

**A. RESOLVING UNGODLY MINDSETS**

- You can begin moving past your unproductive mindsets by understanding the progression that happens when you don't guard your heart and mind:

**SINFUL**

**DESIRE → EXPECTATION → RIGHTS → FRUSTRATION → DISCONTENT → RESPONSE**  
(Disobey, Grumble, Etc)

- Today, dig more deeply into this continuum and use it to examine a specific area of life that is not going well. Hopefully, you will move closer to resolution and freedom!

**B. DESIRE**

- God has invited you to pour out your heart to Him (Ps 142:1-3). He already knows the thoughts and desires that are stirring within you: Ps 38:9 AMP-- Lord, all my desire is before You; and my sighing is not hidden from You.
- Choose one issue that is foremost on your heart: \_\_\_\_\_
- Take a few minutes to journal about this place and the circumstances surrounding it. Be frank with the Lord, writing down your true feelings (no editing!): "I Feel..."

**C. EXPECTATION**

- Whenever you think about the area you're working through, explore the expectations you've had. Describe briefly your "picture" of how you think things should be or how you'd like them to turn out:
  
- Consider the biblical principle of "leaning not on your own understanding." Take a few minutes to ponder what it would be like to place the weight of your expectations on God instead: Ps 62:5-8 AMP-- My soul, wait only upon God *and* silently submit to Him; for my hope *and* expectation are from Him. <sup>6</sup> He only is my Rock and my Salvation; He is my Defense *and* my Fortress, I shall not be moved. <sup>7</sup> With God rests my salvation and my glory; He is my Rock of unyielding strength *and* impenetrable hardness, and my refuge is in God! <sup>8</sup> Trust in, lean on, rely on, *and* have confidence in Him at all times, you people; pour out your hearts before Him. God is a refuge for us (a fortress and a high tower). *Selah* [pause, and calmly think of that]!

- How would it feel to release this place to God? Really go there! Would you be experiencing more or less frustration, disappointment, anxiety or stress than before? Journal about this idea as you continue to pursue coming to the point of surrender:

#### D. RIGHTS

- When you took Jesus as your Savior, you gave your life to Him as well: 1 Cor 6:19b-20 AMP-- You are not your own, you were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God *and* bring glory to Him in your body.
- You were adopted into God's family and became a citizen of His kingdom. Therefore you can exercise the right and authority to do battle in His name. When you are subject to God and resist the devil, he must flee! (James 4:7)
- Take a few minutes to acknowledge and thank the Lord for all the rights and privileges you received at salvation (e.g. forgiveness, right-standing with God, 24/7 access, inheritance):

#### E. FRUSTRATION

- To suppress or deny our frustration or disappointment is not healthy. Unresolved issues can lead us into toxic thought patterns that hinder us from believing and living in God's truth: Lam 3:19-20, 40-41 AMP-- [O Lord] remember [earnestly] my affliction and my misery, my wandering *and* my outcast state, the wormwood and the gall. My soul has them continually in remembrance and is bowed down within me... Let us test and examine our ways, and let us return to the Lord! Let us lift up our hearts and our hands [and then with them mount up in prayer] to God in heaven
- Take a few minutes of quiet before the Lord. Ask the Holy Spirit to expose the root of the negative thoughts and feelings you've been experiencing. Quietly wait in His presence for a memory, situation, word, or picture. Record it here:

- Was there a message that you came to believe?

- Pray, asking the Lord to reveal the truth instead. Write it down:

#### F. DISCONTENT

- The Lord has offered us a wonderful solution to our discontent! When we bring any/every concern to Him in prayer with thanksgiving, He promises to give us His supernatural peace in exchange: Phil 4:6-7 AMP-- Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving,

continue to make your wants known to God. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus.

