



REAL TALK: EVERY MAN & WOMAN

GROUP FACILITATION GUIDE
WITH VIDEOS



REAL TALK

COLLECTIVE

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WELCOME TO THE JOURNEY



Your role is vital in the journey of awakening and healing lives! I will share my knowledge of safe groups and authentic leadership to help you create a transformative environment. Best practices save time and foster true change. I want to equip you with key steps I've learned from decades of experience. I pray you feel inspired and inspire others!

REAL TALK creates a space where people feel seen, known, and unconditionally accepted amidst a deceptive world. The study guide includes five sessions, with *Speak The Unspeakable* by Elizabeth Good as the companion book.

Focus on connection; pray, and discern which questions your group needs. Some weeks, only one or two questions might be necessary. Allow room for the Spirit to move, creating a safe space for everyone. Assign only the reading designated before meetings and encourage open, spontaneous sharing, setting the example yourself. Remember, "Depth of the leader, depth of the team!" Enjoy the journey!

Much Love,
Elizabeth Good

BEST PRACTICES

TIPS FOR BUILDING TRUST IN RELATIONSHIPS

1. **Ask Questions. Talk Less.**

Listen attentively and try not to interrupt. Communicate that you want to hear what they have to say ... not what you want to say.

2. **Check Your Heart.**

Confirm that they are safe with you - then tell them that they are safe with you. Be sure you can keep confidence!

3. **Accept Them.**

Try not to evaluate or judge what they are telling you. Try to hear them and identify with them first.

4. **Love Them.**

Ask God to fill your heart with love for them!

5. **Model Transparency.**

Be willing to be vulnerable yourself. This is not in contradiction with Tip #1 - this is not asking you to change the focus of the conversation to yourself. This is being ready to be vulnerable in the case that the other person asks you personal questions or if you sense that sharing your own stories may foster greater safety.

Click to watch Elizabeth explain the facilitator resources in this guide!



BEST PRACTICES

GROUP GUIDELINES

1. **Confidentiality** and anonymity are required from all members of the group.
2. **Say “Yes” To Transparency** and vulnerability; there is no need to rescue.
3. **Participation** is required from all members.
4. **Commitment To Start And End On Time** creates trust and safety for group members. Groups usually last 1.5 hours each and can be hosted virtually or live.
5. **Respect** for others’ opinions and differing beliefs.
6. **Use “I” Statements** and speak from personal experience.
7. **Embrace The Pause**
8. **No Cross Talk**, allowing all members to have equal space to share.
9. **Engage Everyone.** When reading passages, always engage the group, asking who would like to volunteer to read.
10. **Use Wisdom In Group Size.** Typically, the most impactful group sizes are no less than 4 and no more than 10.





MATERIALS NEEDED

Book

To lead a REAL TALK group, you will need the Facilitation Guide and accompanying videos with guided questions. Each facilitator and group member will need a copy of *Speak The Unspeakable* by Elizabeth Good, available on Amazon, Audible, Kindle, and wherever books are sold.

Guide

Emotional Bingo on the following page is needed as an ice-breaker for each session. There are also many helpful resources listed throughout this guide to support your REAL TALK journey.

Ongoing Support & Resources

For additional support, including ongoing coaching, private pathways, live cohorts, and teaching resources, please contact us at freedom@realtalkcollective.tv.

*Ready for REAL TALK?
Your time is now!*

EMOTIONAL BINGO

CHECK-IN USED AT THE OPENING OF SESSIONS

This serves as an icebreaker tool to be passed around to all members.

happy	sad	sleepy	scared
quiet	upset	anxious	angry
worried	silly	focused	curious
annoyed	excited	frustrated	afraid

EMOTIONAL BINGO

CHECK-IN USED AT THE OPENING OF SESSIONS

This serves as an icebreaker tool to be passed around to all members and has more options to pull from for their check-in.

SAD	GLAD	AFRAID	CONFUSED	ASHAMED	LONELY
DOWN	AT EASE	UNEASY	CURIOUS	UNCOMFORTABLE	OUT OF PLACE
SOMBER	SECURE	APPREHENSIVE	UNCERTAIN	AWKWARD	LEFT-OUT
LONELY	COMFORTABLE	CAREFUL	DOUBTFUL	SELF-CONCIOUS	DISCONTENTED
DISAPPOINTED	SATISFIED	ANXIOUS	PERPLEXED	EMBARRASSED	INVISIBLE
WORN OUT	REFRESHED	NERVOUS	DISTRACTED	REMORSEFUL	INSIGNIFICANT
DOWNHEARTED	PLEASED	DISTRESSED	FLUSTERED	REGRETFUL	IGNORED
DISSATISFIED	ENCOURAGED	SCARED	UNFOCUSED	FLUSTERED	NEGLECTED
MOURNFUL	PROUD	SHOCKED	DISMAYED	GUILTY	REMOVED
GRIEVED	CHEERFUL	ALARMED	BEWILDERED	DISGUSTED	DETACHED
DEPRESSED	THRILLED	OVERWHELMED	INSECURE	BELITTLED	ISOLATED
CRUSHED	DELIGHTED	FRANTIC	STUNNED	VIOLATED	UNWANTED
EMPTY	OVERJOYED	NUMB	LOST	HUMILIATED	REJECTED
DESPAIRING	EXHILERATED	PANIC STRICKEN	TORN	DIRTY	ABANDONED
DEVASTATED	WARM	TERRIFIED	BAFFLED	DEGRADED	EXCLUDED

SESSION 1: RECEIVE

READ: INTRODUCTION, WE NEED TO TALK, MADE FOR MORE & EVERYTHING IS OFF

Before each week, participants should read the chapters of *Speak The Unspeakable* for group discussion. In Week One, we aim to build relationships, trust, and connections. If the group members already know each other, this will be easier, but prioritize safety and confidentiality. Use the provided questions as options to tailor the experience to your needs, focusing on the questions the Spirit highlights for your group.



