

MY GOD IN MOTION...

Lose Your Baggage And Focus Forward

But one thing I do: forgetting what lies behind and straining forward to what lies ahead,." Philippians 3:13

Virtual Home Group Bible Study

05-08-2025

Agenda

- Purpose & Opening
- Topic: What, Why, How
- Resources
- Discussion
- Feedback
- Next Session & Future Topics
- Call To Action & Closing

Purpose & Opening

Purpose: Exhort One Another Into Love and Good Works

“And let us consider one another in order to stir up love and good works,
Not forsaking the assembling of ourselves together, as is the manner of some,
but exhorting one another, and so much the more as you see the Day approaching.”

Hebrews 10:24-25

Opening Prayer:

Thank you for this opportunity

Give me Words to deliver Your message

Give us Eyes to See all things from Your perspective

Give us Ears to Hear and understand Your Word

Help us get to know You through Your Word

Help us be transformed into the people You intended us to be

Help us turn Your Words into loving action through our flesh

Help us bring glory to You in all we do

Topic

What: Lose Your Baggage and Focus Forward

Why:

- My children suffer needlessly.
- They were not designed to deal with baggage from this fallen world.
- Wounds accumulate and drag you down.
- I came to heal those wounds and make you whole.
- I can only heal them if you let Me in to do the work inside you
- I am the Truth that Our Father Loves You.
- My Love and My Truth are the salve for your eyes, the bandage for your heart, and the cast for your broken limbs.
- Open your eyes, hear my word, invite Me in to cut loose the baggage and set you free.

(From Journalling with Jesus 5/3)

