

# BEYOND THE REARVIEW MIRROR A TRAINING CAMP



Vince Lombardi, the Green Bay Packers legendary football coach, had an interesting way to begin pre-season training camp.

Football in hand, Lombardi walked to the front of the room, held out the pigskin in front of him and said, "Gentlemen, this is a football."

# TRAINING CAMP



In only five words, Lombardi communicated his point: We're going to start with the basics and make sure we're executing all the fundamentals.<sup>(2)</sup> Why in the world would a seasoned coach talk to professional athletes like that? Lombardi operated on a simple philosophy. He believed that excellence could be best achieved by perfecting the basics of the sport.<sup>(3)</sup>

**"Gentlemen,  
this is a football"**



Life Training Center's Training Camps bring together "pros" and "rookies" to learn from and sharpen each other. It is a concentrated time of learning new skills and sharpening old ones. Michael Jordan said, "You have to monitor your fundamentals constantly. The minute you get away from fundamentals, the bottom can fall out of

your game, your schoolwork, your job, whatever you're doing. Get the fundamentals down and the level of everything you do will rise." We must keep our fundamentals sharp at all times. The Training Camps are a means of ensuring that we are constantly raising the level of everything we do for God's Kingdom.

Professional and amateur athletes, as well as performing artists, and even sales people have coaches. Often when a professional's performance is slipping, the first thing a coach will do is take them back to the fundamentals. No matter what level they're at, rehearsing the fundamentals is... well, fundamental. We never get too good at what we do that we have no need to brush up on the basics.

NAME & DATE

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# PUT THE PAST IN THE PAST

And nail the door shut!

How have you dealt with the pains and guilt of the past that “haunt” you? I call it the “Coulda, shoulda, woulda’s.” How often do you find yourself thinking, “If only...”

Are you feeling like a captive of past events or have you taken your past captive? Can you? How can anyone have any control over their past? What’s done is done. Throw a pebble in the water and the ripples are inevitable and they keep going. They can’t be stopped, right?

You’re probably attending this training camp because you’ve felt like that’s right, but you hope it’s not. God is able to even overcome your past! Nothing in your past can stop you from experiencing all God has in mind for your future. But you’ve got to put the past in the past and nail the door shut.

Let’s pick up the hammer and nails.

You can access Beyond the Rearview Mirror video teachings at [LifeTrainingCenter.org](http://LifeTrainingCenter.org). You can also find praise videos to use for the exercises by clicking on the [Worship Videos](#) tab at the top of the site.



## Rehearse or Re-view?

### I. WHAT DO YOU SEE?

A. Your memories: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

B. Beware of the rearview mirror.

1. Objects in mirror are closer than they appear.

The statement is a required safety warning intended to decrease driver misperceptions of the space to the immediate right of the car. It means exactly what it says: When a driver sees a car in the passenger-side mirror, that car is closer than the reflection would indicate.

The passenger mirror distorts the driver's perception of a trailing object's distance. That's definitely a good thing to know.

2. Objects in rearview mirror are distorted.

3. Objects in mirror are losing. They fade into nothingness unless WE keep them sharp and close and in focus.

Do you believe that? Is it always true? Can it always be true? Can it be true for YOU?!

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## II. WHERE'S GOD?

- A. Psalms 84:11 (NASB), Psalms 34:10, Psalms 56:8 (ESV), Romans 8:28 (NASB). Take a good, hard, look at the past through the God lens.

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## III. RE-VIEW OR REHEARSE?

- A. Genesis 50:15-17, Joseph's brothers lived in unnecessary fear and guilt. Do you?
- B. Can God work good even out of our sins and failures?
- C. Who is in control? Who sent Joseph to Egypt?
1. Genesis 45:4, Joseph's brothers.
  2. Genesis 45:5-6, God.

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## IV. THE NAILS

Close the door on the past and nail it shut with the truth. Don't just ask, "where were you God?" Listen. Practice the listening skills that God promises will lead us into truth that frees.

- A. John 8:31-32, Soak in the scripture, know truth that sets free.
- B. Acts 16:25-26, Break chains with Praise.
- C. Romans 8:26-27, Connect to the mind of Christ through praying in the Spirit.



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## **THIS WEEK: EXERCISE ON YOUR OWN**

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE. Engage in praise with a listening ear.
- 2: PRAY in the Spirit, then ask God for the interpretation.
- 3: SOAK. Read the scriptures, looking for and listening for God to speak through them.
- 4: ASK. God where were you? Show me the truth that I haven't been able to see.