STEP 1: SET EXPECTATIONS

Open in prayer, then have members take turns reading the Group Guidelines aloud. In person, pass the sheet around; virtually, display it on the screen. Explain each guideline after it is read.



STEP 2: EMOTIONAL BINGO

Each week, have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences. "Good" and "fine" are not feelings. Model this by sharing your screen virtually or distributing the Emotional Bingo card if meeting in person. Their answers can reflect group-related or personal feelings, acknowledging that everyone is setting aside something to be present.

For example, "I feel fear because I have a medical test coming up," or "I feel excited because my son is coming home." As the facilitator, answer first and keep it concise to set the tone—one to two sentences. Be comfortable moving the discussion along.



STEP 3: READ SCRIPTURE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person has the authority to heal. James 5:16



STEP 4: GUIDED QUESTION VIDEOS

Play the video(s) below, where Elizabeth models transparent and authentic answers to each question. As the group facilitator, share your answer before the other group members. Choose and play the video(s) highlighting the question(s) you feel led by the Spirit to discuss with your group.

For this week, begin with the “Welcome & Setting The Stage Video” to launch into your time together.

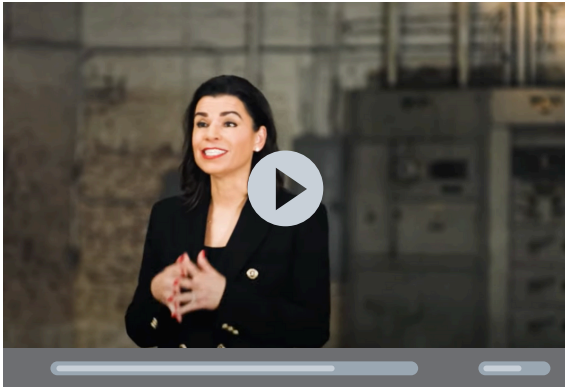
WELCOME & SETTING THE STAGE



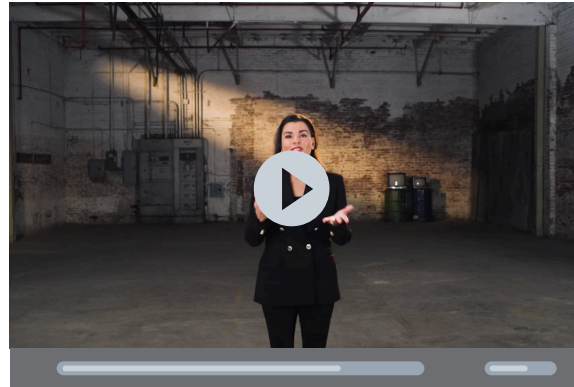
Paired reading for this question:

Read from the bottom of pages 24-25, starting with "As I shared in Groomed..." to the end of the quote, "Breaking it Forward."

 **QUESTION 1**



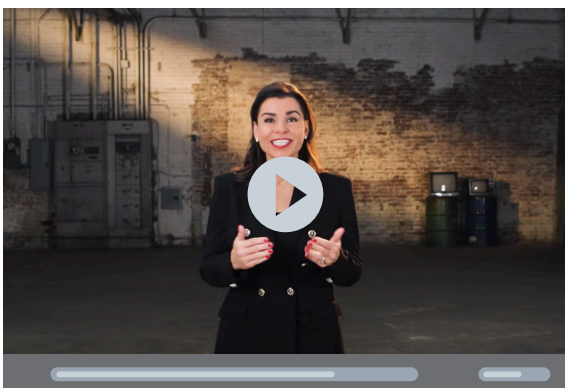
QUESTION 2



Paired reading for this question:

Read from page 41, "I have a key for that," ending with "I wasn't ready. I was stuck."

 **QUESTION 3**



Paired reading for this question:

Read the passage on page 43 that says, "Staying in the past is harder than getting past it."

 **QUESTION 4**

Additional question:

4a) What was your identity/role in your family as a child? (Were you the peacemaker keeping everyone happy, the one who went along to get along, or the truth-teller who rocked the boat, etc?)

4b) Did you enjoy that role?

4c) Are you still playing that role? If not, when did you change, and why?

4d) What do you now know is your true God-given identity?



STEP 5: CHECK-OUT

If time allows, end each session with a closing “check-out.” It’s crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, “Each person has 30 seconds to 1 minute.” Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



STEP 6: COVERING PRAYER

Read the covering prayer over the group (found in the Additional Support section of this guide). Finish on time and remind participants to complete the reading for Session 2: Reveal for next week.



STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom.



SESSION 1: YOU DID IT!

