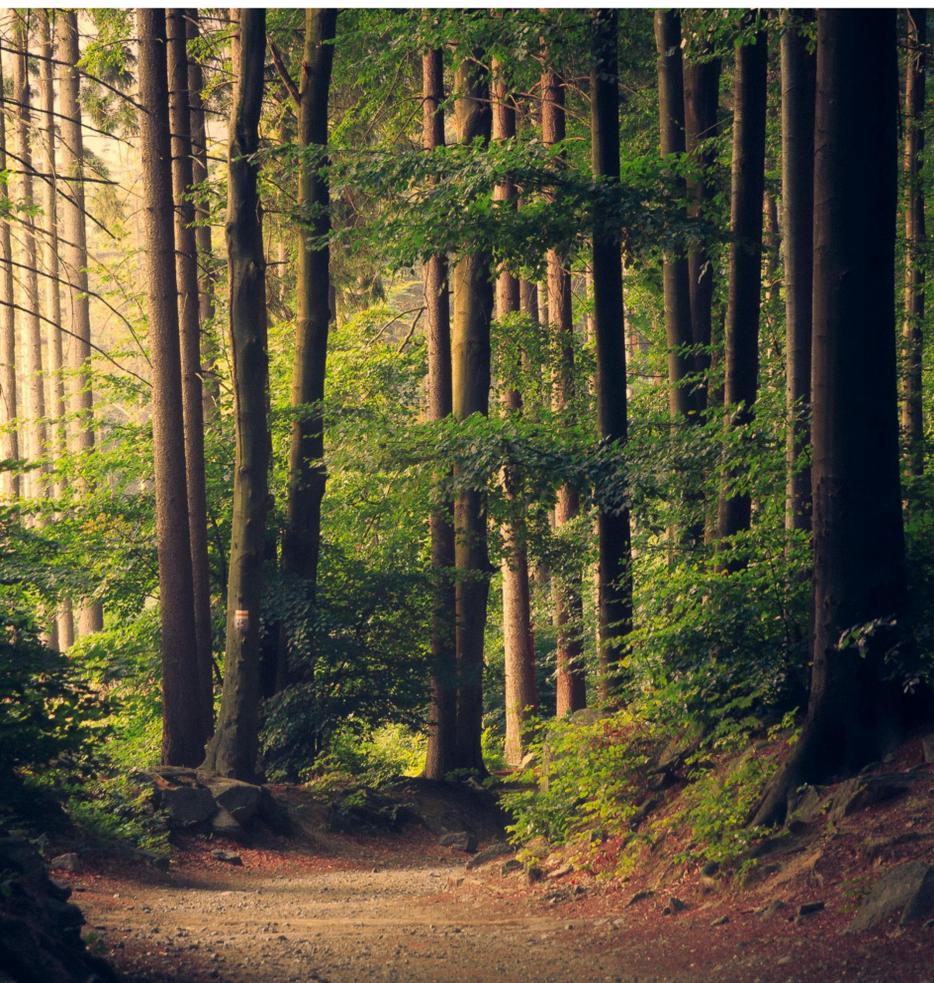




GREATER



Addiction, Anxiety, OCD, Self Harm, Depression and Suicide. These powerful names wage war on our spiritual, mental and emotional freedom. But what if there is a greater name?

Thankfully there is and His name is Jesus Christ. Because of His wonderful sacrifice, dying on the cross for us, taking our pain, sickness, brokenness and, of course, sin all onto himself, Jesus won the right to lead us step by step into freedom.

Over the next four sessions, this guides will help you discover the amazing love and power of Jesus to bring healing into our spiritual, mental and emotional world.

We pray this will be a journey of encouragement, insight, hope and restoration as you embark on this time with Jesus.

01

Mala's Story



Opening Prayer

“Lord, guide me in understanding who You are. Help me to understand your love, that I am not alone, and that I am not defined by the things that have happened in my life. Guide me in discovering who You think I am.”

Jeremiah 31: 3

“The Lord said... “I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.”

Introduction

Today we are going to be walking alongside Mala, as she shares her incredible story of God's love, in spite of the horrific circumstances that surrounded her life. We will be challenging you to think through some tough questions.

Before you watch the episode, ask God to soften your heart towards what He may want to talk to you about. Ask God to give you wisdom and provide His incredible peace to you as you journey forward. Even if abuse isn't something you have suffered, He will have something for you to learn.

Mala's story begins at birth, where she suffered rejection as a baby and abuse as a child. Things got worse as an adult when she married a man, in her words, "just like my father." Alone in a foreign land, suicide seemed the only way out. But this is the moment when Jesus spoke to her and so began her journey of freedom.

God was always there in her life but it wasn't until she was at her absolute limits that she heard Him the clearest.

This story will be hard for some to watch, if you or someone you love has been through abuse.

It is estimated in the USA that 1 in 2 women and 1 in 4 men have suffered abuse. NZ statistics show a similar trend. We highlight this to show that if this is you, you are not alone and we believe there is hope. This study we pray will be a starting point for you on your journey. Or maybe for you to walk with someone on theirs.

