

NAME:

C O U R S E
W O R K B O O K

MAKING THE BEST

OF THE WAIT IN YOUR
SEASON OF SINGLNESS

BY PROPHETESS

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MODULE 1: SETTING RELATIONSHIP GOALS

HOW DO I INTERPRET THIS SCRIPTURES AND THEIR IMPORTANCE IN THE SEASON OF SINGLENESS

JEREMIAH 1:5

"BEFORE I FORMED YOU IN THE WOMB I KNEW YOU [AND APPROVED OF YOU AS MY CHOSEN INSTRUMENT], AND BEFORE YOU WERE BORN I CONSECRATED YOU [TO MYSELF AS MY OWN]; I HAVE APPOINTED YOU AS A PROPHET TO THE NATIONS."

JEREMIAH 11:29

"'FOR I KNOW THE PLANS AND THOUGHTS THAT I HAVE FOR YOU,' SAYS THE LORD, 'PLANS FOR PEACE AND WELL-BEING AND NOT FOR DISASTER, TO GIVE YOU A FUTURE AND A HOPE.'

MODULE 1: SETTING RELATIONSHIP GOALS

UNCOVERING & CHANGING ALL NEGATIVE THOUGHTS CONCERNING RELATIONSHIPS

There are mindsets and thought patterns of the world which we have adopted over time. When things end up going downhill in relationships, we utter words like "all men are dogs or women or no good", and not to mention, the loose statement, "oh well, there are many more fish in the sea". Whether these are things we learned through bad experiences of hurt or from the world's culture, they need to be addressed and changed in order for us to move forward with the positive mindset which God wants us to have. Now that you are restarting with God, allow Him to reveal to you those negative thoughts concerning relationships which need to be changed.

Reflections

WHAT ARE SOME OF THE NEGATIVE THOUGHTS, WORDS NEGATIVE VIEWS OF RELATIONSHIPS OR NEGATIVE SAYINGS WHICH I HAVE UTTERED IN THE PAST?

WHAT WORLD STANDARDS HAVE INFLUENCED THE WAY I VIEWED OR NAVIGATED RELATIONSHIPS IN THE PAST?

WHAT HAVE I SAID IN THE PAST TO MY PARTNER(S) THAT NEEDS TO BE REVERSED/CORRECTED AND REPENTED OF?

WHAT STEPS WILL YOU TAKE IN ORDER TO ENSURE THAT YOU TAKE ON THE RIGHT MINDSET TOWARDS THE OPPOSITE SEX AND RELATIONSHIPS IN THE FUTURE?

**MODULE 1 (PART 2): SETTING RELATIONSHIP GOALS
(THE PROCESS OF GOAL-SETTING)**

GOAL-SETTING WORKSHEET

Then the Lord answered me and said, "Write the vision And engrave it plainly on [clay] tablets So that the one who reads it will run. (Habkkuk 2:2 AMP)

STEP 1 - Outcome - What do I want to achieve based on what is going on in my life (situation analysis)

WHAT IS YOUR OUTCOME GOAL? WHAT ARE THE STRENGTHS AND OTHER RESOURCES NEEDED TO ACCOMPLISH THIS GOAL?

WHAT DO I NEED TO DEVELOP PERSONALLY, SPIRITUALLY AND OTHERWISE?

STEP 2 - Performance Goals - What is it that needs to change in my life

TO ACHIEVE YOUR OUTCOME GOAL, THERE ARE SOME AREAS IN YOUR LIFE THAT REQUIRE IMMEDIATE ATTENTION AND/OR IMPROVEMENT. THESE ARE YOUR PERFORMANCE GOALS. USE THE LIST YOU CREATED ABOVE AND CREATE THREE PERFORMANCE GOALS THAT YOU CAN START WORKING TOWARDS TODAY. THESE ARE THE SKILLS, QUALITIES OR OBJECTIVES THAT WILL GET YOU CLOSER TOWARDS YOUR OUTCOME GOAL.