Approach: What, Why, How

Cast Your Burden On Jesus

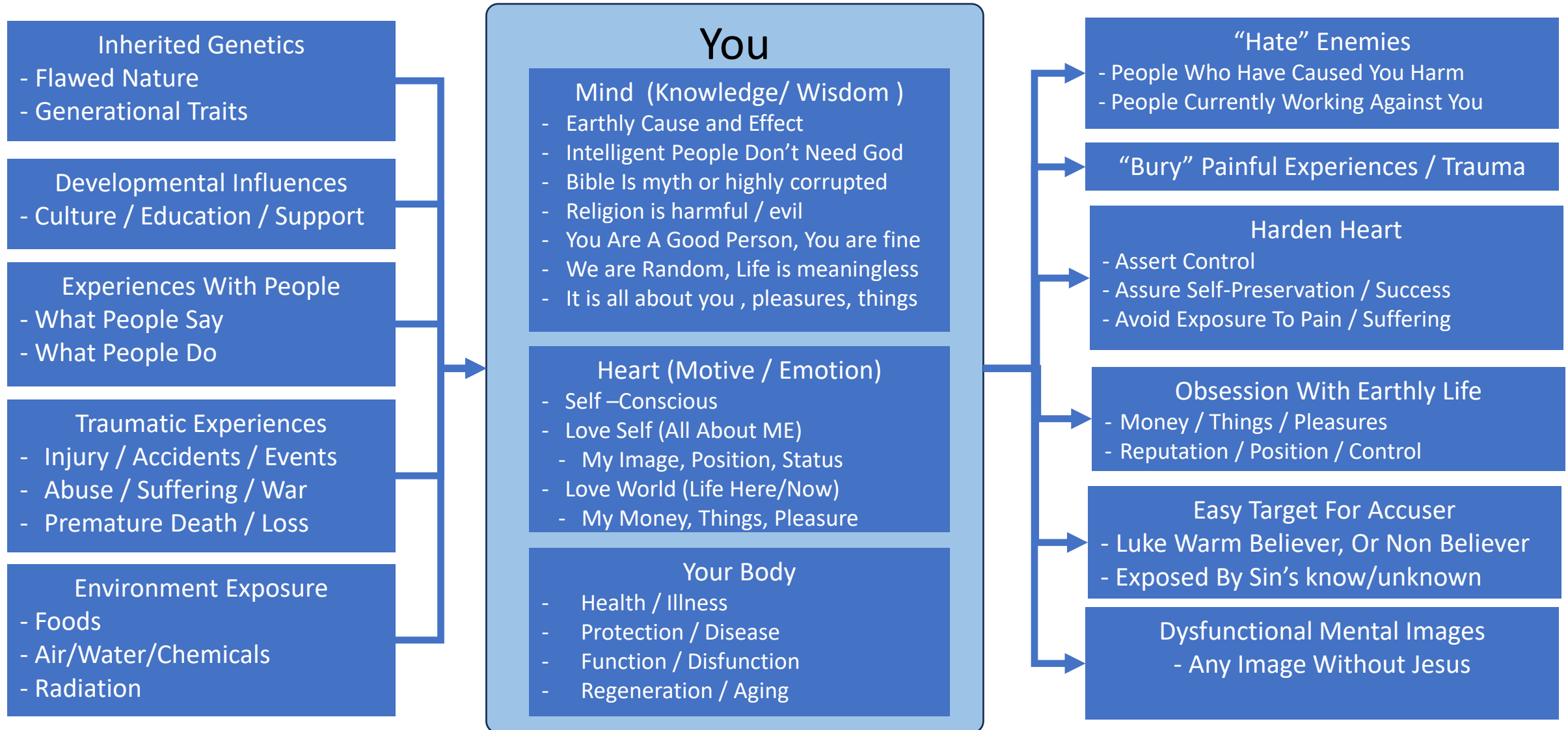
Matthew 11:28

“Come to me, all who labor and are heavy laden, and I will give you rest.”

Psalms 55:22

“Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved”

You Accumulate Baggage In The Fallen World



Healing Flows Through Spirit, Soul, Then Body



Romans 12:2

...do not be conformed to this world, but be transformed by the **renewing of your mind**, that you may prove what *is* that good and acceptable and perfect will of God.

Your Thoughts Shape Your Life

Proverbs 23:7

For as he **thinks** in his heart, so is he....

Romans 12:2

...do not be conformed to this world, but be transformed by the **renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.

2 Corinthians 10:4-5

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ**,

Philippians 4:8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Who Are You?

Why Are You Here?

Are You Worthy?

Where Are You Headed ?

Renew Your Mind

- God Loves You – Jesus On The Cross Is Evidence
- He Created You In His Image – Love
- Adam Corrupted The Image - Self-Conscious/Self-Centered Nature
- Self-Love Consumes Love, Impedes God's Purpose
- Jesus Died So He Could Come Inside You and Restore The Image/Purpose
- ➡ • Embrace What Jesus Did For You, Start Where He Finished
- Deny Your-Self, Pick Up Your Cross, Follow Him
- ➡ • Leverage Baptism: Crucify Flesh, Put Off the Old/Bury It, Put On Jesus/New Life
- ➡ • Focus Forward – Take Thoughts Captive
 - New Identity: Born Again Child Of God, Innocent/Holy Thru Blood
 - New Purpose: Glorify God In All You Do, Shine For The Kingdom
- ➡ • Spend Quality Time With Jesus - Allow Holy Spirit To Form In You / Transform You
- ➡ • Jesus Is Immanuel – God With Us – Let Him Come In and Heal You
- Change Your Pictures Change Your Life

Prayer Of Faith Will Save You / Make You Whole

James 5:15-18

Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

And the **prayer of faith will save the sick**, and the Lord will raise him up.

And if he has committed sins, he will be forgiven.

Confess your trespasses to one another, and pray for one another, that you may be healed.

Save = sózó (sode'-zo)= Save, Rescue, Deliver, Heal, Be Made Whole

Ex: Jesus, I was a sinner. I inherited a self-conscious nature and held self-centered agendas.

I resisted and did not fully embrace your commands. I have earned eternity in hell for my actions, and I need a savior.

