

Contagious Victory
by
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**A Workbook That Accompanies
the 2020 Revised Version of
Dr. Neil Anderson's book
Victory Over the Darkness**

Week One

Week One- Day 1

As you begin today’s lesson, write out a prayer to God. Tell him what’s on your heart and on your mind. Give Him your cares, your fears, and your concerns. Be honest with Him. Spill over onto the back of the page or into the margins if you need extra space.

Dear Lord, _____

Read chapter one of Victory Over the Darkness all the way through, in one sitting if possible. As you read, highlight any statements that are particularly helpful to you. This will enable you to answer questions later in the week.

In the space below, give a general overview of what the author is saying in this chapter. This does not need to be an exhaustive summary of the whole chapter, but try to include the major themes. Think of what you would say to a friend you were trying to encourage with the great things God has taught you. Make it personal and applicable to daily living.

Was there a scripture that you highlighted? If not, go back through and skim the chapter until you find a verse that really speaks to you. Write it in the space below.

Think of a situation in your daily life in which this verse could bring life to you, and help you specifically deal with your particular circumstances. Briefly describe it.

Copy the verse you wrote above onto an index card. Put it in a place where you will see it often throughout the day; by the kitchen sink, in the laundry room, or by the bathroom mirror. While you are doing things that leave your thoughts free, read your verse over and over. You will find that this verse will start to become “hidden in your heart that you might not sin against God.” (Ps. 119:11)

Week One- Day 2

Have you written out your index card from yesterday's study? If not, please do it now. This is such an important part of transforming your life through the renewing of your mind.

(Ro. 12:1, 2)

Now that you've read through the whole chapter, we're ready to go back and begin feasting on its truths. Before we start, begin today like you did yesterday, writing out what is in your heart in a prayer. Lord Jesus,

Before you started reading this chapter, if someone had asked you to tell them about yourself, you may have responded like our author, Dr. Anderson, did on page 21. After reading this chapter, who would you say you are?

Is it important that you understand your identity? ____ Dr. Anderson has often said, "Your understanding of who God is and who you are in relationship to Him is the critical foundation for your belief system and your behavior patterns as a Christian. On p.22 the last sentence in the second paragraph sums it up beautifully. "It isn't what we do that determines who we are, who we are determines what we do."

False Attempts at Self-Verification- pp.22-24

The young lady's story is so relatable. She was asked, "Have you ever cried yourself to sleep at night out of feelings of inadequacy, and wished you were somebody else?"

What was her answer? _____ Maybe you've struggled in other areas. Underline any of the following that could apply to you; self-doubt, introspection, putting on a false front, covering up negative feelings, stroking one another's egos, picking yourself up by your own bootstraps, having an inflated ego, drawing attention to yourself.

In Eccl. 1:2 Solomon says, "Everything is _____! p. 23

Under Figure 1-A on p. 25 we learn three things from Genesis:

1. Significance- Man had a divine _____ . (Gen. 1:28)
2. Safety and Security- All of man's _____ were provided for. (Gen. 1:29)
3. Belonging- Man had a sense of _____ . (Gen. 2:18)

According to Figure 1-B on p. 29, what are the four effects of the fall?

1. Spiritual death affected by a deceitful heart
2. Lost _____ of God affecting the mind
3. Dominant _____ emotions affecting our emotions.
4. Too many _____ affecting our will.

Week One- Day 3

Enter His gates with thanksgiving and His courts with praise. Thank Him for what He has done, and praise Him for who He is!

Attributes Become Needs- pp. 34, 35

1. "Acceptance was replaced by _____; therefore, we have a need to belong... We will never understand the power of peer pressure until we acknowledge the legitimate need to belong, and the fear of _____."
2. "Innocence was replaced by guilt and shame; therefore, there exists the need to fulfill a legitimate sense of _____. If you knew that you were a child of God, you were loved, accepted, and forgiven, and your life was characterized by the fruit of the Spirit, would you feel good about yourself?" _____
3. "Dominion was replaced by weakness and _____; therefore, we have the need for _____ and self-control... They wrongly believe they can fulfill themselves by trying to control and manipulate other people or circumstances in life. In other words, they are trying to play _____. The fruit of the Spirit is not spouse control... it is _____ control (Gal. 5:23)."

So Who Are You? - pp. 35-37

Read through the list of Scriptures on pages 36 and 37. How do you feel about these statements from God? _____

What do you know to be true about your identity in Christ? _____

How do your feelings differ from the truth? _____

Even if there is no difference, there may come a time in the future when you will need to re-program your mind with the truth. Choose with your will which one you will listen to. Phil. 4:8 tells us to think on these things.

Look back through your homework from this week and find a statement that is a valuable nugget of truth for you. You don't want to lose it. Write it in the space below and copy it onto an index card. _____

Week Two

Week Two- Day 1

I hope that after completing Chapter One you are looking forward expectantly to this time of communing with God. I am amazed at how the simple act of writing the words brings focus to our prayers.

Read Chapter 2. It would be most helpful to read it at one sitting in order to see the overview before you dig deeper into the truths hidden there. Write out a brief summary of what you think Dr. Anderson is saying in this chapter.

Find a Bible verse in chapter two. Write it on an index card and keep it with the verse from Week One. Learning these scriptures will be life-changing. Write the verse in the space below.

Is there something you've been praying about that this verse speaks to? Describe it in the space below.

Week Two-Day 2

It is time to meet with your Lord. Enter His gates with thanksgiving and His courts with praise.

As we learn about Bill and Susie on pp. 39 and 40, how did Bill’s understanding of himself change? _____

Why are many Christians not living free and productive lives? (p. 41)_____

If they don’t see themselves the way God sees them they suffer from a _____ identity and a poor sense of_____.

The Example of Christ- pp. 41,42

Which of the verses about Christ’s example stand out to you the most?

Why?_____

Jesus Came to Give Us Life- p.42

The ultimate value is not our _____ life which is temporal, but our spiritual life which is _____.

The Whole Gospel-p.42-44

The death and _____ of Jesus comprise two-thirds of the gospel. Something had to be done about the _____ of this world. Two sovereigns cannot rule in the same sphere at the same time. 1 John 3:8 tells us that, “the Son of God appeared for this purpose, to destroy the works of the _____ . This third of the gospel is what most of the world’s population is waiting to hear.” Col.2:13-15 says, “When you were dead in your transgressions and the uncircumcision of your flesh He made you _____ together with Him, having forgiven us all our transgressions, having cancelled out the certificate of death consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the _____ . When He had _____ the rulers and authorities, He made a public display of them, having _____ over them through Him!”

Do you always live in this triumph? _____

Do you always feel triumphant? _____ It is true!

What a Difference Christ Makes in Us- p. 44

What phrases are found forty times in the book of Ephesians? In _____ and having Christ in _____.

For every Biblical passage that teaches that Christ is in you, there are ten that teach that you are in _____. What does this mean to you personally? _____

Week Two- Day 3

Meet with your God. Confess any sin that He brings to your mind as you open your heart.

New Life Requires New Birth-p.45

Jo. 3:3 says, “Unless one is born again he _____ see the Kingdom of God.”

Will you ever be more spiritually alive than you are right now? Circle: yes or no. Hallelujah!

1 Cor. 15:3 says, “For this perishable must put on the imperishable and this mortal must put on _____.”

According to Rev. 21:27 our name is written in the Lamb’s book of _____.

New Life is a New Creation-pp.45, 46

According to Dr. Anderson, “Christians are not simply people who are forgiven and go to heaven when they die. Christians, in terms of their deepest identity, are _____, spiritually born children of God, divine masterpieces, children of light, and _____ of heaven.”

“It is not what we do as Christians that determines who we _____, it is who we are that determines what we _____.”

“Understanding your identity in _____ is essential for living the Christian life.

People cannot consistently _____ in ways that are _____ with what they believe about themselves. You don’t change yourself by your perception. You change your perception of yourself by believing the _____.

“The major strategy of _____ is to distort the character of _____ and the truth of who we _____.... If however the Father of lies can blind our minds or _____ us into believing it isn’t true, we will _____ as though it isn’t.”

I am aware that I emphasized almost every bit of this section, but I do not apologize because it is all so essential to your understanding of how critical this is.

New Life Results in a New Identity- pp. 46-49

Do you feel like a saint? _____

According to Paul, in Ro. 1:7, 1 Cor. 1:2, 2 Cor. 1:1. and Phil. 1:1, what is a saint?