PERFORMANCE GOAL 1

PERFORMANCE GOAL 2

PERFORMANCE GOAL 3

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STEP 3 - Process Goals - What is the actual process/ strategy I have to employ in order to achieve my performance goals?

FOR EACH PERFORMANCE GOAL, WRITE THREE PROCESS GOALS (TO-DO LIST). THESE ARE ACTIONS YOU CAN START AS EARLY AS TODAY. THESE ACTIONS WILL ULTIMATELY LEAD YOU TOWARDS ACCOMPLISHING YOUR PERFORMANCE GOAL AND ULTIMATELY THE OVERALL OUTCOME.

PERFORMANCE GOAL 1

PROCESS ONE

BY:

PROCESS TWO

BY:

PROCESS THREE

BY:

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PERFORMANCE GOAL 2

PROCESS ONE

BY:

PROCESS TWO

BY:

PROCESS THREE

BY:

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PERFORMANCE GOAL 3

PROCESS ONE

BY:

PROCESS TWO

BY:

PROCESS THREE

BY:

STEP 4: Monitoring & Evaluation

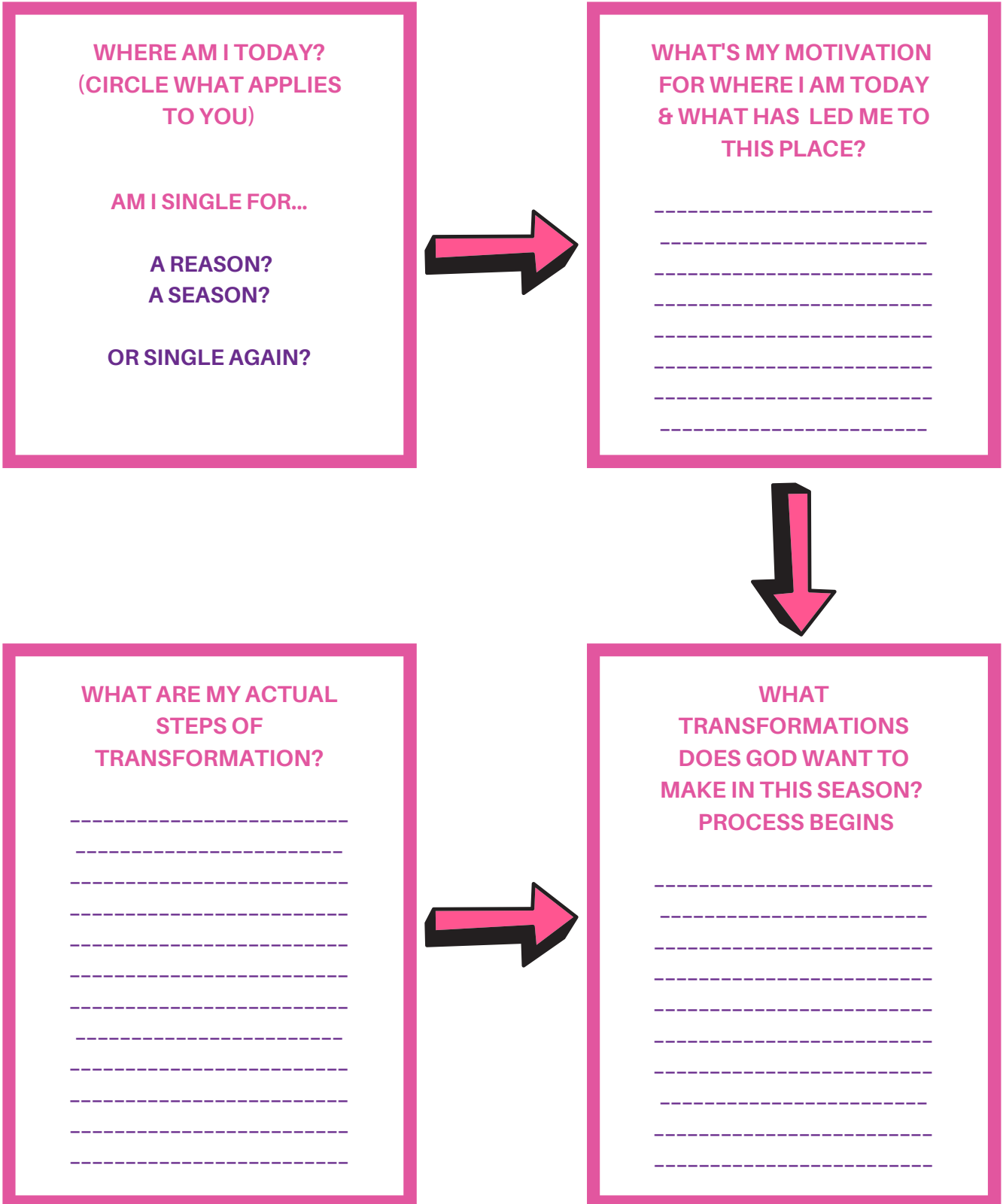
COMMITMENT STRATEGY

ROADBLOCKS

STRATEGIES OF IMPROVEMENT

MODULE 2: GOD'S PURPOSE FOR THE WAIT

UNCOVERING GOD'S PURPOSE FOR THE WAIT - THE PURPOSE MAP



MODULE 3 (PART 1): UNCOVERING HINDRANCES

**ROOT-UNCOVERING EXERCISE
TOP-DOWN**

What are the visible dying leaves in your life and the corresponding rotten roots?

a.

a.

MODULE 3 (PART 2): UNCOVERING HINDRANCES: BUILDING YOUR DELIVERANCE PLAN

THE BIBLICAL PURPOSE: TACKLING THE ROOT ROT WHICH CAUSED LOW SELF ESTEEM (3-DAY FAST)

