. Not every “spiritual” book and teacher is of God.

Figment of Our Imagination 3: I can serve God and money.

“A rich man’s wealth is his strong city, And like a high wall in his own imagination” Prov 18:11.
“No servant can serve two masters... You cannot serve God and wealth” Lk 16:13.

8. My mind must be cleared of illusive imaginations that undermine what God wants to do in my mind. False imaginations can take up time and mental space meant for Christ’s purposes.

Biblical Checkpoints for Our Imaginations

Principle: A believer has Christ’s Spirit and mind, by which she is empowered to rule over imaginations and emotional land mines.

9. Phil 4:8 is the believer’s _____ detector. Is our imagination or thought:

True?	Honorable?	Right?	Pure?	Lovely?
Of Good Repute?	Excellent?	Worthy of Praise?		

10. _____ on these things. Phil 4:8

Warning: If we don’t think rightly, we can’t stand against the schemes of the evil one and temptation. We must think.

Live Out Loud Clear your mind of false imaginings that undermine what God wants to do in your life.

Love Out Loud Submit to Christ and the Spirit. Defuse imagination land mines that can hurt you and others.

Laugh Out Loud “When the Lord brought back the captive ones of Zion, we were like those who dream. Then our mouth was filled with laughter And our tongue with joyful shouting; Then they said among the nations, ‘The Lord has done great things for them,’” Ps 126:1-2.

Experience joy and freedom from illusive imaginations.

1. Strong, J. (1996). The exhaustive concordance of the Bible : Showing every word of the text of the common English version of the canonical books, and every occurrence of each word in regular order. (electronic ed.) (G872). Ontario: Woodside Bible Fellowship.

My destiny is to live today with my Lord Jesus Christ
in my Plan B as I await my ultimate destiny in heaven.

*God has not destined us for wrath, but for obtaining salvation through our Lord Jesus Christ, who died for us,
so that whether we are awake or asleep, we will live together with Him. 1 Thessalonians 5:9-10*

Destiny Choices

1. How am I going to respond to God regarding my eternal destiny?
2. How am I going to respond to God today? Will I fret, complain, and wring my hands or choose to experience Jesus *in my moments*?

Destiny Facts

1. Each person has an eternal destiny and a _____ destiny.
2. My eternal destiny is to be with a _____ who rides a white horse. He loves me, overcomes evil with good, has more riches than I can imagine, and exudes joy and peace. He laid down His life for me and invited me to join Him. I'm on my way to His kingdom. Rev19:11-16, 22:7
3. My present destiny is my Prince with me _____ on earth. He is accompanying me home. He watches out for me, warns me of dangers, and empowers me to do and be more than I could imagine. He is with me in my moments. When I start to feel sad, overwhelmed, or lonely, I remember He is with me and in me. Col 1:27, Mt 28:20

Principle: Jesus is with me in my moments.

4. My _____ of Jesus' presence changes everything.

How Do I Live Today's Destiny with Jesus?

Hannah: A Plan A Woman in a Plan B World

Principle: The more aware I am of Jesus' presence in my present destiny, the more I'll enjoy life and experience His peace and joy.

Countenance Questionnaire

- ☐ Am I always longing for something different?
- ☐ Am I waiting on someone or something to change in order for me to be happy?
- ☐ Do I let others control my state of mind, countenance, and joy?
- ☐ Do I resent someone or something?
- ☐ Do I forget to worship God in my moments?
- ☐ Am I constantly comparing my life, family, circumstances to others?

If you answered "yes" to one of the above, you need a Face Lift!

A Face Lift will enable you to check the following.

- ☐ I live with the awareness that Christ is in my moments and that today is my destiny.
- ☐ I enjoy Christ's presence. The awareness of Christ's presence changes my outlook.

