

REKINDLING

YOUR

FAITH

“This is what the Lord says: ‘Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls...’ Jeremiah 6:16

Do you desire to walk the ancient path? The Lord Jesus Christ is your ancient path. He is the One your tread-weary soul longs for. Call to Him and He will answer you. He will hold you by your hand.

Walk with Him now. Let Him take you by eight ancient benchmarks. They will help you start afresh and walk strong with God.

- 1. Confess**
- 2. Repent**
- 3. Submit**
- 4. Abide**
- 5. Seek**
- 6. Pray**
- 7. Obey**
- 8. Serve**

You shall find rest for your souls.

Note: This can be used in small groups, or by yourself.

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General Guidelines

1. **Rekindling Your Faith** is designed to help people get right with God. It can be used with a small group, or someone can go through it by him or herself. If there is more than one person, take turns reading the paragraphs and verses out loud. The first person can read 3 or 4 paragraphs / verses. Then the second person can do likewise and so on throughout the group. Remember: The signature sections are very important.
2. Going through this material will take about **three hours**. Some will take less time, others more. The more people involved, the longer the process will take.
3. You could take someone through **Rekindling Your Faith** in one setting, or, say, three different get-togethers of about an hour each. If you do the latter, cover 2 or 3 benchmarks per get-together.
4. If you are facilitating a small group, remember, you need to model openness, warmth, and appropriate transparency. They will follow your lead.
5. Let people know they are to share only what they feel safe to share. No one is to be forced to share or pray. Gentleness, encouragement, grace, and forbearance are to predominate. Let the Word of God work in their hearts.
6. If someone needs to take time to share, confess, unload, etc., please give them the time they need. Sometimes your silence, your understanding, and your comforting presence are what God will use to minister to them most.

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See last page for more information.

Rekindling Your Faith

“He restoreth my soul...” Psalm 23:3

1. Confess: a) Confess and receive your Lord and Savior.

Romans 10:9 *That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.*

To confess means to profess, to promise, to declare, and to speak out freely in favor of.

God's Word, eternal, and always true, says that if Jesus does not save you from the eternal death penalty of your sinful condition, then you will spend an eternity separated from God in Hell.

You see, God, who is sinless, cannot be in the presence of sin. Only Christ's shed blood on the Cross can wash your sins away forever. Only Jesus can pay, in full, the sin penalty you owe. He died on the cross and paid it so you would not have to. He took all of your sin upon Himself and bestowed upon you His perfect, holy righteousness.

This good news which is to be accompanied by great joy!

If you had to pay your penalty for your sin, your payment would be eternal, everlasting torment in Hell. This is eternal death. No hope or relief resides here.

Romans 6:23 *For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

Romans 3:23 *for all have sinned and fall short of the glory of God,*

You can never become good enough, blameless enough, or holy enough to reach Heaven by your good merits. This would be like trying to jump across the Grand Canyon on your own.

God loves you. He understands your desperate, fatal sin condition and He desires to save you at all cost.

John 3:16 *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

Romans 5:8 *But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

Jesus, who is God the Son, is your only way to God the Father.

John 14:6 *Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me'*

The New Age won't do it. Being a good church attender won't do it. Following Mohammed or Buddha won't do it. Being loving toward and tolerant of others won't do it. Your efforts and good attitudes won't save you. Only Jesus can save and redeem your soul.

You must individually receive (gladly welcome) Christ.

John 1:12 *Yet to all who received him, to those who believed in his name, he gave the right to become children of God--*

You receive Christ through personal faith...a choice of the will.

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

You receive Christ through personal, loving invitation.

Revelation 3:20 {Jesus speaking –King James Version} *Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.*

Have you already personally received Him? **Yes** **No**

Right now, if you are not His, will you receive (gladly welcome) Jesus as your personal Lord and Savior?

