



Establishing Your Internal Overcomer

Session 2 Assignment

1. On one piece of paper write down a list of everything that is holding you back, keeping you from your destiny; any areas of personal defeat, character defect, worries, fear, anger etc. Number them.

So if you have 21 specific areas of things you would like to change, number them 1-21.

2. On a second piece of paper write down the exact opposite of each issue that arises on list 1
EG: if on list 1 you have fear at #6 then on list 2, at #6, you would write love because perfect love casts out fear. This will become a list of all God's purposes for you in Christ.

3. Against every item on list 2 attach scripture, a promise or a blessing.

4. Burn the first list and work on the second. Everything on this list is a sign of permission granted. Every item carries a "yes and amen."

5. You now have a record of all God's intentional dealings with you in the foreseeable future. This is the will of God for you to experience breakthrough in these areas.

*These are your promises, permissions, identity, destiny, anointing, blessing, freedom, and faith statements, place of abiding, empowering Presence, trust, joy, confidence and covenant.

6. This is where God makes all things new. Your perception of God and yourself can now go to the place of continuous upgrade.

7. Create partnerships with family, friends, small groups and help support one another in new areas of thinking, perception and growth.