Hannah's Face Lift Tips, 1 Samuel 1:9-2:19

Hannah = _____, Penninah = Jewel

Principle: I need to spend more time on the hidden person of my heart than my external adornment. 1 Pet 3:2-4

1. Keep _____ individually and corporately. 1 Sam 1:9, Heb 10:23-25
2. Keep eating and drinking to be healthy. 1 Sam 1:9
3. Follow _____ Word, not people's bad behavior. 1 Sam 1:9
4. _____ your distress and bitter weeping to the Lord. 1 Sam 1:10
5. Commit your today and tomorrow to The _____ of Hosts. 1 Sam 1:11
6. Continue praying, knowing you are "_____ the Lord." 1 Sam 1:12
7. Pray from your _____, not rote prayers. 1 Sam 1:13
8. Don't react in the flesh to unwarranted accusations. 1 Sam 1:14-15
9. _____ your soul to the Lord rather than get drunk or look for fixes. 1 Sam 1:15
10. Talk with, rather than withdraw from people. 1 Sam 1:16-18
11. Seek peace and favor with others, but recognize that ultimately, _____ can control your countenance. 1 Sam 1:18, Gen 4:6
12. Continue worshipping. _____ in and wait on God's timing. 1 Sam 1:19
13. Give God credit and praise for acting in your life. 1 Sam 1:20
14. Be submissive to one another, but sensitive to _____ leading. 1 Sam 1:21-23
15. Live your faith out loud. Rather than live with a doomsday countenance, do well. Keep your commitments to God. 1 Sam 1:24-2:10, 18-19

Clear Doomsday Landmines. Make room for Christ!



Peter Martell, "The Women Who Clear Sudan's Minefields," BBC News, July 26, 2009, <http://news.bbc.co.uk/2/hi/8161199.stm> (accessed December 31, 2009).

Principle: My destiny is Jesus with me in the moments of my life until I reach my ultimate destiny in heaven.

Live Out Loud: Shed a doomsday countenance by welcoming Jesus' perspective and power into the moments of your day.

Love Out Loud: Mindful that God has destined Jesus to be with you in your moments, make eternal investments in people's lives. Refuse a self-centered attitude that is only happy if things are your way. Be available for God to use you, even in the gutter of humanity and around discouraging people. Shine with Christ's GRACE.

Laugh Out Loud: Delight in Jesus. Enter into His joy. Stand back, amazed, at He accomplishes things in and through you and others.

"I will rejoice greatly in the Lord, My soul will exult in my God; For He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness, As a bridegroom decks himself with a garland, And as a bride adorns herself with her jewels."

Isaiah 61:10

I disarm land mines of fear when I respond to fear with faith.

*The Lord is the one who goes ahead of you; He will be with you.
He will not fail you or forsake you. Do not fear or be dismayed.
Deuteronomy 31:8*

Why “Faith It” instead of “Fear It”?

1. There is a link between fear and disease and anxiety and disease.
2. God hasn't given us a spirit of fear, but of power and of love and of a sound mind. 2 Tim 1:7 KJV
3. God tells me not to fear and why.

17 Truths to Get into My Mind

1. The Lord goes _____ of me; will be with me and will not fail or forsake me. Deut. 31:8
2. _____ are at God's bidding. 2 Kg. 6:16
3. My battle is not my battle; but rather _____ when I am in service to Him. 2 Chron. 20:15
4. God is _____ than any other god. 2 Chron. 32:7
5. God is _____ me even in the valley of the shadow of death. Ps. 23:4
6. The Lord is with me. Ps. 118:6
7. God _____ my cry and saves me. Ps. 145:19
8. God is the _____ of my times, a wealth of salvation, wisdom, and knowledge. Is. 33:6
9. God will strengthen and help me. He will _____ me with His righteous right hand. Is. 41:10
10. God has redeemed me and called me by name. I am God's. Is. 43:1
11. God has given me His Holy _____. Haggai 2:5

12. I am _____ to my heavenly Father. Lk 12:7

13. Christ, my King, is coming for me. Jn 12:15, 14:3

14. Jesus has given His _____ to me. Jn 14:27

15. I am receiving the crown of life. Rev 2:10

16. God has rescued me from the enemy and _____ me to serve Him
without fear. Lk 1:74-75

17. Jesus _____ me to be a woman of faith, not fear. Lk 8:25

Practical Ways to Defuse Fear with Faith

When I fear for children. Gen 21:17-20

Truth: God _____ the child crying.