Although the New Testament provides plenty of evidence that the believer sins, it never identifies the believer as a _____.

1 Tim. 1:15 is a reference to Paul’s pre-conversion opposition to the gospel.

Pages 47 and 48 give three reasons for this perspective.

1. The first half of 1Tim. 1:15 shows that the sinners whom Christ came to save were outside of _____ rather than believers who can still choose to sin.

2. Paul says, “And yet, I found _____.”

3. The term sinner did not describe him as a believer, but rather was used in remembrance of what he was before Christ _____ him.

It is very important that you understand this distinction. As you begin to share with people your understanding of your identity in Christ, some will quote 1 Tim. 1:15 and determine that we are not saints, but sinners.

Bill Gillham, author of Lifetime Guarantee, says that we are saints who occasionally sin. We could even take that one step further and say we are saints who sin a lot.

Reread pages 47-49 until it is clear to you. You will probably be challenged on this point because it goes against the conventional teaching in many churches.

Are we trying to become saints? _____

We are saints who are becoming _____.

Make an index card for several key statements from pages 47-49. _____

In the third paragraph of p. 49 Dr. Anderson says, "Many Christians are dominated by the flesh and _____ by the devil. However, telling Christians they are _____ and then disciplining them if they don't act like saints seems counterproductive at best and inconsistent with the Bible at worst."

Have you ever struggled with this? _____

If so, in what way? _____

Flesh Patterns Do Not Define Who We Are- pp. 49, 50

2 Cor. 5:16 says, "Therefore from now on we recognize no one according to the flesh..."

Nowhere in the Epistles are _____ identified by their flesh patterns.

Our Identity in Christ Is the Only Means to Overcome Racism, Sexism, and Elitism- p. 50

Col. 3:9-11 and Gal. 3:28 are clear.

Dr. Anderson says, "Every attempt to unite fallen humanity on any other basis than _____ has failed. Jesus is praying that we would all be one as He and the Father are one in Jo. 17:21, but that _____ can only be found in Him."

Week Two- Day 4

What is True of Christ is True of You- p. 51

Wow! Read that heading again. Do you always feel that what is true of Christ is true of you? ___

Is it still true despite your feelings? _____

What is more valid? Your feelings or what you know to be true? _____

Write out a prayer to the Lord telling Him what you are feeling about His truth.

When I came to the point of choosing once and for all that the truth of His Word was more valid than my feelings, it was a life-changing experience! Have you settled this once and for all? ___

When the enemy whispers lies to you about your worth, your abilities or your effectiveness, if you have already settled this in your mind, he will have no choice but to turn away as a defeated foe. And you will be able more and more to walk in the victory Christ purchased for you at so great a price.

As a way of reprogramming your mind with the truth, look up these life-changing verses and write them in the space below:

Romans 6:3, 6

Galatians 2:20

Colossians 3:1-3

Romans 6:4-11

Ephesians 2:6

Ephesians 1:19, 20

Romans 8:16,17 _____

Ephesians 1:11, 12 _____

What truth stands out to you from these verses? _____

Week Two- Day 5

We have explored many life-altering truths this week. As we begin today, take a minute to tell the Lord some of what you have been learning. _____

Thank Him for what He has done for you. _____

Who Am I? pp. 51-55

In the last paragraph on p. 53 Dr. Anderson tells us, “Every one of these characteristics is completely true of you, and you can do _____ to make them truer. You can, however, make these traits more meaningful and productive in your life by simply _____ to believe what God has said about you. You will not be prideful if you do, but YOU WILL LIKELY BE _____ if you don’t.” It’s your choice!

Now remind yourself of who you really are. Read over the list entitled “Who Am I?” on pages 51-53. List some of the statements describing your identity that mean the most to you.

Look up the verses that go with the “Who Am I?” statements you chose and write them down. These will most likely be verses that will become life to your soul. _____

When the Psalmist says in Ps.119: 11, “Your Word have I hid in my heart that I might not sin against You”, he is referring to life-transforming verses like these. As you keep your eyes on your Savior, over time you will begin to see that you are “being transformed by the renewing of your mind.” (Romans 12: 1, 2)

Week Three

Week Three -Day 1

Enter His gates with thanksgiving and His courts with praise.

Ask God to open your eyes to His truth as you read chapter three in Victory Over the Darkness. Remember to highlight those statements that leap off the page to you. Now summarize what you feel this chapter is saying.

Look back through the chapter and find a scripture verse that really spoke to you.

Apply it to a situation in your life. _____

Now copy this verse onto your growing pile of index cards. ___

Week Three- Day 2

I hope you are eager to pour out your thoughts in the form of praise and thanksgiving. Even if you aren't exactly eager, could you offer Him a sacrifice of praise?

We meet Claire on page 57.

Can you relate to anything Claire experienced? If so, explain. _____

What was her secret? _____

In the last paragraph on p. 58 Derek is quoted as saying, "I've always _____ so hard to please God by what I do, just as I _____ to please my natural father. I didn't realize that I am loved and _____ for who I am."

Derek's story is very similar to my story. Is it also like your story? _____

In what way? _____

How can living the truth can transform your life? _____

Rooted In Eternity- pp. 59, 60

Dr. Anderson wisely states that, "Finding our identity in temporal activities is a fragile existence, since everything we now have we will someday lose, including our health, wealth, profession, and earthly family....When we find our identity in eternal life, then nothing and nobody can take that away from us. "For I am convinced that neither death nor life, nor angels, nor principalities, nor things present nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to _____ us from the love of God, which is in Christ Jesus our Lord." (Ro. 8:38-39). Please check here after you've written this powerful verse on an index card. _____

Week Three- Day 3

What is on your heart today? If you are upset with someone, tell God on ‘em! If you feel convicted of sin, confess it before your Father who is longing to forgive you. _____

Being Before Doing- p.60

We learn that, “who we should _____ is more important than how we _____, since how we behave is dependent upon who we are. In our zeal to correct behavioral problems, we are tempted to skip over who we should _____, and try to apply what we should _____....

Consequently, we become human _____ instead of human beings.’

Can you describe an application of this truth in your life?

The Scriptural order is:

Being before doing

Character before career

Maturity before ministry

This would make a great index card. _____

Positional and Progressive Sanctification- p.61

On p. 62 we see that, “positional sanctification (who we _____ are in Christ) is the basis for progressive sanctification (the _____ for being Christ-like)...In other words, we are not trying to become children of God; we _____ are children of God who are becoming like Christ.” That sums it all up!

Get Right With God First- P.62

When people visit a counselor they have a compelling reason to get help which is called a presenting problem. Just as in the case of the couple on pp. 62, 63 whose presenting problem was not their root problem, there may be times in your own life when a conflict or problem will compel you to seek help. However, you will discover that your root problem has more to do with confusion about your identity in Christ.

Are you open to learning something from a Holy God or do you just want relief from your problems? _____

In the last paragraph on p. 63 this couple discovered that getting right with each other began with getting right with _____.

“We are not abiding in Christ when we hang on to our pride, bitterness, and anger. Genuine repentance removes the barriers to our _____ with God, then the life of Christ flows

through us, and God is _____ by the fruit we bear.
We don't labor in the vineyard _____ that God will someday love us.
God already loves us, and that is why we labor in the vineyard.
We don't do good works _____ God will someday accept us.
We are accepted in the beloved, and by His enabling presence we do good works.

Read through statements on page 64- 66 that describe who you already are in Christ.
Understanding our spiritual inheritance is the key to resolving our daily conflicts. I cannot stress enough the importance of these truths.

The third paragraph on page 66 is vital to daily victory. "Isn't that incredible? The truth about who we are in Christ makes such a difference in our success at handling the _____ and _____ of life. Nobody can keep us from being the person God created us to be, and that is God's will for our lives."

Now write this quote on an index card, and post it where you can refer to it daily. It will give you "grace to help in time of need." Hebrews 4:16.

Week Three- Day 4

God is looking forward to hearing from you this morning. Climb up in His lap, and call Him Abba Father. Try to focus on His face (who He is), and not so much on His hand (what he does). This is the difference between praise and thanksgiving. _____

Relationships Versus Harmony- pp. 66- 68

Describe your relationship with your earthly father. _____

My father was a distant workaholic. I was afraid of him and felt unloved and ignored. I was told over and over again to behave, but I was never told about God.

