



Victorious Healing and Growth Through God's Grace

Companion Study Journal

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Introduction

This material is a companion study journal to the book *Victorious Healing and Growth Through God's Grace*; to be used in a group or individual devotional study to be completed over a period of time.

I always keep in mind that a plate of food is eaten one forkful at a time and that a journey is travelled one step at a time. Though tasks can at times seem insurmountable, adopting a bite-size approach helps to remove the overwhelming feelings.

In the book there is a shift in focus from having a busy life to achieving a meaningful life and seeking constructive ways to live each day and completely embrace God's way.

If you have started on the journey of healing and growing in Christ, I pray that the information in the pages ahead will encourage you to continue.

If you have yet to start the journey, I pray that the information will encourage you to begin.

The recommended approach to using this study guide is to prayerfully read each chapter of the book *Victorious Healing and Growth Through God's Grace*, explore practical application by preparing a summary of the main points, answering the questions and recording your personal notes.

I am happy that you are taking this journey. We are strengthened by the Holy Spirit who walks with us every step. God is seeking to draw us closer to Him.

The amazing thing is that as we continue to seek God, God in His mercy uses us to share with each other what we are learning.

I pray that as you go through this study guide, that the contents will assist you in taking the steps to connect with and reinforce your relationship with God and to experience His transforming power in your life.

Section 1: Life Today



My Thoughts

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Seeking Balance in a Busy World

"Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance." Psalm 32:7

Reflect daily on the important things in life.

Main Points

Activities/Questions

1. Determine to set your mind on God in everything you do during the day. Identify how you can commune with God momentarily and invite Him throughout the day to get involved in every sphere of your life. _____

2. How can you better utilize your time while carrying out your daily activities? _____

3. How can you relook at the order of priority that you give to your varied commitments? _____

Notes

Prayer

Dear Lord, thank You for the blessings of each day. Help me to utilize Your gift of time to honor and glorify Your name. Amen.



Facing the Challenges of Life

“The angel of the Lord encampeth round about them that fear him, and delivereth them.” Psalm 34:7

Redirect your attention from the problem and seek God, the only source of help.

Main Points

Activities/Questions

1. Assess how you have responded to unexpected challenges in the past. Identify some of the contributing factors. _____

2. What are some of the ways that you can be better prepared? _____

3. What lessons can you learn from the times that you responded as God would require and the times that you didn't? _____

Notes

Prayer

Dear Lord, You know the decisions that I will need to make today. Thank You for being with me. Please help me to correctly represent You in the unexpected and difficult situations that I face. Amen.



Difficulties That Could Arise in Our Relationships

*“Come unto me, all ye that labour and are heavy laden,
and I will give you rest.” Matthew 11:28*

Reinforce your relationships.

Main Points

Activities/Questions

1. In prayer, identify specific relationships where you require God’s intervention to address any conflicts. _____

2. Identify the issues that would require long term solutions and those that can be mended in the short term. _____

3. In prayer, enquire of God what actions He wants you to take. _____

Notes

Prayer

Dear Lord, thank You for giving me the strength and understanding to face the areas in my life and in my relationships that need Your intervention. Help me to always depend on You. Amen.

Section 2: Learning From Biblical Experiences



My Thoughts

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Inspiration in Difficulty

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.” 2 Timothy 3:16

Remember the biblical examples.

Main Points

Activities/Questions

1. Document some of the lessons that you can learn from the experiences of the biblical personalities. _____

2. What are some of the ways that you can show appreciation to a friend or a family member? _____

3. Identify an experience and testimony that you can share to help strengthen others.

Notes

Prayer

Dear Lord, thank You for providing the examples in the Bible of those who overcame. As I read about others who grew in their faith in You, please help me to grow in my faith too. Amen



The Importance of Faith

*“For by [faith] the elders obtained a good report.”
Hebrews 11:2*

Recognize the work that God is doing in your life.

Main Points

Activities/Questions

1. Ask God to reveal to you any of your actions that He requires to come in line with the faith that you profess. _____

2. Identify faith statements of at least two Bible characters. _____

3. Write your personal faith statement to God. _____

Notes

Prayer

Dear Lord, thank You for helping me to know that You are seeking to affirm me in Your love. Help me to have the faith You require, so that I can live the life that is pleasing to You. Amen.



God's Creative Power

“Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.” Hebrews 11:3

Recount God's blessings in nature.

Main Points

Activities/Questions

1. How does nature testify of God to you ? _____

2. Identify some of the abilities that God has given to you and how you can use them to declare God's creative power. _____

3. What are some of the things in nature that you enjoy and how can your appreciation of nature help you to understand how God can transform your life? _____

Notes

Prayer

Dear Lord, thank You for the beauty in creation. Help me always to be directed to You as I enjoy the many blessings You have provided for me. Amen.