Live Out Loud: Pay attention to God's heavenly questions and assurances. Arise. Lift up your child. Hold him by the hand. Receive God's promises. Open your eyes to God's provisions. Act on them. Fill your "skin" with the Holy Spirit so your children can drink of Him. Know that God is with your child.

When I fear for myself and family. Gen 26:24

Truth: God is with us and ready to bless us as we trust and obey Him.

Live Out Loud: Although life is tough, people envy you, take what is yours, stop your efforts, contend with you and are quarrelsome, God will _____. He will bless you. Others will plainly see the Lord has been with you and blessed you.

When I fear failure. Ex 14:13-22

Truth: God never intended for us to _____ our responsibilities apart from Him. We were created to live and work in vital union with God.

Live Out Loud: After crying out to God, go forward. Know that He is your rear guard. Focus on His light in times of darkness. Know that His Spirit is moving day and night. Follow the path He opens for you.

I Will Choose to Defuse Fear with Faith

I will not fear though the earth should change and though the mountains slip into the heart of the sea. Ps 46:2

I will extend my roots in the soil of God's Word and in prayer. Jer. 17:8

I will fear God and keep His commandments rather than fear the future. Eccles. 12:13

Principle: For every fear there's a facet of God's character to which we can look.

Live Out Loud: Train your mind to do a quick redirect when fears arise. Look at the fear; then in faith look to God. Praise Him for His sufficiency to meet each need.

Love Out Loud: Model faith rather than fear to family and friends. It is one of the greatest gifts you can give them.

Laugh Out Loud: Exult, rejoice that you're not alone. Rejoice in Christ, your Savior. Rejoice that you do not have to fear.

The Lord is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear or be dismayed. Deuteronomy 31:8

Forgiveness defuses the land mine of bitterness so I can experience
the fullness of God's plan for my life.

*I can do all things through Him who strengthens me.
Philippians 4:13*

Why We Don't Forgive

1. I can't forgive. I can't forget. Phil 4:13, Mt 17:20
2. The person doesn't deserve to be forgiven. Eph 2:8-9
3. I don't want to forgive or forget. 1 Cor 6:19-20
4. I want to punish the person. Heb 10:30
5. I can't trust the person again. Jn 2:24-25, Lk 22:31, Jn 21:15-19 Follow Me!
6. The person hasn't asked for forgiveness. Jn 3:16
7. They can never repay me or make up for what they did. Mt 18:24-26

Principle: As a Christian, I live under a different set of rules: kingdom rules. I mimic God, not the one who wronged me. Is 46:9

Dangers of Bitterness/Unforgiveness

Bitterness/Unforgiveness Affects Me...

1. _____ Is 26:3
2. _____ Prov 3:7-8, 4:20-22, Ps 32:4
3. _____ Mt 18:32-35, Eph 4:30, Gal 5:22-23
4. _____ Prov 11:17, 20
5. _____ Mt 18:21-35
6. _____ me and everyone around me. Jm 3:11, Ruth 1:19-22
7. _____ my perspective. Ruth 1:21
8. Is a _____ model. Jn 13:15-16
9. Grieves others; demonstrates an _____ spirit. Mt 18:31-32
10. Reflects _____ on Christ. Mt 5:16

Warning: Bitterness/unforgiveness is like a weed. It affects every area of my life.
It's like a chain. It binds me.

Why We Forgive

1. God commands and empowers me to forgive. Mt 18:35
To not forgive is willful disobedience and turning my back on His offer of empowerment. Phil 4:13
2. Forgiving identifies me as Jesus' sister. Mt 12:50, Col 3:13
3. Forgiveness frees me to walk in the good works God's prepared for me. Eph 2:10, Jer 29:11

Principle: Forgiving someone doesn't mean what the person did was right. It doesn't necessarily mean you forget. It means you stop visiting the gravesite of the wrong done; you stop fueling the fire of bitterness.

Clear Land Mines of Bitterness. Exercise Heavenly Forgiveness.

