**HOUSE OF HOPE FREEDOM QUEST REJUVENATE SERIES Session 2 – Intra Utero Development, Reclaiming Your Peace and Security** Sept 28,2014

This is suggested homework that you can do by yourself. But it may be most useful to share and interact with others. Pls if you do get together with others, respect confidentiality (do not share anything about what is shared with others, even ‘anonymously’). To download or look at power point, go to ihouseofhope.com or cfreedomlife.com ☺.

God created us as spirit, body and soul. At conception as a fertilized egg, our body(soma, physical form) is only the boundaries of a cell. Our soul(psyche:mind, emotion) is not fully developed as the human brain has not yet formed and circuit for input and interpretation of input for knowledge and emotion has not yet form. Our will, which is part of our soul was ordained to be free by God but is slave to sin secondary to the original sin. Our spirit exists but is disconnected from God and unable to get from Him the nutrients of life that we need.

In Class: Awakening the spirit man within. Aaronic blessing, Jabez prayer(Num 6:24-7, 1 Chron 4:9-10).

* Do this with eyes closed for yourself. Then pick a partner. Bless each other with **eyes open.** (eyes closed, You are trying to build joy capacity with God. Eyes open, building joy capacity with people.)
* **Internalize** each phrase. **Pause** between phrases. See how each phrase feels.

*Person’s name, I call your spirit into attention. I call forth the heart and essence of person’s name. Arise and shine for in you is the very essence of the LORD. You have His fingerprints, His purposes, gifting, DNA and destiny. The LORD created you in His joy and delight. You came into being at conception and have the capacity to connect most strongly with God and others. You are destined to be with Jesus in eternity. Awaken the drive that He imparted in you for your unique calling. Awaken your creativity and receive the empowerment of God. You are designed to commune with God and carry His wisdom and understanding. The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace. So shall His name is place upon you and He will bless. He will make your boundaries fall in pleasant places and expand them.*

Our spirit can have emotions, thoughts and will. So while we are still a fertilized egg without a brain, we can still have emotions, thoughts and a will and can respond to and be affected by our surroundings. Wounds of lacking joy and attacks on identity that was started at conception can continue to grow as we grow. In addition, as we start to grow inside the womb, the neuro system is developing as well as our physical self. New sensations and physical abilities to sense things are growing each day inside the womb. Though the systems are small and week, it is possible for us to sense and respond to our surroundings.

Wounds can enter us even while we are still developing and may not fully understand or have a language for it. Clues of in utero wounds: “It seems to always be there as far as I can remember. I don’t know why, it’s just there. I don’t have any words to describe how I feel. It seems like it’s been a part of me all my life.” The good news is that God wants to restore to us what was stolen from us and that we can reclaim.

In class, we did the exercise of praying over the process of implantation and praying through the establishment of the umbilical cord. For homework, we will go through the rest of the developmental stages using organ systems rather than an actual time line. You can do the prayers at your own timing as God leads or plan to work through one trimester a week. It is best to start the exercises with a good connection with God and an alignment prayer(sample given below). Use the Emmanuel method that is outline if you have difficulty connecting with God. **Do blessings in week 3.**

**Emmanuel Method**:

Prayer of alignment: *Jesus, I submit to you my spirit, my will, my mind, my emotions and my body. If in anyways I have defile these parts of me with my vain imaginations, sinful images, thoughts and emotions; I ask for you to cleanse me with the blood of Jesus. Help me to align my spirit, will, mind, emotions and my body to You, the one True God. Make me whole and give me the wisdom and revelations that I need.*

Emmanuel Method. God with us always. Focus on connecting with God

* God is always with us but we may not perceive Him.
* Easy way to connect with Him again is “remembering”. (That’s why God always had Israelites built altars of remembrance). Memories can be as real as it is in the present. (ie: PTSD is an example of negative memory that feels real and present).
* Access the connections in the brain that was activated once upon a time through an experience of appreciation, thankfulness. Go into a positive memory and access as much details of when, how, where. Then focus on how it felt and what it revealed about who God is, His emotions. What did you appreciate about God?. (You can choose a memory that you felt the closeness of God to. But if you don’t have one, you can just choose a memory of something that happened that you appreciated. Ask God to remind you.)
* Bring it to the present by appreciating God.