You came here, suffered and died to pay the price for my sins and were raised again on the 3rd day. You gave your life for me, and I give my life to you. I accept your generous offer of forgiveness and eternal life. I commit myself to live a life worthy of the price you paid for it.

You are evidence that God loves me. And you love me so much you gave your life for me. By your blood and resurrection, I am saved, and by your stripes I am healed.

Leverage Baptism To Cut Off The Past

Baptism	Who Performs	Immersed In What	For What Purpose	What Triggers	New Title / Name
Salvation	Holy Spirit	Blood	Born Again: - New Spirit / New Heart - Re-Connection To Father	Belief In Heart and Confession In Faith	Born Again Adopted Child Of God “In Christ” Member Body Of Christ
Remission	Disciple	Water	Remission Of Sin: - Crucify Flesh On Cross - Bury Old Ways in Grave - Wash / Release To New Life	Believer and Disciple	Disciple, Follower of Jesus, Sanctified
Holy Spirit	Jesus	Spirit	Empower New Life: - Overcome Temptation - Do Works Jesus Did - Be Effective Witness	Believer Asks Jesus	Spirit Filled Led By The Spirit True Believer

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Baptism In Water For Remission Of Sin

Romans 6:3-11

Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we were **buried with Him** through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should **walk in newness of life**.

For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our **old man was crucified with Him**, that the **body of sin might be done away with**, that we should no longer be slaves of sin. For he who has died has been freed from sin. Now if we died with Christ, we believe that we shall also live with Him, knowing that Christ, having been raised from the dead, dies no more. Death no longer has dominion over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Likewise you also, reckon yourselves to be **dead indeed to sin**, but **alive to God in Christ Jesus our Lord**.

Cross / Suffer For Others

- Deny Self, Crucify Fleshly Desire
- Nail Sin to Cross
- Cut Off Old Ways

Grave / Dead To Sin

- Bury Old Ways, Put Past Behind
- Buried, Forgiven, Washed
- No Guilt, Shame, Condemnation

Resurrection / Alive to God

- Raised New Life, New Purpose in Christ
- Eternal Life, No Fear Of Death
- Empowered By Father, Free From Sin

Guilt, Shame and Condemnation Have No Place

1 John 1:9

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Ephesians 1:7

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace

Colossians 1:20

and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross.

1 John 1:7

But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

Psalms 103:12

As far as the east is from the west,
So far has He removed our transgressions from us.

Romans 8:1

"Therefore, there is now no condemnation for those who are in Christ Jesus"

Admit It



Regret It



Forget It

Embrace Your Baptism

Ex: Jesus, thank you for loving me and never giving up on me.

I was a sinner; I have sinned against God. I have earned the wages of sin – eternal death.

I needed a savior. I have put my trust in you.

I am now a new creation; I am born again, an adopted Child Of God.

My spirit is brand new, My heart has been made new, My mind is being renewed.

You suffered and gave your life for me. I give my life to you.

I was never created for me, I was created for your glory.

I am following you and joining in fellowship with your humility and suffering.

I have denied myself and crucified my flesh. I nail my sinful nature to your cross.

I have buried my old self in your grave. (Opportunity to immerse in water and hold breath)

I have been raised into new life with your resurrection.

I hereby put off the old man and put on Jesus.

Your blood intercedes for me – The Father sees me as innocent and holy through your blood

My past is not longer relevant, I AM dead to sin, I AM a new creation

Don't Look Back, Focus Forward

Philippians 3:13-14

But one thing I do: **forgetting what lies behind** and **straining forward to what lies ahead**, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Isaiah 43:18

Remember not the former things, nor consider the things of old.

Genesis 19:17-26

So it came to pass, when they had brought them outside, that he said, "Escape for your life! Do not look behind you nor stay anywhere in the plain. Escape to the mountains, lest you be destroyed."

...Then the Lord rained brimstone and fire on Sodom and Gomorrah, from the Lord out of the heavens.

...But his wife looked back behind him, and she became a pillar of salt.

