

**GO DEEPER**

**Self-Examination Questions**

*How much of your time do you spend thinking about your sickness? How much of your time do you spend thinking about God and Scripture?*

*Are you daily looking at the problems of your life, or are you looking at the promises of God? Is there anything you'd change about what you are looking at?*

*Who is setting your expectations? Are there changes you will make about who you let influence you?*

**Prayer Points**

Use these prayer points to write and to pray your own powerful prayer:

- Thank God for the power and authority of His Word.
- Choose to submit yourself to the Word and let it transform your heart, attitude, vision, and expectations.
- Thank God for the transformation process.
- Refuse to conform to the attitudes and expectations of the world.
- Ask God to help you dig deep within yourself to understand where you get your attitudes and expectations.
- Ask God to help you change who you allow to influence your expectations.
- Choose to have a positive, biblical attitude of an overcomer in Christ.
- Thank God for health and healing in your body.

**Action Steps**

- In your Healing University journal, write what you are expecting. Be detailed and create a timeline. Are you avoiding future events because of your symptoms, or have you put things on hold because of how you feel? As you begin to navigate your attitude and expectations, you can begin to envision a different future.
- Settle in your heart that your attitude and your expectations are powerful weapons for health and healing. Examine your heart and, when you are ready, make the following declaration and don't waver from it:

I believe God's promises, and I choose to have my attitude and expectations come from God, not the world.

\_\_\_\_\_ (sign and date)

- Write your own answer to this question: *What is your attitude toward health and healing?*

## Need prayer?

Please call **719-635-1111** for prayer or for more information on Charis Bible College.

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