

 Abused Woman Ministries' Inc. School of Healing  
"Healing through recovery with God's truth"  
P.O. Box 490562  
Leesburg, FL 34749  
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## Agenda for the Week of February 21<sup>st</sup> – 27<sup>th</sup>

Abused Woman Ministries', Inc. School of Healing (AWMSOH) will open February 21<sup>st</sup>, 2010 and begin its first course online: "Biblical Foundations of Freedom" (BFOF); the course will run for 14 weeks and end on June 5<sup>th</sup>, 2010. The lectures will be posted on [www.abusedwoman.ning.com](http://www.abusedwoman.ning.com) and [www.facebook.com](http://www.facebook.com) under the Abused Woman Recovery Group.

BFOF program is a weekly Christian based lecture adapted into AWMSOH from the book, "Biblical Foundations of Freedom Destroying Satan's Lies With God's Truth" by Dr. Art Mathias. AWMSOH will make BFOF a prerequisite for the Abused Woman Ministry Recovery Program (AWMRP). AWMSOH want to educate abused women (but others are welcome) how to recognize the danger of anger, hatred, jealousy, rejection, fear, pride, bitterness, and to help them get rid of these toxic emotions so they can recover from abuse; the recovery process begins when the person decides to forgive - forgiveness is a choice. So, a person cannot receive complete recovery until these unresolved issues (toxic emotions above) are gone from their lives. BFOF program is also adapted to let the abused woman (and others) know that these toxic emotions separate us from God and create diseases in our souls and physical bodies.

Dr. Mathias was healed in January 1999 from a disease called, "Environmental Illness;" after discovering he had toxic emotions (unforgiveness, fear, and resentment), he repented and God healed him. This is what Dr. Mathias said:

"When I went before God and dealt with my sins of unforgiveness and resentment, and cast off fear, God was faithful: He healed me. He produces a radical change in my health that was obvious to many people. People started asking what had happened. I had changed physically, and they saw the difference in my appearance."

I had the opportunity to attend one of Dr. Mathias' "Biblical Foundations of Freedom" seminars and it was a life changing event for me.



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**How the Complete Program Work:** Every Sunday beginning February 21, 2010, a different topic (listed below) will be posted. The program is designed so the topics can be combined into one (or many) classes; customized according to the client's need. In a group session, the maximum number of individuals will be twelve (12).

### **BFOF Program Topics:**

- Introduction (1 hour) - February 21<sup>st</sup> - 27<sup>th</sup>.
- What Is Sin - Chapter One (2½ hours) - February 28<sup>th</sup> - March 6<sup>th</sup>.
- Discernment - Chapter Two (1½ hours) - March 7<sup>th</sup> - March 13<sup>th</sup>.
- Accusing Spirits - Chapter Three (2½ hours) - March 14<sup>th</sup> - March 20<sup>th</sup>.
- The Major Strongholds, or Principalities, of Satan - Chapter Four (1½ hours) - March 21<sup>st</sup> - 27<sup>th</sup>.
- Principality of Bitterness - Chapter Five (2½ hours) - March 28<sup>th</sup> - April 3<sup>rd</sup>.
- Principality of Self-Bitterness, Unloving Spirits - Chapter Six (3½ hours) - April 4<sup>th</sup> - April 10<sup>th</sup>.
- Forgiveness - Chapter Seven (2 hours) - April 11<sup>th</sup> - 17<sup>th</sup>.
- Principality of Jealousy & Envy - Chapter Eight (2½ hours) - April 18<sup>th</sup> - April 24<sup>th</sup>.
- Principality of Rejection - Chapter Nine (3½ hours) - April 25<sup>th</sup> - May 1<sup>st</sup>.
- Principality of Fear - Chapter Ten (2½ hours) - May 2<sup>nd</sup> - May 8<sup>th</sup>.
- Principality of Occultism, Pharmakia & Sorcery - Chapter Eleven (2½ hours) - May 9<sup>th</sup> - May 15<sup>th</sup>.
- The Kinsman Redeemer - Chapter Twelve (1½ hours) - May 16<sup>th</sup> - May 22<sup>nd</sup>.
- The Armor of God - Chapter Thirteen (5½ hours) - May 23<sup>rd</sup> - May 29<sup>th</sup>.
- Our Power and Authority in Christ - Chapter Fourteen (3 hours) May 30<sup>th</sup> - June 5<sup>th</sup>.

Prayers for release will also be posted along with lectures.