1. Choose to be like Jesus. Eph 4:32 Decide to imitate God. Eph 5:1
2. Add the cross to the bitterness in your heart. Ex 15:24-25
Replace what the person did with a clear and powerful vision in your mind of Christ forgiving those who crucified Him. Lk 23:34
3. Pray as Corrie did, "Jesus, help me!" Yield to the Holy Spirit so He can do in you what you cannot do. Eph 5:18
4. Pray, "I can leave this bitterness at the foot of the cross. I can lay it at the feet of Jesus."
Put bitterness away from you. Eph 4:31
5. Forgive - "send away, let go"

Principle: God commands me to forgive as I have been forgiven; to imitate Him.

Live Out Loud: Lay bitterness, anger, unforgiveness at the cross. Put it arms length away from you so you can experience the fullness of God's plans for your life.

Love Out Loud: Do something radical - love the perpetrator in Christ's power.

Laugh Out Loud: Experience the joy of being loosed.

My Prayer

Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you. Ephesians 4:30-32

I can do all things through Him who strengthens me. Philippians 4:13

God offers discernment in the midst of Plan B Devastation.

*Teach me good discernment and knowledge, for I believe in Your commandments.
Psalm 119:66*

Discern means to separate, distinguish between. It is the “power to see what is not evident to the average mind.”

Why Be Discerning? Discernment can: 1 Sam 25

1. _____ potential devastation. 18-19
2. _____ the door to God’s blessings in the midst of devastation. 32-35

Lessons from Joseph. Spiritually Discerning People:

1. Are observant of others, _____ self centered. Gen 40:7
2. Recognize God is the source and _____ of discernment. Gen 40:7
3. Understand that we are God’s vessels, to be _____ by Him. Gen 40:7
4. Have a _____ Spirit. Gen 41:38
5. Rely on their _____ “Source,” “Informer”: God. Gen 41:39

Lessons from Abigail, Spiritually Discerning People:

1. Are known for their discernment. 1 Sam 25:14
2. Are approachable, good listeners, and willing to help others. 1 Sam 25:14-16
3. _____ and process information rather than panic, blame, take offense. 1 Sam 25:17
4. Act decisively. 1 Sam 25:18-19
5. Are _____. 1 Sam 25:20-24
6. Are willing to assume responsibility. 1 Sam 25:25
7. See the _____ picture. 1 Sam 25:26-31
8. Recognize discernment in others and are drawn to it. 1 Sam 25:32-33, 39

Principle: God uses spiritually discerning people

How to Become More Discerning

1. Seek information from God.

- a. Recognize that you have a _____ spirit, the Holy Spirit, if you are a Christian, and that God wants to commune with you. Jn 7:38-39; 14:16-17; Acts 1:8
- b. Be _____ in God's presence. Meditate on Him and His Word, the Bible, to know His ways and "voice". Ps 4:4
- c. _____ God to fill you with His Divine Spirit/nature and to give you discernment. Ps 119:66, Eph 5:18, Ps 5:5, 2 Pet 1:4

2. Be wise.

- a. Ask God for wisdom. Jm 1:5, 1 Kg 3:7-12, "God gave Solomon wisdom and very great discernment and breadth of mind, like the sand that is on the seashore" (1 Kg 4:29).
- b. Seek wisdom in the Bible. Make your _____ attentive to it. Prov 2:2-5, 9-12
- c. Ask God to teach you his commandments and ways so you'll have "good discernment and knowledge." Ps. 119:66

3. Carefully consider your situation. 1 Sam 3:8

- a. _____ (listen) for God's divine guidance during the day. Ps 5:5

4. Train your senses to hear, "This is the way, walk in it," Is 30:21

- a. Practice recognizing the difference between right and wrong and choosing right. Heb 5:14
- b. _____ walking by the Divine Spirit throughout the day. Gal. 5:16 Act on what God says and how He leads you. Lk 6:12-13
- c. Learn from your mistakes and blessings to discern God's voice. Is 48:17

Principle: Discernment is not for a select few, but rather, is available to all who seek Him.

God offers discernment to a Plan A woman in a Plan B world.

Live Out Loud: Defuse devastating landmines with Godly discernment. Prepare today for tomorrow. Learn to discern God's voice before devastation hits.