Yes **No**

Please pray this prayer:

Lord Jesus,

I need you. I confess I am a sinner and without Your forgiveness and new life, I will remain forever lost and separated from You by my sin. Right now, I choose to receive You into my life. Come in, Lord Jesus. Thank you for forgiving all my sin—past, present, and future. Make me the kind of person you want me to be. Thank you, Lord.

 Date

 Your Signature

Be of good cheer! The instant Jesus saves you, you are His forever! You cannot lose your salvation. You now have the irrevocable gift of eternal life. Because you belong to Him, You will go to Heaven.

You are uncondemnable!

Romans 8:1 *Therefore, there is now no condemnation for those who are in Christ Jesus,*

You are inseparable!

Romans 8:35-39 *Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us.*

For I am convinced that neither death nor life, neither angels nor demons, ^[2] neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

b) Confess your sins

I John 1:9 *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Ask the Lord to search your heart.

Confess and agree with Him anything sinful, any area where you are trying to control, any worry, or any aspect of your life that you are trusting in yourself or your resources. Write them down.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Your Signature: _____

2. Repent

Ezekiel 14:6 *Therefore say to the house of Israel, 'This is what the Sovereign LORD says: Repent! Turn from your idols and renounce all your detestable practices!'*

Ezekiel 18:30 *Therefore, O house of Israel, I will judge you, each one according to his ways, declares the Sovereign LORD. Repent! Turn away from all your offenses; then sin will not be your downfall.*

Ezekiel 18:32 *For I take no pleasure in the death of anyone, declares the Sovereign LORD. Repent and live!*

After acknowledging all of your iniquity before the Lord, you then turn completely (not partially) from your wicked ways and turn to Christ, His protection, His strength, and total obedience. You decide the right path now, not tomorrow. If running South, now you gladly run North. You want to please Jesus more than anything! You will get rid of or flee anything hurtful, immoral, or, otherwise, sinful.

Tell the Lord you repent now of anything needing repentance. List them.

1) _____

2) _____

3) _____

4) _____

Your Signature: _____

Unforgiveness and Grudge Holding:

Ask the Lord to reveal to you the names of all people in your life, past or present, that you still resent, are unwilling to forgive, or are holding a grudge against. Write their names down:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Your Signature: _____

I Kings 8:50 And forgive your people, who have sinned against you; forgive all the offenses they have committed against you, and cause their conquerors to show them mercy;

Matthew 6:15 But if you do not forgive men their sins, your Father will not forgive your sins.

Matthew 18:34-35 In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart."

Colossians 3:13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Now go back to each name and include their name in the suggested prayer on the next page. Do this only if you are sincere and want to be obedient to Christ.

Do this only if you will acknowledge and own the full intensity of the suffering they caused you. Do this only if you will release them completely from your judgment and let them go free as if they had never sinned, like Jesus did for you on the Cross.

If you are willing, pray this prayer for each person listed:

Dear Lord,

Please forgive me for harboring a grudge against _____
What they did to me was wrong and it hurt badly. But because you forgave me for sending You to the Cross, I will forgive him / her.

Right now, with a sincere and obedient heart, I choose to forgive _____
and I full release him / her into Your care. You are able to be God in their life better than I can. With your help now, I will treat them with kindness and respect and I will never bring up their sin again.

By God's Grace,

(Sign when finished with all names)

3. Submit

Job 22: 21 *Submit to God and be at peace with him; in this way prosperity will come to you.*

“Submit”, as used here, means to acquaint yourself with the Lord in such a teachable, surrendered way that at all cost, you will show harmony with, and know intimately the Lord, His preference, and His desires. What was important to you no longer is important, only that which is important to Jesus.

Matthew 11:29-30 *Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

James 4:7 *Submit yourselves, then, to God. Resist the devil, and he will flee from you.*

“Submit” here means to gladly come under the subjection and rule of Jesus, that you freely subordinate your will to His, and that you strongly desire to obey Him, be controlled by Him, and want only what He wants for your life.

The Devil is battling for your soul. If your soul is secure with Christ, then he is planning an ingenious scheme to isolate, discourage, deceive, and destroy you and all you hold dear. He wants you literally dead!