Past

Quilt / Shame
Problems
Regret
Bitterness

Current
Here/Now

Hope
Blessings
Identity
Purpose

Future
/ Eternity

Embrace Your New Identity and Purpose

Identity

- Born Again, Child Of God
- Fellowship With His Suffering, Covered Under Jesus Blood
- Forgiven, Presented As Innocent And Holy

Purpose

- Bring God Glory In All You Do
- Walk In The Light / Shine As A Beacon

Ex: Jesus, thank you for loving me and never giving up on me.

You gave your life for me, I give my life to you. You are my lord and savior.

I am a new creation; I am born again, an adopted Child Of God.

I am following you and joining in fellowship with your humility and suffering. I have denied myself and crucified my flesh. I nail my sinful nature to your cross. I have buried my old self in your grave.

I have been raised into new life with your resurrection. I put off the old man and put on Jesus.

Your blood intercedes for me – The Father sees me as innocent and holy through your blood

I will serve your agenda and seek to bring you glory in everything I do.

I will walk in the light and flow your love to others despite the circumstances around me.

Spend Quality Time With Jesus

Matthew 6:6

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Luke 22:19-20

And He took bread, gave thanks and broke it, and gave it to them, saying, "This is My body which is given for you; do this in remembrance of Me."

Likewise He also took the cup after supper, saying, "This cup is the new covenant in My blood, which is shed for you.

Ex: (Take The communion elements, Raise the bread, Break it, Say) "Jesus: I thank you for allowing your body to be broken for my sins, you did that out of love and I so appreciate you. I choose to follow you and submit my body to you. I crucify my flesh and commit to live a life worthy of the price you paid." (eat the bread)

(Elevate the cup, Say) "Jesus, I thank you for shedding your innocent blood to forgive my sins. I stand in righteousness under your blood, innocent and holy in the Father's eyes. Your love is amazing and overflows in me. Please Father me, keep truth in front of me so that I can learn and grow. Mold me into the person you intended when you put me here. Thank you for what you have already done for me, and what you are doing inside me right now. Help to know this is not my work but yours, and together we will shine as a beacon for your kingdom as I walk in the works you have prepared." (Drink the cup)