Love Out Loud: Be known as other-centered rather than self-centered. Offer yourself to God as a vessel whom He can use in other's lives.

Laugh Out Loud: Share the joys of how God is blessing you with others in the midst of devastation.

Although Plan B may cause me to feel shaken, God is my firm foundation.

*Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.
Psalm 55:22*

1. Storms are going to come.
 - a. Natural Disaster, Death
 - b. Fallen Nature
 - c. Satan Instigated
2. In Ps 55:22 – “Shaken” means to dislodge, let fall, drop.

Principle: Although I may feel emotionally, physically, or spiritually shaken, nothing will dislodge me from God’s grip. He will not drop me from His hands.

Question: What will I do when I am shaken by natural disaster, health problems, death of a loved one, national disasters, sin, or Satan?

Martha’s Example, Jn 11:1-45

- Meet with Jesus, 20
- Tell Jesus what’s on your heart, 21
- Maintain your faith in Jesus, 22
- Keep talking and listening, 24
- Pay attention to Biblical principles and teachings, 25-26
- Expand your spiritual roots, 25-26, Ps 1:3
- Believe, 26-27
- Trust and _____ and see God’s glory, 39-44
- Share your faith in Jesus with others, 45

Foundation Facts – God’s Servants

1. Are _____ by name to God. Job 1:8
2. Are not immune to Satan’s power. Job 1:9-12
3. Are not immune to grief. Job 20
4. _____ they are God’s servants when they choose not to blame God or sin. Job 1:21
5. Experience God’s faithfulness. Job 42:10, 12

Foundation Lessons from Job

1. Fear God and _____ from evil. 1:1
2. Be aware of the spiritual needs of others; of sin, the need for repentance, the importance of consecrating children to God, and praying for them continually. 1:5
3. _____ not only in good times, but also in times of grief and loss. 1:20
4. _____ God rather than sin and blame Him. 1:22
5. Accept not only good, but adversity from God. 2:10
6. Reject foolish counsel. 2:9, 42:7
7. _____ and _____ from God. 38:1, 40:3-5
8. _____. 42:5-6

Build on the Firm Foundation of Christ. 1 Cor 3:10-15, Lk 6:46-49

1. _____ as _____.
2. _____ Jesus' words.
3. _____ on Jesus' words. Do what He says.

Principle: Acting on Christ's words is foundational to not being shaken;
and doing works that have eternal value.

Live Out Loud: Act on Christ's words.

Love Out Loud: Share Jesus' words with others so they can build on the firm
foundation of Christ. Model acting on Christ's teachings.

Laugh Out Loud: Turn your face heavenward. Praise God for the foundation Christ has laid;
awaiting you in heaven and which cannot be shaken. Rejoice that Christ
will never let go of you.

Although Plan B may cause me to feel shaken, God is my firm foundation.

*Cast your burden upon the LORD and He will sustain you;
He will never allow the righteous to be shaken.
Psalm 55:22*

How is God speaking to you? What is Jesus calling you to act on?

Rather than being fixated on the past or on what I don't have in my Plan B world,
I can move forward by keeping my eyes fixed on Jesus and loving him with all my heart,
all my soul, and all my mind.

Everyone who has this hope fixed on Him purifies himself, just as He is pure. 1 John 3:3

1. To fixate is to focus or concentrate one's gaze or attention intently or obsessively. Merriam-Webster defines fixation as "an obsessive or _____preoccupation or attachment."
2. Many things are not bad in and of themselves and are in fact, good. However, any preoccupation or attachment that precludes us from loving God with all our heart, soul, and mind (Mt 22:37) can become an unhealthy fixation.
3. "Fixing" in the Greek means to _____ the eyes away from other things and fix them on something.

The Problem with Being Fixated on the Past or How I Want Others to Be

1. I can't change the past or another person.
2. Focusing on the past or what can't be prevents me from receiving all God has for me in this moment and the future.
3. If I don't deal with fixations in God's grace and ways, they are _____ in my mind; injurious to others and me.¹

The Blessing of Fixing My Eyes on Jesus

1. I can learn from the past and use it to make me stronger/wiser and more Christ-centered.
2. I can lay hold of that for which Christ has _____ of me.