What is a possible consequence of breaking the harmony with a parent? _____

Regardless of any consequences of breaking that harmony, you still have a relationship. Nothing can change that. How much more so with your heavenly Father! The last sentence on the last full paragraph of page 67 underscores this truth. “We are saved by how we _____, not by how we _____.”

The problem lies in the fact that we do not always feel worthy of His love. So when our sin leaves us feeling unworthy, we are very susceptible to lies of the enemy telling us we are worthless, unlovable, and severed from His love. We even project aspects of our relationships with our earthly fathers onto our fellowship relationship with God. For example we might think that God needs a cooling off period after our performance lets Him down so that His emotional state can come back to normal. However that is blasphemy to a holy God who loves us perfectly and without sin, to think that His love for us is conditional on our behavior.

Do not confuse harmony with relationship. Write a summary of the difference in the space below.

It would be extremely helpful for you to write this on an index card, so that when you encounter this crossroads of harmony and relationship, you will remember the truth and not be deceived by the enemy.

Believing the Truth About Others- pp. 68, 69

Dr. Anderson says that if we could memorize just one verse from the New Testament, put it into practice and never violate it, we would resolve half the problems in our homes and churches. That verse is Eph. 4:29. "Let no unwholesome _____ proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give _____ to those who hear."

To make this point, Dr. Anderson uses examples from how we view others, how negative statements affect each of us, and how we are not to judge others. What could happen if we choose not to **say** negative and critical things, but we allow ourselves to **think** them? What about all those destructive thoughts rumbling around in our heads? Most of us are not good enough at acting to constantly think one way and speak another, and even if we were, it would be too exhausting! God says much to us in His Word about this.

Phil. 4:8 _____

Romans 12:1, 2 _____

Phil. 2:5 _____

As your thoughts change, as you continue to be transformed by the renewing of your mind, you will discover more freedom and more victory over the darkness.

Relating to God- pp. 70-72

We are not sinners in the hands of an angry God, we are _____ in the hands of a _____ God who has called us to "draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with _____ water." Heb. 10:22

What would be an example of motivation by guilt? _____

Motivation by fear? _____

Motivation by the truth of who you are in Christ? _____

The missionary who wrote Dr. Anderson could not accept God's forgiveness and could not forgive_____.
He always thought the answer was in drawing closer to God, but he went to Him in confusion, believing he was a sinner who couldn't be _____.

Have you ever thought this? _____

The missionary now knows he is alive in Christ and _____ to sin and a _____ of

righteousness.

He now lives by _____ according to what God said is true.

Sin has no _____ over him: Satan has lost his _____ on him.

Reread this paragraph, but say it in the first person. Affirm it as your own testimony.

Week Three- Day 5

Chapter three in Victory Over the Darkness has been rich. Take a minute to skim back through your workbook, and then tell God your response to what you have read. _____

List three key statements that meant a lot to you as you studied this week. The best way to find these is to read back through just those parts that you underlined or starred.

1. _____

2. _____

3. _____

Would you like to add any of these three points to your index card collection? Do so now. Review all of your index cards. Do you see any patterns or emerging themes that would sum up what you are learning? Write them here. _____

At this point in the study, you may be beginning to see the Holy Spirit give you little reminders or nudges of some of the truths you are learning as you go about your daily lives. You may begin to see victory where you once saw defeat. Remember our enemy tempts, accuses, and deceives. Write down an example of a time when you have been tempted by the enemy lately.

List any accusations that have come to your mind along the lines of “Who do you think you are? You’ll never be able to do that. Look what you did in the past.” _____

Now here comes the hard one. We usually know when we are being tempted, we know when we are being accused, but when the enemy deceives us, we may not know it, because we are deceived. Ask God to bring to your mind any deception that the enemy has tried to hold over you. _____

Thank Him for His victory over the darkness of temptation, accusation, and deception. _____

Is there someone who comes to mind who has been lied to by the accuser of the brethren?
Pray for them. _____

Week Four

Week Four- Day 1

Come before your God. While having lunch together one day my dear, sweet mother-in-law told me, “God has been showing me you have to come slowly into His presence. If you rush, you might miss Him.” Within an hour, she died unexpectedly and met Him face to face. What a glorious reunion that must have been! Please approach Him reverently.

Take this time to thoughtfully read Chapter four of Victory Over the Darkness. Don't forget to highlight those verses or phrases that are special to you. How would you summarize this chapter if you were trying to explain it to a friend?

Which Bible verses were especially helpful to you? _____

Apply one of these verses to a situation from your daily life. _____

Write that verse on an index card. _____

Week Four- Day 2

Let's meet with the Holy God of the universe before we begin. Here is a passage I love to pray to the Lord, 1 Chron. 29: 11-13. Write it out in the form of a prayer. _____

The Nature of the Problem- pp. 75, 76

Have you ever been told that you are a sinner saved by grace? _____ Is that true? _____

If you sin, does that mean you are a sinner? _____

On page 74 Dr. Anderson tells us that according to 1 Cor. 1:2, we *were* sinners (past tense) but now thanks to Jesus we are "saints by calling" who can still _____ to sin, but by the grace of God don't have to.

As God opens your eyes to your victory in Christ, you will likely begin to share with others what He has been teaching you. You might encounter someone who has a problem with Biblical terms such as flesh, old man, or sin nature. It is extremely important that you diligently study this section so you can speak accurate Biblical truth.

It is not difficult to get Christians to accept that fallen humankind is sinful by _____ and spiritually _____. What is hard is to open their eyes to the truths about what changed at salvation. Positionally, several dramatic changes took place the moment we were born again.

First, God _____ us from the domain of darkness to the kingdom of His beloved Son. (Col. 1:13)

Secondly, what has happened to sin's dominion through the flesh? _____

Are you still in the flesh? _____

You are in Christ. Write Romans 8:9 _____

What are the differences between being in Adam and in Christ as related to our ancestry, nature, birth and choice? _____

We Have Been Grafted In- pp. 76-78

Write out 2 Cor. 5:17. This is definitely one for the index cards. _____

What aspects of the story about grafting orange trees most relate to our position in Christ? _____

A New Heart and a New Spirit- pp. 78, 79

From p. 78 what does Jer. 17:9 say? _____

Thank God for Ezek. 36:26. Write out this verse. _____

Now let's see the fruit of God's promise. Galatians 2:20 "I have been crucified with Christ, and I no longer _____, but Christ lives _____ me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for _____."

Write a sentence summarizing these three powerful verses.

Week Four- Day 3

Do you feel like a new man? If you're like most of us, sometimes you do, and sometimes you don't. Tell Him what you are thinking. _____

A New Man- pp. 79- 81

From the second paragraph on p. 79, why is it sometimes taught that our "newness" refers only to our position in Christ?

What is still programmed into your memory after you came to know Christ? (p. 80)

This is why there is such a need to be transformed by the renewing of your mind. Romans 12:1, 2 is a passage you'll want to hide in your heart. It will bring life to your soul. Write it in the space below as a prayer to the Lord, thanking Him for what He is doing in your life.

At the bottom of p. 80 you learn that, "You now have a new _____; your new self is infused with the divine nature of Jesus Christ, your new admiral. As a child of God, you are no longer under the _____ of Satan and dominated by _____ and death. The old man is dead." Hallelujah!

New Things Have Come- pp. 81, 82

The change that takes place in us when we come to Christ involves two dimensions.

First, we have a new _____.

Second, there is an actual change in the _____ of the believer so that the propensities of their lives- the deepest _____ of their hearts are now oriented toward God rather than self and _____.

This becomes evident when believers who choose to sin become _____.

Have you ever questioned your salvation because of your struggle with sin? _____

Why do you need the nature of Christ within you? So you can _____ like Christ, not just _____ like Him.

Describe the difference between being like Christ and acting like Christ. How would this feel, and how would this affect your thought life?

Read the first paragraph on page 82.

“He doesn’t say, ‘Here are my standards, now measure up.’ He knows we can’t solve the problem of an old, sinful self by simply _____ our behavior. He must change our _____ nature by giving us a new heart and a new nature, which is the _____ of God within us. Then by the grace of God we can measure up to His _____.”

The last sentence in the second paragraph is of vital importance.

“Only after He _____ who we are and makes us a partaker of His divine nature will we be able to _____ our behavior.”