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I attended one of Dr. Mathias' seminars last week for three days, and God has totally turned my life around with His truth. I know that not forgiving yourself is just as damaging as not forgiving others. At the end of the sessions, Dr. Mathias had his ministry team available to pray with anyone who wanted prayer. I went up on the last night of the seminar because for some time, I felt I owed someone from my past an apology but there was no way for me to contact him; I had tried to ask God to forgive me for hurting him, but I still felt the guilt – I did not address all I was feeling when I prayed the first time nor did I cancel the enemy's authority in that memory over me. So I went up and begin talking with the prayer minister about something else first and as she begin to pray with me, Holy Spirit brought this person to my memory and we had to stop that prayer and pray about him. Then He urged me to get on my knees before I said the prayer and we kneeled at the altar. As she was leading me through the prayer, God was giving her what I needed to repent for; I know it was God because those things were in my heart but I never told her. As I repeated that prayer to God, I begin to weep (I had not wept before when I prayed) and weep; God cleaned my heart and forgave me and I forgave myself for hurting the person by rejecting him. Now, the enemy cannot cause me to live in shame, regret, guilt, sorrow, self-bitterness or any other deadly emotion because I cancelled his authority over me in all these areas and God forgave me and delivered me.

Now do you see why forgiving people are so important? If we have unconfessed sin or sin we have confessed and have not cancelled the enemy's authority over us, we will be tormented and live in guilt, shame, regret, and accept the enemy's lies. But we do not have to live this way; Jesus took care of sin, sickness, disease, guilt, shame, sorrows, and everything which will ever try to come against us on the cross (Isa. 53:4-5). However, we must still confess our sins; sins are not automatically forgiven – if you sin, Holy Spirit will let you know – it is up to you to repent. I know there are many people Holy Spirit urged me to go to and ask for forgiveness - it was not me who wronged them but I had to go to them and apologize.



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This is what **Gal. 5:19-21** says:

***<sup>19</sup> "When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, <sup>20</sup> idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, <sup>21</sup> envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God."***

***Heb. 12:15 says: "Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many" (NLT – [www.biblegateway.com](http://www.biblegateway.com)).***

So if you are dealing with any of these unresolved issues of **Gal. 5:19-21** (especially the ones we are talking about - hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, and envy) in your life as a born again believer, these are sins and you must get rid of them; otherwise, the poisonous root of bitterness will grow up to trouble you and corrupt many (not just you) (**Heb. 12:15 – NLT – [www.biblegateway.com](http://www.biblegateway.com)**).

**Mark 11:25-26 tell us: <sup>25</sup> "And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. <sup>26</sup> But if you do not forgive, neither will your Father who is in heaven forgive your sins" (NIV – [www.biblegateway.com](http://www.biblegateway.com)).**

**Matthew 6:14-15 says: <sup>14</sup> "If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup> But if you refuse to forgive others, your Father will not forgive your sins" (NLT – [www.biblegateway.com](http://www.biblegateway.com)).**

If Jesus can forgive, who are we to think we do not have to forgive? In Luke 23:34 Jesus said: "... 'Father, forgive them, for they don't know what they are doing'" NLT – [www.biblegateway.com](http://www.biblegateway.com)).



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So let's forgive and don't worry about people who hurt us **(Ps 37:1 – "Don't worry about the wicked or envy those who do wrong;")** God will deal with them in His way and His timing – we must be obedient and forgive.

**2 Cor. 7:1 says: "Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God" (NLT – [www.biblegateway.com](http://www.biblegateway.com)).**

We have a promise from Jesus that He would leave us His peace **(John 14:27)**; and He does not lie. Jesus has given us His peace of mind and heart so now we can live the abundant life **(John 10:10)** He died so we could have; we do not have to be controlled by the old sinful nature. Everything is laid out for us; God's plans for us are plans to prosper us and not harm us – they are plans that will give us hope and a future **(Jeremiah 29:11)**.

Now, that I forgive myself for hurting that person and asked God to forgive me, God has expanded my ministry; He has opened a new part, Abused Woman Ministries, Inc. School of Healing ("Healing through recovery with God's truth"). Also, I feel as if the weight of the world has been lifted from my shoulders and I feel a difference in my body – my back and feet which was constantly hurting and causing me severe pain and I have been dismissed from physical therapy – my hands are healed from carpal tunnel – I do not need the surgery now - (I saw immediate results). Praise, glory, and honor all goes to God! When we do not forgive ourselves, we are allowing the "Principality of Self-Bitterness, Unloving Spirits (Self-Hatred)" (from Dr. Mathias book, "Biblical Foundations of Freedom") to operate in our lives. I thank Jesus for making it possible for me to be able to go boldly before the throne of grace to ask the Father to forgive me.