SESSION 2: REVEAL

READ: EVERYONE HAS SECRETS, THE LOST ART OF CONFESSION & SPEAK THE UNSPEAKABLE

For your second meeting, revisit the Group Guidelines if needed. During the Emotional check-in, remember it's a great warm-up and helps acquaint everyone. Go first, modeling your emotions and explaining them in a sentence or two. Acknowledge that last week was intense and that the reading may evoke many different feelings, which is normal.

This session may be split into two weeks if needed, making your group six sessions in total.



STEP 1: SET EXPECTATIONS

Open in prayer, then have members take turns reading the Group Guidelines aloud. In person, pass the sheet around; virtually, display it on the screen.



STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



STEP 3: READ SCRIPTURE

Christ has set us free to live a free life. So, take your stand! Never again let anyone put a harness of slavery on you. Galatians 5:1

Who the Son sets free is free INDEED John 8:36



STEP 4: GUIDED QUESTION VIDEOS

Play the video(s) below, where Elizabeth models transparent and authentic answers to each question. As the group facilitator, share your answer before the other group members. Choose and play the video(s) highlighting the question(s) you feel led by the Spirit to discuss with your group.

Paired reading for this question:

Read from page 66 from “There’s a KEY”.. to below the quote on page 67 ending sentence “cutting off demons that need never have access to you again.” Also read page 75, starting with “Confession is a scary word. ” Then, further down, start at “Here’s another layer” and end at ” Release and Divine calling for all Christians.”

Paired reading for this question:

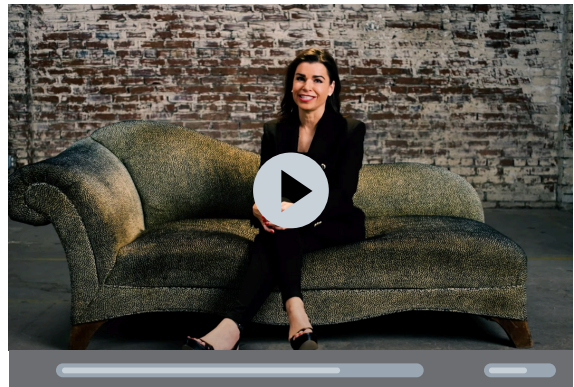
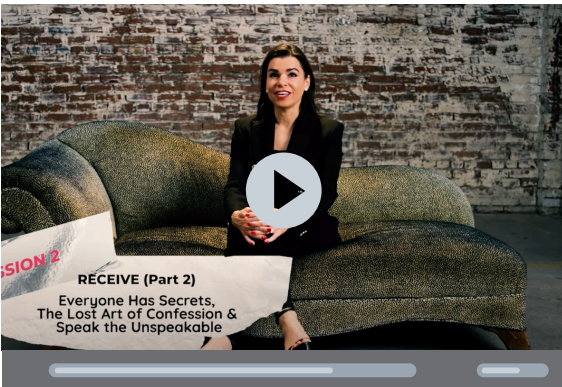
Read from page 69, the first paragraph of the rage example. “If someone says” to, “They’re surprisingly redeemable.” This speaks to ROOTS vs SYMPTOMS;



QUESTION 1



QUESTION 2

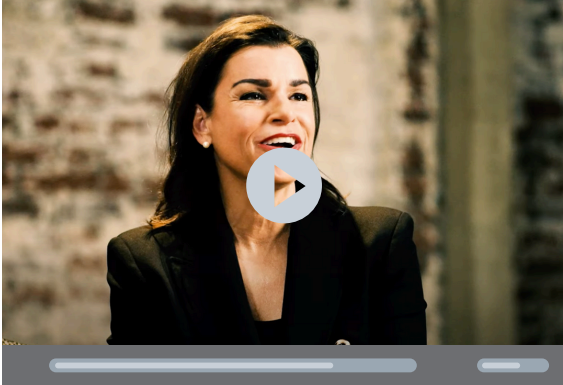


Paired reading for this question:

Read from page 90, “We’ve spent our time together processing your need, to the bottom of the second paragraph, ending with “Iron Man, or never saying no.”



QUESTION 3



QUESTION 4

Additional question:

Are there any remaining areas you want to close off to the enemy for good? Name another area here—God is complete and faithful to reveal more as we stay open.



STEP 5: CHECK-OUT

If time allows, end each session with a closing “check-out.” It’s crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, “Each person has 30 seconds to 1 minute.” Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



STEP 6: CLOSE IN PRAYER

Close in prayer together. Finish on time and remind participants to complete the reading for Session 4: Release for next week.

If a group member has experienced something significant and needs help processing it, please contact freedom@realtalkcollective.tv to connect them with private ministry support.



STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom.



SESSION 2: YOU DID IT!

SESSION 3: REFLECT

READ: BORN TO BATTLE & WHEN WE SHIFT EVERYTHING SHIFTS



STEP 1: OPEN IN PRAYER

Begin with prayer and dive in for week three!



STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



STEP 3: READ SCRIPTURE

Being confident of this, that He who began a good work in you will carry it out to completion until the day of Christ Jesus.