Obedience to God

“By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.”

Hebrews 11:4

Render your heart to God alone.

Main Points

Activities/Questions

1. In prayer, identify the areas of your thinking that you need to give over to God in order to fully understand God's involvement in your life. _____

2. In prayer, contemplate what is God's will for your life. _____

2. What changes do you need to make in your life to embrace God's will? _____

Notes

Prayer

Dear Lord, please help me to offer to You the gift that You desire of me, even if in my finite thinking it is more than I am comfortable giving. Amen.



Receiving God's Commendation

“By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.” Hebrews 11:5

Realize the value that God has placed in you.

Main Points

Activities/Questions

1. In prayer, consider all the areas of your life that God has led you. _____

2. What steps can you follow to enter into a deeper communion with God? _____

3. Dwell on the thought of what a great privilege it is that the Creator would desire to commune with humanity. How can this knowledge guide your actions? _____

Notes

Prayer

Dear Lord, thank You for giving me the example of Enoch and for showing me that You honor the faith of Your people and their desire to know You. Please give me the desire to commune with You the way Enoch did. Amen.



Believing What God Says

“But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.” Hebrews 11:6

Reenergized by positive influences.

Main Points

Activities/Questions

1. Assess the type of conversations that you participate in and determine if these conversations strengthen your faith. _____

2. Assess the type of influences around you and the type of influence that you are to others. _____

3. Ask God to reveal and/or confirm the words and actions you are to adopt to foster an atmosphere of faith. _____

Notes

Prayer

Dear Lord, thank You for providing me with the avenue to discover who You are. Please give me the zeal to daily spend quality time in Your Word, so that I can be blessed by the treasures You have waiting for me. Amen.



Listening to God

“By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.” Hebrews 11:7

Resolve to do things God’s way.

Main Points

Activities/Questions

1. In what areas of your life do you need to listen to God more? _____

2. What are the things that are competing for God’s attention in your life? _____

3. What can you do to effectively deal with the things in your life that seek to distract you from God? _____

Notes

Prayer

Dear Lord, please help me to hear and obey You, even when it seems strange in the eyes of those around me. Help me to respond positively to all the ways that You are seeking to interact with me. Amen.



Abraham's Example

"By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went." Hebrews 11:8

Revelation of God through His earthly leading.

Main Points

Activities/Questions

1. What part can you play to ensure that you know God's voice? _____

2. What is God calling you to do? _____

3. Identify specific ways that you can apply Abraham's experience to your life today. __

Notes

Prayer

Dear Lord, please help me to follow You even when I do not know all the details. Please help me to differentiate between when You are leading me and when I am leading myself. Amen.



Sarah and Abraham's Faith

"Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised." Hebrews 11:11

Relinquish anything contrary to God's will and accept God's plans completely.

Main Points

Activities/Questions

1. Identify areas in your life that you still need God to help you understand His will.

2. Ask God to show you when to wait and when to move forward in the things that God is calling you to do. _____

3. Dwell on situations where God provided breakthroughs to things that you were waiting on Him to work out for you. _____

Notes

Prayer

Dear Lord, please help me not to set my heart on the blessings that You have given me, but please direct my thoughts and attention to You the One who gives the blessings. Amen.



The Need for Healing

“Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.” 1 Peter 3:8, 9

Reassess how you relate to others.

Main Points

Activities/Questions

1. What type of advice have you been giving to others? _____

2. In what areas of your life do you need to persevere? _____

3. What progress are you making in addressing areas of your relationships that God has impressed upon you to work on? _____

Notes

Prayer

Dear Lord, help me to understand and embrace my spiritual heritage in You. Please guide my thinking and the words that I speak, so that they will direct those I meet to You. Amen.

Section 3: God’s Gift and Humanity’s Condition



My Thoughts

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Paid in Full

“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” Romans 6:23

Reclaimed birthright through God’s sacrifice.

Main Points

Activities/Questions

1. Record what God’s sacrifice means to you personally. _____

2. Have you accepted God’s gift of salvation completely and all that the gift provides?

3. What changes do you believe God is calling you to make to experience Him more?

Notes

Prayer

Dear Lord, thank You for reminding me that You have power over life and death. Thank You for Your gift of salvation. Please help me to cherish and treasure this gift with my whole being. Amen.



From Guilt to Forgiveness

“Being justified freely by his grace through the redemption that is in Christ Jesus.” Romans 3:24

Reject the enemy's claims on your life.

Main Points

Activities/Questions

1. Are there any battles that you are trying to fight on your own? _____

2. Are you holding onto your own reasoning or are you asking for God's help? _____

3. Are there any traces of guilt that you need to give over to God? _____

Notes

Prayer

Dear Lord, please help me to understand that my help comes from You. Please help me to have a forgiving spirit and to reflect the characteristics that You want to see in me. Amen.



