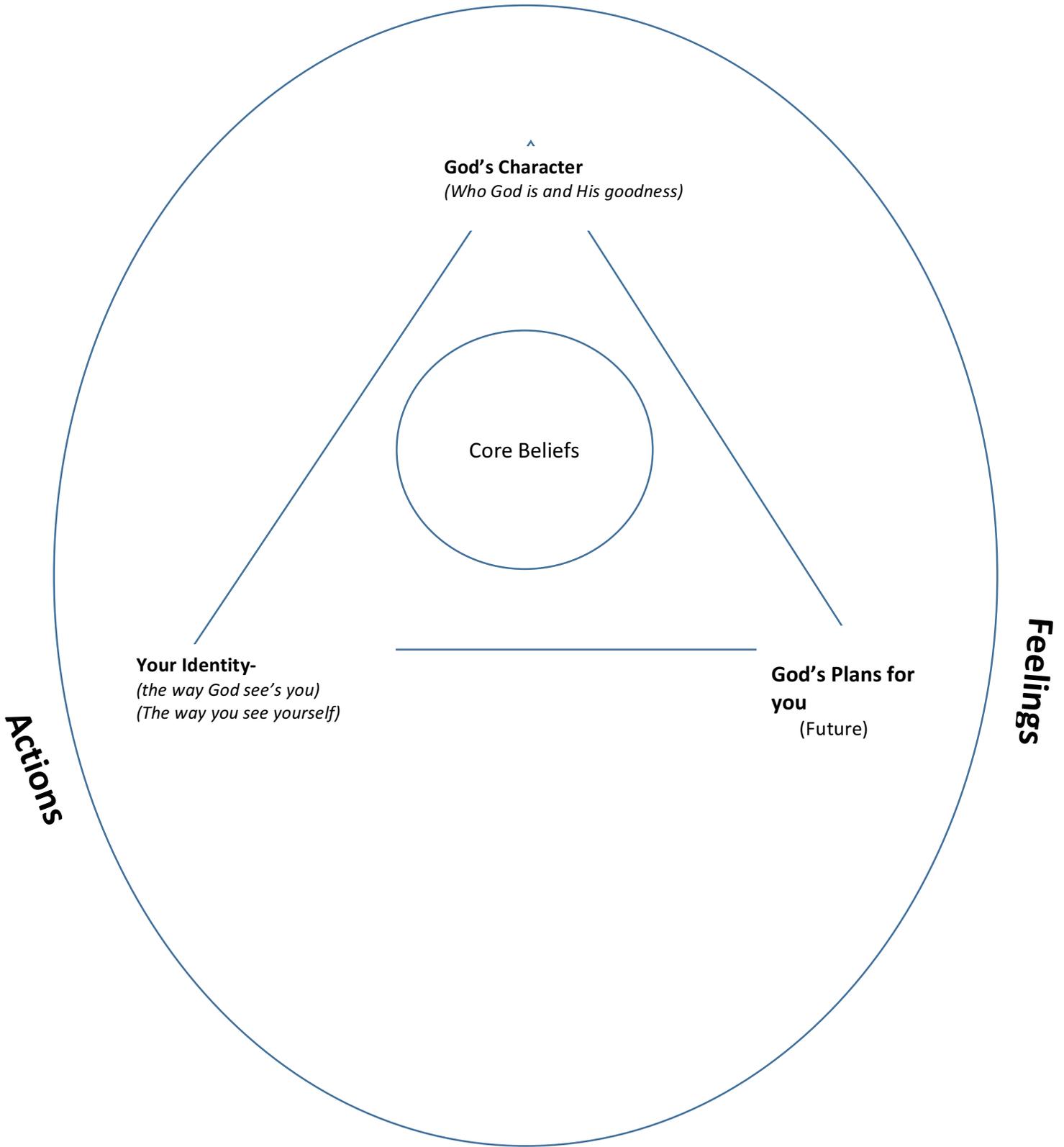


# Thoughts



# Living in Freedom: What Is Your Expectation? Week 2

**Are you truly reaching towards God's best?  
What is your expectation, not only in life but from God?**

**Overview:** God has given you many promises in scripture and once you grab hold of these truths, it will begin to shape your heart and mind, helping you to live with anticipation and hope. Knowing what God has promised will empower you to live a life of faith and expectation of God's goodness.

This week we will take a look into what God says He has given to you as His child. You will begin to learn what it means to make these promises personal and stand in faith in believing God.

## Thought life/Belief systems

---

---

---

---

---

---

---

---

“The thief comes to steal, kill and destroy. I have come so that you would have life and life more abundant.”  
John 10:10

“The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden?”