How do you feel about these statements? _____

Week Four- Day 4

What does 1 Timothy 1:17 say? _____

Incorporate it into a prayer of praise and worship to a Holy God. _____

A New Master- pp. 82, 83

Fill in the blanks from Romans 6:5-7. "For we know that our old self was crucified with Him so that the body of sin might be done away with that we should no longer be _____ to sin, because anyone who has died has been _____ from sin."

Old self in this passage means _____.

What does Col. 3:10 say? _____

Romans 6:11 _____

Sin is still present, _____ and _____; but when you are tempted to sin, you can say, "_____."

Romans 8:1, 2

Choose one of the above verses to put on an index card. _____

Now would be a good time to read back through all your index cards. If necessary put them in places where you'll see them more often. Discover the victory that comes from hiding these truths in your heart. The more you read them, the more you'll really know them, and they will be ammunition to use against the attacks of the enemy when he attempts to deceive, accuse and tempt you.

Saved and Sanctified by Faith- pp. 83, 84

In the fourth paragraph on p. 84 we read about the pastor that came to see Dr. Anderson who had been trying for 22 years to become somebody he _____ was and so do many other _____.

We cannot do for ourselves what Christ has already _____ for us.

When is the radical change, or regeneration, effected? _____

The ongoing change continues _____.

When is the progressive work of sanctification fully effective? _____

Is this always consistent with our feelings about who we are? _____

Should we be led by our feelings or by the facts? _____

For me it took a once and for all choosing to believe the truth of the Word of God over my feelings. Then whenever I had a question about facts and feelings, I reminded myself that I had already settled that question once and for all. Have you settled the question? _____

Write out a statement describing what you believe about this all-important issue. _____

Week Four- Day 5

Have you learned a lot this week? Tell God all about it. Ask Him for help with things that are still a little fuzzy. Write Proverbs 3:5, 6. _____

Now be specific with God. Tell Him what you are trusting Him with. Tell Him what you have been attempting with your own understanding. Acknowledge who He is!

In Summary- pp. 85- 88

It takes time to renew the _____ and overcome the patterns of the _____.

It will take us the _____ of our lives to renew our minds and conform to the _____ and likeness of God.

Many believers are not living like _____ children of God.

If you have already settled the question of your own slavery or bondage, is there some Christian you know who needs to hear about the freedom in Christ that has already been purchased for them? _____ If it would help you remember to pray for them, put their first initial here. _____

Imagine that you were at your favorite store, and you discovered that one of your friends had a package in their name that was already paid for that you know they would love to have. It would make a huge difference to them and help them out a lot. Of course you would immediately call and tell them. How much more valuable is the gift God has already purchased for us!

Now it's time to chew on what we've learned this week. Read back through your homework. Are there some areas in your life that are starting to undergo miraculous transformations? Is He breathing His power into your everyday activities? Elaborate. _____

The reason this workbook is called Contagious Victory is because what you've been learning is contagious. You can't stand to keep the good news to yourself. Others may even be noticing a change in you. You have been asked to write down the names of people you could pray for who need this victory in their lives. Ask God now to open up divine appointments so you can begin to tell them what has happened to you. Be sensitive to the Spirit as He leads you. I've been praying that this contagious victory would become an epidemic!

Week Five

Week Five-Day 1

What a privilege it is to be able to enter into His gates with thanksgiving and His courts with praise. We don't have to see the Old Testament tabernacle in the wilderness from afar and try to peer over into it, wondering what it would be like to be able to enter in. Our relationship with Jesus Christ ushers us through the gates, into the courts, right past the laver and the altars into the Holy of Holies. Thank Him for what He has done and rejoice at who He is.

Read Chapter 5 in Victory Over the Darkness, remembering to highlight key points.

Summarize it. _____

List the Bible verses included in this chapter that you found helpful. _____

Apply one of these verses to a situation from your daily life. _____

Write the verse on an index card. _____

Week Five- Day 2

Enter His gates with thanksgiving and His courts with praise. _____

On p. 90 we are asked in the fourth paragraph, “What is needed to move us beyond our inconsequential, selfish, fleshly pursuits to deeds of loving service to God and others?” First it requires a firm understanding of what it means to be a _____ of God. (John 15:5) Second, we must crucify the old sin-trained flesh and walk in accordance with who we _____ in Christ. (Gal. 5:24) Third, we must be transformed by the renewing of our _____. (Ro. 12:2) Fourth, it requires the _____ of God. (Romans 6:14)

Three Types of People- pp. 91-97

Briefly describe the three kinds of people in 1 Corinthians 2:14- 3:3, natural, spiritual, and fleshly.

In the fourth paragraph on page 95 Dr. Anderson described asking fifty Christians the following question: How many of the following characteristics describe your life: inferiority, insecurity, inadequacy, guilt, worry, and doubt? Circle the ones you have experienced.

In your Bible, look up the six verses corresponding to these six characteristics and write them here:

1. _____
2. _____
3. _____
4. _____
5. _____

6.

In the second paragraph on p. 97 we are asked the question, “Why is there such a disparity between spiritual and fleshly Christians? That question is answered in the fourth paragraph. “The world and the _____ are not the only enemies of our sanctification. We have a living, personal enemy-_____ -who ruthlessly accuses, tempts, and deceives God’s children.” 2 Cor. 2:11 We are not _____ of his schemes.

One of the benefits of keeping a journal is that over a period of time, you can look back and see that you are indeed growing in Christ. You may find that you are more loving, peaceful, joyful, patient, kind and gentle than you were last year. What keeps some people from growing? We find the answer at the end of the third paragraph on p. 97. Ignorance, lack of repentance and faith in God, and unresolved conflict. Circle the ones that apply to your life. There is hope! God is at work!

Week Five- Day 3

Prepare your heart to come into the presence of your God. _____

Parameters of the Spirit-Filled Walk- pp. 97- 98

No matter how mature you are, you can never be productive unless you are walking by faith in the power of the _____.

Galatians 5:16-18 Walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you _____. But if you are led by the Spirit, you are not under the Law.

What the Spirit-Filled Walk is Not- pp. 98- 101

First it is not _____.

License is a disregard for rules and regulations constituting an _____ of privilege.

What some people think is freedom is actually license that leads to _____. (p. 99)

Freedom doesn't just lie in the exercise of choice, it ultimately lies in the _____ of those choices.

Real freedom is in the ability to _____ to live responsibly within the context of the protective guidelines God has established for us.

Second, walking by the Spirit is also not _____.

Galatians 5:18 says, "If you are led by the Spirit, you are not _____ the law."

Telling people that what they are doing is wrong does not give them the power to _____ doing it.

This statement is of such vital importance that I strongly urge you to write it on an index card. Some churches major on this point, others only minor on it. Isn't this how the world sometimes sees Christians, as people who are against everything? That is a distortion of the glorious truth that Jesus came in order to bring freedom and set the captives free.

What are some things that you've been told not to do as a Christian?

What are some things you've been told you should do?

On p. 100, 2 Cor. 3:6 tells us we are "servants of a new covenant, not of the letter but of the Spirit; for the letter _____, but the Spirit gives life."

What the Spirit-Filled Walk Is- pp. 101- 103

2 Corinthians 3:17 tells us that "Where the Spirit of the Lord is there is _____."

What are two things that walking in the Spirit is not:

1. _____
2. _____

The latter seems to be more common in churches today. What are some ways you have tried harder or been busy at the Christian life?

Have these things given you the freedom or fulfillment you've been seeking? _____

Being Led By the Spirit- pp. 103-104

Being led by the Spirit requires submission to Him as the leader. He didn't die on the cross just to be Lord of part of our lives. He wants to be Lord of all. Is there an area of your life in which you have been reluctant to give Him total control? Describe it briefly. _____

The Proof Is In the Fruit- pp.104- 105

According to Galatians 5:19-21, what are the deeds of the flesh? _____

What should we do to assume responsibility for our own attitudes and actions? _____

Did Dr. Anderson say we need to promise never to sin again? _____ to try harder? _____ to do penance? _____

He says that when a deed of the flesh becomes evident, mentally acknowledge that to God and _____ Him to fill you with His _____.

This is so simple, but it is of vital importance!

Getting Unstuck- pp. 105- 107

In the third paragraph on p. 106 Dr. Anderson imagines a different scenario for Nancy. What is it?

