



# 7 Steps to Wholeness Through the Word

**F – Feel**  
**R – Remind**  
**E – Expect**  
**E – Enter**  
**W – Wish**  
**A – Always**  
**Y – Yield**

*“In him and through faith in him we may approach God with freedom and confidence. For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God,”*  
Ephesians 3:12, 14–19, NIV.

Thanks for downloading my 7 Steps to Wholeness Bible Study. I have put together Scriptures that are meaningful to me for each of the 7 steps. You can go through this study individually, or get a group of women or men together for the journey. Seven or eight people, same gender, are a recommended maximum. If you don’t have a Bible you can go on the Internet to <http://www.biblegateway.com>

If you can afford it you may want to purchase your own Bible. This is the best purchase you’ll ever make. There are different translations to enjoy. The New International Version (NIV) is one of the easiest to read, but you may want to talk with your pastor or visit a bookstore and see which translation you like best.

Now you’re ready. Begin this time by removing all distractions. Like when you’re having lunch with your best friend and we’re trying to share what’s going on in our lives – it’s hard to believe they’re interested when they’re always looking at their phone or other things going on in the room.

Healing comes from growing our relationship with Jesus. Like any relationship the more we put into it the better it will be. Travelling through these steps with God brings a deeper sense of wholeness and healing. Positioning our heart to humbly receive Him opens the door to having a fulfilling relationship with Christ. This relationship is safe. This relationship lasts forever. And it’s always there for you. God is never too busy to listen. You may not think He’s there, but He is...always!

Worship is a great way to welcome the Lord. You can sing a hymn, or play your favorite worship music on your computer or phone. This is your journey – you have choices! If you play an instrument you can praise Him by using this gift to show your love.



The Lord's Prayer may be the next step you choose after worshipping. You can find it in Matthew 6: 9-13:

*“Our Father in heaven,  
Hallowed be your name,  
Your kingdom come,  
Your will be done, on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts, as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from the evil one,” NIV.*

**Breath** deeply for a few times. **Relax** in *your space*, or with your group.

Take a moment to say your own **prayer** before reading each verse. Say, “Come Holy Spirit.” **Ask God** to give you insight on each step. Imagine Him sitting with you in *your space*. You're being listened to. You can pour out your heart to Him. You can be real with Him - just like you would with a best friend you trust. **Listen**. He speaks to our hearts in a still small voice (See 1 Kings 19:12).

Begin by **reviewing** each verse. You may wish to just **read** one verse every few days. You've chosen what speed **you're travelling** at on the freeway. Go at your own pace. This time and space is just for you.

There may be a specific verse that means something special to you. **Meditate** on it. Journal about what each verse means to you. If you don't like to journal then try typing your thoughts on the computer. Beware of distractions if choose this. You may want to keep your email and Internet programs closed.

You can write a letter to Jesus for each step. Get some nice paper. Make it special. If you're an artist you may want to draw, sketch or paint what the verse means to you. **Take your time** with this. Take a week, or a month to **go through each step**. He's with you on this journey – you're never alone (See 1 Corinthians 3:16, Ephesians 2:22).

## Step 1 - Feel

When we experience trauma our anxiety increases. Knowing how well we were created can bring peace. We can give all our anxiety to Jesus. God placed in us the ability to cope with traumatic events. He gave us protective measures to survive. He's also given our brains the ability to disengage those measures when they're no longer needed. This is called plasticity. This means our brains can change. That's because we're created by the Creator to be adaptable. He came that we may have an abundant life and have it to the full.

Once we've lived through trauma we may be scared to change or adapt. It can be challenging to let go of those protective defenses. But when they're no longer needed once we're safe they can prevent our healing. That's because they can block our true feelings.

He also works in and through all things. It may be helpful to work with a mental health professional and a spiritual director, or elder at your church taking these steps. Work with the friend who you've chosen to encourage you on this journey. You'll encourage each other towards growing in wholeness.



## Scripture

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full,” John 10:10, NIV.

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus,” Philippians 4:7, NIV.

“For my yoke is easy and my burden is light,” Matthew 11:30, NIV.

“I praise you because I am fearfully and wonderfully made...” Psalms 139:14, NIV.

“Cast all your anxiety on him, because he cares for you,” 1 Peter 5:7, NRSV.

“For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life? Matthew 6:25-34, NASB.

“...For the mouth speaks what the heart is full of,” Matthew 12:34, NIV.

## Step 2 - Remind

René Descartes, a French philosopher, mathematician and writer from the 15<sup>th</sup> century wrote, “I think therefore I am.”<sup>i</sup> Perceptions are powerful. Reality depends on our perception of it. During the 2<sup>nd</sup> century Epictetus wrote, “Men are disturbed not by things, but by the views of which they take of them,”<sup>ii</sup> This may be the underpinning of how Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT) were created by Albert Ellis and Aaron Beck respectively. Truth is found prior to either of these men’s thoughts in the Bible.

## Scripture

“We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,” 2 Corinthians 10:5, NASB.

“For as he thinks in his heart, so is he,” Proverbs 23:7, KJV.

“So God created mankind in his own image, in the image of God he created them; male and female he created them,” Genesis 1:27, NIV.

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do,” Ephesians 2:10, NIV.

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope,” Jeremiah 29:11, NRSV.



## Step 3 - Enter

*“Ask and it will be given to you; seek and you will find; **knock** and the door will be opened to you,”* Matthew 7:7, NIV.

