

HOW TO DAILY ENCOUNTER ABBA'S HEART

A Destructive Life Pattern (often called a “stronghold” or area of spiritual and personal conflict) is a strong or influential thought or perception in the life of a Christian. They are continual thoughts or beliefs that have not been submitted to the Lordship of Jesus Christ. Destructive Life Patterns are often driven by the lies of the enemy, producing unholy actions, dishonorable character, and lifestyles that lack the fullness of righteousness for which Jesus died.

Daily encountering Abba's heart is a practical prayer exercise that initiates a time of (1) **ENCOUNTERING** God's heart through confession and releasing forgiveness and (2) **ABIDING** in His truth through repentance and renunciation (formal rejection) of destructive life patterns/strongholds/spiritual and personal conflicts by announcing Scripture-based identity statements.

A major aspect of becoming a mature believer is embracing spiritual maturity by daily practicing repentance and a renewed mind. In this, we must rely on continual guidance from the Holy Spirit to “put on the new man” created for God's purposes of holiness and righteousness. (Ephesians 4:24)

Living spiritually mature lives in a natural and carnal world often means we must choose to renew our minds by embracing God's truth (His Word, our Identity in Jesus Christ, and His Promises to us), which has the power to transform destructive life patterns into instructive life patterns.

2 Corinthians 10:3-5 NLT states, *“We are human, but we don't wage war as humans do. 4 We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. 5 We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.”* According to Paul's words, we are challenged to dismantle the enemy's lies, which fuel destructive life patterns by destroying every obstacle that keeps us from knowing God. We do this by relying on the Holy Spirit to reveal to us any way we may be partnering with thoughts or actions (see Pathway of Belief) contrary to the character and nature of Jesus Christ as Savior and Lord of our lives. If a thought or action does not align with Abba's heart, we must repent and renounce its influence in our lives.

A final objective for the believer is to renew our minds with His truth, which looks like putting into practice the steps given in 2 Corinthians 10:3-5:

1. Recognize the area/thought/actions that cause spiritual and personal conflicts.
2. Release forgiveness to anyone (including yourself) who may have influenced this conflict.
3. Repent and Renounce every agreement made with the area/thought/action.
4. Receive freedom from spiritual and personal conflicts by announcing God's truth and developing a personal identity statement to replace the area/thought/actions.

This daily practice is not a magic formula but rather a clear model of how to renew your mind through confession, repentance, and receiving God's truth! Additionally, this is also not a “quick fix.” You are encouraged to “abide” (repent/renounce the influence of sin and announce truth) in Abba's heart for 45 days.

If you experience forms of opposition or doubt for the first days, do not be alarmed or discouraged. The enemy is called the father of lies (John 8:44) and only desires to deter and distract you from the good work that God is doing in your life. You must rely on the power of the Holy Spirit, dismissing all thoughts of distraction, doubt, and interference. (i.e., “This is stupid; this prayer process will not work for me; I should stop while I am ahead.”) Know that genuine repentance and commitment to Jesus Christ will always produce holy and lasting fruit.

DAILY ENCOUNTER ABBA'S HEART WORKSHEET

ENCOUNTER

1a. **Realize** any area in my life where there may be destructive life patterns/strongholds/personal and spiritual conflicts by allowing the Holy Spirit to reveal areas of limitation, negative spiritual influence, or sin patterns.

Pray (prayers of confession with a heart posture to encounter the Father's love)

- Heavenly Father, is there something holding me back? _____
- I confess my sin of _____

1b. Identity affects the DLP/strongholds/personal and spiritual conflicts have in my life.

- Partnering with _____ has caused me to _____

2. **Release forgiveness** to anyone (*including myself*) who may have influenced me to experience this issue.

Pray (prayers of forgiveness and release of judgment/offense)

- Heavenly Father, I forgive _____ for _____ I choose to release them from all judgment, harm, and debt. I bless _____

ABIDE**

3. **Repent and Renounce** every agreement I have made with the conflict present in my life.

Pray (prayers of repentance and renunciation for partnering with sinful patterns)

- Heavenly Father, I REPENT for living my life based on _____
- I RENOUNCE and break all agreements that I have made with _____

4. **Receive** freedom from spiritual and personal conflicts by identifying my Heavenly Father's truth to replace the areas of conflict I once experienced.

Find Scripture Verses that align with the Truth about your position as a child of God.