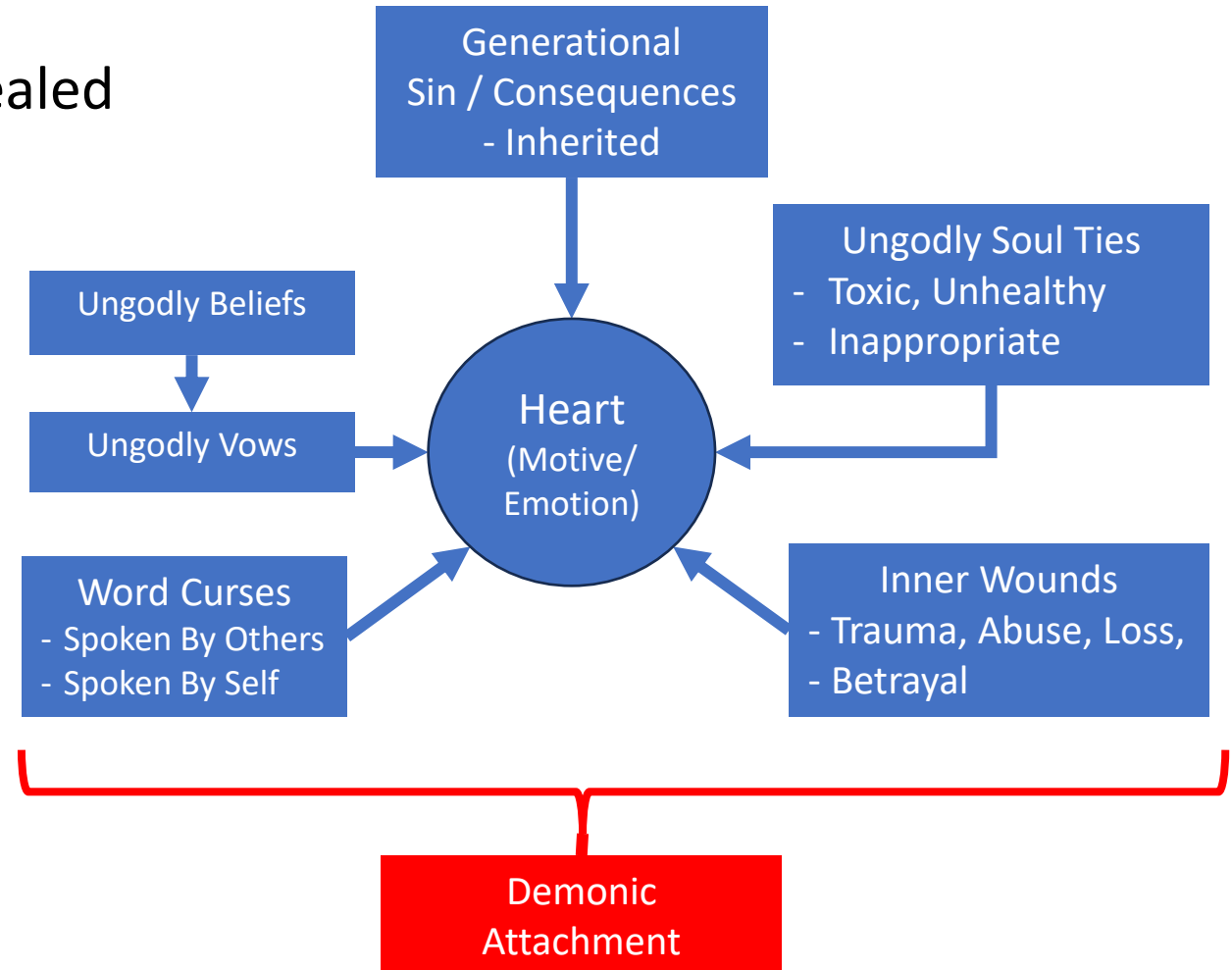
Be Transformed By Intimacy With God

- Embrace Jesus Finished Work
 - You Are Righteous; Innocent/Holy Under His Blood
 - Start Where He Finished
- Embrace Your New Identity / Purpose
 - Born Again, Spirit Filled, Child Of God
 - Bring God Glory In All You Do / Shine
- Transformation By Renewal Of Your Mind
- Focus on Word Of God – Calling/Promises
- Leverage Personal Relationship / Intimacy
- Rapid / Powerful / Effective
- Source: Dan Mohler (Neck Ministries)



Seven Prayers That Heal The Heart

- 7 Potential Areas To Be Addressed / Healed
- Identify/Resolve 1st 6
- Removes Legal Authority for 7th
- Leverage Interactive Journalling
- Leverage Imaging / Visions
- Strong Focus on Fixing Ungodly Beliefs
- Active Role Of Jesus In Healing
- Structured / Methodical
- Source: Mark Virkler (CWG Ministries)



Testimony Examples

Person	Initial Situation / Image	Updated Image	Effect / Result
Bob	All The complexity of cancer, treatments, pain, suffering, Anxiety/Frustration From Destructive Political Agendas	Image of Steeple of Childhood Church – Simple Faith – God Is In Control	Peace / Release - Leg Swelling Dramatically Reduced over 10 Min
Kelly	Distress From Loss of Sister-In- Law, See Her Children By Couch watching her Suffer and pass.	Image of Jesus with Her On Couch, She sitting up engaged in spirited discussion, Laughing. Enjoying. No Suffering.	Significant Relief, Better Memory to Hold, Better able to move forward but was a major setback.
Shanon	Sees Jesus reflected in pool amongst ancient mystic records she feels connected to and dependent on.	Jesus tells her that mysticism is only a shadow of Him. If she wants healing, she needs to jump in and come to Him.	She was not willing. Wanted to maintain control. Passed from mysterious undiagnosed illness.
John	Distress after loss of partner. Not present during passing. Concerned would feel abandoned. Image of partner alone on death bed in hospital.	Jesus joined Image. Sits on bed. Partner sits up and embraces, smiles, happy. We ask, Lord did he feel alone or abandoned. Answer – Love full of love and support.	Significant relief. Able to move forward with new image.
Shelly	Distress from loss of husband and sister in one month.	She is with 6 children fishing around a pond. Jesus is at end of pond, She feels need to help them find Him.	Reassurance of purpose going forward. Now serving on town board with 6 members and as assistant minister in church.
Tony	Disappointed by egocentric pursuit of business opportunity.	Repented, Rejected ego driven agendas, Prayed for spirit led pursuits in the future. Got image of Jesus on cross as we prayed.	Left strong impression of forgiveness and healing. Positive attitude going forward.

