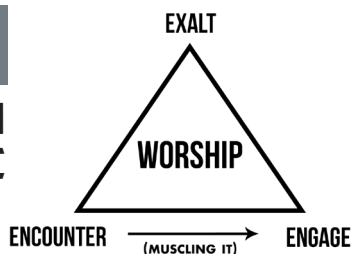


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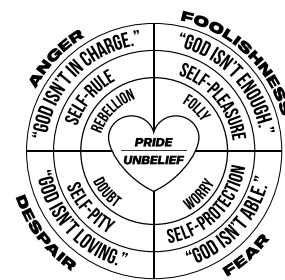
TRANSFORMATION TRIANGLE GUIDE



RESTORED HEART



UNRESTORED HEART



STEPS TO HEALING FROM FEAR:

IDENTIFY / DIAGNOSE:

1. Do I become anxious when I don't know the outcome of a situation?
2. Am I a people pleaser and/or struggle with being a perfectionist?
3. Do I struggle with handing over control in certain situations and/or struggle with trusting others?

ENCOUNTER: Two questions as you explore each passage:

God's Role: Who is God in this passage and what are His promises?

My Responsibilities: Who does God say I am and how do I apply His truth to my life today?

EXALT: Based on the truths found about God above:

Behold: Take some intentional time to be in awe of who your God is.

Be Still: Stop fighting and drop your arms.

Be Filled: Praise and thank the Lord. Confess anything that needs to go.

ENGAGE:

1. What is your before and after plan?
2. What are some ways you can confront this fear before it comes in?
3. What are some ways you can trust God when it comes in?

Psalm. 27:14
Isaiah 41:10-13
Psalm 56:3-4
Psalm 18:1-19
Psalm 46:1-10
Psalm 139:1-24
Psalm 145:1-21
Isaiah 42:10-17
Romans 8:21-30

Wait for the Lord
Fear not
Trust in Him
My Rock and Fortress
Very present help
All loving, all powerful, all knowledgeable
Great and gracious
Darkness into light
Purposeful

STEPS TO HEALING FROM DESPAIR:

IDENTIFY / DIAGNOSE:

1. Do I lack energy, isolate myself, or feel sorry for myself a lot?
2. Do I find it hard to believe God sees me or is helping me?
3. Do I focus more on finding quick solutions to hurts rather than seeing how it fits into God's bigger plan?
4. Do I keep track of who has hurt me and replay the hurts in my mind?

ENCOUNTER: Two questions as you explore each passage:

God's Role: Who is God in this passage and what are His promises?

My Responsibilities: Who does God say I am and how do I apply His truth to my life today?

EXALT: Based on the truths found about God above:

Behold: Take some intentional time to be in awe of who your God is.

Be Still: Stop fighting and drop your arms.

Be Filled: Praise and thank the Lord. Confess anything that needs to go.

ENGAGE:

1. What promises of God can you reflect on today?
2. What is one action step you can take in hope to improve your circumstances?
3. Where do you see God changing your heart but not your situation / circumstances?

Philippians 4:3-9
2 Peter 1:3-9
Joshua 1:1-9
Psalm 34:1-10
Psalm 34:11-22
Psalm 28:6-9
Psalm 145:8-21
Psalm 33:18-19

His peace passes understanding
He is our great provider
Our God is with us
The Lord is good
He heals the brokenhearted
He is our strength and shield
The Lord is good to all
Hope in His steadfast love

STEPS TO HEALING FROM ANGER:

IDENTIFY / DIAGNOSE:

1. Do I become irritated easily?
2. Do others tell me that I say the right things, but in the wrong way?
3. Do I keep track of who has hurt me? Do I struggle to forgive even after someone asks for forgiveness?
4. Do I focus more on my rights / desires than in others needs and/or than in God's commands?

ENCOUNTER: Two questions as you explore each passage:

God's Role: Who is God in this passage and what are His promises?

My Responsibilities: Who does God say I am and how do I apply His truth to my life today?

EXALT: Based on the truths found about God above:

Behold: Take some intentional time to be in awe of who your God is.

Be Still: Stop fighting and drop your arms.

Be Filled: Praise and thank the Lord. Confess anything that needs to go.

ENGAGE:

1. Name 2 or 3 authority figures God has placed over you.
2. How can you practice surrendering to those in authority over you today?

Psalm 119:137-144
1 Samuel 16:7
Romans 3:10-25
Philippians 2:1-11
Psalm 18:25-36
Psalm 119:137-144
Psalm 135:1-21
Isaiah 45:1-7

Just in all that He does
The Lord looks at the heart
Forgiving through Jesus
Humble Obedience
Perfect in all that He does
Just in all that He does
In charge of all
Sovereign over all

STEPS TO HEALING FROM FOOLISHNESS:

IDENTIFY / DIAGNOSE:

1. Do I prioritize my personal happiness and comfort above everything else?
2. Do I feel like something other than God has power or control over me?
3. Am I easily influenced by popular opinion and ignore wise counsel to chase after personal desires?
4. Do I prioritize seeking quick relief from pain over God's eternal plan?

ENCOUNTER: Two questions as you explore each passage:

God's Role: Who is God in this passage and what are His promises?

My Responsibilities: Who does God say I am and how do I apply His truth to my life today?

EXALT: Based on the truths found about God above:

Behold: Take some intentional time to be in awe of who your God is.

Be Still: Stop fighting and drop your arms.

Be Filled: Praise and thank the Lord. Confess anything that needs to go.

ENGAGE:

1. Name 2 or 3 reasons to be satisfied in Jesus.
2. What is my plan to resist the urge of self-gratifying desires and instead choose to worship Jesus and find fulfillment in my relationship with Him?

Proverbs 3:1-18
1 John 2:15-17
1 Corinthians 2:1-16
Isaiah 40:18-31
Isaiah 55:1-13
Isaiah 58:1-14
Psalm 135:1-21

Trust the Lord with All Your Heart
Do Not Love the World
Wisdom Comes from the Spirit
God provides in amazing ways
His ways are so above my ways
God gives wisdom generously
In charge of all