Week Five- Day 4

Read Hebrews 11, and write out your prayer before an awesome God. _____

Read Chapter 6 in Victory Over the Darkness, remembering to highlight key points.
Summarize it. _____

List the Bible verses included in this chapter that you found to be helpful. _____

Apply one of the verses to a situation from your daily life. _____

Write the verse on an index card. Don't forget to post the card where you will see it often.

Week Five- Day 5

Begin your time today with a prayer of gratitude to a Holy God! _____

The Essence of Faith- pp. 111- 115

According to Dr. Anderson, how important is faith? _____

1. Faith depends on its _____. (p. 112)

The critical issue is _____ you believe or _____ you believe in.

2. How much faith you have is dependent upon how well you know the object of your faith-pp. 113-115

Some people expect Him to respond in a certain way or answer prayer a certain way- their way, not His- and when He doesn't comply, they say, "Forget you, God."

If you want your faith to increase, what do you need to increase? (p. 114)

Just this morning as I spent time alone with God, I was reading a very familiar passage. Phil. 4:6 says to be anxious for nothing, but in everything by prayer and supplication let your requests be made known to God.

God showed me that my knowledge of Him and His Word need to increase. You see, for years I have been praying for God to guard my heart and mind in Christ Jesus, as if that was all His doing. What His Word is really saying is that I am to be anxious for nothing, and let my requests be made known to God in everything, by prayer and supplication with thanksgiving.

After I have done those things, then I get to enjoy the promise that the peace of God will guard my heart and mind through Christ Jesus. With spiritual growth and knowledge of God, my prayer life can be more effective! That answers another prayer I have been praying for several years which is, "Lord, show me how to pray more effectively," based on James 5:16, "The effectual, fervent prayer of a righteous man avails much."

3. Faith is an action word- p. 115

What does James 2:17- 18 say? _____

Everything we do is essentially a product of what we have chosen to _____.

Distortions of Faith-pp. 115-118

In the last paragraph on p. 118 we are told that someone has said that success comes in "cans" and failures in "cannots". Believing you can live a victorious Christian life takes no more _____ than believing you cannot. So why not believe that you _____ walk by faith in the power of the

Holy Spirit, that you can _____ the temptations of the world, the flesh, and the devil; and that you _____ grow as a Christian? It is your choice.”

Twenty Cans of Success- pp. 119, 120

After you’ve read through this list of twenty questions, choose three that are particularly applicable to your life right now.

1. _____

2. _____

3. _____

Put a check in the blank when you have added them to your growing index card collection. _____
By now you may be experiencing what many have noticed when they grab hold of wisdom by using these index cards; transformation is happening in your thoughts, actions, and attitudes.

What Happens When I Stumble in My Walk of Faith?- pp120, 121

The first two questions in this paragraph could have been answered by me with a resounding, “Yes!” Give an example from your own life of a time when your walk of faith was interrupted by: (1) personal unbelief

(2) rebellion _____

You may have to pray for God to reveal this last one to you, because when we’re being deceived, we don’t know it! Think of lies the enemy whispers to you, making you think those thoughts are originating in your brain. Many times we then feel condemned because we thought such evil things.

(3) Satanic deception _____

God Loves You Just the Way You Are- pp. 121- 122

Mandy is a great example of someone who was being deceived by the enemy. Go back and reread your last answer. Exposing the lies the enemy used to deceive Mandy, “He can’t love me,” can help you to recognize the deception the next time he rears his ugly head. The first paragraph of this next section tells us where the real power is in exposing the lies. It is the truth of the Word of God. You can’t trust your feelings.

This is a perfect example of why your index cards can be so helpful; by keeping the truth of the Word in front of you and in your mind, you expose the lie. A single ray of light dispels a whole room full of darkness. Hallelujah!

Have you come to a place in your life where you have settled the question of whether God loves you, no matter what you do? _____. He can be disappointed in our choices, but His love endures.

As long as the enemy can keep this debate alive, he can keep you in a perpetual state of defeat. When you have settled this and then the accusation regarding your worthiness comes, you can remind the enemy that your worth comes not from what you do, but from what Jesus did on the cross for you 2000 years ago. To say that it wasn't sufficient for your sins, that He needs to get back up on that cross and die again for some sin of yours that wasn't covered the first time, is blasphemy to a Holy God! He is sufficient! It is finished.

The Advocate Versus the Adversary-pp. 122-124

In the second paragraph of this section we learn that, "We also have an adversary who _____ us before our God day and night". (Rev. 12:10)

Your _____, Jesus Christ, however is more powerful than your _____.

He has _____ the debt of your past, present, and future sins.

Because He loves you, He will _____ you in order that you "may share His holiness" (Heb. 12:10).

Week Six

Week Six- Day 1

Come into His presence with praise and thanksgiving. What a privilege to be ushered in! We don't have to stand outside the tabernacle in the wilderness and wonder what it would be like to enter in!

Read back through Chapter 7 of Victory Over the Darkness. What are the high points of this chapter? _____

Which Bible verses from this chapter stand out as being particularly helpful to you?

Apply one of these verses to a situation from your life. _____

Index card _____

Week Six- Day 2

What would you like to tell Jesus today? _____

Can you not walk by faith? ___ Why? _____

If I had been asked this question before reading this section I would have said, “Yes, because you can walk in the flesh.” The second paragraph on page 126 says, “Walking by faith simply means that you live every day on the basis of what you _____. In fact, you are already walking by faith-you can’t not walk by faith. If your behavior is off, you need to _____ what you believe because your misbehavior is the result of your disbelief. The writer of Hebrews said, ‘Remember those who led you who spoke the _____ of God to you; and considering the result of their conduct, imitate their faith.’(Heb. 13:7). He didn’t say imitate their _____.

Faith Appraisal- pp. 126-127

Please answer the questions in the Faith Appraisal, either in your book or on a piece of paper. Try not to give the ‘Sunday School’ answer, like the little guy who when asked by his Sunday School teacher, “What is gray and has a bushy tail?” sighed and said, “Well, it sounds like a squirrel, but I’ll say Jesus.” Think beyond the obvious, and answer according to what feelings the enemy might accuse you with when you’re feeling vulnerable. Then when you are feeling vulnerable, you can draw out your sword of truth which is the Word of God.

Feelings Are God’s Red Flag of Warning- pp. 127-128

The second paragraph on p. 128 tells us that, “God has designed us in such a way that we can know on a moment-by-moment basis if our belief system is aligned with His truth. God has created us with a feedback system designed to validate our goals and beliefs. Anger, _____, and depression are emotional signposts alerting us that we may be pursuing a faulty goal based on a _____ belief.” Can you describe an example of this from your own experience?

Anger Signals a Blocked Goal-pp. 129-129

Ephesians 4:31 _____

“We feel angry when something or somebody is preventing us from accomplishing a goal. Anger is often about _____ -or the lack of it.”

“The first sign of anger is our self-_____.” Ask God to make you more aware of your thoughts, things that rumble around in your head, or things you think about but would never say. If you ever get angry, the concept that anger is the consequence of a blocked goal could be revolutionary. As long as the enemy can keep you prone to angry outbursts, he can keep you defeated.

Describe the last time you became angry, or rather, give a personal example of a recently blocked goal.

If you ever get angry, the concept that anger is the consequence of a blocked goal could be revolutionary. As long as the enemy can keep you prone to angry outbursts, he can keep you defeated. This is not a happy way to live. This has meant so much to me personally. When I feel myself starting to get angry, instead of looking for an acceptable outlet, I can ask myself, “What goals do I have that are being blocked here? If those goals were good, they could not be blocked, and I wouldn’t be staring the red bull of anger square in the face. Since I’m mad, my goals must be wrong. What do I do? Change my goals. Set new goals that cannot be blocked. By this time, I have slowed down the emotional response to my feelings of anger enough to defeat the plans of the accuser of the brethren, the enemy.

Think of three goals you have without any consideration as to whether or not they can be blocked:

1. _____
2. _____
3. _____

Now go back and evaluate them. Can they be blocked? Who can block them?

1. _____
2. _____
3. _____

Think back through the last few weeks. What small or large things made you angry?

How might different goals have changed the situation? _____

Week Six- Day 3

Do you ever feel anxious? What does Phil. 4:6, 7 say? _____

Pray these verses in the form of a prayer. Let your requests be made known to God.