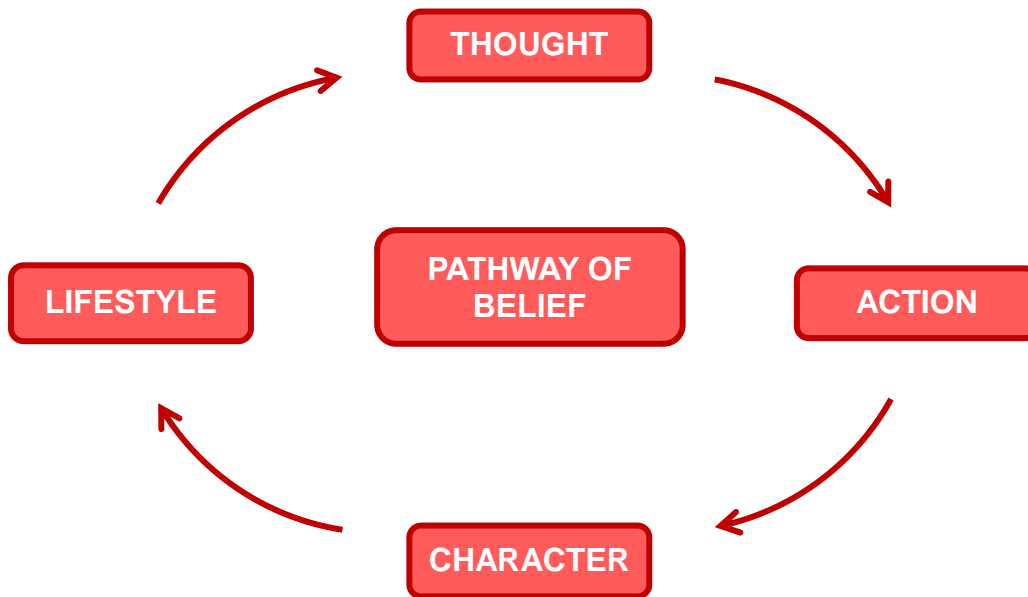
- Bible Verse: _____
- Bible Verse: _____

4b. Write an Identity Statement based on the truth of Scripture to resolve the personal and spiritual conflict I experienced.

- I ANNOUNCE and believe the truth that _____

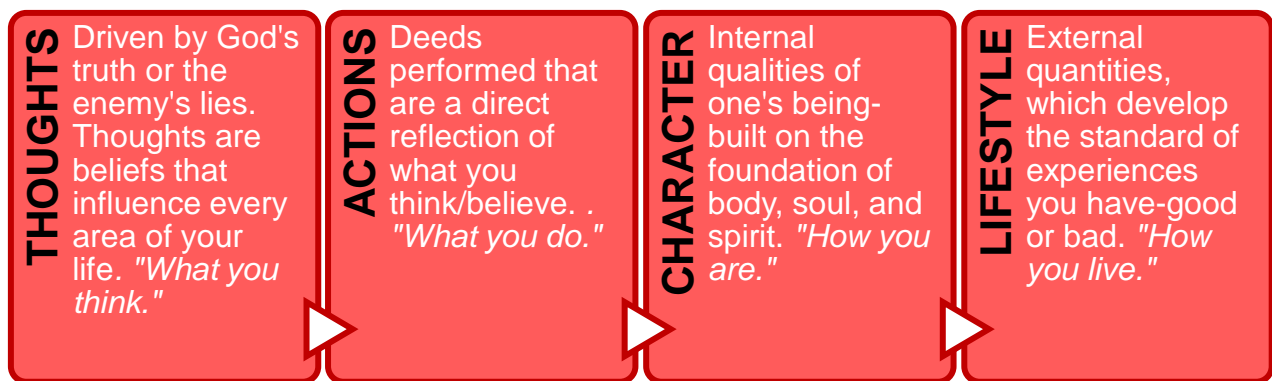
**Repeat For 45—Days; declare the truth I received from my Heavenly Father as I live out the reality of my position as a child of God. (Abide)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45



EMBRACING GOD'S TRUTH

As you process through life, what you think commonly forms the foundation of what you believe. Use the path chart below to discover the truth of belief and its influence on the Christian life.



BREAKING NEGATIVE INFLUENCES:
OF ABANDONMENT, ADDICTION, ANGER, BITTERNESS, CHRONIC ILLNESS, FEARS, NEGLECT, PERFORMANCE ORIENTATION, REJECTION, REBELLION, UNBELIEF, TRAUMA, VICTIMIZATION

RELEASING FORGIVENESS:
GOD, YOURSELF, OTHERS.

MENDING SEXUAL BROKENNESS:
NEGATIVE RELATIONSHIP INFLUENCES, & SEXUAL SINS,

EMBRACING GOD'S TRUTH:
RENOUNCING LIES & ANNOUNCING TRUTH

UNCOVERING FALSE RELIGION:
OCCULT PRACTICES, UNHOLY SUPERNATURAL EXPERIENCES

HEALING THE HEART:
RESTORATION OF WOUNDING AND INNER CORE PAIN

REJECTING FEAR:
ALLOWING THE FEAR OF THE LORD TO SUPERCEDE FEAR & ANXIETY

UNMASKING SHAME:
WARRENTED SHAME, UNWARRENTED SHAME, & THE ORPHAN MINDSET

THE FATHER'S INITIATION:
UNDERSTANDING & BELIEVING THE MESSAGE OF THE GOSPEL

ENDING SPIRITUAL CONFLICT:
SUPERNATURAL, UNHOLY SPIRITUAL INFLUENCE

