



Lesson Recap for Tiffany's Lesson- | 05/29/2022| "5-W Therapy"

The following is a lesson recap for "5-W Therapy"

Definitions

Psychotherapy = derives from the Greek word

Psyche – (Breath Spirit; Soul)

Thearpia- Healing

****When put together it translates into "soul-healing" ****

I. Denial = It's okay to not be okay

- ✚ Are you putting on a façade?
- ✚ While it's okay for you to not be alright just remember that you can't stay in that state
- ✚ Have you activated the Holy Spirit in your life?

II. Begin to shift

- ✚ In order to get through the hard phases of life; you have to shift=begin to move
- ✚ Move your mindset from one space to another: it's a daily walk
- ✚ It takes effort for you to shift things around in your life
- ✚ God can take you from one space to another if you fill yourself up with those things that belong to God
- ✚ Are your thoughts on whatsoever is true?
- ✚ You don't have to stay stuck!
- ✚ You can go from being in despair to having Thera-peace!
- ✚ Thera-Peace= Healing while being still in the midst of storms
- ✚ You may not be okay; but you can get through by releasing it over to God



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III. The 5-W's

Wondering- The phase of life where you are just filled with questions

- ✚ God wants you to know that we have hope!
- ✚ When you trust in God you begin to overflow with his abundance
- ✚ If your filled with questions tap into what the word has to say

Wandering – The phase of life where you become unrooted

- ✚ God knows everything about you; don't try to hide
- ✚ Have you allowed yourself to become unplugged from God
- ✚ It takes work to stay plugged in to what God has already prepared for your life!
- ✚ Lay yourself at God's alter

Wishing- The phase of life where we long for yesterday

- ✚ You must develop a Kingdom mindset instead of a church mindset
- ✚ The world is hurting and needs your light
- ✚ Quit being stuck and get to moving!
- ✚ You plant, someone else waters, God provides the son-shine, and, in the end, everything comes together

Wailing – The state of when fear takes over

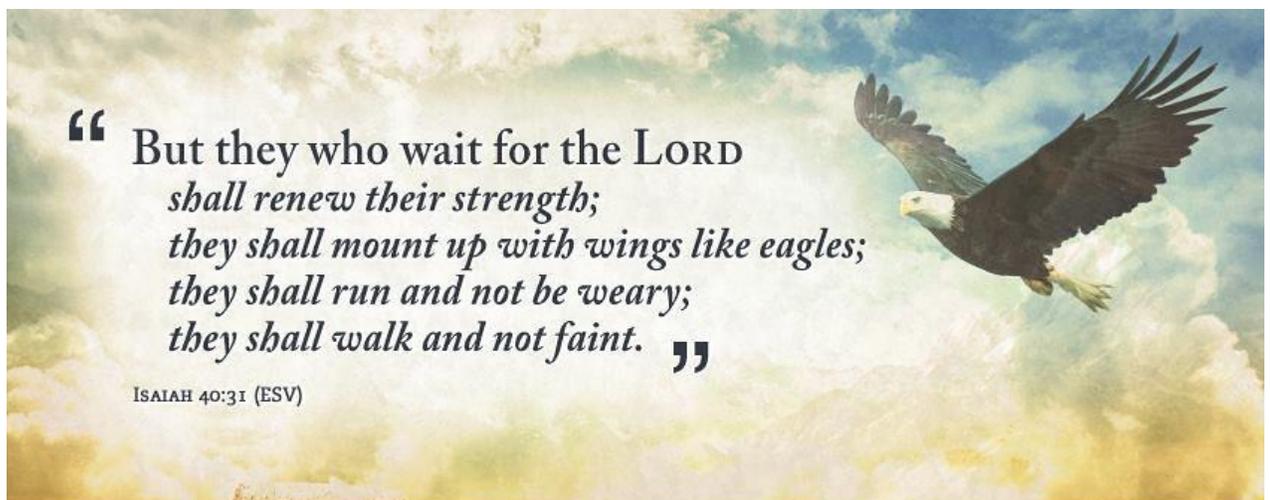
- ✚ Are you operating in fear= **F**alse. **E**vidence. **A**ppearing. **R**eal
- ✚ Are you allowing the enemy to trick you into believing you don't have power?
- ✚ Are you operating in your faith?
- ✚ God operates when you activate your faith him
- ✚ Will you be able to make Job's declaration? The enemy will slay but yet will you trust him?
- ✚ Remember your "But God" and stay anchored into what God wants for you in your life.
- ✚ God wants you to be elevated to the highest level



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Waiting

- ✚ Everyday you have to operate in the way God wants you too not in your own accord
- ✚ Have you cried out to Abba(daddy)?
- ✚ Your spirit is connected to God's spirit and because they are one; you have power!
- ✚ You can cry out and have confidence that God will hear you!
- ✚ Because your Abba loves you and has made you fearfully and wonderfully you can shift from one mindset to another
- ✚ Everything that you go through, is designed to help equip you
- ✚ You have been given authority to overcome any evil that comes your way
- ✚ You can utter "I have Thera-peace!" because there is no condemnation for those who are in Christ Jesus
- ✚ No-thing can overcome you!
- ✚ Will you shift your mindset so that Holy Spirit can intervene and take over in your life?
- ✚ While you wait; keep trusting in the promises of God!
- ✚ Worship while you wait on the Lord; he will renew your strength!



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