When you are ready, watch "Greater: Episode One" - 28min in duration

<https://www.fantailstudios.com/greater/greater-episode-1>

01

Mala's Story



First Thoughts

This may have brought up a number of thoughts and reactions from you. As you continue on through the study remember that you are not alone, God loves you, and there are people who can help you if you need them.

Q1: What impacted you the most from Mala's story and why do you think that is?

Q2: Was there anything said that you disagreed with or found difficult to hear?

Q3: Were there any aspects from your past that this has brought up that you may want to receive prayer for? Who could you ask to pray for you?

01

Mala's Story

**Why does bad stuff happen and where is God in all this?**

This is a big question and while it is easy to say, "Well we live in a broken world," that can sometimes seem a bit of a cop out.

The panel address this with the conversation around free will. We have the unfortunate ability to hurt ourselves but the even more unfortunate ability to hurt others.

In fact, in the book of Romans, it addresses the first act of free will that impacted all of humanity.

Read Romans 5:15-16

As you see from these verses, Adam and Eve's free choice led to the death and harm of the human race. Jesus' free gift leads to redemption.

Our choices, both good and bad, reverberate into the world of others. In Proverbs 27:17, it says that iron sharpens iron. When we work together, we sharpen each other. However, it makes sense that we could also *blunt* someone else with our choices.

So where is God in all this? Why doesn't He stop terrible things from happening?

Again, it comes down to free will. Romans 3:23 states we are all sinners and fall short of the glory of God. If God stepped in every time we fell short then there wouldn't be much free will.

In Matthew 5:45, Jesus tells us that the sun will shine and the rain will fall on both the righteous and the unrighteous.

As Mala stated in her testimony, she knew He was always there but just wasn't ready to trust Him completely. It wasn't until her absolute lowest that she reached out and He led her out of her darkness.

In her own words, "Sometimes life can suck, but with God we have hope."

God is always there to bring restoration to our lives.

01

Mala's Story



Why does bad stuff happen and where is God in all this?

Q4: Mala talked about sensing God with her as a child but still enduring so much suffering. Why do you think that a loving God can still allow so much pain to take place?

Q5: Abuse and rejection, along with other events, can negatively shape how we see ourselves. What thoughts or feelings about yourself do you struggle with which are contrary to how God sees you?

Q6: Who does God really say you are?

01

Mala's Story



Forgiveness

As the panel discussed, forgiveness is the most misunderstood and hardest topic.

Rita made a comment that forgiveness is a word that is not to be used in the secular treatment of survivors of abuse. But in her mind, it is the most important thing to discuss.

Q7: What were your thoughts on forgiveness coming into this episode? Now that you have heard the panel discussion, have your thoughts changed?

Q8: The panel discussed what forgiveness is and is not. Write down some things that are commonly associated with forgiveness that are not true.

01

Mala's Story



Forgiveness

Forgiveness isn't about pretending that the event didn't happen or that the offender doesn't need to be held to account. It is more about you letting go of it so that it doesn't haunt you and impact how you live your everyday life.

This is not an easy thing to do, but remember that you don't need to do this alone. Find a community, a counselor, a friend, or a support group. Walk alongside others as you journey through this process.

As a survivor of abuse, you didn't deserve what happened, and God, as Mala said, has always been there. He knows you better than anyone, including yourself, and He wants you to discover your true self.

Read **Psalm 139: 1-16**

The panel said you cannot truly figure out who you are independent from God. We often attach external, material, or temporal things to find our identity but it is only discovering ourselves in Him and trusting in Him that we find freedom.

Q9: As Richard said, if letting go were as simple as flicking a switch, what objections would you have?

Q10: Forgiveness was a powerful part of Mala's healing journey. Do you have areas and people that you need to forgive so that you can receive a deeper level of healing?

Q11: If you were to let go of the hurt, how do you think you would live life in the freedom God intended for you to live?

01

Mala's Story



Final Thoughts

One of the major things that helped Mala in her recovery was the children coming and telling her they loved her. This comes back to us and our actions. A verse we read earlier talked about iron sharpening iron. We can sharpen and bring freedom to others with our actions.

Q12: How can you bless others and bring potential freedom to someone else's life?

Mala learned to let go and rely on God for her future. She called God her rock, shelter, security, and learned that she could trust Him.

Q13: How do you see God? What are some words that you would use to describe Him?

The issues we discussed today are very heavy and run deep. Have a prayer time with God and honestly go through your answers with Him. There will be things that you may work with Him over time and there may be things that He will bring immediate light to.

Just remember the words out of Psalm 23, *“Even though I walk through the valley of the shadow of death, I will fear no evil, **for you are with me.**”*

GREATHER



Congratulations on completing the first part of this four part series as we explored the wonderful truth that no matter what challenges we face in life, there is always one name that is greater and that name is Jesus Christ.

