

# Kickstart Community – Week 1 – Walkout

**GOAL:** Encouragement, some practical ideas and how to use the tools.

**A. WHAT IS WALK-OUT?:** Using concepts and tools learned during conference and making them a natural part of your regular, daily life and walk with God. Using them to stay free, take back more land, get your mind renewed, form new Godly habits develop your relationship with God/yourself/others, and walk in the freedom, healing, wholeness and restoration Jesus paid for us to beliefs, thoughts, words, behaviors and habits, and replacing them with Godly ones!

- a. Take it one bit at a time, one thought or habit or lie.
- b. Scripture says work out salvation daily – it's a process.
- c. Be consistently persistent! Never give up, never give in, never surrender!

**B. TOOL LIST:** Everything we suggest is intended to point you to God!

a. **EXAMPLES OF USING TOOLS:**

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b. **RELATIONSHIP WITH GOD:** Most important “tool!”

- Spend time in **His Word** – read aloud, listen, meditate, online, smart phone, car, develop a habit of intentionally spending time with God. Feed your spirit and soul on the things of God.
- **Prayer time** – talk to God, ask Him to show you what's in your heart
- **When we know Him and His Word**, we can better discern what's going on in our lives and hearts
- **Be in a safe and loving community**
- **Read books**
- **Listen to/watch teachings** – mp3, CD, online, podcasts
- **Review teaching outlines in manual, Key Conference Points**
- Revelation of Father's love is key – **Father's Love Letter** in manual CD & DVD; Jack Frost books; A Long Love Letter, “Who Am I in Christ” CD, Graham Cooke's “Permission Granted” and “The Inheritance” (on YouTube, music by Jonathon David Hesler), Jack Frost books, Leif Hetland, Graham Cooke, Warrior Training, Destiny teaching
- Declare the Word of God over yourself, your life, circumstances (GIVE LIVE EX., **Prayer Strategy, Fire, Psalms**, etc)

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- c. **RENEWAL OF THE MIND:** (thoughts, words, habits, responses, or actions). What goes out of us and what we take in. this is a *pivotal, key component* to our transformation, restoration and victory!
- **Rom 12:2: And 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.
  - **Bill Johnson of Bethel Church says** the renewed mind is seeing things through God's eyes.
  - **SO -- How do we renew our minds?** Bryn will teach about that in greater depth, but there are tools you can begin to use right now.
  - 2 Cor 10:5 Casting down imaginations and every high thing that exalts itself against the knowledge of God, and **bringing into captivity every thought to the obedience of Christ** – think about what you think/speak about – replace with what God says/thinks.
  - **Speak/think/do His truth;** don't just accept your feelings, symptoms and thoughts, or even the words and actions of others as truth! What is God's truth?
- d. **8 R's** (Index cards, bookmark, repentance prayer card)
1. **Recognize**
    - Ask Holy Spirit to show you what's going on;
    - Who told you that?
    - Thoughts from 3 sources: God, self, enemy. Sometimes things feel familiar, sometimes it's a deeper level of an issue, sometimes the enemy is picking on us, and sometimes it's a new issue we need to address. Get Holy Spirit insight, pick up your tools and address it. Ask god what you can learn from it.
  2. - 5. Take **Responsibility, Repent, Renounce** and **Remove!**
    - You did it all week! You have the same power and authority we have and Jesus has.
    - **It's your choice and responsibility.** Even if you didn't cause the issue, do you really want to keep the consequences? Or would you rather take responsibility and get free?
    - **Self-ministry or self-deliverance.** Use conference manual, prayer card, look at your eyes in the mirror and get rid of the stuff. If no mirror is available, just do it!
    - Get help if you need it (another conference, Freedom Reigns, listen to teachings or watch online), but don't keep the stuff, and don't be afraid of it. They're just evil spirits!
    - If not in the manual, call it what it is and get rid of it!
  6. **Resist**
    - **Guard your heart, eyes, ears, tongue** – what you speak think, feel, believe, watch, listen to, etc. **Garbage in, garbage out** is a Biblical principle.

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- **Use the tools. Be consistently persistent** in your relationship with God, reading the bible and other books, conference manual, teachings, fellowship, declarations, worship
- **When an issue comes up, choose to view it as a challenge, a growth opportunity** – Graham Cooke: Where's the blessing, where's the provision, who do You want to be for me in this session?
- Self-ministry
- Attend another conference, Kickstart Community, training offered by RLI, Freedom Reigns
- **Keep your focus on Jesus** and not the circumstances. Focus on what He *has done & is doing*, *not on what you believe He hasn't done!*
- **Praise, worship, and attitude of gratitude.** "You can praise your way through anything"

## 7. Rejoice

- Share your testimony with others – be wise about how, what, and with whom!
- **Give God the glory!!!**

## 8. Restore

- Everyone has a ministry, it just may not be a formally organized one.