Different Responses to Accusations

“Who shall lay any thing to the charge of God’s elect? It is God that justifieth.” Romans 8:33

Request God’s help to deal with every situation.

Main Points

Activities/Questions

1. How do you typically respond to issues and problems? _____

2. Identify any changes that you need God to help you make in the words that you speak. _____

3. What are some things that you can do to better address your problems? _____

Notes

Prayer

Dear Lord, thank You for the reassurance, that despite the forces that are trying to tempt me to turn back, that You are there to strengthen me and to encourage me to move forward. Amen.



Workplace Interactions

“A word fitly spoken is like apples of gold in pictures of silver.” Proverbs 25:11

Repeatedly do things God’s way in your daily interactions.

Main Points

Activities/Questions

1. How do you relate to difficult situations at work when pressured by deadlines? ____

2. How can you improve on your responses and your approach? _____

3. How can you continually rely on God’s strength while performing your daily duties? _____

Notes

Prayer

Dear Lord, please help me to understand the lessons that You are seeking to teach me. Please help me to be willing to adjust my perspective as You reveal Yourself more and more to me. Amen.

Section 4: God's Involvement in Our Lives



My Thoughts

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Jesus Makes Things Right

*“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”
Galatians 5:1*

Receive God’s forgiveness and abundant life.

Main Points

Activities/Questions

1. Are you seeing your worth in God’s sacrifice for you? _____

2. Are you letting God defend you and work things out for you? _____

3. Ask God to reveal the areas in your life that you continue to have challenges and take them to God in prayer. _____

Notes

Prayer

Dear Lord, please help me to practice obedience to You in all aspects of my life and leave the outcome to You. Amen.



Staying Connected to the Vine

“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” Philippians 3:13, 14

Readily embrace God’s vision of what He wants to achieve in your life.

Main Points

Activities/Questions

1. Are you internalizing God’s Word so that God’s Word becomes real for you? _____

2. Are you depending on God to help you to know when to speak and what to say, and when not to speak? _____

3. Are you daily seeking God’s wisdom, guidance and discernment? _____

Notes

Prayer

Dear Lord, thank you for the changes that You have made in my life. Please give me the desire to spend even more time in Your Word. Amen.

Section 5: Our Growth



My Thoughts

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Beauty for Ashes

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.” Galatians 5:22, 23

Reformed through the power of a loving God.

Main Points

Activities/Questions

1. Record the areas that you are experiencing God’s transforming power in your life.

2. What areas of your life do you need to submit to God for Him to continue the exchange process that He has started in you? _____

3. Find three Bible verses to memorize to remind you of God’s power to transform your life. _____

Notes

Prayer

Dear Lord, I thank You for the beauty that You have brought into my life and the changes that You have made in me. Please help me to find my identity in You and in being Your child. Amen.



Love

“Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love.” 1 John 4:7, 8

Reoriented perspective and thinking.

Main Points

Activities/Questions

1. Dwell on the vastness of God’s love for you. How can this revelation change your attitude towards your present circumstances? _____

2. Identify ways that you can share the knowledge of God’s love with others. _____

3. Identify two Bible verses affirming God’s love for you, and meditate on these verses during your daily activities. _____

Notes

Prayer

Dear Lord, please help me to have passion and conviction in my heart that is motivated by Your love alone. Amen.



Joy

"The joy of the Lord is your strength." Nehemiah 8:10

Rejoice in God and experience His sustaining power.

Main Points

Activities/Questions

1. Identify the benefits of having a joyful spirit. _____

2. What situation are you going through that God is calling you to adjust your perspective and understand that He is leading you? _____

3. Identify three positive things and thank God for these blessings. _____

Notes

Prayer

Dear Lord, thank You for giving me strength to go through difficult times. Help me to be joyful in the fact that You are always with me. Amen.



Peace

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” Isaiah 26:3

Relieved from the weight of sin.

Main Points

Activities/Questions

1. Ask God to reveal to you any thought patterns that can contribute to the erosion of your peace. Ask God to help you to make the changes in your thoughts to deepen the peace that you experience in God. _____

2. Ask God to identify the external factors over which you have no control that threatens your peace in God. Ask God to show you how to leave these things with Him. _____

3. Thank God for addressing all the things that threaten your peace in Him. Dwell on the awesomeness of God. Recall an incident where God intervened in a challenging situation you faced and provided the necessary solution. _____

Notes

Prayer

Dear Lord, thank You for the assurance that though I may experience turbulence in this world, that You are with me and will work out everything in Your time. Amen.



Longsuffering

“Now the God of patience and consolation grant you to be likeminded one toward another according to Christ Jesus.” Romans 15:5

Rebuilding your life through difficult experiences.