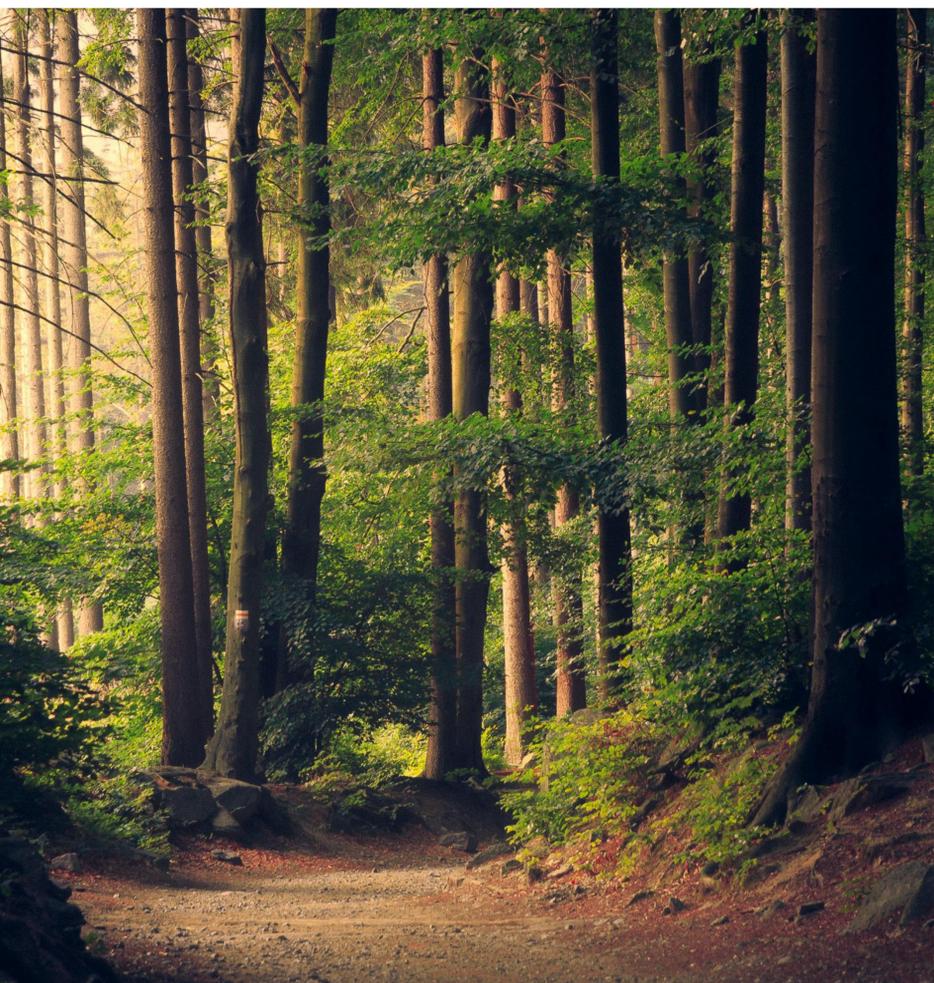
This course has been produced by Fantail Studios with the support from the wider faith community.

We would like to thank those who gave generously both financially, with their time, and especially those who bravely shared their own personal testimonies.

Fantail Studios is a registered charity producing digital content that celebrates the radical love and power of God at work in our everyday lives.

To find out more about this ministry, additional resources, or to partner with us, please visit www.fantailstudios.com

GREATER



Addiction, Anxiety, OCD, Self Harm, Depression and Suicide. These powerful names wage war on our spiritual, mental and emotional freedom. But what if there is a greater name?

Thankfully there is and His name is Jesus Christ. Because of His wonderful sacrifice, dying on the cross for us, taking our pain, sickness, brokenness and, of course, sin all onto himself, Jesus won the right to lead us step by step into freedom.

Over the next four sessions, this guide will help you discover the amazing love and power of Jesus to bring healing into our spiritual, mental and emotional world.

We pray this will be a journey of encouragement, insight, hope and restoration as you embark on this time with Jesus.

02

Jared's Story

**Opening Prayer**

“Lord, guide me in understanding who You are. Help me to discover your love, that I am not defined by the things that happen to me but by who You say I am. Guide me this day and always.”

John 8:32

“Then you will know the truth, and the truth will set you free.”

Introduction

Before we start the session today, take the time with Jesus and ask Him for His wisdom and peace as you watch and potentially revisit old wounds that have been buried and hidden under years of coping mechanisms.

Jared is going to share an incredible story of how an intense moment of trauma sowed lies and chaos into his life. This resulted in anxiety, shame, guilt, and condemnation.

Jared was left wondering as a young man if this would be how he lived for the rest of his life. Forever trapped in a negative spiritual and emotional cycle of pain. All hope seemed lost until truth began to challenge the lies he had always believed.