THE FOLLOWING REPRESENTS THE SPECIFIC SCRIPTURES AND PRAYER POINTS THAT YOU WILL USE FOR EACH OF THE 3-DAY FASTING PERIOD.

EACH DAY IS A DAY OF SELF-DISCOVERY AND REALITY TO HELP YOU EVOLVE INTO A WHOLE WOMAN. THIS IS A SIMPLE GUIDE THAT WILL HELP YOU ON YOUR JOURNEY TO OVERCOMING THE STORMS THAT YOU'RE EXPERIENCING AND HELPING YOU SOAR IN GOD OVER TIME.

SEE THIS AS THE SEASON WHERE GOD IS TAKING THE PITCH FORK/SHOVEL AND DIGGING UP ROTTEN ROOTS FOR REPLANTING. YOUR ROLE IS TO ENSURE THAT YOU CONTINUE TO BUILD YOUR RELATIONSHIP WITH JESUS CHRIST AND FOLLOW AS HE LEADS SO THAT WHEN HE POURS HIS WATER YOU WILL GROW BEAUTIFULLY.

EACH DAY YOU WILL GO THROUGH AN EXERCISE OF MEDITATING ON A SCRIPTURE AND ASKING GOD TO REVEAL SOME THINGS TO YOU. DO NOT BE ASHAMED WHEN GOD REVEALS, JUST SEEK HIS COUNSEL AND DELIVERANCE.

RECORD EVERYTHING THAT GOD SAYS. RECORD ALL THE THOUGHTS AND ISSUES, SCRIPTURES AND REVELATIONS THAT GOD BRINGS TO YOUR MIND BECAUSE THIS IS NOT JUST A 3-DAY PROCESS. GOD MAY EXTEND THIS PROCESS TO ANOTHER 3-DAY FASTING PERIOD OR EVEN A 7-DAY FASTING PERIOD.

THIS 3-DAY STRATEGY/TEMPLATE IS DESIGNED TO PUT YOU ON THAT PATH TO OVERCOME. EMBRACE THE SPECIFIC BLUEPRINT OF DELIVERANCE THAT GOD WILL REVEAL TO YOU AS YOU GO THROUGH THESE 3 DAYS.

BE OPEN TO GOD!