“It’s only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, ‘You must not eat it or even touch it; if you do, you will die.’” “You won’t die!” the serpent replied to the woman. “God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil.”  
Genesis 3:1, 3-5 (NLT)

“For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”  
Hebrews 4:12 NLT

**Recovering Dreams**

---

---

---

---

---

---

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”  
Jeremiah 29:11 (NIV)

**Knowing God's Promises Will Restore Hope**

---

---

---

---

---

---

“Instead of your [former] shame you shall have a twofold recompense; instead of dishonor and reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs.”  
Isaiah 61:7 (AMP)

## **Take the first step into freedom by knowing and being confident in God's promises.**

And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires.

**2 Peter 1:4 (NLT)**

“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.”

**Jeremiah 29:11 (NLT)**

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

**Matthew 11:28-29 (NLT)**

He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

**Isaiah 40:29-31 (NLT)**

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

**Philippians 4:19 (NLT)**

No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

**Romans 8:37-39 (NLT)**

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

**John 14:27 (NLT)**

The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand.

**Psalms 37:23-24 (NIV)**

I can do all things through Christ who gives me strength.

**Philippians 4:13 (NLT)**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

**Romans 8:28 (NIV)**

For God did not give us a spirit of fear, but a spirit of power, of love and a sound mind.

**2 Timothy 1:7 (NLT)**

Cast your burden on the Lord, and He shall sustain you; He shall never permit you to be moved.

Copyright©2016 Sarah Joy Bryant

**Psalm 55:22 (NIV)**

The Lord is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**1 John 1:9 (ESV)**

He has delivered us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.

**Colossians 1:13-14 (ESV)**

The thief comes to steal, kill and destroy. But I have come so that you may have life and have it more abundant.

**John 10:10 (NIV)**

Instead of your [former] shame you shall have a twofold recompense; instead of dishonor and reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs.

**Isaiah 61:7 (AMP)**

Therefore, if anyone is in Christ, he is a new creation. Old things have passed and behold all things have become new.

**2 Corinthians 5:17 (ESV)**

I tell you the truth, if anyone says to this mountain, “go throw yourself into the sea,” and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

**Mark 11:23-24 (ESV)**

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Philippians 4:7 (ESV)**

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

**Deuteronomy 31:8 (NIV)**

For the LORD your God is a merciful God; he will not abandon or destroy you or forget the covenant with your ancestors, which he confirmed to them by oath.

**Deuteronomy 4:31 (NIV)**

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

**Deuteronomy 31:6 (NIV)**

Therefore, there is now no condemnation for those who are in Christ Jesus.

**Romans 8:1 (NIV)**

We are assured and know that [God being a partner in their labor] all things work together and are [fitting into a plan] for good to and for those who love God and are called according to [His] design and purpose.

**Romans 8:28 (AMP)**

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

**1 Corinthians 10:13 (NLT)**

So humble yourselves before God. Resist the devil, and he will flee from you.

**James 4:7 (NLT)**

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.

**James 1:5 (NLT)**

“And provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.”

**Isaiah 61:3 (NIV)**

## **Homework/Quiet time: Practice listening to the Holy Spirit**

**Pray this prayer out loud before beginning this Holy Spirit prayer time.**

Father, I come to You today offering everything of myself before You. I want You to mold me into everything You are. Help me to quiet myself in Your presence so that I may hear You clearly. Thank You that I am Your sheep and I hear my Shepherd's voice (John 10:27) and I know Your voice. Holy Spirit, please quiet any voice of the demonic that may try to interfere in the name of my Lord Jesus Christ. Thank you for your pure and perfect love for me.

**Quiet your mind and go to God with these things, writing everything that comes to mind.**

1. Holy Spirit, please reveal to me areas where I have lost hope and why.

---

---

---

---

2. Father, please show me if there are lies from my past that I deeply believed, either against myself or the plans you have for me, or about Your character.

Lies about myself:

---

---

---

---

Lies about God's plans for me:

---

---

---

---

Lies about God's character:

---

---

---

---

3. Father, I ask You to forgive me for speaking words of doubt or lies about who You have made me to be, and the plans You have for me. Please show me Your truths.

Write all the truths that come to your heart about the lies you have believed.

God's truth about myself:

---

---

---

---

God's truth about His plans for my life:

---

---

---

---

God's truth of His character and love for me:

---

---

---

---

Next, ask God to open your eyes to His power in your life and to reveal where He has already been working on your behalf.

God, please reveal scriptures of Your promises that I can stand firm on.

---

---

---

---

**Read and pray aloud together as you close your quiet time.**

God, I ask You to relight my flame of faith so that I can begin to believe You truly have an abundant life for me, and You want to fulfill all my dreams and visions. Thank You that You are my hope and You cause all things to work out for my good. I believe You have given me these dreams and visions and I want Your perfect will for my life. I ask You to supernaturally reveal how high, how deep, how wide, and how long Your love is for me through a personal experience, so that I may have true revelation of this love.