Philippians 1:6

See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble; by it, many will be defiled. Hebrews 12:15

For the gifts and calling of God are without repentance. Romans 11:29



STEP 4: GUIDED QUESTION VIDEOS

Play the video(s) below, where Elizabeth models transparent and authentic answers to each question. As the group facilitator, share your answer before the other group members. Choose and play the video(s) highlighting the question(s) you feel led by the Spirit to discuss with your group.

Paired reading for this question:

Read from page 105, page 93 in Kindle: "Fair warning ...The Bible makes it clear"... to the end of the 4th paragraph, at almost the end of page 106, "Upper hand in this fight."



QUESTION 1

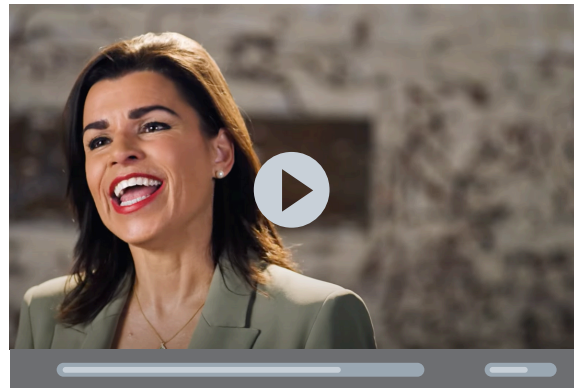


Paired reading for this question:

Read from page 107, first two paragraphs, - "How can you be sure..." to "...kill your spirit while you live."



QUESTION 2



Paired reading for this question:

Read from page 111 from "There are..." to the top of page 112 "sins of the father."



QUESTION 3



QUESTION 4

Additional question:

4a) How are you feeling now that you have clarity on your next level of RELEASE?

4b) Can you name what you are severing? Just a few words.

As you go, focus on this scripture: "Be still, the enemy you see before you today (pattern/tactic) you will never see again." Exodus 14:13-14



STEP 5: CHECK-OUT

If time allows, end each session with a closing "check-out." It's crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, "Each person has 30 seconds to 1 minute." Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



STEP 6: CLOSE IN PRAYER

Close in prayer together. Finish on time and remind participants to complete the reading for Session 4: Release for next week.

If a group member has experienced something significant and needs help processing it, please contact freedom@realtalkcollective.tv to connect them with private ministry support.



STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom. Encourage them to write their Letter of Release and bring it to your next meeting.



SESSION 3: YOU DID IT!

Consider sending a personalized version of the message below to your group this week as they prepare for Session 4:

Hello all,

This week, as we embrace "THE SHIFT," I encourage you to write a "LETTER OF RELEASE/EXCHANGE." Detail what has held you back, how you didn't see it then but do now, and declare that you no longer agree with these attacks.

Recognize your true worth and identify the people and spiritual patterns that have been used against you. As you list them, start the shift toward forgiveness. Seeing things clearly will bring peace and a new level of understanding. This process may be quick or take time. Focus on the patterns and themes of the attacks. We want to teach you how to close the door so the enemy no longer has access to you.

As you write, ask God to reveal the true nature of these patterns, beyond the old stories you've told yourself. Seek a new perspective. Remember, as we step out of agreement with these patterns, everything shifts. Take authority over your atmosphere with prayer (see your Leader's Guide). Speak it in a way that resonates with you.

The enemy you see today, you will never see again. Walk with purpose, knowing every step you take is on holy ground. You are worth more, and it is time!

SESSION 4: RELEASE

READ: EMBRACING YOUR ETERNAL PURPOSE & NO GOING BACK



STEP 1: OPEN IN PRAYER

Begin with prayer and dive in for week three!



STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



STEP 3: READ SCRIPTURE

Be Still and Know that I am God. Psalm 46:10

Where the Spirit of the Lord is, There is Freedom. 2 Corinthians 3:17

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then, you will be able to test and approve what God's will is—His good, pleasing, and perfect will. Romans 12:2



STEP 4: GUIDED QUESTION VIDEOS

Play the video(s) below, where Elizabeth models transparent and authentic answers to each question. As the group facilitator, share your answer before the other group members. Choose and play the video(s) highlighting the question(s) you feel led by the Spirit to discuss with your group.

QUESTION 1



QUESTION 2



QUESTION 3





STEP 5: CHECK-OUT

If time allows, end each session with a closing “check-out.” It’s crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, “Each person has 30 seconds to 1 minute.” Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



STEP 6: CLOSE IN PRAYER

Close in prayer together. Finish on time and remind participants to complete the reading for Session 5: Relaunch for next week.

If a group member has experienced something significant and needs help processing it, please contact freedom@realtalkcollective.tv to connect them with private ministry support.



STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom. Encourage them for the last session to start DREAMING BIG, BOLD, AUDACIOUS DREAMS!



SESSION 4: YOU DID IT!

SESSION 5: RELAUNCH

READ: THE GOOD LIFE & THIS CHANGES EVERYTHING



STEP 1: OPEN IN PRAYER

Begin with prayer and dive in for week three!



STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



STEP 3: READ SCRIPTURE

This is what the Lord says: “Stand at the crossroads and look... ask where the GOOD way is and walk in it, and you will find rest for your souls. Jeremiah 6:16

Who the Son sets free is free INDEED John 8:36

Every Good and Perfect gift is from above, coming down from the Father of Heavenly lights, who does not change like shifting shadows. James 1:17



STEP 4: GUIDED QUESTION VIDEOS

Play the video(s) below, where Elizabeth models transparent and authentic answers to each question. As the group facilitator, share your answer before the other group members. Choose and play the video(s) highlighting the question(s) you feel led by the Spirit to discuss with your group.