You must resist him and rebuke all past and present involvement with him. Otherwise he will continue to have footholds and strong holds. He will keep you enslaved to the clutches of iniquity! Make no provision for the flesh.

Circle the areas of demonic involvement below you believe the Devil has had a strong hold or influence in your life at any time in your past. This might include such things as:

Ouija boards	Tarot cards	magic eight balls
levitation	psychics	palm readers
satanic cult activity	animal sacrifices	sensual thoughts
adult book stores	exotic entertainment	sensual or evil movies /TV
unwholesome rock music	pornography	homosexual tendencies
alcohol	fornication	adultery
witchcraft	rebellion against authority	drugs
gambling	amulets, charms, crystals	African tribal masks
Indian dream catchers	voodoo dolls	lying or cheating
Chanting into mirrors	occult involvement	New Age
Humanism	Christian Scientists	Mormonism
Jehovah's Witnesses	Masonic Lodge	internet addiction
Chat room fantasies	Instant Email sex	Phone sex
Promiscuity	Violence & Anger	

Write down below any additional areas not mentioned above.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Remember, you are no match for the Devil. But also remember that the Devil is no match for Jesus. The Devil has limited power and is a created angel. He and his demons can only be at one place at one time. He cannot read your mind.

Jesus, on the other hand, is all knowing, all powerful, all present, and eternal. He is King of Kings, Lord of Lords, Almighty God, Maker of Heaven and Earth, Ancient of Days, God the Word, Prince of Peace, Wonderful Counselor, Alpha and Omega, and Messiah!

He has no equals! That is why we take every battle to Jesus and do so with confidence and in His Name.

Dear Lord Jesus,

I acknowledge my past involvement with these evil practices and I plead Your shed blood to cleanse and protect me from now on. (*Now rebuke the Devil*)

By the matchless name of the Lord Jesus Christ, I rebuke you Satan, your works, your cohorts, your schemes, your lies, your accusations, your control and influence, and all your ways. Get away from me now and go to where the Lord Jesus would have you go. I belong to the Lord Jesus now and that is final!

Your Signature: _____

4. Abide

John 15:5 *I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.*

“Abide” means to remain in the presence of Jesus with uninterrupted closeness, surrender, and fellowship. It means not to depart, to continue to be present, to be held and kept continually. It means to “lean on” the Lord so much that if He were to move, you would fall hopelessly flat on your face. It means to draw your very life from Jesus on a continual basis. You must spend much time with Him and His Word in order to abide and learn to hear His tender voice.

Galatians 5:25 *Since we live by the Spirit, let us keep in step with the Spirit.* {The King James Version renders it... *let us also walk in the Spirit.*}

The Key

The key to Christian living is the Spirit-filled or Spirit-directed and empowered life. This, of course, is done by faith. A good definition of “faith” is this: Faith is living as though the Bible is true even when it does not feel like it is true.

Now, after confessing any known sin, you immediately ask the Holy Spirit, who permanently resides in every true Believer, to simply control your attitudes, your thoughts, your actions, and your responses, leaving the timing, the quality, and the quantity of all results up to Him.

To live by the Spirit means to allow Christ to live His abundant life in and through you for this present moment. The Devil will try to get you stuck in your past failures or worried about tomorrow. The Lord Jesus wants to bless and empower you now, in this present moment. This is all that really matters. He wants you to enjoy an active, and content life that is fresh, strong, powerful, productive, obedient, convincing, and God-honoring.

Keeping in step with the Spirit means that as you fellowship with Jesus all day long, He is then free to place you where He wants you and that your life will turn out well in terms of being pleasing to God.

Galatians 5:16 *So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.*

The reason we Christians sin is that, at times, we refuse to live by the Spirit. At times, we choose rather to live according to our flesh which produces pain, isolation, and death. We must stay close to Jesus to avoid this great danger.