There are no assigned scripture readings or praise songs for this training camp. It's not what scriptures we read or what praise songs we sing that are important, just THAT we do it. There is a Bible reading plan in the Bible Training Camp journal that you could follow if you don't have a plan. I also have a Bible book and chapter checklist available. It lists every chapter of every book of the Bible with a checkbox. You can read at any pace and in any order and just check off what you've read.

Not all Christian music is praise. There's nothing wrong with other kinds of music, but it's praise that breaks chains. On my website, [www.LifeTrainingCenter.org](http://www.LifeTrainingCenter.org), you can access my YouTube praise music by clicking on the "Worship Videos" link at the top.





## Rehearse or Re-view? (Practice/Share)

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### Practice

Every other week our time together will be focused on practicing the spiritual skills and sharing our experiences. "Do it together" is one of the keys to being an effective Christian.

Whatever I'm asking you to practice, we'll talk about from the perspective of "what does this look like? ...sound like? ...feel like?"

The leader will be sharing their experiences. I invite others to do the same. Each will probably be different. For instance, you may have heard someone say, "God spoke to me." What does that mean? Dispel the mystique.

Then we will spend most of the time doing "it" together.

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### Do It Together

- 1: What did it look like for you to "connect to the source." (Holy Spirit Baptism).
- 2: What does it feel like when you hear God speak?
- 3: Leader's experience of hearing God.
- 4: What has your experience been?

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## **TODAY: EXERCISE TOGETHER**

Have a journal or notebook ready, and jot down any thoughts you may have. During sharing time, we can begin the process of assessing whether the thoughts from God or not.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture.
- 4: SHARE.

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## **THIS WEEK: EXERCISE ON YOUR OWN**

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture of your choosing.

Do all this with a listening ear, expecting God to speak. If you need a refresher on how this should work, refer to the instructions for Lesson 1 Exercises on page 3.



## Re-View THEN Rehearse

### I. WHAT DO YOU SEE?

#### A. Your memories?

In the first lesson, I said we need to re-view our past, seeing it through the God-lens. We need to ask God to reveal to us where He was and what He was doing in the painful situations that seem to haunt us.

I identified three skills that help us come into God's presence and hear Him. They are: Praise, Praying in the Spirit and Soaking in the scripture. (I'm going to refer to the three with the abbreviation, PPS.) These skills are ways to seek Him. We practiced them together and I encouraged you to practice on your own during the week.

#### TODAY: EXERCISE TOGETHER

Take a good, hard, God - directed look at the event (season) from the past. Don't just look for Him. Talk to Him. Ask for revelation. God, where were You when this was happening? What were You doing? What purpose did You see that I haven't been able to see? What GOOD did You have planned AND are working out AND are already bringing about?

Know truth, it will set You free; not just general information, but revelation truth. God withholds no good from those who seek Him (Psa 34:10), so continue to seek Him.

Pray, asking God to speak to you. Then seek God via the means He has shown to break chains, connect us to the mind of Christ and reveal truth that sets free. As you do this, because you expect God to speak, jot down thoughts you may have. Maybe they're God, maybe not. But capture them anyway and sort through them later.

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#### THIS WEEK: EXERCISE ON YOUR OWN

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE. Engage in praise with a listening ear.
- 2: PRAY in the Spirit, then ask God for the interpretation.
- 3: SOAK. Read the scriptures, looking for and listening for God to speak through them.
- 4: ASK. God where were you? Show me the truth that I haven't been able to see.

3

#### B. Share. How did it go this week?

1. Did you spend some time seeking God through PPS this week?
2. Did you spend some time seeking God in any other way this week? If so, please identify your process.
3. Did you have any thoughts that might be God? (from PPS, or any other way)

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## II. WHAT TO REHEARSE

- A. Genesis 50:20, What you **rehearse** today **becomes** your tomorrow.  
B. Genesis 17:2-5,15-19; 18:13-15, What do I rehearse?

1. Genesis 21:1-7, Sarah rehearsed God's **goodness**,  
not her **failure**.



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## III. HOW?

- A. Back to Genesis 18:10,13-15,

1. Genesis 18:10,13-15, Sarah was in **communication** with **God**.  
2. We must **hear God**, not just talk to Him.  
3. Genesis 17:3-5, God was already **working** His **plan**.