Paired reading to set up this session/introduce all questions:

Read from page 153, “The reason that journey...” (the entire paragraph)

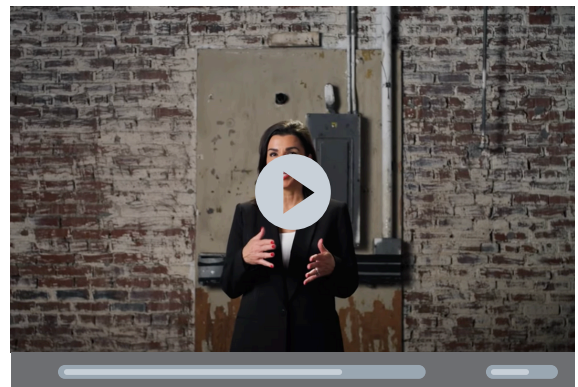
Next, read on page 158, from “REAL TALK is blunt by definition ...to the end of the next paragraph, “I had to get over myself; this mattered more.”

Finally, read page 161, from “There’s so much in a name, but you have to be vigilant and watch which name you are working under...” to “Blinded by the light.”

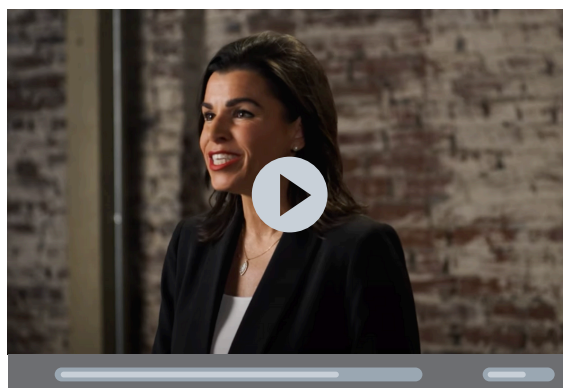
QUESTION 1



QUESTION 2



QUESTION 3



In closing of your final session:

Read from page 164, starting in the middle of the paragraph right above Denzel Washington's quote, to "If you take the time to pay attention... to the end of the chapter..."Yours truly, Mrs. Good."



STEP 5: CHECK-OUT

If time allows, end each session with a closing "check-out." It's crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, "Each person has 30 seconds to 1 minute." Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



STEP 6: CLOSE IN PRAYER

Read the covering prayer over the group (found in the Additional Support section of this guide).

If a group member has experienced something significant and needs help processing it, please contact freedom@realtalkcollective.tv to connect them with private ministry support.



STEP 7: STAY CONNECTED

Bless them and end your time with:

"Stand at the crossroads and look; ask where the GOOD way is and walk in it, and you will find rest for your souls." Jeremiah 6:16

After your group closes, send members the QR code survey from the Reporting section of your Facilitation Guide. Encourage them that this is just the beginning. Stay connected at [Real Talk Collective](#).



SESSION 5: CONGRATULATIONS! YOU COMPLETED THE FINAL SESSION OF REAL TALK!



REPORTING

After you have completed your group, please take a few moments to fill out the facilitator's survey. Your feedback is invaluable in helping us improve and support future groups.

Additionally, share the adult participant survey with your group members to complete. Their input is crucial in understanding their experiences and ensuring the continued success of REAL TALK.

Thank you for your dedication and commitment to fostering meaningful connections and growth.

QR Codes & Direct Links to Surveys Below:

[Facilitator's Survey](#)

[Participant's Survey](#)



PAYING IT FORWARD

HELP MINISTRIES AROUND THE WORLD LAUNCH REAL TALK

We invite you to pay it forward by supporting The Foundation United financially. Your gifts go 100% toward sustaining this vital ministry and the organizations that REAL TALK empowers worldwide.

Donations can be made online at www.thefoundationunited.org or by mailing a check to The Foundation United, P.O. Box 5576, Sarasota, FL 34277.

Your generosity helps us continue to make a meaningful impact in the lives of many. Thank you for your support!

PRIVATE PATHWAYS & COACHING

Individualized next steps are important. We hope that through your REAL TALK experience, the Holy Spirit revealed areas for further development and exploration. We offer a network of confidential next steps globally for individuals, couples, and those seeking premarital or marriage resources. We call these “Private Pathways.” There is always more to discover. We would love to help you find the best next steps—email freedom@realtalkcollective.tv for more information.

If you need additional coaching, healing resources, or training, please contact us at the same email address. We are here to support you every step of the way, ensuring you have the tools and guidance necessary for your journey.



ADDITIONAL RESOURCES

COVERING PRAYER

I bind and break all word curses and witchcraft. I break off all ungodly soul ties. I break all covenants, agreements and compromise with darkness. I break off all controlling spirits operating in people that are opposite of God's best for my life.

(Controlling spirits are people wanting you to benefit them, but might not be God's best.)

I say "yes" to God's covenant of abundant life. (John 10:10) I come into agreement with your covenant of abundant life, Lord. Jesus said He came to give me abundant life... I receive and thank him for it.