## C. KEY CONCEPTS FOR WALK-OUT:

1. **It's my choice; it's my responsibility.**
2. **You are not alone. You can do this. You and Holy Spirit are a majority**, and you've got all of Heaven backing you up!
3. Nothing is impossible with God (Lk 1:37), and with God it's impossible to get nothing – unless we remain passive or give up.
4. We are partnering with the Lord to apply to our lives what He's already won for us. This is not a passive process, but neither is it a command performance in which we have to be concerned with doing all the right things perfectly. God made us to be in active relationship with Him.
5. **It's about a relationship and an adventure, not performance and perfectionism.** He pours love on you, you receive it and love Him back.
6. **Our obedience to God and following His ways come as a by-product of our love relationship with Him.** We obey and follow His ways **BECAUSE** He loves us and we love Him, and **NOT** to get love from Him. (2 Jn 1:6)

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7. **Practice** ... just practice worshipping God, practice being in the Word, practice declaring God's Word over your life, practice talking with Him, listening to Him, practice kicking the devil's butt, practice paying attention to your thoughts and replacing them with God's truth, etc. So the pressure is off!
8. **Resolve to focus on and stand on God's truth no matter what – truth vs. facts. Choose to view circumstances or issues as challenges to be overcome and opportunities to grow and learn, rather than struggles, difficulties or problems.** Graham Coke: What's the blessing in this situation? What's the provision You have for me God? Who do You want to be for me in this situation? **Ask God what He wants to teach you and how He wants to grow you.** He makes all work together for good...Live above your circumstances (Eph 2:6), not stuck in them.
9. Learn to **be comfortably uncomfortable!**
10. **Become a thriver, not just a survivor.** Jesus didn't sacrifice for us just to survive.
11. **"You can praise your way through anything!"**(Vicki White) No matter what the situation or how you feel, determine to be thankful and praise God. **Attitude and lifestyle of gratitude** will help you stay in the place of God's joy, peace and love in any situation.
12. **Practice being content in your current circumstances** without settling for less than God's highest and best.
13. **Align your expectations with His.** Surrender your expectations to Him, but hold to His standards.
14. **No self-pity, no excuses, no being a victim.** Jesus didn't die for that!
15. **Be quick to forgive, slow to offend or get angry, slow to speak.**  
**Forgive, forgive again & release.** Would you rather be right, prove your case, wait for an apology which may never come, etc., or be free, healed and restored and get on with your life?
16. **"Not everything you feel is real!"** Don't believe everything you think!"
17. **Emotions** – God created them, but we are to express them in a loving, Godly way. Sometimes this means taking it to God. Then **let it go** and let your heart get healed.
18. **You have authority over your soul and body.** Love them, bless them, call them to line up with God's Kingdom, command stuff to go, etc. it's YOUR land!

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19. **You are an integrated 3-part being**, and each part affects the others. The physiology, biochemistry, neuronal pathways in your brain, cellular memories, etc. take time to change as you deal with the spiritual and heart issues, and renew your mind, words, habits and behaviors. Give yourself grace! He did!
20. **Walk out progress isn't linear** – 3 steps forward and 2 back is still forward progress, layers, and different situations.
21. **You are unique and your journey with God** will be as unique as you are. No fair comparing; you've been set free from that!
22. Enjoy the adventure! Howard Macey said "The spiritual life cannot be made suburban. It is always frontier and we who live it must accept and even rejoice that it remains untamed." Be joyful because the victory's already yours! Relax, let Holy Spirit guide and teach you, and do what Papa God does. Speak what He speaks...Jesus is our model.

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## Week 1 – Walk-out

### Breakout Questions

#### Introductions (Ice Breaker Questions)

1. Share one thing you would like people to know about you that they may not know. It can be anything (hobby, your job, your children, a personality trait, a dream you have, someplace you've travelled, etc.)
2. If you were a musical instrument, what would you be and why?

#### Walk-Out Questions

3. What's one good thing God did for you during the conference and since then?
4. What's one area you are struggling with?
5. Since the conference, have you found life easier or more difficult than expected? Be sure to exchange contact info if comfortable doing so!
6. What's one habit or thought you recognize as a lie, and how are you changing it? What's the Godly response or change you could make? How would it feel to be free of the habit/lie? How can you use the tools to overcome this?

### **HOMEWORK ASSIGNMENT:**

1. Complete any questions your group didn't finish.
2. Read the first section of your Walk-Out Journal and the Walk-out outline.
3. Practice the 8R's daily
4. Begin using your Walk-Out Journal to keep a record of your God journey and progress.
5. Ask God to show you who you need to forgive, or where you may be holding any anger, resentment, etc to.

Next Week's Topic: Self-Deliverance, and the Spirit of Bitterness

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