As you watch, set an expectation in yourself that there may be some areas in your own life which the Holy Spirit may want to revisit with you. You may like to open in prayer and invite the Holy Spirit to minister as you watch.

Trauma and traumatic experiences can occur to any of us at any time. For some, these are events that just happen and for others these traumatic situations are forced upon us.

The world today would say to find 'your truth'. But if we know ourselves, we will know that events, situations, and just our everyday minds change our opinions and minds constantly. (See Paul's thoughts in Romans 7:15-20)

So what truth do we need? Only the truth God brings us about the events of our lives. That is true freedom. This is the freedom we are looking at in our episode today.

When you are ready, watch "Greater: Episode Two" - 28min in duration

<https://www.fantailstudios.com/greater/greater-episode-2>

02

Jared's Story



First Thoughts

This may have brought up a number of thoughts and reactions from you. As you continue on through the study remember that you are not alone, God loves you, and there are people who can help you if you need them.

Q1: *What impacted you the most from Jared's story and why do you think that is?*

Q2: *Was there anything said that you disagreed with or found difficult to hear?*

Q3: *Were there any aspects from your past that the episode has brought up that you may want to receive prayer for? Who could you ask to pray for you?*

02

Jared's Story



The Spirit World and Trauma?

We live in a broken world. A world where bad things are going to happen and people are unfortunately going to hurt others.

Jesus, when asked about the greatest commandment, said:

*“You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’
This is the first and greatest commandment.*

And the second is like it: ‘You shall love your neighbor as yourself.’”

Matthew 22:37-40

Imagine a world where this actually happened! Where people put God first and treated others well. Where we thought about the needs of others and took care of each other.

Unfortunately, this is not the world we live in. However, this struggle is not against people, as we are made aware in Ephesians 6:12

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

There is a battle going on each day and the 'spiritual forces of evil' are trying to cause damage in people's lives and relationships, and distance us from the truth.

When something traumatic happens in our lives, we are vulnerable. This is understandable. Whatever has happened has brought us low.

In this state, we need to make sense of the trauma. Like in Jared's story, a small lie can slip in. It may seem insignificant, but a lie is a lie.

A lie in your life is, as we saw, like a seed that grows into a tree that fruits more destruction. It needs to be rooted out.

If we change the analogy, when a lie gets placed in your life it is like a doorway to the pain and grief. The 'forces of evil' are like scavenger animals: if there is somewhere they have got in before, they will return and cause more damage.

There is hope though! Christ has already overcome every lie and has truth and healing for every situation.

“In this world you will have trouble. But take heart! I have overcome the world.”

John 16:33b

02

Jared's Story



The Spiritual World?

Q4: Jared talked about hearing voices from the demonic realm. How real do you think that space is and how does it impact on us?

Q5: The lies that Jared had believed created space for spiritual attack on his life. Have you ever had a similar experience? How did you combat this?

Q6: If we were under spiritual attack, how would we know? What might some of the symptoms be?

02

Jared's Story



Confronting the Trauma

As the panel discussed, trauma is one of the biggest triggers for many other problems. These could be compulsive behaviour, imbalanced emotions, or addictions. Even shopping! As Richard said, we are wired to do anything to turn away from pain. That is our way to escape.

If we have faced trauma, then often we will be able to trace other behaviours back to this event. In the natural, we may be finding ways to cope or, in the spiritual, we may be believing lies that have crept in. Either way, we need to go back and face them and find truth...

But how?

Q7: God began to show Jared that his father's death had been a turning point in his life. Why do you think He didn't tell him everything in that moment?

Q8: Rita talks about how we should never minimize someone's trauma, as it is what they have been through. Two people may face the same thing but come away differently from it. Have you ever felt your trauma was minimized? Or can you think of times you may have minimized someone else's?

Note: If Q8, has brought some people to mind, take a moment to pray for them.

02

Jared's Story



Real Truth

You're not born traumatized! You don't have to remain this way and your brain can heal itself. There is always HOPE!

To deal with trauma, you need to recognise that the situation was too big for you to handle alone. But you are not alone.

There is help out there, professionally, spiritually, and relationally. Depending on the need, you may need all three.

But there is a name that is above all other names, and that is Jesus.

As Pastor Wes said, Jesus is the doorway into the Father's love and in His love there is healing.

You can get part of the way to freedom without Him. You can live well and do the right things, pull yourself into line with principles that are truthful. But in the end, the only way over the line... is to step into who He is and surrender.

When we surrender, we give Him permission to move and make things right.

Q9: Uncovering the truth with Jesus' help was key for Jared's breakthrough. What are other lies that commonly try to rob us of our peace?

Q10: Jesus says that He is the truth. He also says we shall know that truth and the truth shall set us free. Has this highlighted any areas where you may be believing lies and need Jesus' help?

Q11: If you were to let go of the hurt, how do you think you would live life in the freedom God intended for you to live?

02

Jared's Story



Final Thoughts

Going back to the moment is huge. It is sometimes a quick change, as in Jared's story, and sometimes it is a longer journey that we need to go on with Jesus. But He is with you and He was with you when the trauma took place - as we saw with Mala's story in Episode One.