Fixations on What We Want

(of others, situations, relationships, possessions, appearances, worship styles, etc.)

Warnings from Michal's Life, 2 Sam 6:14-23

1. Clung to _____.
2. _____ others worshipping God, rather than worshipped Him.
3. Fixated on people's appearance and actions rather than their hearts.
4. Worried about what others thought.
5. _____ of the ways others worshipped.

6. Her fixation caused her to _____ learning how to worship from one of the greatest worshippers.
7. Her fixation created a chasm between her and David.

Principle: I'm to live before the Lord, loving Him with all my heart, soul, & mind. Mt 22:37

Fixations on the Past (of wrongs we've done, guilt)

Lessons from Paul's Life, Acts 7:58, 8:1-3, 9:1-2, Phil 3:1

1. We _____ fall short of God's glory and perfection. Rom 3:23 We're going to do wrong things and make grave mistakes. Acts 7:58, 8:1-3
2. Jesus _____ us while we are sinners. Rom 5:8 He chooses to make us His instruments in spite of past wrongs we've done. Acts 9:1-16, Rom 6:13
3. Jesus' blood cleanses our _____. Heb 9:14

Proactive Steps:

1. Respond to what Jesus teaches you. Act on it. Acts 9:20
2. _____, though admittedly with imperfections, toward the goal for the prize of the upward call of God in Christ Jesus. Phil 3:12, 13
3. Lay hold of that for which Christ laid hold of you. Phil 3:12
4. _____ what lies behind. Phil 3:13
5. Reach forward to what lies ahead. Phil 3:13

Fixations on Past Plans Gone Array (physical, financial, career, etc)

Lessons from Saints Who Have Gone Before Us

1. _____ your hope on God.
1 Tim 5:5 - Commends the widow who "has **fixed** her hope **on God** and *continues in entreaties and prayers night and day.*"
2. _____ your hope on the grace to be brought to you.
1 Pet 1:13-16 - Commands us: "Therefore, prepare your minds for action, keep sober in spirit, **fix** your hope **completely** on the *grace to be brought to you* at the revelation of Jesus Christ."

3. _____ your eyes on Jesus.

Heb 12:1-3 "...let us *run with endurance the race that is set before us*, **fixing** our **eyes on Jesus**, the author and perfecter of our faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

4. _____ on Him, purify yourself.

1 Jn 3:3 "Everyone who has this hope **fixed** on **Him** purifies himself, just as He is pure."

Principle: Fixing my eyes on Jesus is the secret to successfully navigating through a Plan B world.

Live Out Loud: Fix your eyes and hope completely on Jesus and the grace to be brought to you.

Love Out Loud: With your hope fixed on Christ, pray for others rather than badger them.

Laugh Out Loud: Rejoice that Christ has cleansed your conscience and you can serve the living God. Rather than being fixated on the past or on what I don't have in my Plan B world, I can move forward by keeping my eyes fixed on Jesus and loving him with all my heart, all my soul, and all my mind.

1. Strong, J. (1996). The exhaustive concordance of the Bible : Showing every word of the text of the common English version of the canonical books, and every occurrence of each word in regular order. (electronic ed.) (G872). Ontario: Woodside Bible Fellowship.

Instead of living in the flesh in my Plan B world, I can live by the power of Christ's Spirit, who is in me.

Walk by the Spirit, and you will not carry out the desire of the flesh. Galatians 5:16

“Christian, Salvation” Defined

1. Truly, truly, I say to you, unless one is born of water and the _____ he cannot enter into the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Jn 3:5-6
2. Now I say this,...flesh and blood cannot _____ the kingdom of God. 1 Cor 5:50
3. ...if indeed the Spirit of God dwells _____ you. But if anyone does not have the Spirit of Christ, he does not belong to Him.