Anxiety Signals an Uncertain Goal- p. 129

Anxiety can be such a vague, nameless, faceless thing. We can be in its grip perpetually and be in denial that we are even anxious, because we know it's wrong to be anxious. We can even pray anxiously. I've been in many prayer meetings where "prayer of anxiety" would be a better description than "prayer of faith". Anxious prayers could be characterized by wishing and hoping that everything would go well, figuring out the most comfortable course of action, and then asking God to grant our wishes like a genie in a bottle, assuming that God places a higher priority on our comfort than in building his character in us.

List some recent situations in your daily life that have made you feel anxious.

1. _____
2. _____
3. _____

Now list the goals you had in those situations.

1. _____
2. _____
3. _____

How have those goals possibly been uncertain?

1. _____
2. _____
3. _____

Depression Signals an Impossible Goal- pp. 129-131

"When you base your future on something that can never happen, you have an _____, hopeless goal. Depression may be signaling that your goal, no matter how spiritual or noble, may never be reached. We can feel depressed for _____ reasons, but if there is no physical cause, then depression is often rooted in a sense of hopelessness or _____."

Perhaps you struggle with depression. Many people feel a little depressed from time to time, but some tend to face it more regularly. Become familiar with physiological chemical imbalances which can lead to depression. You may need to see a doctor. If there is no physical cause, you can recognize any impossible goals which may be causing intermittent depression. List your goals; for your personal life, your family, your career, and your finances. If your goals

don't come readily to mind, ask God to reveal them to you. Many times we find we are pursuing goals we don't even know we have. _____

Now go back and underline any goals that will probably never be reached. It's depressing to think about the fact that some of your goals may be hopeless. Go back and amend your goals. Pray for wisdom for God-given, realistic goals.

You have probably seen that while you may have experienced anger, anxiety and depression, one of the three is more predominant. Which one? _____

Make out an index card describing your particular area of dominance. Either, "Anger indicates blocked goals, anxiety indicates uncertain goals, or depression indicates impossible goals." The next time you feel even a twinge of anger, anxiety, or depression, discipline yourself to identify whether or not you have any blocked, uncertain or impossible goals. You may be thinking that this is too good to be true. How could such a simple exercise be so effective?

Remember that the enemy tempts, accuses and deceives. Referring to your own area of weakness above, list some ways the enemy might tempt, accuse or deceive you.

1. Temptations: _____

2. Accusations: _____

3. Deceptions: _____

The more you expose the lies, the more the truth can emerge. Understanding why something happens can be a huge step toward preventing it. Ignorance leads toward defeat.

Some depression reveals a faulty concept of _____.

What can you learn from David? _____

Over and over again in the Psalms, David pours out his heart to God and then chooses with his will to praise God. He doesn't make this choice because he feels like it, but because he is a man who has made the conscious choice not to be led by his emotions and feelings. He is choosing to be led by the truth of the Word of God. What a sacrifice of praise!

Week Six- Day 4

Talk to God about what you've been studying this week concerning goals. _____

Wrong Responses to Those Who Impede Our Goals-pp.131-132

Some people are labeled as being control freaks, others are described as out of control, but everyone naturally likes to be in the driver's seat of their own life. One of the greatest attributes of God is His sovereignty. He is completely in control of everything in the entire universe. With the flick of a finger or the wave of a hand He can make it happen. God does not wring His hands over the latest headline screaming tragic news. He is sovereign- from Genesis to Revelation. Taking all that into consideration, when I compare my resume to his, who do I hire for the job of CEO of my life, my decisions, my dreams and ambitions? Actually I have found from personal experience that being in control of my own life is only an illusion of control. Jesus is either Lord of all, or He is not Lord at all. In the beginning of this section we learn that, "some people will try to control circumstances and people if they believe that their _____ is dependent upon achieving a certain goal."

In the first complete paragraph on page 132 we see that, "Insecure people wrongly believe that their sense of _____ is dependent upon the cooperation of others and favorable circumstances. When they can't control either, they likely will respond by getting _____, or adopt a martyr complex like the woman whose husband wouldn't come to Christ." Think of a time recently when you became bitter, angry or resentful. Briefly describe it. _____

Identify any wrong goals (blocked, uncertain or impossible) associated with that bitterness, anger or resentment. Keep in mind that what you were trying to accomplish may not have been bad, but the timing, method or preparation may have been faulty. _____

How Can I Turn Bad Goals into Good Goals?-p. 132

If God has a goal for your life, can it be blocked? _____

Is its fulfillment uncertain? _____ Impossible? _____

What does Luke 1:37, 38 say?

Goals Versus Desires-pp. 132-134

A godly goal is any specific orientation that reflects God's _____ for our lives and is not dependent on _____ or circumstances beyond our ability or right to _____.

Who do we have the ability or right to control? _____

A godly desire is any specific result that depends on the _____ of other people, the success of _____ or favorable _____ we have no right or ability to control.

We will struggle with anger, anxiety, and depression when we _____ a desire to a _____ in our minds.

When a desire isn't met, what will you face? _____

Give an example from your own life of a good desire that wasn't fulfilled. _____

What do you think is God's desire for this situation?

Week Six- Day 5

Enter His presence.

The Goal is to Become the Person God Called You to Be- pp.134-136

In the next to last paragraph on page 135 we learn that, “Trials and tribulation reveal _____ goals but they can actually be the catalyst for achieving God’s goal for our lives which is our _____.

The title of a wonderful book by Paul Billheimer says it all, Don’t Waste Your Sorrows. The sorrows of life can make you bitter or better. Don’t waste them. Let God use them to mold you and make you in the image of His Son.

I love to be comfortable. I work at it. I choose comfortable clothes, shoes, and furniture. What concerns God more, my comfort or my character? What would happen if I focused as much on character as I do getting comfortable?

Character comes when I make choices with my will to distinguish between my desires and God’s goals.

Write these verses from your Bible.

Roman 5: 3-5

Romans 8:18

James 1:2-4

Week Seven

Week Seven- Day 1

Take a moment to be still and know that He is God. _____

Read Chapter 8. Don't forget to highlight, it will help you later. How would you summarize this chapter to a friend who was hurting? _____

What verses impressed you?

Apply the truth of the Word from one or more of these verses to a situation in your life.

Index card _____

Week Seven- Day 2

I hope by now you have begun to look forward to writing out your thoughts before God. _____

p. 139- “When we base our sense of _____ on the success of our own personal plans, our life will be one long emotional roller-coaster ride. The only way to get off the roller-coaster is to walk by _____ according to the truth of God’s _____.”

Proper Guidelines Lead to a Proper Walk- p. 139

We are going to focus on eight issues and compare what we’ve learned in the Faith Appraisal in a previous chapter.

1. Success. Key Concept: Goals p. 139-141

The key to success was revealed in Joshua 1:7, 8. What principles of success do you see in this passage? _____

First Principle of Success- pp. 141-143

The first Biblical principle of success is to know God and His _____. After reading Phil. 3:4-8 on pp. 141,142 in your opinion in what way would the ultimate failure be to never know God?

Second Principle of Success- pp. 143-145

The second principle of success is to become the _____ God created us to be.

How do you think the worldly idea of success can ruin a good person? _____

Third Principle of Success- p. 145

The third principle of success is being a good _____ of the time, talent, gifts and treasures that God has _____ to us.

2. Significance. Key Concept: Time pp. 145, 146

(1 Cor. 3:14) If any man’s work.... remains, he shall receive a _____.

(1 Tim. 4:7, 8) Discipline yourself for the purpose of _____.....since it holds _____ for the present life and also for the life to come.

If you want to increase your _____, be “His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.”

3. Fulfillment. Key Concept: Role Preference- pp. 147,148

(1 Peter 4:10) As each one has received a special _____, employ it in serving one another.

Fulfillment is discovering our own uniqueness in Christ and using our gifts and talents to _____ others and to glorify the Lord.

4. Satisfaction. Key Concept: Quality p. 148

“Satisfaction comes from living righteously and seeking to raise the level of quality of _____, service and product.”

5. Happiness. Key Concept: Wanting What You Have- p. 145

Happy is the man who _____ what he has.

(1 Tim. 6:6-8) But godliness with _____ is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

6. Fun. Key Concept: Uninhibited Spontaneity- pp. 149,150

One key to enjoying uninhibited spontaneity is to remove unscriptural inhibitors such as:

Keeping up appearances- _____

People pleasing- _____

In the space give an example of each of these from your own life.

7. Security. Key Concept: Relating to the Eternal- pp. 150, 151

Insecurity is dependent upon temporal things that we have no _____ or ability to control.