All demons of doubt and unbelief must go in Jesus name! I am a daughter/son of the king bestowed with all of its privileges and rights! I will not live below my privilege!

(Mark 16) I have authority over negative words spoken against me.

(Isaiah 54:17) No weapon formed against me shall prosper, and every tongue which rises against me in judgment I shall condemn! This is the heritage of the servants of the Lord, and their righteousness is from Me," says the Lord.

I come into agreement with your plans and purposes for my life, Lord. Jesus, what are you praying about and wanting for my life today? I will watch my tongue, God. It has the power of life and death. Release today to kingdom time... Your time. Lord, reset my mind to the Kingdom... to You God!

Amen



LISTENING ASSESSMENT

CIRCLE ALL STATEMENTS YOU CAN AFFIRM

1. I make a great effort to enter other people's experiences of life.
2. I do not presume to know what the other person is trying to communicate.
3. My close friends would say I listen more than I speak.
4. When people are angry with me, I am able to listen to their side without getting upset.
5. People share freely with me because they know I listen well.
6. I listen not only to what people say but also to their nonverbal cues, body language, tone of voice, etc.
7. I give people my undivided attention when they are talking to me.
8. I am able to reflect back and validate another person's feelings with empathy.
9. I am aware of my primary defensive mechanisms when I am under stress, such as placating, blaming, problem-solving prematurely, or becoming distracted.
10. I am aware of how the family in which I was raised has influenced my present listening style.
11. I ask for clarification when I am not clear on something another person is saying rather than attempt to fill in the blanks.
12. I never assume something, especially negative, unless it is clearly stated by the person speaking.
13. I ask questions when listening rather than trying to mind-read or make assumptions.
14. I don't interrupt or listen for openings to get my point across when another is speaking.
15. I am aware when I am listening of my own personal "hot buttons" that cause me to get angry, upset, fearful, or nervous.

SCORING: If you circled . . .

12 or more: you are an outstanding listener

8 -11: very good

5 -7: good

4 or fewer: poor, "you are in trouble"

If you want to be really brave, after scoring yourself, ask your spouse/close friend to rate you as a listener.

THE JOHARI WINDOW





ATMOSPHERE PRAYER

CONTINUED

The Atmosphere Prayer is a guide to use in praying over yourself and every place you own, lease, rent, or occupy legally, and clean it up spiritually. We know that each person is a 3-fold being: body, soul (mind, will & emotions) and spirit. And there is a spiritual realm that we each participate in...whether it is of Light or of darkness. Pray this to take authority OVER the atmosphere ANY TIME of day. This prayer aligns you to synchronize with heaven and handles the enemy's interference. The words in bold are essential. This is not meant to be followed like a formula but to train you in knowing and declaring the truth found in scripture to apply to your life. Treat this like you would when learning something new - like training wheels until it becomes like second nature. Once you understand the "steps" God will bring scriptures to mind and you can add whatever scriptures He speaks to your spirit!

1. Submit Yourself to Jesus:

The enemy of your soul cannot read your mind, but he can be moved to action by our words, so we make a verbal declaration to alert satan of our intentions. The Bible tells us in James 4:7: "Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you." Matthew 16:19 gives us these directions: "I will give you the keys of the kingdom of heaven: whatever you bind on earth will be bound in heaven and whatever you loose on earth will be loosed in heaven." Because of our relationship with Jesus, our Savior, we can understand our position in Him. He is our older brother, the Son of God, and through salvation we become co-heirs with Him, receiving God's authority too! "So, you are no longer a slave, but a son; and since you are a son, God has made you also an heir." (Galatians 4:7)

Pray this:

"I choose to submit myself to Jesus today. (James 4:7) I submit every part: my will, my mind, my rights, my emotions, my body, my plans, and all my control to you, Jesus, because you have the keys to the Kingdom, and You have granted me the authority to partake in your divine nature as a co-heir with you, Jesus."

2. Take Spiritual Authority Over Your Atmosphere:

As a Christian, you have legal authority in the spirit realm to pray over yourself and every place you own, please, rent, or occupy legally, to remove and spirits that are not of God and clean up the surroundings or area spiritually. This is especially important to clear up the thoughts in your mind that the enemy sends to destroy you.

ATMOSPHERE PRAYER

CONTINUED

Pray this:

"I take the authority granted me in your name Jesus and come over my atmosphere, in every place or property that I legally own, rent, lease, or have been assigned as my domain here on earth. All that is mine and my family's birthright and inheritance - declaring that it all aligns and synchronizes to Heaven; Thy will be done on earth as in heaven (Matthew 6:9). I stand in the authority you have granted me to bind all the enemies forces - every principality & power, every ruler & dominion, every authority & throne (Luke 10:19 and Ephesians 1 & 6). I separate them from me and (_____) (name all who occupy the places legally you own, rent or lease, example - your children, etc....), and I command them to be bound in chains by the blood of Jesus and sent to His feet for Him to handle. I break off, shut down, and silence all communication from all demonic realms and all evil spirits, breaking them off my myself and (_name/s_), so there will be no lies, accusations, insinuations, inferences, intimidations, manipulations, manifestations, torment, or bullying."