**Week 1-2:**

1)After appreciating God, you can meditate on Eph 1, Ps 139 or any other scripture and ask God to show you the truth.

2)After meditating about God’s goodness, you can think about His good intentions while He was knitting you in the mother’s womb. (pause after each thought to give it full attention and time for God to reveal His truth.) You can stop the prayer and pick it up again the next time but include paragraph one. Or restart, skipping the wounds/gray section, each time and go further each time as God may show you more peace and safety each time you walk through it. You can also replace the gray sections with what God redeemed it with. Of course you can repeat the whole thing as the Spirit leads). Again these are just sample prayer, adjust as needed to Your needs.

*Father, You created me in my mother’s womb//You conceive me in Your thoughts about my looks/my life/my gifts/and fashioned me in my mother’s womb//I was fearfully and wonderfully made//Show me Your emotions as You breathed Your Spirit in me and I became alive. Show me Your thoughts as You fashioned me? What fascinated You about me?*

1. *Implantation: As I am just a cell, empower me to increase//Direct my DNA to duplicate and multiple//Give me the courage I need to divide into a two cell being//Increasing my territory, having will to explore the unknown//Thank You that though I am not in control, You are//Though I do not understand what is happening with my physical self, I choose to bring the body into alignment with my spirit and with Your Spirit. You fearfully and wonderfully direct my cells to multiply and move to where it needs to be. As the number of my cells continue to increase, You aide and guided me to travel to a safe place in my mother’s womb, a place where Your presence is//I can take refuge and ground myself for I have found a home in You//I planted my home in this place and started to take roots//As the placenta is forming, I know that what I need to grow physically is provided and is coming to me at no cost to me//God what to do you want me to know//(as you see yourself grow and that connection of the placenta is made between you and your mom, check to see how you are feeling and interacting with the surroundings. If there are area of discomfort and fear; do not dismiss it but explore the reason. Ask God for more information. Do the gray sections and the list of R’s.)Father, is there any wounds that came into my life because my mother was not aware that I was in her(drugs, alcohol, mood, curses, fear, anxiety)?/As she (and my father) found out about me, how did their reactions affect me?/What was withheld from me and what do you give to me to restore it? Father, I choose to forgive them//I choose Your safe covering over their human frailties//Remove from me any effects of the wound//Father rebuke any cosmic powers attached//(work through the lies if there are any)//Restore the sense of safety,* *protection and peace//What else do you want me to know//What do you want to give to me in exchange for what was withheld from me?/Thank you Lord//I choose life.*

*Father, as I am now continue and have the will to continue this journey, my backbone/spine/and neuro system is developing//I choose to align my backbone and spine with my spirit in submission to Your created order//I commission my neuro system to be in alignment with the mind of Christ//Father, are there any lies that came into my life to cause misalignment with Your truths?/I Repent that my flesh has been sitting in Your seat and I choose to Renounce those lies and the pride behind them(the conviction that I have that I am right.) What do You want to Replace it with?/I choose to continue on the course that though I do not see, hear and do not know with my physical self, that You indeed are my source of life and I choose to depend on You//Though my physical surroundings give me reason to fear and to doubt, I choose to keep my spirit before Yours and that our spiritual gazes are locked.*

*As my nervous system is developing, my brain is learning and engaging with the surround and learning how to control my body and respond to the environment//As my senses are been connected, I can start to see light, the Light of your glory//My ears start to hear, I am hearing Your voice//I thank you for my sense of touch, smell and taste//Stress patterns and responses are been cemented in me//Let the calm of Your presence surround me and let my system be developed according to Your created order//What, if anything has cause my neuro system to over fire and be over sensitized?/What affected my sense of vision?, hearing, taste, smell, touch?/What has cause me to be paralyzed in response to fear?/ Go through the Rs.*

*My heart is developing. What do You want my heart to know? May the blood of Christ intermixed with my blood and it’s been pumped through my body, I feel alive and refreshed//Let the life that is in the blood of Christ fill my very being//Pour in me the very essence of your heart and emotions, Your desires for me//Show me what moves Your heart//May my heart be moved by what moves you//As the blood of Christ flow in me, empower me with courage to journey my life//Father show me what wounded my heart when I was in the womb//What weaken my heart and stole my courage?/Go through the Rs*