Q12: *If God is with you now, and was with you in the time of trauma, do you have any final resistance to facing it with Him?*

Jared described God in so many different words but in the end he stated that God is all he will ever need. God's love is so much greater.

Q13: *How do you see God? What are some words that you would use to describe Him?*

The issues we discussed today are very heavy and run deep. Have a time of prayer with God and honestly go through your answers with Him. There will be things that you may need to work through with Him and there may be things that He will bring into the light.

Remember the words out of Psalm 23, *“Even though I walk through the valley of the shadow of death, I will fear no evil, **for you are with me.**”*

GREATER



Congratulations on completing the second part of this four part series as we explore the wonderful truth that no matter what challenges we face in life, there is always one name that is greater and that name is Jesus Christ.

This course has been produced by Fantail Studios with the support of the wider faith community.

We would like to thank those who gave generously with their finances, with their time, and especially those who bravely shared their own personal testimonies.

Fantail Studios is a registered charity producing digital content that celebrates the radical love and power of God at work in our everyday lives.

To find out more about this ministry, additional resources, or to partner with us, please visit www.fantailstudios.com

GREATHER

A person stands on a grassy hill at sunset, silhouetted against a bright, golden sky. The word "GREATHER" is overlaid in large, bold, black, sans-serif capital letters across the upper portion of the image. The sky is filled with soft, glowing clouds, and the sun is low on the horizon, creating a warm, atmospheric light.

Addiction, Anxiety, OCD, Self Harm, Depression and Suicide. These powerful names wage war on our spiritual, mental and emotional freedom. But what if there is a greater name?

Thankfully there is and His name is Jesus Christ. Because of His wonderful sacrifice, dying on the cross for us, taking our pain, sickness, brokenness and, of course, sin all onto himself, Jesus won the right to lead us step by step into freedom.

During these four sessions, this guide will help you discover the amazing love and power of Jesus to bring healing into our spiritual, mental and emotional world.

We pray this will be a journey of encouragement, insight, hope and restoration as you embark on this time with Jesus.

03

Pornography



Opening Prayer

“Lord, guide me in discovering who You are. Help me to understand Your love...real love. Help me to guard my heart and surrender my will to You. Thank You that Your mercy is new everyday.”

Psalm 119:9

“How can a young person stay on the path of purity? By living according to your word.”

Introduction

Before we start the session today, take the time with Jesus and ask Him for His wisdom and peace as you watch and potentially revisit old wounds that have been buried and hidden under years of coping mechanisms.

The stories today are dealing with issues that have resulted in anxiety, shame, guilt, relationship corruption, and condemnation.

If pornography or lust is an area that you may be struggling with or have in the past, ask the Holy Spirit to guard your heart and to soften it to Truth.

As you watch, set an expectation in yourself that there may be some areas in your own life which the Holy Spirit may want to revisit with you. You may like to open in prayer and invite the Holy Spirit to minister as you watch.

Pornography is something which many in Western culture would not see as a problem. "It is perfectly natural and spices things up."

However, even in secular settings of psychology and medicine, pornography is known to be as addictive as cocaine. Mentally, it isn't healthy for us. And spiritually, it can shut us down.

Pornography is a taboo topic when talking about problems and this may be the first time you have had to confront it. Take time and listen to what God would say to you.

Episode Three - 28min in duration

<https://www.fantailstudios.com/greater/greater-episode-3>

03

Pornography



First Thoughts

This may have brought up a number of thoughts and reactions from you. As you continue on through the study, remember that you are not alone, God loves you, and there are people who can help you if you need them.

Q1: *What impacted you the most from the stories and the topic? Why do you think that is?*

Q2: *Was there anything said that you disagreed with or found difficult to hear?*

Q3: *Were there any aspects from your past that this has brought up that you may want to receive prayer for? Who could you ask to pray for you?*

03

Dawn's Story



A Christian Stuck in Addiction

Song of Songs says to the daughters of Jerusalem not to 'awaken' or 'arouse' love before it is time, as Dawn quoted.

For Dawn, an early experience led her to start along a path with pornography. "It was innocent, only stories...."

Society will often say this, too. "They're just books. They don't hurt anyone." Dawn's story would show differently.

Dawn sought more and more until she was needing the physical thing. This in turn led to broken relationships, including a broken marriage.

All this was while being a Christian and serving in church. Being a good person didn't save her! Being a Christian didn't save her either!

She felt like a failure. She felt like she was living a double life, and she didn't know how to stop. She condemned herself.

She knew that what she was doing was wrong, but she also knew Christ had set her free from sin and judgement.

Then she saw the scales.

God's MERCY trumps all!

As Dawn quoted from 1 Corinthians 6:19, our bodies are a temple of the Holy Spirit. We are meant to treat them with respect and reverence. Pornography doesn't do this.