Spend five minutes of totally uninterrupted time with your Lord Jesus. Perhaps go to the woods, or go down by the lake. Go where there are no phones, TV's, computers, or people. Just bask in His presence, listen to Him, and focus only on Him. Like the geranium roots drawing their life from the soil, now you draw your life from the Lord Jesus. Just turn everything over to Him. Everything!

Psalm 46:10 says, ... *Be still, and know that I am God...*

Write down your thoughts, feelings, and experiences that you had during this five tranquil, abiding minutes:

Your Signature: _____

5. Seek

Matthew 6:33 *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

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

Hebrews 11:6 *And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

I Corinthians 10:24 *Nobody should seek his own good, but the good of others.*

Please take a moment and **list the golden carrots** (idols / false gods) that the Devil has been dangling out in front of you perhaps for a very long time.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Now simply cast them at the foot of the Cross of Jesus. He is your God, your Good Shepherd, and your Refuge. He wants to be the first thing you seek at daybreak, mid-day, and at night. Only Jesus satisfies your soul.

If you desire only to seek Jesus, please pray this prayer:

Dear Lord Jesus,

I gladly cast all of these idols and false gods at the foot of Your Cross. Please destroy them. I want only to seek You and rest in You. I desire only to take refuge in You, my Lord. You, alone, are my Life, my Hope, my Strength, my Refuge, my Joy, and my Eternal Salvation. I love you!

Your Signature: _____

Psalm 119: 133 *Direct my footsteps according to your word; let no sin rule over me.*

6. Pray

1 Samuel 12:23 *As for me, far be it from me that I should sin against the LORD by failing to pray for you. And I will teach you the way that is good and right.*

Matthew 26:41 *Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.*

Luke 6:28 *bless those who curse you, pray for those who mistreat you.*

Luke 18:1 *Then Jesus told his disciples a parable to show them that they should always pray and not give up.*

1 Thessalonians 5:17 *...pray continually;*

Colossians 1:10 *And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God,*

When we pray, things happen. We are changed. God is pleased. When we do not pray, not much happens. Our prayers, if controlled by Christ, are powerful. They are powerful not because of us, but because our all-powerful God is and He is living in us, His children.

Nothing of lasting value happens apart from sincere, persistent prayer, Prayer is talking with God admitting our helpless, needy condition. Prayer is listening to God when all is quiet.

Prayer is **communing** with our Heavenly Father. Psalm 62:8 says we can pour our heart out to Him, We can tell Him everything: Our sin, our worries, our struggles, our angers, our fears, our fumbling, our hopes, our needs, our praises, and our joys.

Prayer is **unleashing the power** of God to act in time of need.

Prayer demonstrates **our utter dependence** upon God who is the only One who can work wonders and advance His Kingdom. Prayer changes the pray-er.

Take two minutes and just talk with God. Pour out your heart before Him, He will not cast you away, even you! He loves you. He knows you are weak and sinful, and faint of heart. He desires to fellowship with you right now!

Now take two minutes and just rest. Rest in His strong arms and listen for His still, small voice. Enjoy one another. He delights in you!

Psalm 35:27 ... *The LORD be exalted, who delights in the well-being of his servant...*

Zephaniah 3:17 *The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.*

Take two minutes to pray through A.C.T.S.

Adoration = Just adore and appreciate Him.

Confession = Agree with God where you have fallen short.

Thanks-giving = Thank Him for His kindness, faithfulness, and goodness.

Supplication = Pray for the needs of others.

Please sign your name when you have prayed this way to your Lord.

Your Signature: _____

7. Obey

II Thessalonians 1:8 *He will punish those who do not know God and do not obey the gospel of our Lord Jesus.*

Psalm 119:9-12 *How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. Praise be to you, O LORD ;teach me your decrees.*

II Corinthians 9:13 *Because of the service by which you have proved yourselves, men will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else.*

Psalm 15:1-5 ¹LORD, who may dwell in your sanctuary? Who may live on your holy hill? ² He whose walk is blameless and who does what is righteous, who speaks the truth from his heart ³and has no slander on his tongue, who does his neighbor no wrong and casts no slur on his fellowman,

⁴ who despises a vile man but honors those who fear the LORD, who keeps his oath even when it hurts, ⁵ who lends his money without usury and does not accept a bribe against the innocent. He who does these things will never be shaken.

