



PART 2

FAITH/BELIEF

JOB 11:7 – “Can you find out the deep things of God? Can you find out the limit of the Almighty?”

ARE YOU A BELIEVER/WHAT DOES YOUR/FAMILY/YOUTH FAITH LOOK LIKE – Depth

Guidance, Support, Accountability & Quiet Time with God – talking to him like a best friend

- READ first paragraph: No Name, (p.435-436) from The Artist's Way by Julia Cameron
 - You long for a more spiritual life, but you tell yourself that is too difficult. You pretend I am distant and hard to reach. You pretend I make harsh terms with you. Stop your pretending. Do not believe in God as told to you by authorities. Come to me on your terms instead. Simply say “hello,” and our conversation can begin.

I want to walk with you as friends walk. I want us to be casual and intimate. I want us to share secrets. I will begin with a secret of mine: I love you. I have loved you since the beginning of time. I have always seen myself as coming to join you. I am read to listen to your heart. Please begin to talk with me. You can start anything, with your joys or with your sorrows. I have ears for every part of you.

- Guidance (p. 283-284) from The Vein of Gold by Julia Cameron
 - Guidance comes most clearly to us in solitude
 - We clear space in our lives in order to center and clear space in our hearts

IDOLTRY/OBSESSIONS/ADDICTIONS/BAD HABITS/SIN

EXODUS 2:-3 “You shall have no other gods before me.

The person is so enslaved they believe they can control the idol because they get something they want from the idol (pleasure, control, affirmation, and power, to name a few), but in reality the idol controls them in a vicious cycle

What do you or do your children spend their time thinking about? What are your idols/sins/obsessions?

TASK: List the qualities of your childhood God _____

TASK: Now, list 5 qualities of what you've learned your heavenly Father really is?

Is he the same? Yes No Somewhat



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Other Resources

- How to Help Students Become Objective Rather than Obsessive Podcast & Article by Tim Elmore & Andrew McPeak
- Personality Disorder Assessments completed by a Therapist, Doctor, Psychiatrist
- PRAY
- HUMOR

STRONGHOLD/ROAD-BLOCKS OR NEGATIVE CORE BELIEFS

Paul says in, 2 Corinthians: 10:3-5 – Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and ever pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

A stronghold is anything that exalts itself in our minds, pretending to be bigger or more powerful than our God. It steals our focus and causes us to feel overpowered. Controlled or Mastered (Living Free by Beth Moore)

- READ SHEET: Winning War in Your Mind – REMOVE LIE, REPLACE TRUTH, NEW TRUTH, REFRAME, CHANGE
- TASK: Complete - Me, Myself, and Lies (p.15-16) Human Thought Closet v God's Thought Closet

Other Resources

- CBT Activities – Thoughts ->Feelings->Behaviors – Challenging Stinking Thinking
- Art Therapy – Mind Mapping – Art Therapy for Anxiety & Depression by Corrina Spelts
- READ POEM: Living Free by Beth Moore (p. 53) Demolishing the stronghold of Pride
- PRAY
- HUMOR



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FINDING PEACE, LOOKING TO HOPE, SPREADING JOY

PSALM 51:10 "Create in me a clean heart, O God, and renew a right^[a] spirit within me."

Who you are and what's in your heart are revealed in the words you speak.

What are some words that breathe life into you?

- CALMING: Adult coloring books

Other Resources

- Art Therapy - Creating a Safe Place – Essential Art Therapy Exercises & Corrina Spelts
- Affirmation cards/exercise
- FOCUS on the FAMILY PODCAST: Nurturing Joy in Your Child and Encouraging Marriages in your Sphere of Influence
- FOCUS on the FAMILY PODCAST: Nurturing Your Child's Heart & Mind
- PRAY
- HUMOR

PURPOSE/IDENTITY

PSALM 139:13 "For you created my innermost being; you knit me together in my mother's womb."

1TIMOTHY 4:14 "Do not neglect the gift you have, which was given you by prophecy when the council of elders laid their hands on you."

- Metaphor Therapy - The Boy Who Learned About Karate or The Girl Who Learned about Dancing by Nancy Davis

What might God be calling you to do? _____

Other Resources

- FOCUS ON THE FAMILY: Finding God's Purpose for Your Life
- TV: CHOSEN SERIES w/ The Chosen Workbook by
- Interest Assessment (given by a Therapist, Academic Counselor, Life Skills Coach, Mentor, etc)
- Spiritual Inventory of Talents and Skills (usually found in Sunday School Church Classes)
- PRAY
- HUMOR



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RESOURCES/SUGGESTED READING:

- The Artist's Way by Julia Cameron
- Battlefield of the Mind by Joyce Meyer
- CBT Toolbox for Depressed, Anxious & Suicidal Children and Adolescents by David Pratt, PhD, MSW (USED by Therapist)
- Essential Art Therapy Exercises (Effective Techniques to Manage Anxiety, Depression, and PTSD by Leah Guzman, ATR-BC (USED by Therapist)
- Living Free by Beth Moore
- Me, Myself, and Lies Workbook & Book by Jennifer Rothschild
- Stories for Children by Nancy Davis
- Uninvited & Forgiving What You Can't Forget by Lysa Terkeurst
- The Vein of Gold by Julia Cameron
- What does it mean to be Chosen by Amanda Jenkins, Dallas Jenkins, Douglas S. Huffman
- VIDEO: https://www.youtube.com/watch?v=w_2STJAJhJM Battling & Overcoming Anxiety - BBC

BIBLE APP PLANS

- Goodbye, Self-Doubt
- Peace
- Who Controls your Thoughts
- The Negativity Remedy
- Winning the War in Your Mind
- Pray Your Way Through Uncertainty
- Fighting Fear and Anxiety with the Promises of God
- Battlefield of the Mind Devotional
- Anxiety & Depression: Finding Hope with Michelle Williams
- Putting an X through Anxiety
- Unglued
- Anxious for Nothing
- Enemies of Your Heart

CARDS/GAMES/MISC

- Art Therapy for Anxiety & Depression by Corrina Spelts (TYPICALLY USED BY A THERAPIST)
- CBT – 123 Card Deck & Game by Play Therapy Supply
- Melt Anxiety and Relax: Card Deck for Kids by Jennifer L. Abel, PhD & Barbra Danin, LMFT, ATR (USED BY THERAPIST)
- POP IT Anxiety Toy, Fidget Spinners, etc.
- Art-making (DIRECTIVES BY A THERAPIST) - Legos, Exercising, Play