Leave where you're at and **enter** a richer life with Jesus. He's got so much for us. Entering the wholeness of Christ is sweeter than anything on earth or in heaven. We're heirs of God's kingdom when we've accepted Christ (see Romans 8 and Ephesians 1). Imagine entering a King's palace. As an heir to the King I believe He wants to lavish us with good things – like wholeness. We may still suffer but not with the same intensity, and not alone.

You can have the comfort of connecting with your Good and Perfect Father. So come on! Enter into the life you've always dreamed of. And if you haven't dreamt in a while – start. Imagine all you're made for and more. Jesus wants to give it to you.

### Scripture

“Very truly I tell you Pharisees, anyone who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep listen to his voice...” I am the gate; whoever enters through me will be saved,” John 10:1-3, 9, NIV

“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven,” Matthew 18:3, NIV.

“Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit,” John 3:5, NIV.

“Which of the two did what his father wanted?” “The first,” they answered. Jesus said to them, “Truly I tell you, the tax collectors and the prostitutes are entering the kingdom of God ahead of you. For John came to you to show you the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe him,” Matthew 21:31-32, NIV.

## Step 4 – Expectation

When's the last time you really expected something? Christmas? Well, we know that when we have faith in Christ great things can happen. If we don't have expectations we're letting life happen to us instead of being an active participant. Don't sit back and let someone else determine what your life looks like. Experience wholeness in Christ by looking ahead for the great things He has in store for you!

“So Jesus went with him. A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, “If I just touch his clothes, I will be healed.” Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?” “You see the people



crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’” But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering;” Mark 5:24-34, NIV.

### Scripture

“For I know the plans that I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope...” Jeremiah 29:11, NASB

“For who has known the mind of the Lord, that he will instruct Him? But we have the mind of Christ,” 1 Corinthians 2:16, NRSV.

“Come to me, all you who are weary and burdened, and I will give you rest,” Matthew 11:28, NIV.

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast,” Ephesians 2:8-9, NIV.

“Call to me and I will answer you and tell you great and unsearchable things you do not know,” Jeremiah 33:3, NIV.

“What the wicked dread will overtake them; what the righteous desire will be granted,” Proverbs 10:24, NIV.

## Step 5 – Wish

Dreaming is not just for little girls and boys. It’s for children’s hearts in adult bodies. It’s for all of us. Dreaming of greater health? Better finances? Authentic relationships? Wholeness? Wishing gets our minds moving. Wishing for what we hope for is faith. It’s believing our wishes *can* come true. Make your dreams come true by having faith in Christ. Pray to Him for what you’re wishing for. He loves fulfilling our dreams, even if they don’t look like we imagined, or arrive when we expect them to keep dreaming – you’ll never know if you don’t begin. May your wishes come true by the power of Christ.

### Scripture

“Now faith is confidence in what we hope for and assurance about what we do not see,” Hebrews 11:1, NIV.

“For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have?” Romans 8:24, NIV.

“Blessed is the man who trusts in the Lord And whose trust is the Lord,” NASB.

“Therefore my heart is glad and my tongue rejoices; my body also will rest in hope,” Acts 2:26, NIV.



“And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us,” Romans 5:5, NIV.

## Step 6 – Always

We can always feel hopeful because Christ dwells in our hearts. Always and forever. He’s always there for us. Do we always realize this? Maybe not but we can remind ourselves our Heavenly Father is right here with us now. He’ll always love us, always discipline us, and always comfort us. That’s because God sent His Son to die for us. God raised Him from death so we could know His deep love for us. This special love wants to take away the weight of our sins. There are not many things we can always count on. But Jesus is always there. He’s always wanting to take whatever we’re willing to let go of that may be keeping us from wholeness.

### Scripture

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails,” <sup>1</sup> Corinthians 13:4-8, NIV

“For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins...” “So I will always remind you of these things, even though you know them and are firmly established in the truth you now have.” <sup>2</sup> Peter 1:5-9,12, NIV

“Rejoice in the Lord always. I will say it again: Rejoice!,” Philippians 4:4, NIV

“And surely I am with you always, to the very end of the age,” Matthew 28:20, NIV

“So I strive always to keep my conscience clear before God and man,” Acts 24:14, NIV

## Step 7 – Yield

*“I planted the seed, Apollos watered it, but God has been making it grow. So neither the one who plants nor the one who waters is anything, but only God, who makes things grow,”* <sup>1</sup> Corinthians 3:6, NIV.

We can be comforted to know that when we try to break a habit, or create a new one we’re planting a seed for something new. Our brains are capable of making new neural pathways to help us. In creating goals we’re actually planting the seeds of change. Whether it’s to change how we react emotionally, or physically we’ve changed something in our minds already. Making our goals and measuring our growth increases our yield. So go on – plant some seeds of change in your heart and mind and see all the abundance God grows in us.



## Scripture

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete,” John 15: 1-11, NIV.

“That same day Jesus went out of the house and sat by the lake. Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying: “A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. Whoever has ears, let them hear,” Matthew 13:1-9, NIV

“But whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers, Psalms 1:3, NIV

**Congratulations for staying on the freeway to wholeness. Look at what your hard work has yielded!**

### Revision April 16, 2014

<sup>i</sup> René Descartes, 1637, *Discourse on the Method of Rightly Conducting the Reason, and Seeking Truth in the Sciences*, From the first paragraph of Part IV,

<sup>ii</sup> Epictetus wrote in *The Enchiridion* - Ellis 1962 pg. 54

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