

## **Module 3 Instructions**

Welcome to Module 3 on your path to healing. Please follow these instructions before moving on to Module 4.

Let's recap your progress to this point. By now you should be well into the devotional 50 Days to Spiritual Healing. You should either be reading or have finished the book Pain and Pretending. You should have documented your branding experience(s). Please do all of these before continuing.

This module includes the following.

- Video 3
- Timeline blank
- Vows Worksheet
- Lies Worksheet

Here are the instructions for module 3 -

- Watch Video 3 before starting your journey.

Begin to document your life journey using the timeline blank tool. Put major events that shaped you on the timeline in the order they happened. These include moves, schools, job changes, relationships, tragedies, and abuse events. You will likely use multiple sheets. The timeline process helps you recover hidden gaps in your memory and get a clear picture of the events of your life in the order they occurred. It is a tool of clarity.

Next are two tools that will be with you as you continue your journey. They are for documenting lies and vows. Both of these things should be sought out in prayer. Ask God to help you see what lies you believe and what vows you may have made. We are not dealing with them yet. For now, we are just seeking to document them. Follow the instructions on the sheets.

We are not asking you to complete all these tools before moving on to Module 4. You decide when the time is right. It will be very helpful to have the majority of your timeline complete and at least some lies and vows documented before moving on. Remember that you can ask for a coach at

any time by sending an email to [terry@sunministries.org](mailto:terry@sunministries.org) with the word COACH in the subject line. Your freedom in Christ is waiting for you!