“Spirit” and “Flesh” Defined

1. Spirit: God's _____ Spirit.
2. Flesh: The _____ nature of human beings (the spirit indeed is willing, but the *flesh* is weak —Mt 26:41 (AV)¹ Denotes mere human nature, the earthly nature of man apart from divine influence, and therefore prone to sin and **opposed** to God.²

Spiritual Fruit vs Fleshly Deeds

1. Deeds of the Flesh: Gal 5:19-21
2. Fruit of the Spirit: Gal 5:22-23

Spirit and Flesh Warnings

1. Keep _____ and praying. The spirit is willing, but the flesh is weak. Mt 26:41
2. The flesh sets its desire against the Spirit...for these are in _____ to one another. - Gal 5:17
3. We are under _____, not to the flesh, to live according to the flesh. Rom 8:12
4. Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh? Gal 3:3

Goal

1. ...that the life of Jesus also may be _____ in our mortal flesh. 2 Cor 4:11
2. I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. Gal 2:20
3. To _____ the rest of the time in the flesh no longer for the lusts of men, but _____ the will of _____. 1 Pet 4:12
4. Bear the fruit of the Spirit. Gal 5:22-23

Spirit and Flesh Commands

1. _____ watching and praying. Mt 26:41
2. _____ the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts. Rom 13:14
3. Do not _____ the Holy Spirit of God, by whom you were sealed for the day of redemption. Eph 4:30
4. Do not _____ the Spirit. 1 Thes 5:19
5. Do not get drunk with wine but _____ with the Spirit. Eph 5:18
6. _____ by the Spirit and you will not carry out the desires of the flesh. Gal 5:16
7. Live by the Spirit. Gal 5:26

Do I or Don't I ...Want to be Filled with and Walk by the Spirit?

1. My flesh is a land mine undermining God's best for me.
2. If I truly want to experience God's fullness and joy, His love and peace; if I want to be patient and not just talk about it; if I desire to have self-control instead of giving in to things I don't want to do; if I really want to be kind, good, faithful, and gentle – then I must learn how to be filled with and walk by God's Spirit. Galatians 5:22-23

Warning: Battle Ahead!

The flesh is not merely an annoying distraction or nuisance. It's in opposition to God. "The flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another," Gal 5:17

What's at Stake if I Don't Choose to Live and Walk by the Spirit?

1. I'm prey for the devil, who prowls the earth, looking for someone to devour.¹ Pt 5:8
2. I'm more prone to enter into temptation because my flesh is weak. Mt 26:41
3. I'll miss the blessings of receiving divine revelations from God. Mt 16:13-17
4. I'll grieve the Holy Spirit. Eph 4:30
5. I'll waste moments and days and what God wants to accomplish. Eph 5:18
6. I'll carry out the desires of my flesh, not God's desires. Gal 5:16
7. I won't do the godly things I want to do. Gal 5:17
8. I'll do things that may contribute to discord, dissensions, factions, envy, hatred and fits of rage. I'll be driven by selfish ambition. Rather than being pure, I'll have impurities in my life, sexual immorality, idols, intoxication with things other than God, other fleshly deeds.
9. I won't do good. Rom 7:18
10. I won't please God. Rom 8:8

Principle: God takes the initiative in saving and sealing us. We take the initiative in being filled with and walking by the Spirit.

Live Out Loud: Be filled with the Spirit.

Love Out Loud: Be filled with the Spirit.

Laugh Out Loud: Be filled with the Spirit

1. Merriam-Webster's Collegiate Dictionary, Tenth Edition

2. Strong, J. (1996). The exhaustive concordance of the Bible : Showing every word of the text of the common English version of the canonical books, and every occurrence of each word in regular order. (electronic ed.) (G4561). Ontario: Woodside Bible Fellowship.

Share Day - Celebration Fellowship

This is the week to celebrate what God has taught you through His Word! You may choose to combine with other groups if you have a large class. Questions such as the following prompt discussion. Hand out to group members Week 11 so they can come prepared to share. Cover this final week in prayer, as you do each week. Not only does it bring God glory for members to share what they've learned, it also reaffirms in member's minds the important lessons that have been learned.

- 1. Which land mine was most important for you to clear?**
- 2. Through which chapter did God speak most to you and in what way?**
- 3. What do you want to remember from The Plan A Woman in a Plan B World?**
- 4. Which verse has become more meaningful to you?**
- 5. What is your prayer in relation to what you have read and studied?**