**DAY 1 - REVELATION DAY - SEEING THROUGH JESUS' EYES
AND EMBRACING HIS VIEW THAT I HAVE BEEN BEAUTIFULLY
MADE**

KEY STUDY SCRIPTURE - PROVERBS 26:2

**TACKLING STRONGHOLDS (PULLING OUT THE PLANT FROM
THE SOIL SO YOU CAN REALLY SEE THE DAMAGE):**

ASK GOD TO TAKE YOU BACK TO THE PAST SO YOU CAN DEAL WITH THE STRONGHOLDS/CURSES THAT ARE HOLDING YOU DOWN.

NO CURSE HAS AUTHORITY TO MESS AROUND US WITHOUT A CAUSE, SO WE NEED TO TACKLE SOME WORD CURSES AND DIG UP THE ROTTEN ROOTS IN YOUR LIFE ONCE AND FOR ALL WHICH HAVE CAUSED WITHERING IN YOUR LIFE:

- YEARS OF SEEING MYSELF OF NOT GOOD ENOUGH
- YEARS OF SHYNESS - NOT THINKING THAT I AM CAPABLE
- YEARS OF EMBRACING THE LIES OF OTHER PEOPLE'S VISIONS/VIEWS AND NOT EMBRACING GOD'S VISION AND VIEW OF ME

IDENTIFY THE ROOTS - YOU NEED TO HAVE REVELATION ON:

- WHEN THE DOORS WERE OPENED
- WHO OPENED THE DOORS
- WHAT DID THEY SAY? (REVERSE THESE WORDS)

I REVERSE...

GO BACK TO YOUR DAYS AT HOME AT A CHILD, DAYS AT SCHOOL - IDENTIFY THE THINGS THAT PARENTS, FAMILY, TEACHER, PEOPLE IN AUTHORITY...OR ANYONE AT ALL SPOKE OVER YOU AND PRAY THE REVERSAL OF THESE THINGS.

(WASHING THE ROOTS)

WRITE DOWN THE OPPOSITE OF THE NEGATIVE THINGS THAT THEY HAVE SPOKEN AS DECLARATIONS THAT YOU WILL SPEAK OVER YOURSELF EVERY DAY.

FIND THE ASSOCIATED SCRIPTURES WHICH DECLARE THE OPPOSITE OF THE NEGATIVE THINGS SPOKEN AND PRAY ACCORDING TO THESE SCRIPTURES.

DAY 3 - LOVING YOU THE WAY GOD LOVES YOU

KEY STUDY SCRIPTURE - 1 JOHN 4:7-21

(DIPPING THE HEALTHY ROOTS IN FUNGICIDE TO KILL OFF ANY POSSIBLE FUNGUS)

ASK GOD TO ANSWER:

- WHAT IS THE LOVE OF GOD?
- WHAT DOES HE SAY ABOUT LOVE?
- HOW CAN THIS LOVE BECOME PART OF ME?
- HOW CAN I REPOSITION MY LOVE IN LINE WITH THE LOVE OF GOD?

ADDRESS ALL THE THINGS THAT YOU DON'T LIKE ABOUT YOURSELF PHYSICALLY.

ASK GOD TO OPEN YOUR EYES TO SEE THE BEAUTY THAT LIES IN AND AROUND YOU AS A PERSON.

AS GOD REVEALS, ASK HIM TO FORGIVE YOU FOR NOT LOVING YOURSELF AND BEGIN TO SPEAK THE OPPOSITE OVER YOUR LIFE.

SEARCH THE SCRIPTURES THAT SPEAK THE OPPOSITE OF WHAT YOU THINK ABOUT YOURSELF. MEDITATE ON THESE SCRIPTURES AND PRAY WITH THEM ASKING GOD TO ALLOW YOU TO BECOME WHAT HIS WORD SAYS.

(RE-POTTING THE PLANT IN CLEAN POTTING MIX)_

THIS IS LIVING THE NEW LIFE AND DAILY REAPPLYING THE SCRIPTURES AND SPEAKING THE AFFIRMATIONS YOU HAVE LEARNT SO THAT THE ROOT ROT CAN NEVER RETURN.

