



## HEALING AND RESTORATION | LIFT YOUR HEAD PART 1

### LESSON NOTES

1. Eighty-five percent of people’s problems are that they don’t like \_\_\_\_\_.
2. You will never do what you were put on this earth to do if you’re carrying yourself in \_\_\_\_\_.
3. Shame is often manifested by a \_\_\_\_\_.
4. Jesus is the \_\_\_\_\_ of your head.
5. Satan is the father of all \_\_\_\_\_.
6. The effects of \_\_\_\_\_:
  - a. Inferiority
  - b. Habitually destructive behavior
  - c. Self-pity
  - d. Passivity
  - e. Isolation and withdrawal
  - f. Codependent relationships
  - g. Despising our appearance
7. Guilt means “\_\_\_\_\_”; Jesus came to “\_\_\_\_\_”.
8. Your opinion of yourself will keep you \_\_\_\_\_—or, it can set you \_\_\_\_\_.
9. Don’t practice bondage – practice \_\_\_\_\_.
10. Realize you are not \_\_\_\_\_.
11. Recognize the true \_\_\_\_\_.
12. \_\_\_\_\_—get it out of you.
13. Your past is not keeping you from God’s best—it’s your \_\_\_\_\_ of your past.
14. Release \_\_\_\_\_ towards yourself and towards those who have hurt you.
15. Forgiveness is not a \_\_\_\_\_, it’s a \_\_\_\_\_.
16. \_\_\_\_\_ God’s love.
17. Choose to live by what the \_\_\_\_\_ says.

KEY:PART 1: 1. themselves 2. shame and condemnation 3. downcast look 4. lifter 5. lies 6. shame 7. to press down, lift you up 8. bound, free 9. freedom 10. alone 11. enemy 12. Repent 13. remembrance 14. unforgiveness 15. feeling, choice 16. receive 17. Word of God

KEY PART 2: 1. Shame and guilt 2. once and for all 3. right now 4. eyes, ears, mouth

SCRIPTURE REFERENCES: Lk 4:18, Ps 3:3, 1 Pet 5:9, 2 Samuel, Jn 10:10, Ja 4:7-8. 1 Cor 4:4, Rom 8:1, 1 Jn 1:9, Heb 13:5-6



## HEALING AND RESTORATION | LIFT YOUR HEAD PART 2

### LESSON NOTES

#### REVIEW

- Key 1: Realize you are not alone.
  - Key 2: Recognize the true enemy.
  - Key 3: Repent.
  - Key 4: Release unforgiveness towards yourself and others.
  - Key 5: Receive God's love for you personally
1. \_\_\_\_\_ will cause you to do the following:
    - Live a wasted, miserable life of just existing.
    - Always wonder what you could have been, what you could have done.
    - Always see yourself beneath everyone else.
    - Miss out on opportunities that God brings your way.
    - Give into temptations.
    - Be someone you're not.
    - Hold your head down.
  2. Jesus paid for your sins \_\_\_\_\_.
  3. God loves you as much \_\_\_\_\_ as He ever will.
  4. There are three areas that you have to open yourself up so that God can begin healing you from the inside out:
    - Open your \_\_\_\_\_ and start seeing yourself the way God sees you.
    - Open your \_\_\_\_\_ and start hearing God's truth more than Satan's lies.
    - Open your \_\_\_\_\_ and speak what you believe, not what you feel.

#### ACTION STEPS

1. Memorize the five keys to "lifting your head".
2. Put them in action in your life—consistently!
3. Hold your head high and walk into the future God has for you!