

Module 5 Instructions

Welcome to Module 5 on your path to healing. Please follow these instructions before moving on.

This module includes the following.

- Video 5
- Cycle of Bondage worksheet
- Vows Worksheet
- Foundation Pyramid diagram
- Breaking patterns of behavior handout

Here are the instructions for module 5 -

- Watch Video 5 before starting your journey.

Look at the Cycle of Bondage worksheet. Do you identify any patterns of destructive behavior in your life? Fill in the diagram to the best of your ability. Destructive patterns are based in decisions to act or react in certain ways. Knowing your pattern can help you break it by making different decisions. Read the Breaking patterns of behavior handout and follow the instructions to help you establish new and healthy patterns of behavior.

Now look at the Foundation Pyramid diagram. Have you eliminated the things that were a part of your unstable foundation? If you have, it is time to build on the solid rock of Jesus Christ. In order to do that you must obey the commands of Christ. This starts with discipleship. Its time for you to reach out to us or your coach and ask to be discipled so you can build upon your new solid foundation.

You may have noticed that we have not dealt with the vows you documented. The reason for that is simple. Often times vows open opportunity for demonic influence. We don't take this lightly. We will not try to instruct you on breaking vows unless you are being discipled by someone we have trained. Vows are serious business. If you have discovered vows you must deal with them or they will remain an obstacle to your freedom.

You decide when the time is right. It is time to follow the command of Jesus found in Matthew 28:18-20 -

[Mat 28:18-20 NASB] 18 And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. 19 "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, 20 teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

We hope you reach out today by sending an email to terry@sunministries.org asking to be discipled. We also encourage you to send us a note if this process has been helpful. Your freedom in Christ is waiting for you to build on that good foundation and turn it into fruitful service to the Lord Jesus helping others find freedom.!