- Maybe you've prayed all you know to pray about this area. But have you tried giving thanks? This is challenging to do with emotional integrity!
- Take a few moments in prayer asking the Spirit to reveal something you can be truly thankful about in this situation. Is there a benefit (e.g. perseverance, humility, etc.) that God has worked in you or around you through this issue? Record your thoughts:

## G. SINFUL RESPONSE

- When in difficult circumstances, we are more easily lured into unbelief and many other ungodly mindsets and behaviors including:
 

Unforgiveness	Comparison	Criticism
Offense	Jealousy	Leaning on our own efforts/understanding
Doubt	Rebellion	
Fear	Bitterness	
Judgments	Grumbling	
- Take a few minutes allowing the HS to search your heart for the specific ways that you have responded sinfully. Agree with Him. Ask for and receive His forgiveness: Ps 51:1-3, 7-8 NLT-- Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion... Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice.
- Now thank the Lord for His great mercy and go forward without condemnation!
- Insights:

## H. SUBMIT TO GOD

- It's a huge battle to come to a place of surrender to God over an issue that is dear to our hearts.
- It is definitely worth the fight for it frees us to take hold of God's peace and promises instead: Acts 20:32 AMP-- And now [\_\_\_\_\_], I commit you to God [I deposit you in His charge, entrusting you to His protection and care]. And I commend you to the Word of His grace [to the commands and counsels and promises of His unmerited favor]. [It is] able to

build [me] up and to give [me] [my] rightful inheritance among all God's set-apart ones.  
(Note: personalization added)

- Here is a sample prayer for surrender. Use this or write your own in the space provided:  
*Dear God, I want to put my "picture" on the altar before you today. Help me to truly let go. I give you \_\_\_\_\_ . I recognize the truth that he/she/it belongs not to me but to You. I surrender every thought, feeling, resentment, or fear that is related to this part of my life. I lay down all the ways I have let this person/thing define my identity. I put aside any ways in which I've knowingly or unknowingly put my security and significance in him/her/it. Thank You that "I know the One in whom I trust, and I am sure that He is able to guard what I have entrusted to Him until the day of his return." (1 Tim 1:12) Lord, please remind me of this prayer when I am tempted to try to regain control of this person/thing.*
- Journal your insights and prayers in the space provided:

## I. RESTRUCTURE YOUR MINDSET

- A powerful way to rebuild your thinking about an issue is to connect to the promises of God!
- Here are a few exciting Wilderness promises to meditate on and to appropriate in prayer:
  - Is 35:1-4 NIV-- The desert and the parched land will be glad; the wilderness will rejoice and blossom. Like the crocus, <sup>2</sup> it will burst into bloom; it will rejoice greatly and shout for joy. The glory of Lebanon will be given to it, the splendor of Carmel and Sharon; they will see the glory of the Lord, the splendor of our God. <sup>3</sup> Strengthen the feeble hands, steady the knees that give way; <sup>4</sup> say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you."
  - Is 41:17-20 NIV-- "The poor and needy search for water, but there is none; their tongues are parched with thirst. But I the Lord will answer them; I, the God of Israel, will not forsake them. <sup>18</sup> I will make rivers flow on barren heights, and springs within the valleys. I will turn the desert into pools of water and the parched ground into springs. <sup>19</sup> I will put in the desert the cedar and the acacia the myrtle and the olive. I will set junipers in the wasteland, the fir and the cypress together <sup>20</sup> so that people may see and know, may consider and understand, that the hand of the Lord has done this, that the Holy One of Israel has created it.
  - Is 51:3-5 AMP-- For the Lord will comfort Zion; He will comfort all her waste places. And He will make her wilderness like Eden, and her desert like the garden of the Lord. Joy and gladness will be found in her, thanksgiving and the voice of song *or* instrument of praise. <sup>4</sup> Listen to Me [the Lord], O My people, and give ear to Me, O My nation; for a [divine] law will go forth from Me, and I will establish My justice for a light to the peoples. <sup>5</sup> My rightness *and* justice are near, My salvation is going forth, and My arms shall rule the peoples; the islands shall wait for *and* expect Me, and on My arm shall they trust *and* wait with hope.
- Choose one of these verses or another promise that God has given you. Use it as prayer fodder and as a faith-builder for singing in your barren place.
- Take note of any insights God gives as you sing and pray His Word back to Him:
- Spent some extended time in singing over your barren place. Allow the truth to penetrate more deeply as you open your heart and mind in worship.