(Phil. 3:7, 8) Whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish in order that I may gain Christ.

8. Peace. Key Concept: Establishing Internal Order- p. 151

Nobody can guarantee external peace, because nobody can control people or circumstances.

Ro. 5:1 says you already have peace _____ God. The peace of God is something you need and will have if you pick up your cross daily.

Week Seven- Day 3

The battle for your mind is all about your thoughts. Tell the Lord Jesus Christ what is on your mind.

You are really going to enjoy reading Chapter 9. Even if you have already read it, you will learn new applications you may not have seen the first time through. I'm convinced we can always learn something new about the battle for our minds. After you've read it, what are the concepts that meant the most to you?

Find a Bible verse for your index card collection. Don't lose sight of the purpose for these cards; being transformed by the renewing of your mind. How might you apply this verse to a situation from your daily life?

Index card_____

Week Seven- Day 4

Are you grateful that God is not only loving but also sovereign? Thank Him that He is in control of every situation that touches you.

Strongholds- pp. 154, 155

2 Cor. 10:3-5

This is definitely a key verse for the index cards. _____

Environmental Stimulation-pp. 155-156

We were not born with the knowledge of God and His ways, so we learned to live independently of God....Everything we learned in the early formative years of our lives was assimilated from the _____ in which we were raised. Attitudes and beliefs were formed in the _____ in which we were raised.

People aren't in bondage to past traumas, though; they are in bondage to the lies they believe because of the traumas.

Can you describe any attitudes, beliefs, or traumas that may be keeping you from God's best for you? _____

List the defense mechanisms listed in the third paragraph on p. 156. Circle the ones that might apply to you. _____

Temptation- pp. 156-158

Describe a situation from your own life that parallels Cathy's grocery store experience. It could be anything that tempts you; money, things money can buy, sex, food, etc...

Frame 1: _____

Frame 2: _____

Frame 3: _____

Frame 4: _____

Frame 5: _____

Frame 6: _____

Frame 7: _____

Frame 8: _____

Frame 9: _____

Frame 10: _____

Write out 1 Cor.10:13 _____

Copy this verse onto an index card.

At what point was Cathy's way of escape?

Dr. Bill Gillham's book, Lifetime Guarantee, says, "The battle is won or lost at the threshold of the mind." Where was the way of escape in your scenario above?

Just the act of breaking down the temptation into steps is a huge help in the victory process. The next time you are tempted, these steps themselves will be like red flags instead of just moss-covered stepping stones down the slippery slope into sinful choices.

Consideration and Choice- pp. 158- 161

What is affected when you begin to mull over a tempting thought? _____

What is a product of our thought lives? _____

Briefly describe the relationship between temptation, emotions, and thoughts. _____

Many times I have felt condemned just because I had a destructive thought. Is it sin to be tempted? _____

It is sin when I entertain that thought, when I let it cross the threshold of my mind and introduce it to my emotions. It's a sin I simply cannot afford. Keep that thought outside like you would a pesky door-to-door salesman. You know better than to even let him inside. Consider the source of many of those destructive thoughts. Why did I feel condemned? Because I thought that **I** was the source of bad thoughts, so **I** must be bad. Recognizing that those thoughts could be originating from the father of lies, the accuser of the brethren, and the deceiver, enables me to be more diligent about who or what I open the door to.

Action, Habit and Stronghold- pp. 161, 162

From the first paragraph of this section what is the relationship between an action, a habit, and a stronghold? _____

Week Seven- Day 5

Tell your Heavenly Father some ways your mind has been renewed since you started this study.

Renewing the Mind- pp. 162-164

Romans 12:1, 2

Because some strongholds are thoughts raised against the knowledge of God, learning to know God as a loving Father and _____ as His _____ child is a starting place. This is a key statement. I have been in the position of knowing that God is loving and that I was accepted, but I didn't always feel accepted. What am I going to act on, rely on, or trust in? My feelings or the truth of the Word of God? It's my choice. By slowing the thought process down instead of just going with my feelings, I take the first step toward victory when I choose truth over emotion. That is contagious victory!

You are up against prior negative conditioning, the world system in which you were raised, resultant flesh patterns you have chosen to adapt, and the enemy who is scheming to fill your mind with thoughts that are opposed to God's plan for you. The enemy's strategy is to introduce his thoughts and ideas into your mind. Why would it matter whether a thought came to you in first person singular? Because he makes you think it was your idea so you can feel condemned by having this awful thought.

If Satan can deceive you into believing a lie, he can gain some measure of control in your life. Please go back and read this all important section on renewing the mind in the book, and then write out a summary of the main points.

It will be especially helpful if you give examples of how the enemy has tried to use these schemes in your thoughts to defeat you, because that is a major step towards walking in victory!

Expose the Lie and You Win the Battle- pp. 164, 165

"Satan is a defeated foe; therefore his power is _____, but he still has the ability to _____ the whole world." (Rev. 12:9)

"He is a liar, and the _____ of lies." (John 8:44)

What is Satan's primary weapon? _____

What is your defense against him? _____
Confronting Satan and his demons is not a power encounter; it's a _____ encounter.
When you expose the enemy's lie with God's truth, what happens? _____

John 8:32 _____
We are not called to dispel the darkness; we are called to turn on the _____.

Winning the Battle for Our Minds- pp. 165-168

To be transformed by the renewing of your mind, you must let the peace of God rule in your heart, (Col. 3:15) and "let the word of God dwell richly in you." (Col. 3:16) This is HUGE!
Romans 12:2

He wants us to see that this is a vital link to victory. As you continue to stockpile your mind with God's truth, you will equip yourself to recognize the lie and take it captive.
In the second full paragraph on page 166 we see that we need to prepare our minds for_____.
1 Peter 1:13_____

Can you think of any fantasies that are common and acceptable in the world today that may become destructive?_____

God never bypasses your mind. Beware anything that causes you to vacate your mind.
2 Cor.10:3-5_____

What is threshold thinking? _____

Turn to God when _____.
Phil. 4:6, 7_____

Identify some areas of your life where there is a battle going on. Just by shining the light of truth on them, the enemy's position is weakened._____

Week Eight

Week Eight- Day 1

Read Psalm 136. Continue where the Psalmist left off with examples from your own heart.

Read though chapter ten, preferably in one sitting. Don't forget to highlight. Summarize it.

Valuable Scriptures: _____

Index card _____

Week Eight - Day 2

Read Phil. 2:5-11. What is your honest response to God about these verses?

Judy didn't know there was a battle for her mind. Did you know there was a battle before you read this book? _____ Even after completing this book, you will still be engaged in a battle.

Emotions Reveal Our Beliefs- pp. 171- 174

On page 171 we see that, "The emotional reactions of anger, _____, and depression are all related to how we _____ and what we believe. We manage anger by managing our _____. Anxiety is double-minded _____. Depressed people believe they are helpless and hopeless.

Think of a recent time when you said, "That makes me so mad," or in other words, "I have no control over my emotions or my will." _____

Go back and analyze your thoughts. How did your thoughts influence your feelings? Try to be as specific as you can. _____

Apply a specific verse to this situation. (If you can't think of one, refer to your index cards.)

Week Eight- Day 3

Read Psalm 13. Talk to the Lord about your own emotions. _____

Don't Ignore the Warning Signs of Your Emotions- p. 174

Emotions are like an indicator light on the dashboard of a car, signaling that something is _____.

Suppression- pp. 174-176

We respond to emotions in several different ways.

How is suppression different from repression? _____

God is always approachable but when suppressed emotions build up within us like mighty waters, we are _____.

In the second sentence on page 176, we see that. " It is important to be honest with God while you can, because if you bottle up your _____ too long, they will dominate what drives your life."

Indiscriminate Expression- 176, 177

We have all said things we later regret, but making it a habit to always get everything off your chest is costly. Can you describe a recent time when you did this? _____

The key is to slow down the process, think clearly, and make wise choices before you reach the boiling point. It is also helpful to rule out any physical causes of a short fuse, such as low blood sugar.

Acknowledgment-pp 177-179

Some people like Nancy have a hard time acknowledging problems or negative emotions. What phrase in Ps. 109:1-13 strikes you as being particularly hard to hear? _____

Would it have been healthier for David to have left that out when crying out to God? It would not have been wise for him to have shared all that with another person. We should pattern our own honesty before the Lord after that of David. Did God already know the depth of David's emotions?