3. Release the Spirit of the Lord over Yourself:

According to prophecy in Isaiah 11:2, the Spirit of the Lord will rest upon the Messiah: "A shoot from the stump (family tree) of Jesse; from his roots a Branch will bear fruit." Jesus fulfilled the prophecy from Isaiah 61:1-3, in Luke 4:16-21 where He declared that He was the Messiah. Followers of Christ are co-heirs with Him and receive all the rights and benefits Jesus does, so we also have authority over the enemy in Jesus' name.

Pray this:

"I release over myself and this place and over all who occupy it - the Spirit of the living God, the Spirit of revelation, the Spirit of wisdom, the Spirit of power, the Spirit of council, the Spirit of knowledge, and the Spirit of the fear of God. I release all good gifts from heaven and thank you Father God for being my protector and for giving me Jesus."

To clarify, "The spirit of the Fear of the Lord" is not being afraid of God, rather it is putting God in first place, honoring, and reverencing Him.

4. Armor-Up & Activate the Angels:

Isaiah 54:17 tells us that there is not any weapon made that can win against the Christian. The battle is not a physical one but a spiritual one.

ATMOSPHERE PRAYER

CONTINUED

Pray this:

"No weapon formed against me will prosper, for I do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. (Ephesians 6:12).

So, therefore, I put on the whole armor, stay alert, and pray in every circumstance, so that I can stand against the enemy's plan." (Ephesians 6:13-18)

"I activate and call upon all Heavenly hosts (as seen in Luke 2:13) and angels that you have for me, my family and ministry; all warring, messenger, healing, deliverance, ministry, and worship angels as needed for us today."

5. Yoke-up With Jesus and Rest:

Matthew 11:28-30 provides the recipe for rest: "Come unto me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Pray this:

"Jesus, according to your Word, I choose to yoke myself to you today. I know that as I partner with you, submitting my circumstances to you and learning from You, then I will find rest for my soul (my mind, my will, and my emotions). The Word of God says that You will carry my burdens, I don't have to do it alone. Because Your yoke is easy, and Your burden is light. Amen!"

ORDER OF MINISTRY

CONFESS YOUR SINS ONE TO ANOTHER AND PRAY FOR EACH OTHER THAT YOU MAY BE HEALED, FOR THE PRAYER OF A RIGHTEOUS PERSON HAS GREAT POWER AND AUTHORITY TO HEAL . JAMES 5:16

Remember:

It is all based on being able to Receive in *Relationship, Recognizing to Reveal, Reflect to Repent and Release, which all leads to a Reconciled Relaunch.*

Example Areas of Agreement:

- Bitterness
- Unforgiveness
- Resentment
- Revenge
- Anger/Wrath
- Control
- Hate/Murder
- Anxiety
- Lust/Seduction
- Accusation
- Trauma
- Envy/Jealousy
- Rejection
- Fear
- Occult
- Shame
- Greed
- Betrayal

Lead One Another And Have Them Repeat:

In the name of Jesus, by the power of the Holy Spirit -

- I take *authority* over you, spirit of XX.
- I *break your power*, spirit of XX and *cancel* your assignment.
- I *cast you out* spirit of XX and *consign* you to dry places. In the name of Jesus, go now.

Pray This Over The Person To Close:

- Father God, *heal* the place where the spirit of XX has been and *fill it instead with your Spirit. Fill them with YOUR SPIRIT and the Fruits of your Spirit:*

- Love
- Joy
- Peace
- Patience
- Kindness
- Faithfulness
- Gentleness
- Self Control



FORGIVENESS TOOL

I was wrong when I _____.

I can understand how it made you feel _____, _____, and _____.

What else did it make you feel?

I hurt you. I hurt "US." I want to give you what you need to make it right. I will try my best not to do it again.

I am committed to rebuilding trust and showing you the love and respect you deserve. Will you please forgive me?

EVICTING THE SPIRIT OF REJECTION

Now, spirit of rejection, your stronghold has been dismantled; you have no protection. I come against you and I reject you. Your defeat was accomplished at the cross of Jesus. I tell you that your rule in my life ends here, now. Because of the Spirit of God, who gives me power and authority, I command you to lose me from your hold. I command you to leave me now in the Lord Jesus' name!

GOD PREPARES A TABLE

SYMPTOMS YOU'RE LOSING HEART

Enemies At The Table

1. Depression & Hopelessness
2. Anxiousness & Fear
3. Numbness
4. Self-Centeredness & Judgement
5. Forgetfulness of His Past and Present Works
6. Sin

Our joy is not dependent on our circumstances, opposition or struggles.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Psalm 23:5

We do not lose heart. Though outwardly we are wasting away, inwardly we are being renewed day by day. For momentary troubles are achieving for us an eternal glory that far outweighs them all. We fix our eyes not on what is seen, but on what is unseen. 2 Corinthians 4:16-18

Symptoms aren't the root cause. Unseen enemies are the root... God prepares your table in spite of them.

These enemies are at the table, but God promises you a feast in their presence, and in spite of them He gives us His cup of rejoicing, strength, peace, righteousness, overcoming, healing, and joy.

