

NYACK COLLEGE NEW YORK CITY
PMN 350N: Power Encounter
Dr. Carlos Velez

Words: Class Activity

- Here are some words that can be spoken by us or by other people against us that could lead us to advance the kingdom of darkness in our lives.
- Give a Biblical truth & 2 scripture references that refute the dark words spoken
- In addition to this, rephrase the words of darkness that they may be spoken words of Blessing instead

1) "I'm a failure. I can't do anything right; I'm always failing."

Biblical Truth: failure is a common experience to some degree for everyone. We see in the Bible that most of the great figures of Scripture experienced failure at one time or another, yet those failures did not keep them from effective service for God. They learned from their failure, confessed it to God, and were often able to be used in even mightier ways.

Scripture Reference 1 Philippians 4:13 I can do all things through him who strengthens me.

Scripture Reference 2 Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Blessing: Bless your efforts to succeed, may excellence, not perfection, drive your desires.

2) "Sometimes I think I'm losing my mind. I feel like I'm going crazy."

Biblical Truth: Only God can work the change within someone

Scripture Reference 1 2 Timothy 1:7 "For God gave us a spirit not of fear but of power and love and self-control."

Scripture Reference 2 Philippians 4:6-7 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Blessing: Lord Jesus, I ask you to give us all around peace in our mind, body, soul, and spirit.

3) "The situation is hopeless; there's no hope."

Biblical Truth: Hope anchored in Jesus means that you trust Him and His promises. Having Jesus-hope means that you are confident that whatever it is you are hoping for will come to pass. Hope is something that He can provide, ensuring that you are always strong and with a reason to follow Him.

Scripture Reference 1 Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Scripture Reference 2 Lamentations 3:24 But blessed are those who trust in the Lord and have made the Lord their hope and confidence.

Blessing: May you be filled with the hope and love of the Lord always.

4) "I'm afraid of people – I'm afraid that people will hurt or reject me."

Biblical Truth: With each rejection Jesus faced, we see him respond by moving toward his goal. Jesus remained steadfast. When asked permission to seek justice, Jesus rebukes his disciples. When taunted on the cross, he asks forgiveness of his transgressors.

Scripture Reference 1 Romans 8:31 What then shall we say to these things? If God is for us, who can be against us?

Scripture Reference 2 Isaiah 41:13 For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you."

Blessing: Dear Lord, please remove any hurt or fear that my brother/sister may be experiencing. Please rise out all hurt and fill them with your presence, peace, comfort and love that surpasses all understanding.

5) "I just can't stand it anymore. I can't handle it; I'm totally stressed out. It's just too much for me. I feel

Biblical Truth: The Bible tells us again and again that God will strengthen us, guide us, help us, and lead us

Scripture Reference 1 Philippians 4:6-7 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"

Scripture Reference 2 Psalms 94:19 "When the cares of my heart are many, your consolations cheer my soul."

Blessing: Anxiety and gratitude cannot occupy the same space. I ask God to remove all your stress and anxiety and to fill you with his calming peace.

6) "Even though I've asked God to forgive me, I feel so guilty all the time. God could never cleanse me of my past.

Biblical Truth: God forgives our transgressions. He covers our sins. He removes our sins from us. God washes away our guilt and cleanses us from sin. He nails it to the cross.

Scripture Reference 1 Matthew 26:28 "This is my blood of the covenant, which is poured out for many for the forgiveness of sins"

Scripture Reference 2 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.

Blessing: I pray that God's peace envelopes you as he washes away your guilt. He loves you and his love is everlasting.

7) Why can't you get it together? When are you going to figure it out and get on with it? I don't know if I will ever figure out what to do with my life."

Biblical Truth: When we learn to lean on God. And, that is when God can use us. A good example is Moses who was 80 when God called him. He was full of doubt that he begged God to send someone else. Moses became a strong man of God when he walked in obedience during a difficult time. God used him in a mighty way to bring about a great salvation for an entire nation.

Scripture Reference 1 Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not onto your own understanding. In all your ways acknowledge Him and He shall direct your path."

Scripture Reference 2 Psalms 46:5 "God is within her, she will not fall."

Blessing: I pray that you won't allow the enemies self-doubt to defeat you. You are fearfully and wonderfully made.

8) You'll never amount to anything. That's because you're a loser just like your father/mother.

Biblical Truth: The cure for overcoming lack of confidence is to look beyond yourself, and the people around you and put your focus on God.

Scripture Reference 1 1 Peter 5:7 Casting all your anxieties on him, because he cares for you.

Scripture Reference 2 Ephesians 6:10-20 Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of

God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness.

Blessing: I pray that you live up to what God desires you to be. May he give you the strength to overcome and see how valued you are. To accept who you are and to have confidence in your identity through him. I pray these things in Jesus' name, Amen.