Name a few people with whom you can be emotionally honest. _____

Where would you draw the line concerning what types of things would be appropriate to share?

Emotional Honesty- pp. 179-181

Give a recent example from your own life when you chose an accusatory tone that escalated the tension in the situation. _____

Here's your chance to relive your experience and respond perfectly. How could you have been emotionally honest and expressed your feelings without causing more problems?

Have you ever said, "I need to put this discussion on hold for now," because you realized your emotional limits? _____

If so, describe your experience. If not, then describe a scenario common to your life where it would have been helpful to have called for a recess. _____

In the third paragraph on page 180, Dr. Anderson says, "the ability to be emotionally honest safeguards _____ relationships." And in the third paragraph on page 181, he says, "Being able to recognize and acknowledge emotional _____ safeguards relationships." Have you found this to be true in your life? Explain.

Week Nine

Week Nine- Day 1

Read Psalm 91. Tell the Lord how He protects and cares for you. _____

Read Chapter 11 and summarize it.

Key Bible Verses:

Index card _____

Week Nine- Day 2

Read Psalm 93. Tell the Father how He is sovereign.

Paraphrase the correct interpretation of Romans 8:28. _____

Bad Things Do Happen to Good People- pp. 185-187

What are primary emotions? _____

The intensity of your primary emotions is determined by previous _____.

Managing Primary Emotions- pp. 187, 188

On page 188 we see that “those who think the past has no impact on them are either extremely _____ to have a conflict free past, or they are living in _____. Every person Dr. Anderson had the privilege to help had unresolved conflicts in their past.

See Your Past In the Light of Who You Are in Christ- pp. 189, 190

Why are you no longer a product of your past? _____

Please write 2 Cor. 5:17. _____

Now write it on an index card. Please don't think this is busy work. This is such an important verse to help you guard your mind, and this will help you store it in your mind for future use to break strongholds. _____

The flesh patterns are still embedded in our minds when we become new creatures in Christ, but we can crucify the flesh and choose to walk in the Spirit.

Week Nine- Day 3

Read Matt. 6:9-13. Personalize it in the form of a prayer. _____

Forgiveness- pp. 191, 192

Why should you forgive others as Jesus has forgiven you? (Mt. 18:21, 22) _____

Forgiveness is necessary to avoid entrapment by the enemy.

2 Cor. 2:11 _____

On page 192 we see that forgiving others is required of all believers who desire to be like _____.
Eph. 4:31, 32 _____

What is Forgiveness?-pp. 192, 193

What is the difference between forgetting and forgiving? _____

Explain how forgiveness does not mean tolerating sin. _____

What about revenge or repayment for offenses suffered? _____

Forgiveness is resolving to live with the consequences of another person's sin. How do you feel about that? _____

THESE STATEMENTS ARE EXTREMELY IMPORTANT IF YOU SEEK VICTORY FOR YOUR LIFE!

Week Nine- Day 4

Open by thanking God that He has provided a way to forgive you. _____

Twelve Steps to Forgiveness

1. Ask the Lord to reveal to your mind the people you need to forgive. Name them.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

2. Acknowledge the hurt and the hate. Next to their name, write down what they did that hurt you and how it made you feel. Use the back page if you need extra space.

3. Embrace the cross. As you read back through your list of names, offenses, and emotions, acknowledge them one by one as having been nailed to the cross. Jesus died for those sins. It was sufficient.

Heb.10:10 _____

4. Decide to bear the burden of each person's sin.

Prov. 17:9 _____

5. Decide to forgive.

Write out your choice to become free by forgiving. _____

6. Take your list to God and pray. Name each name and their offense on a separate piece of paper.

7. Destroy the list. Write out a prayer of praise that you are free. _____

8. Do not expect that your decision to forgive will result in major changes in the other persons. Pray for them, and leave the results to God.

Matt.5:44 _____

9. Try to understand the people you have forgiven, but don't rationalize their behavior.

10. Expect positive results of forgiving others.

11. Thank God for the lessons you have learned, the freedom you have gained, and for the ability to move forward without being chained to the past.

Romans 8:28, 29

12. Confess any wrongdoing on your part.

1 John 1:9

A Second Touch-pp. 196-198

In the last paragraph on page 198 Dr. Anderson makes a chilling statement, "I would probably be out of ministry if I had gotten my way." Let that sink in for a minute. The choice to find freedom through forgiveness can be a major crossroad in your life. You have just chosen the path of forgiveness. How do you think that might change your life? _____

Week Nine- Day 5

Start by thanking our Savior for the gift of His forgiveness He has given you.

After you forgave the people on your list yesterday, you might have thought about others that you would also like to forgive. Take a minute right now to pray and ask God if there is anyone else you haven't thought of.

Is there someone that was on your list yesterday that you might need to do more work of forgiving?

Is there someone that comes to mind that you are resisting forgiving?

Why?

What would God want you to do about it?

It would be so freeing for you to go back through the Twelve Steps of Forgiveness from yesterday's lesson with any new names you think of and with any new areas of forgiveness needed with the people you forgave yesterday.

Forgiveness is a broad avenue to freedom. It is wonderful to lay down that burden of bitterness and lighten your load.

Week Ten

Week Ten- Day 2

Read Psalm 12. Write out your thoughts toward God. _____

Romans 15:7 _____

Rev. 12:10 _____

The Great Commandment- pp. 201, 202

The last part of this section consists of two powerful questions. “How do we love the unlovely, and return good for evil, and discipline to love without being judgmental? How do we accept one another as Christ has accepted us, knowing He did that while we were yet sinners?”

What do you think? _____

Defensiveness is Defenseless- pp. 202-204

What are the two reasons you never need to respond defensively? _____

What was the statement that Dr. Anderson made to Alice that turned the course of the conversation? _____

If we can learn not to be defensive when someone points out our character defects or criticizes our performance, we may have an opportunity to _____.

When We Are Tempted to Criticize or Reject Others- pp. 204- 206

Phil. 2:3 _____

Dr. Anderson asks us to imagine what kind of families and churches we would have if everyone assumed responsibility for their own character and sought to meet the needs of others. What do you think?

Rights Versus Responsibilities- pp. 206, 207

After reading this section, how would you describe the difference between rights and responsibilities? _____

Don't Usurp the Role of the Holy Spirit- p. 207

What does John 16:8 tell us about the Holy Spirit? _____

When the Holy Spirit convicts us of sin, the power to _____ comes with it.

Week Ten- Day 3

Read Psalm 15. Write out your prayer to the Lord.

Discipline Yes, Judgment No- pp. 208, 209

This section starts with the truth that, “We are instructed by God to confront and restore believers who have clearly violated the boundaries of Scripture.”

Matt. 18:15, 16

What is the difference between discipline and judgment?

Matt. 7:1

Romans 14:13

Give an example of a time when you have judged another.

When we think of discipline raising children comes to mind, but according to Dr. Anderson’s definition of discipline as confronting observed behavior, give an example of a time when you have disciplined someone.

Express Your Needs Without Judging- pp. 209-212

List some felt needs in your own life.

Give some examples of how you might communicate those needs improperly. _____

Now give some examples of better ways to communicate those needs.

According to Dr. Anderson, we all need to be loved, accepted and _____. When such needs are not met, we should express them to our family and fellow Christians in a positive way and allow others to minister to those needs.

Week Ten- Day 4

Think about the attributes of God that are precious to you. It could be His love, His sovereignty, His power, His grace or any other aspect of His character that comes to your mind. Praise Him for who He is!

What areas of the study of Victory Over the Darkness have challenged you the most?

Where have you seen the most growth in your life?

What truths have you found yourself sharing with others?

Which Bible verses have been the most life-changing to you?

What things would you like to share with others in this Bible Study group?

Week Ten- Day 5

If you could stand before God and thank Him for the truths you are learning that are giving you more victory and freedom in your Christian life, what would you say? He wants to hear from you, His precious, beloved child.

List some people that you would really like to share these truths with.

1. _____
2. _____
3. _____
4. _____
5. _____

Pray for each of them and ask God to work in their lives to cause them to hunger and thirst for truth that can set them free. Ask the group to support you in this.

It is my prayer that this study has enriched your life. Pray about whether God would have you go back through this workbook with someone else. It would be a blessing to both of you!

Victory..... It's contagious!

1/3/2022