Resource: The Cup of Remembrance by Peter Louis



LEARNING GOD'S VOICE

God's Voice

- Stills you →
- Leads you →
- Reassures you →
- Enlightens you →
- Encourages you →
- Comforts you →
- Calms you →
- Convicts you →

Satan's Voice

- Rushes you
- Pushes you
- Frightens you
- Confuses you
- Discourages you
- Worries you
- Obsesses you
- Condemns you

God is never early and He's never late.

He's always right on time and His plans for you are good.

God is a God of love and order.

If the voice you are hearing doesn't sound like these examples above,
then they are not from Him.

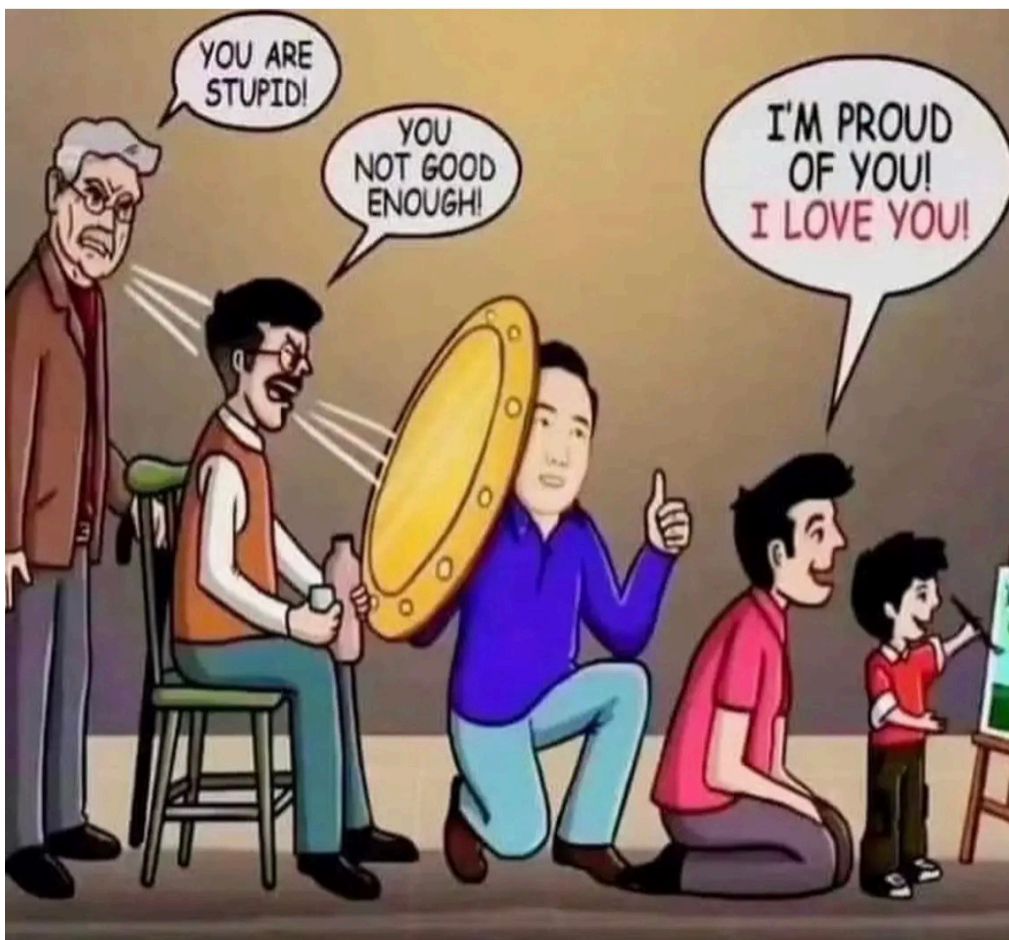
Take time to question
and evaluate.

WHOSE VOICE AM I HEARING?

IT'S UP TO YOU

BREAKING GENERATIONAL PATTERNS

You can decide to rewrite the script passed on to you by your family of origin. The power of those curses can be broken. Patterns of those thoughts, attitudes, and behaviors can be changed.





TOOLS & RESOURCES

READ & LISTEN

- Speak the Unspeakable and Groomed by Elizabeth Good
- Soul-Healing Love: Ten Practical, Easy-to-Learn Techniques for Couples in Crisis by Tom and Beverly Rodgers
- The Transformation Of The Inner Man by John & Paula Sanford
- Francis Chan - What Every Person Needs To Know About Demons
- How judgments and critical justification can appear
- Managing Your Thoughts and Renewing Your Mind
- You Are More Than You've Been Told 7-Day Readin Plan by Hosanna Wong
- The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World by John Mark Comer
- The Power of Vulnerability. Listening to Shame and Atlas of the Heart by Brene Brown
- Immortal Diamond. The Enneagram: A Christian Perspective and A Spring Within Us by Richard Rohr
- If You Wake Up Between 3am & 5am Do These Three Things! - C.S. Lewis

NEXT GEN TOOLS

- Become trained in REAL TALK for Next Gen. Learn more at www.RealTalkCollective.tv
- Safeguard and educate your family at home with our vast catalog of resources available at www.thefoundationunited.com/statsandresources
- Understand how porn is influencing the next generation and how to get help with addiction at www.raisedonporn.com
- Safety tips and resources to learn more are available at www.TheFoundationUnited.org/statsandresources

POST-ABORTIVE HEALING RESOURCES

- Post-abortive healing resources are available at Training.supportafterabortion.com