Main Points

Activities/Questions

1. Dwell on the reality that Jesus was willing to endure the cross for your sins. _____

2. Identify difficult situations that you have experienced and how they were used by God to help you grow. _____

3. In prayer, identify if there were any situations where you reacted in a way that caused God to be sad. Ask God to help you improve your future responses. _____

Notes

Prayer

Dear Lord, thank You for using even the most difficult situations in my life for my good. Please help me to be wise in my day to day activities and teach me how to manage challenges in the most effective way possible. Amen.



Gentleness

“And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient.” 2 Timothy 2:24

Reassured by God’s tender mercies.

Main Points

Activities/Questions

1. . Assess how you respond to your friends and loved ones. Assess the type of words and actions that you use. _____

2. What are some of the areas of your life that God is calling you to work on? _____

3. Identify the positive words that you use in your conversations. Identify words that you can use when conveying difficult messages. _____

Notes

Prayer

Dear Lord, thank You for displaying such a calm and gentle example for me to follow. Teach me to be wise and help me never to take Your special treatment for me for granted. Amen.



Goodness

“Providing for honest things, not only in the sight of the Lord, but also in the sight of men.” 2 Corinthians 8:21

Reach out to others and share the goodness of God.

Main Points

Activities/Questions

1. What area(s)/ministries have God revealed to you that He desires you to get involved in? _____

2. What attitude do you display towards the good deeds that God does through you? Ask God to provide you with the correct attitude towards the deeds that He will work through You. _____

3. Dwell on the fact that it is a privilege to be used by God in ministry. _____

Notes

Prayer

Dear Lord, thank You for giving me the opportunity to be used by You to do Your work. Help me to always direct the glory and praise to You for all that You do through me. Amen.



Faith

“Now faith is the substance of things hoped for, the evidence of things not seen.” Hebrews 11:1

Resolute to trust God in every situation.

Main Points

Activities/Questions

1. Record and reflect on three Bible verses that highlight faith in God. _____

2. How can you apply these verses to your life? _____

3. Reiterate your faith statement. What benefits have you experienced from internalizing your faith statement? _____

Notes

Prayer

Dear Lord, thank You for providing opportunities for me to learn more about You. Help me to see everything in my life from an eternal perspective. Amen.



Meekness

*“Blessed are the meek: for they shall inherit the earth.”
Matthew 5:5*

Rely on God completely.

Main Points

Activities/Questions

1. Ask God to reveal to you areas in which you require God’s strength to do things His way. Ask God to help You to always recognize your place in His presence. _____

2. Identify how it is possible to develop a spirit of meekness and be the best that God has planned for you to be, while living in a world where there is a strong emphasis on being ahead of others. _____

3. How can you differentiate between being meek and hiding your talents? _____

Notes

Prayer

Dear Lord, please show me what it means to humble myself before You. Help me to fulfill the responsibility of sharing Your Word with future generations. Help me to portray a life of determination and commitment to You, so that they will be encouraged to follow You. Amen.



Temperance

“And every man that striveth for the mastery is temperate in all things.” 1 Corinthians 9:25

Reorganize every aspect of your life for wholistic living in Christ.

Main Points

Activities/Questions

1. Ask God to help you identify areas in which you can make better use of your time and resources. _____

2. Identify areas in your life in which you may be under or over committed and ask God to show you how to make the necessary adjustments. _____

3. Ask God to help you to differentiate between when He is calling you to work with others as opposed to working on things alone. _____

Notes

Prayer

Dear Lord, thank You for showing me the importance of having a balanced life. In the areas that I am not as organized as You would require, please show me how to improve. Amen.

Section 6: Restored and Whole in Christ



My Thoughts

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God Revives and Keeps Us

“Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both now and for ever.” Jude 1:24, 25

Retain God’s promises in your heart.

Main Points

Activities/Questions

1. Record how God’s daily renewal has made a difference in your life. _____

2. Identify how submitting to the Holy Spirit has affected how you interact with others. _____

3. Record a Bible promise and ponder on the words as you go through the day. _____

Notes

Prayer

Dear Lord, thank You so much for reminding me of how special I am in Your eyes. Please help me to stay in tune with You as You make preparations to take me home one day. Amen.



God's Fulfillment of His Promises

"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away."

Revelation 21:4

Remain with God.

Main Points

Activities/Questions

1. Reflect on how God has led you this far. _____

2. Dwell on God's promise to return for His people. How does this knowledge affect the way you live today? _____

3. Continue to internalize the transforming process that God is doing in your life, and ask God to let the changes become new habits in your life. _____

Notes

Prayer

Dear Lord, thank You for changing me and molding me. I look forward to seeing You face to face and living with You for eternity. Amen.

My Commitment to Remain Faithful to God



My Thoughts

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