But Christ is all about cleansing and redoing this temple. Read the book of Ezra about rebuilding and rededicating the Temple.

As we hand broken areas of our life over to the **Mercy** of God, He can and will work on renewing them. But we must hand over control.

Romans 12: 1-2

*Therefore, I urge you, brothers and sisters, in view of **God's mercy**, to **offer your bodies as a living sacrifice, holy and pleasing to God, this is your true and proper worship.***

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

When you hand yourself over to God, He will see you, He will be with you.

He knows you and knows what is best for you. He will never leave you or abandon you.

03

Dawn's Story



Mercy Trumps Condemnation and Guilt

Q4: *One of the key factors for Dawn was learning God had mercy for her. Yes, He didn't want her to be stuck in the sin, but He was bigger than that. Do you feel like God has mercy or condemnation toward you?*

Q5: *If Jesus died for all sin, do you think that He can handle yours? Do you have some reserve in handing this over to Him? What could it cost you?*

Q6: *If you were free from pornography (or any sin that is deep in your life), what fruit could come from your life instead?*

03

Brett's Story



Old Man With a Stick vs Best Mate

For Brett, the biggest change that needed to happen was the change in his perception of who God was. His image of God was that of a vindictive judge. While the Bible is quite clear that He is a judge, He is not vindictive about it and wants to see us free.

In Christ's death, we discover the lengths He was willing to go to, to actually be in relationship with us. Like Brett's vision, He wants to journey with us and see us succeed. When we go off into the dunes, He doesn't give up on us but calls us back to where the sand is firm.

Q7: Both Dawn and Brett needed to change their mindsets of Judgement and Mercy. What is your image of God and how does this impact your walk with Him?

Q8: Dawn was set free from her addiction immediately but Brett needed to journey for years. How is that fair? Why do you think God works differently with different people?

03

Brett's Story



Alone?

"I thought I was the only one."

One of the biggest lies we can face is that we are the only one facing a problem. We fear that if we open up, we may get looked down upon.

With pornography, you might be faced with these or any number of similar thoughts. The fact that the Bible talks a lot about sexual sin means that you are not alone and it is not a new problem.

In a couple relationship, justifying pornography to each other is the same as justifying smoking or any other addiction. It is messing with your needs in a sexual relationship and distorting sexual health.

At some point, someone will end up hurt.

Pastor Wes talks about how sexuality is very connected to our spirituality. This is why addiction and abuse affect a person so much. It is not just on the surface, it is always deeper.

Read through Romans 12:1-2 again.

Q9: *How can Christ help transform your mind and attitudes so you too can be free?*

Q10: *You are not alone in this. There are people who can support you. Who is someone you could talk to?*

Q11: *For Brett, there were things to put in place, people to be accountable to, rebuilding a free relationship his wife, and most importantly a relationship to build with Christ. What are steps you could take?*

03

Pornography



Final Thoughts

Pornography is shown to be as addictive as hard substance abuse. Rita said at the start, "Like other addictions, people will often start with just a little. 'Oh it isn't that bad. I don't do much. At least I don't do.....', but it soon increases." If it is like any other addiction, then why are we so accepting of it?

Q12: *Are there small or large areas where you need to open up and let God confront?*

We talked in the trauma episode about opening up doorways to the supernatural with trauma. Addiction is trauma in your life that needs dealing with. To deal with it we need to not focus on the shame but on God's truth in the issue.

Q13: *What is God's truth around pornography? How do you need to apply this to your life?*

The issues we discussed today are ones that have deep roots of acceptance in society at large. This being the case, there may be a number of things that have come to the surface that need to be dealt with. Have a time of prayer with God and honestly go through your answers with Him. Book in a conversation with your church minister or a senior member of your church to talk through the issues and how you may journey forward with accountability and the Word of God.

Just remember that Christ has already won the victory over this. In Galatians 5:1 it says, "For freedom, Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."

GREATER



Congratulations on completing the third part of this four part series as we explore the wonderful truth that no matter what challenges we face in life, there is always one name that is greater and that name is Jesus Christ.

This course has been produced by Fantail Studios with the support of the wider faith community.