Resources

Dan Mohler

Water Baptism Is A Big Deal:

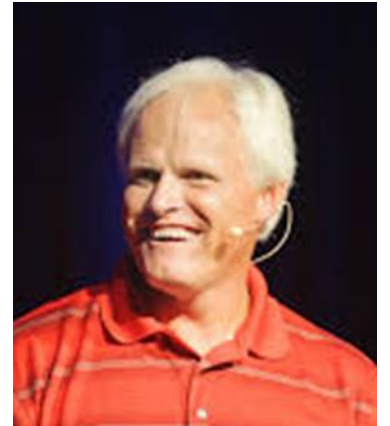
https://www.youtube.com/watch?v=gF_vyFvVGy8

How To Be Alone With God

<https://www.youtube.com/watch?v=6SqVX8JvkUU>

Transformation Through Intimacy With God

<https://www.youtube.com/watch?v=aiRGdrAY37c>



Resources

Mark Virkler

Prayers that Heal the Heart

Book:

<https://www.cwgministries.org/store/prayers-heal-heart?campaignid=60344024&variant=1>

PDF e-Book:

<https://www.cwgministries.org/store/prayers-heal-heart-ebook>

Video Introduction:

<https://www.youtube.com/watch?v=4lExV-TxE2Q>

Free Training Videos:

<https://www.cwgministries.org/free-resources-prayers-that-heal-the-heart>

Formal Online Training Course:

<https://www.cluschoolofthespirit.com/courses/prayers-that-heal-the-heart-revised/>



Resources

My God In Motion

Hear God's Voice: Interactive Journalling

<https://mygodinmotion.org/about-him-god-jesus/relationship/you-can-hear-gods-voice/>

Change Your Pictures, Change Your Life

<https://mygodinmotion.org/about-him-god-jesus/principles/change-your-perspective/>

Be Transformed By Spending Quality Time With God

<https://mygodinmotion.org/about-him-god-jesus/how-to/spend-quality-time-with-god/>

Have You Really Been Baptized?

<https://mygodinmotion.org/about-him-god-jesus/how-to/water-baptism/>

Trials Squeeze The Real You Out, What Do You Look Like?

<https://mygodinmotion.org/about-him-god-jesus/principles/trials-squeeze-the-real-you-out/>

Lose Your Baggage and Focus Forward

<https://mygodinmotion.org/about-him-god-jesus/how-to/lose-your-baggage-and-focus-forward/>



Call to Action: Lose Your Baggage, Focus Forward

- Lose Your Baggage
 - Deny Your Self, Crucify Your Sinful Ways on the Cross With Jesus
 - Bury Your Old Self In The Grave With Jesus, Become Dead to Sin
 - Your Past Is Covered By Jesus Blood – Forgiven, Innocent
 - You Are Born Again, Behold All Things Are New
- Focus Forward
 - New Identity: Born Again Child Of God
 - New Purpose: Glorify God In All You Do, Shine for The Kingdom
- Identify Any Residual Baggage
 - Ask for Insight
 - Find Root, Repent, Embrace Truth / Jesus

Discussion

This Topic

- Questions / Clarification?
- Practical Experiences?
 - Struggles / Barriers
 - Success / Lesson Learned

Other Topics

- Questions?