Note: “Blameless” does not mean perfection in human conduct or thoughts. It means “Upright”. It means you desire a heart of integrity before God even though you make mistakes and are sinful at times.

Do you desire to obey God at all cost to you? {Circle one} **Yes** **No**

Dear Lord,

Please enable me by your Spirit to walk obediently with You today. I need You to guide, protect, and strengthen me each moment this day. I will depend on You by faith. And I will practice Your presence. I will choose to obey you. I will say “No” to temptation and sin by God’s grace.

Your Signature: _____

8. Serve

Joshua 24:18 *And the LORD drove out before us all the nations, including the Amorites, who lived in the land. We too will serve the LORD, because he is our God.*

Joshua 24:24 *And the people said to Joshua, "We will serve the LORD our God and obey him."*

Galatians 5:13 *You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.*

If the Lord is your God, then you will serve Him and also serve other people in love. This means serving those you like and those you don't like. If you serve Jesus, then you serve people. It is that simple. He was a servant then, so you are a servant now.

List three people God might be leading you to love with a servant's heart:

1) _____

2) _____

3) _____

Dear Lord Jesus,

By trusting in Your enabling love, and out of a desire to serve these and others, help me to love these people with a servant's heart. Help me to serve faithfully in my local church as well. As you prompt me, I will obey, even if it does not make sense.

Your Signature: _____

Online giving to our ministry: <https://give.ccci.org/give/View/0139150>

Please pray many will be encouraged and equipped by:

www.marriageanchors.com

Jim and Barbara Grunseth

Staff #0139150

Jim and Barbara Grunseth
Cru Full Time Field Staff
W4760 Steeple Chase Way, Elkhorn, WI. 53121.



Jim and Barbara's prayer:

That God would help us to encourage, strengthen, and equip Gospel Light marriages and families around the world.

Jim and Barbara's passion:

To help marriages, families, and individuals find lasting hope and a future in the Lord Jesus Christ.

Personal biography

Jim and Barbara have 7 children between the ages of 30 and 38. They also have five precious granddaughters and four fine grandsons. Jim has been a full time staff member with **Cru** for over 33 years. He graduated from West Point and has a Masters degree in Counseling-Psychology from Trinity Evangelical Divinity School. He is also an Army veteran and an ordained minister.

Barbara has taught over 13 years as a K-6 teacher at Faith Christian School, Williams Bay, WI. She is a graduate from The University of Wisconsin-Milwaukee: Deaf Education. She has been a Mentor of MOPS {Mothers of Pre-Schoolers} in this area for 7 years.

Jim and Barbara serve with CRU City (Campus Crusade for Christ). Their team serves greater Chicago and southeastern Wisconsin where they serve local churches and the community by providing professional, biblical counseling (marriage & family emphasis) at no charge. They place a strong emphasis on evangelism and systematic discipleship.

In addition to serving with CRU City, Jim and Barbara are helping to fulfill the Lord's Great Commission by winning people to saving faith in Christ and then training them to

win, build, and send others into the world. They love to mentor marriages, families, and engaged couples as well as individuals one to one.

Barbara often ministers to people with Jim. An increasing number of younger moms are coming to her for biblical mentoring as well. Jim and Barbara's **First Priority** is to have:

Undivided love for Jesus and His Word. Psalm 86:11

They speak at Christian marriage and family conferences, retreats, camps, and churches when given the opportunity.

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* **Have you once and for all settled the question, do you belong to God?** Are you going to Heaven? Are you a child of God? Click:

<http://marriageanchors.com/2012/05/18/your-anchor-dont-leave-port-without-him/>

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Note: The material in this E Book was adapted from our book, **Remember the Rowboats: Anchor your Marriage to Christ.**