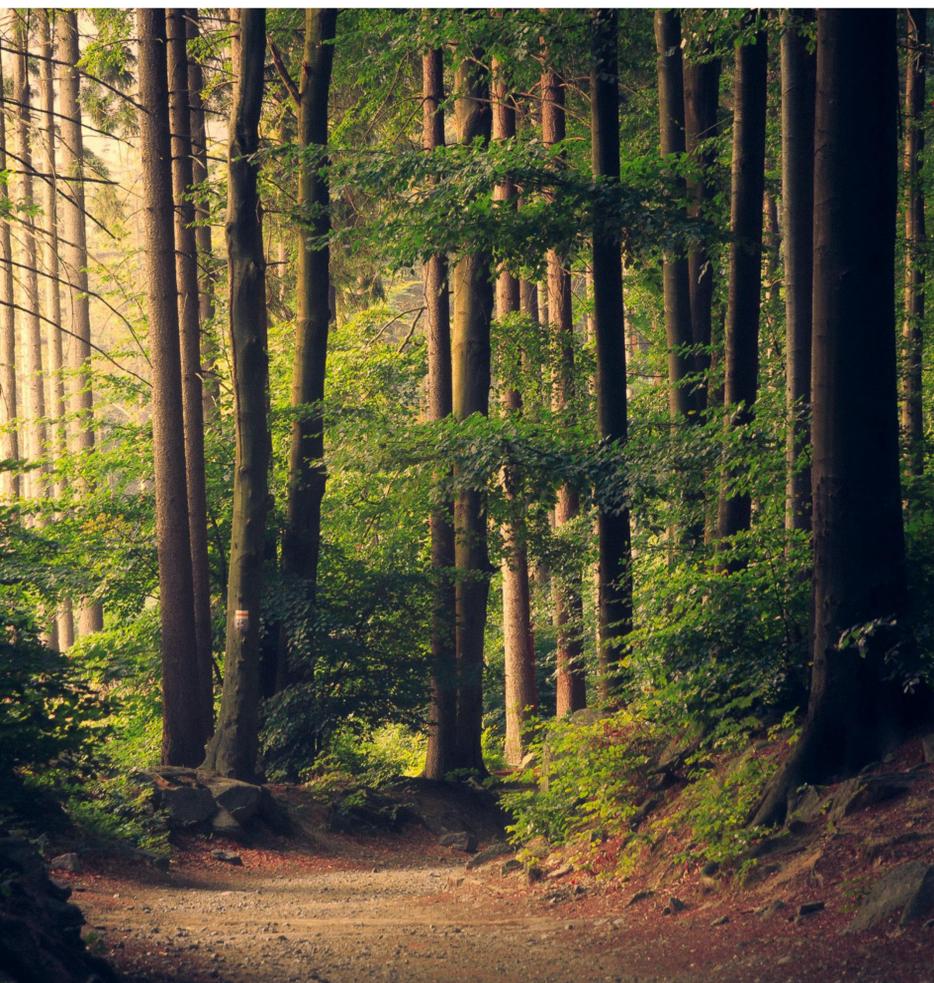
We would like to thank those who gave generously with their finances, with their time, and especially those who bravely shared their own personal testimonies.

Fantail Studios is a registered charity producing digital content that celebrates the radical love and power of God at work in our everyday lives.

To find out more about this ministry, additional resources, or to partner with us, please visit www.fantailstudios.com



GREATER



Addiction, Anxiety, OCD, Self Harm, Depression and Suicide. These powerful names wage war on our spiritual, mental and emotional freedom. But what if there is a greater name?

Thankfully there is and His name is Jesus Christ. Because of His wonderful sacrifice, dying on the cross for us, taking our pain, sickness, brokenness and, of course, sin all onto himself, Jesus won the right to lead us step by step into freedom.

Over the next four sessions, this guide will help you discover the amazing love and power of Jesus to bring healing into our spiritual, mental and emotional world.

We pray this will be a journey of encouragement, insight, hope and restoration as you embark on this time with Jesus.

04

Naomi's Story

**Opening Prayer**

“Thank you Lord for the way we are are created. I praise You that You have created each of us unique and intricate. Help me to understand how you have created me.”

Psalm 139:13-14

“For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Introduction

Before we start the session today, as always take the time with Jesus and ask Him for His wisdom and peace as you watch and potentially deal with things that need dealing with in your own life. Also ask for wisdom and understanding so you can help those around you.

Today we meet Naomi, who shares with us her amazing story of life with OCD, and how God has used both secular and spiritual sources to help her in her journey.

As we deal with any issue of mental health, it is important to realise that we are not stigmatizing it. Our bodies are amazing things that God has created intricately. Sometimes they can get out of whack either physically (chemical imbalances), traumatically (through events), or even spiritually (usually this originates with events like we saw with Jared's story in Episode 2).

We are excited to show you Naomi's testimony, as she shows us that sometimes God heals us on a journey.

You will learn that God doesn't make mistakes. He created us the way we were meant to be, but we just need to bring ourselves back into alignment.

So when you are ready, watch "Greater: Episode Four" - 28min in duration

<https://www.fantailstudios.com/greater/greater-episode-4>

04

Naomi's Story



First Thoughts

This may have brought up a number of thoughts and reactions from you. As you continue on through the study remember that you are not alone, God loves you, and there are people who can help you if you need them.

Q1: *What impacted you the most from Naomi's story and why do you think that is?*

Q2: *Was there anything said that you disagreed with or found difficult to hear?*

Q3: *Were there any aspects from your past that this has brought up that you may want to receive prayer for? Who could you ask to pray for you?*

04

Naomi's Story



What if it Doesn't Happen Straight Away?

Naomi's journey didn't start or end suddenly. She talked of her symptoms worsening through her teen years.