*As my lungs are developing and learning to breath/my liver/kidneys also learning their functions//I trust in Your leadership to help me filter from my environment what is good and what is not//You have place in me organs of discernment that it is able to identify and extract the good and dispose of what is not beneficial for me//You are my protector//what I can do to protect myself is still limited//so I want to rely on You as my protector and filter//I do not need to be afraid of harmful things for though in the natural I have every reason to be, I know that there is good that I can extract//and that the harmful things, I can remove from me//They do not have to remain in me for life//Father, how has my filtering system been weakened?/What lies do I have about harmful things staying in my life?/How have my parents fails to filter out the parts they are responsible for and failed to provide me a safe environment?/What harms were forced on me that made me feel helpless?/Go through the Rs//When the inputs are overwhelming me and I tried to maintain stability and survive, did I choose to shut down all emotional inputs(the good and the bad) b/c I didn’t know how to sort them?/Go through the Rs and ask God to adjust the system so that you can take in the good stuff but filter out and reject the bad//Restore my discernment ability for the spiritual, emotional and physical realms.*

*Thank you for the regenerative forces in my liver and kidneys for blood cells. Restore my ability to generate life and productivity.*

*My digestive tracts are taking shape//Bless it help me rejoice in my ability to take in food and make use of it efficiently//Teach my spirit to have the ability to take in spiritual food and make use of it//Was there any trauma done to me to damage my ability to understand and absorb spiritual/emotional content? (actual startvation, poor nutrition, self imposed locking out emotions as the emotional content is mostly negative intra utero)//Go through the Rs.*

*As my limbs start to bud, I am excited about the future you are giving me to that I can take hold off it and tread on the territory You have prepared for me//As my physical body takes shape, You bestowed Your likeness and beauty//Father what do you want me to know about my physical shape? What about my destiny, purpose and existence?/If you don’t receive anything, inquire and go through the Rs. Was there anything that threatened my hope and my life and place fear in me about my future?/If so, go through the forgiveness prayer of Rs//Thank you and I choose to receive life.*

*My being is been further defined as I take shape and details are been imprinted in and upon me. I thank You for your glorious creation in me//con’t to worship and praise God.*

Ask Him questions. Choose a few each day. You can also repeat questions. If you don’t get an answer straight away, be on the lookout during the wk as he may drop the answers while you are driving, shopping, etc. You can direct the questions to each of the Godhead (Yes they are three in one but each ‘personality’ of God may have a different answer.) If you encounter negative statements (jot them down as they are lies that came in at some point of your life. Work through the Rs

**List of R’s for Restoration**

* **R**epent/Resolve = Forgive
* **R**enounce/Release/Reject
* **R**ebuke (spiritual forces)/Reinforce the Blood and the Cross.
* **R**eplace
* **R**eceive
* **R**estore (**R**ejuvenate), live it

Restoration Prayer: *Jesus thank You that You are the Light of the world. Thank You that Your grace is sufficient for me. Thank You that You are Emmanuel, God with us; always with us. Jesus* ***forgive*** *me and my ancestors back to Adam and Eve for choosing to replace you with the knowledge of good and evil. I forgive \_\_\_\_\_ for \_\_\_\_. Forgive us for rejecting the spirit man and all the wisdom and understanding You feed our spirit with. Forgive us for choosing to rest our identity and future on what we can see, what we can hear, what we ca perceive with our flesh, (our body, mind and emotions). Forgive us for letting our flesh define what truth is and for forsaking your truth because we cannot see the truth in it. Forgive us for needing proof before we believe and trust.* *I confess my unbelief and fear of disappointments. I* ***renounce*** *any bonds/familiarity with darkness made through my emotions of fear, confusion, paralysis, panic, overwhelming loss of control. I* ***cover*** *myself with the blood of Jesus. By the power of the cross, I say to any associating spirits that Jesus* ***rebukes*** *you. Jesus show me Your Light at my conception. Jesus show me what it feels like to be in Your light. What do you want me to know about Your heart at that moment I was conceived? What do you give to me?* ***Receive****. Thank You for wonderfully creating me. For the thoughts you had of me before I was even created. Thank you knowing what I need before I was even created and placing that in me.*