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It is also important to understand that you need to keep yourself open for God to speak to you; especially about going to others you may have hurt and asking for forgiveness. We are so concerned about who hurt us but what about the people we hurt; whether knowing or unknowingly. But we need to be just as concerned about going to others, as God leads, in His timing, and ask them to forgive us. We cannot "shout" this or other wrongs away; we must take full responsibility for our actions and repent to God when we need to and go to the person when we need too. Since God is love, He lives in us, we should walk in love; I am not saying it is easy. But we must be obedient to God's Word concerning this issue of love. I ask God a lot to help me with my love walk because it is not easy; especially with people who are very rude. This is what Jesus said in **John 13:34-35** about love:

<sup>34</sup> ***"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. <sup>35</sup> Your love for one another will prove to the world that you are my disciples."***

So we cannot treat people any kind of way and think, "It's under the blood;" NO! You must confess your sins to God and ask for forgiveness. I remember what my ex-Pastor in Ft. Lauderdale told me long ago; at the time I did not understand but I do now. Pastor Carpenter said: It's not what people do to you that God hold you responsible for but it is what you do to others you will be held responsible for (paraphrased). Remember the law of sowing and reaping? Whatever you sow you are going to reap. You sow love you reap love but if you sow hate you will reap hate.

I know how hard all this was for me so as God give me revelation and deliver me, I want to share it with you'll so you can be healed and delivered too; if you are going through the same thing. These teachings are not a put down in no way; this is my assignment from God, to "Heal His people with His truth;" and that is what I am doing. I want to stop and thank all of you for your support of the ministry God has given me; God bless you all.



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I know the "Principality of Self-Bitterness" teaching is not until later on but I want to talk very briefly about it here and give you the prayer to pray against it; in case you need to pray it now. Loving and forgiving yourself is just as important as loving and forgiving others; if you do not love yourself, you will abuse your own self. Jesus said in **Mark 12:30-31**:

***<sup>30</sup>"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' <sup>31</sup>The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."***

Again, these teachings will be coming from Dr. Art Mathias' book, "Biblical Foundations of Freedom" (BFOF); please purchase the book so you will be able to read the entire chapters before the teaching is posted – I will send the syllabus with the lecture on the 21<sup>st</sup>.

"Principalities of Self-Bitterness," Chapter 5, under the section, "Self-Hatred (Unloving Spirits)," page 81.

"Turning back to our dictionary, we notice that following the immediate definition of the word, "self," self includes many modifiers:

- ✚ Self-abandonment: disregarding; disregarding all self-interest.
- ✚ Self-abasement: humiliation of one-self.
- ✚ Self-absorbed: focusing on oneself to the exclusion or consideration of others.
- ✚ Self-abuse: comes in many forms, i.e. obesity or anorexia; sleep deprivation or too much sleep; lack of exercise or pushing oneself to the brink; denial of normal sexuality (with spouse) or preoccupation with sex; calling yourself "stupid," "fat," "ugly," "dumb or other names that will demean and degrade yourself (you are "fearfully and wonderfully made" – Ps. 139:14).
- ✚ Self-accusation: constantly finding fault with oneself.





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## Prayer of Release From Self-Bitterness

To be set free from self-bitterness:

"Make a list of all the bitterness you have had or have against yourself. We need to confess and repent before Almighty God for holding onto this bitterness and believing it, instead of believing Him (God). The stronghold that self-bitterness has held in your life will be destroyed, and satan's power over you will be legally cancelled."

After you have written your list, pray the "Prayer of Release" (listed below) for each issue on your list; do not do a "blanket" prayer – praying each issue separate will cause you to face and deal with each issue one at a time – if it is too overwhelming for you to do at one time, you can ask someone you trust to help you by letting them pray the prayer and you repeat it.

**Prayer of Release (Self-Bitterness) – Say this prayer:**

***Dear Heavenly Father, in the name of Jesus, and as an act of my free will, I confess, repent, and renounce my (specific sin of self-hatred). I ask You to forgive me for this sin. I purpose and choose to forgive myself for this (specific sin of self-hatred) from my heart. I release myself from any guilt or shame because of this self-bitterness. In the name of Jesus, and by the power of His blood, I cancel satan's authority over me because of the self-bitterness of (specific sin of self-hatred). In the name of Jesus, I command this spirit of self-bitterness to go.***

***Holy Spirit, I invite You into my heart to heal me of self-bitterness. Please speak Your words of truth to me about this situation.*** (BFOF book, pg 100).

As Holy Spirit begins to speak to you, write down what He says; so you can have it later when the enemy tries to come back. After you have prayed through your list about each situation, command the PRINCIPALITY of self-bitterness to go in the name of Jesus (BFOF, pg 100).

In His Service,  
Dr. Hooks