Her OCD gradually increased until she was at the stage of feeling dirty when she passed rubbish in the street. It began to affect her skin and her social life.

That is often the case, as the panel talked about. We develop 'quirks' as we try to take control of different areas of our lives.

But sometimes our bodies, seeing success in having control, turn the dial up and before you know it, things have gone too far.

When our actions become detrimental to ourselves or those around us, this is a warning sign.

It is obviously better to deal with these issues the earlier the better, but hindsight is always a lovely thing.

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."

1 Peter 5: 6-7

For Naomi, her journey was one of two parts.

God knew that Naomi needed to learn about how her brain worked first. Being educated about the way her brain worked informed her that she was not broken.

This came from a secular source, but Naomi understood that God was using these things to inform her in her journey. God will use what He will to bring about His will.

Once Naomi had come to the understanding that she was not broken, then it was time for God to deal with her heart and identity.

Identity problems can only be solved with understanding your TRUE identity, which can only be found in Christ.

This is where prayer came in to bring healing to her identity. OCD didn't define her.

You too can be free, when you find your identity in the one, who unlike any of us, was and is perfect.

"But you are... God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."

1 Peter 2:9

04

Naomi's Story



What if it Doesn't Happen Straight Away?

Q4: *From Naomi's story, how would you describe the relationship between counselling and prayer?*

Q5: *Naomi's freedom was a journey that took place over an extended period of time. What encouragement can we take from this for ourselves as we pursue our own inner healing?*

Q6: *What practical steps did Naomi take at the start of her journey? For areas in our own lives that we struggle with, what steps could we take to see progress and healing begin to take place?*

04

Naomi's Story

**Putting the Pieces Together**

The realization that OCD was something that Naomi was struggling with, rather than it being her identity, was a major turning point. Like our mosaic, once you realize that your identity isn't in the brokenness, the pieces can start to fit together.

The mosaic is made up of brokenness but is beautiful. Its identity isn't the broken pieces, it is the beautiful picture at the end. You are not just broken pieces. When you break the power of judgements, events and identities, and bring them in line with Jesus' plan for your life, you will realize that you are His beautiful creation.

Q7: Naomi had thought that her mind was broken. Through this process, she began to discover how incredibly God had designed it. What lessons can we learn from this story about how we view ourselves?

Q8: Often internal imprisonment or freedom begins in a seed form. How is this evident in Naomi's story? What lessons can we apply to our own lives as a result?

04

Naomi's Story



Simple Tools

What you focus on, the brain will make more of. But as the panel said, "You can train your brain".

Firstly, by knowing when the problem is starting, you can reassure your brain and reason with it. Over time, your brain will return to normal levels.

The second piece of advice from the panel was to find root thoughts that are driving you further into your compulsions and break agreement with them.

And the final tool we will mention here, is realising that there is hope for restoration.

Rita used the analogy of restoring a house. When it is at the beginning it looks a mess but slowly it will begin to take shape. Also, we need to remember there can be a need to call in experts to help with the renovation.

Naomi said she used to identify that she was OCD. It was a huge mindset change to break off that title. You are not your condition.

If you have a cold, it is not your identity. In fact fevers, snotty noses, and sore throats are actually your body fighting and doing its job to protect you.

God's heart is for you. He loves you and is for you.

Q9: If applicable, do you have a support group? If not, where could you find one? If yes, what are the positives that have come from being there?

Q10: Wes said that sometimes before praying for people there are things that need to be dealt with first. Ask the Holy Spirit if you have things that need to be dealt with.

Q11: Richard said it is about making one small step at a time. What is a small step you could make today?

04

Naomi's Story



Final Thoughts

God is for you in this. It is often one step after another. The Bible says in Hebrews 2, "...let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

Q12: If this is a race, we need to look at our goal, Jesus. What can you do in your walk today to focus on Jesus?

Naomi said that God is taking away the old and replacing it with the new. The new being not the way the world thinks of her or even the way she thinks about herself.

Q13: Are there things that you have as your identity that you need to strip off? Things that come from yourself or the world instead of God?

The issues we discussed today are not simple, and require support. Have a time of prayer with God and honestly go through your answers with Him. There will be things that you may work with Him over time and there may be things that He will bring immediate light to.

Warning: When medications are being taken, don't stop without confirmation from your professionals. When Jesus was healing, He sent the lepers to be confirmed clean by the Temple priests. We always need to rely on our team of support in such big issues. God does heal, but as Naomi said, "He can use others along the journey."

GREATERTER



Congratulations on completing the final part of this four part series as we explore the wonderful truth that no matter what challenges we face in life, there is always one name that is greater and that name is Jesus Christ.

This course has been produced by Fantail Studios with the support of the wider faith community.

We would like to thank those who gave generously with their finances, with their time, and especially those who bravely shared their own personal testimonies.

Fantail Studios is a registered charity producing digital content that celebrates the radical love and power of God at work in our everyday lives.

To find out more about this ministry, additional resources, or to partner with us, please visit www.fantailstudios.com