Discussion

This Topic

- Questions /
- Practical Exp
- Struggles /
- Success / L

Other Topics

- Questions?

Q: How to address generational curses

A: Use journalling to inquire what curses are at work and work your way back to find the source.

ex: Any from mother? Any from father? If yes, which ones.

Then inquire where they got them from: their mother/father?

Once you get to the root. Understand the circumstances and forgive them.

Then go back into the womb of your birth and place a cross with Jesus blood at the point you were conceived. Speak forgiveness and healing to prevent the propagation of that sin into your life.

The goal is to forgive the sins and heal the wounds upstream of you so they do not propagate into your blood at birth. Then repent and be forgiven for any that have manifested before you intervened.

We want to remove any leverage the devil has against you.

Exodus 34:7

“keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children’s children to the third and the fourth generation.”

Discussion

This Topic

- Questions /
- Practical Exp
- Struggles /
- Success / L

Other Topics

- Questions?

Q: How to address word curses, especially if you are not aware of them?

A: Use journalling to inquire what word curses are at work and work your way back to find the source.

ex: What word curses? Who is applying them?

Once you get to the root. Understand the circumstances and forgive them.

Speak forgiveness and blessings for the person who is generating the curses to overcome evil with good.

Refute the word curse with God's truth.

Then speak healing to your soul to prevent the consequences of that curse from impacting your life.

We want to remove any leverage the devil has against you.

Feedback

- What is working: Keep doing
 - ✓ Good Content - Food for thought
 - ✓ Good Mix - Content & Discussion
 - ✓ Good Format - Casual / Informal – Easy to engage
 - ✓ Graphics are good/helpful - Draw the story together
 - ✓ Do quick intro when new folks so they get familiar
 - ✓ Host log in at 6:45 so others can get settled online and start on time
- What could be better: Suggestions to consider
 - ✓ Me: Send Reminder Text Early, and then 30 min before
 - ✓ Me: Set dog up for success to avoid distraction
 - ✓ Me: Mute participants during presentation to improve sound quality

Future Topics

Lessons To Share

Q: Lord, what lessons from Bob's experience should I carry forward and share with others

- ✓ A: Trust me.
- ✓ Loose your life to find it.
- ✓ My will IS healing.
- ✓ Shed your baggage and focus forward
- ✓ Speak to your mountain in faith, and it will move.
- ✓ Believe AS you pray, and it will be done.

Next Session & Future Topics

Candidate topic for next week:

Recent Activity / Potential Topics:

- Gratitude Defeats Anxiety
- Deny Your Life To The Point Of Death!
- How do you Restore the Image of God?
- What does it mean to be a Branch of Jesus' Vine?
- How is God's Love perfected through us?
- Fear of God is the beginning of Wisdom!
- Yield Your Life To Find It – His Will, Not Yours
- What does it look like to Love God with all your heart

**Next Session:
Thur 5/15/25**

Any hot topics on your mind?

- How to stand in Faith in end times
- What does the new heaven/new earth mean?
- What are the steps to discernment

Closing

- Thank You for this opportunity, fellowship, sharing
- Thank you for the gift of Your Word, and Your Son who made it flesh
- May we See, Hear, and Embrace your Word in our Heart, and assimilate it into our flesh
- May we recognize the opportunities within us and around us
- May we seek Your face and embrace Your help to root out our selfish agendas
- May we transform into Your image and perfect the flow of Your love to others
- May we be inspired into the good works that You have prepared
- May we walk in the light as Jesus was in the light,
shine as a bright beacon in this dark world, and
do all things in Your name to bring glory to the Father who sent You

“...if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” 2 Chronicles 7:14

“My God In Motion” Resources

Website: <https://mygodinmotion.org/>

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[Testimonies](#)

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<https://www.facebook.com/MGIMonFB>