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## Re-View THEN Rehearse (Practice/Share)

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### Do It Together

1. How is your “seeking” going?
2. How have you heard God through scripture SOAKing?
3. How has praise helped you hear God?
4. How has praying in the Spirit helped?

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### TODAY: EXERCISE TOGETHER

Have a journal or notebook ready, and jot down any thoughts you may have. During sharing time, we can begin the process of assessing whether the thoughts from God or not.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture.
- 4: SHARE.

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## **THIS WEEK: EXERCISE ON YOUR OWN**

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture of your choosing.

Do all this with a listening ear, expecting God to speak.





## The Gift of Emptiness

### I. WHAT DO YOU SEE?

A. Share: How did it go this week?

1. Did you spend some time seeking God through PPS this week?
2. Did you spend some time seeking God in any other way this week? If so, please identify your process.
3. Did you have any thoughts that might be God? (from PPS, or any other way)

B. When Naomi looks in her rearview mirror, what does she see?

1. Ruth 1:20, Who does Naomi blame for her bitterness? God.
2. Ruth 1:21, Naomi says she went away full, but came back empty. Is that true?

3. What does Naomi want to rehearse?

I am "Bitter."

4. What does God intend her to rehearse?

I am "God's-Delight."



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## II. EMPTINESS AS A GIFT

A. Ruth 4:14-17.

1. Emptiness is a gift when it opens up room to receive something better.

2. 2 Kings 4:1-7, a good emptiness, empty vessels.

3. Philippians 2:7-10, the second best emptiness, Jesus.

4. Luke 24:1-8, the VERY BEST emptiness, the empty tomb.

5. Can you let go of what you wish had happened? Take a moment to reflect on the "if only's" of your life. Make a decision to let it go. Talk to God about it. Write a "release" note to Him.

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6. Ephesians 5:20 instructs us to be "giving thanks always for everything." In 1 Thessalonians 5:18, we are told to "give thanks in everything for this is God's will for you..." As a second step of letting go of the "if only's", write a thank you to God for the fact that you didn't do or get what you wanted.

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## III. THE NAILS

Close the door on the past and nail it shut with the truth. Don't just ask, "where were you God?" Listen. Practice the listening skills that God promises will lead us into truth that frees.

A. John 8:31-32, Soak in the scripture, know truth that sets free.

- B. Acts 16:25-26, Break chains with Praise.
- C. Romans 8:26-27, Connect to the mind of Christ by praying in the Spirit.

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## TODAY: EXERCISE TOGETHER

Re-view. Continue to seek God.

Pray, asking God to speak to you. Then seek God via the means He has shown to break chains, connect us to the mind of Christ and reveal truth that sets free. As you do this, because you expect God to speak, jot down thoughts you may have. Maybe they're God, maybe not. But capture them anyway and sort through them later.

- 1: PRAISE. Engage in praise with a listening ear.
- 2: PRAY in the Spirit, then ask God for the interpretation.
- 3: SOAK. Read the scriptures, looking for and listening for God to speak through them.
- 4: ASK. God where were you? Show me the truth that I haven't been able to see.
- 5: LET GO. If God shows you any "if only's" you're holding on to, make a decision to let them go. Ask God to enable you.
- 6: SHARE. We'll have opportunity to share what you heard or think you may have heard.

Consider that God cares about everything, "big" or "small", and we all have preconceived ideas of what kinds of things God may speak to us about or what it might "sound" like. Many of those ideas are probably wrong, or at the very least, they're limiting. We may miss much of what God is saying to us because it doesn't come like we expect it to.

**Day 1: PRAISE** with *Unfailing Love, Eyes on You*, and *Another in the Fire*, **PRAY** in the Spirit, **SOAK** in *Philippians 2:5-11*.

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## **THIS WEEK: EXERCISE ON YOUR OWN**

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE. Engage in praise with a listening ear.
- 2: PRAY in the Spirit, then ask God for the interpretation.
- 3: SOAK. Read the scriptures, looking for and listening for God to speak through them.
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- 5: LET GO. If God shows you any "if only's" you're holding on to, make a decision to let them go. Ask God to enable you.



## The Gift of Emptiness (Practice/Share)

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### Do It Together

1. What has God shown you that He emptied you of so He can fill you with something better?
2. What have you seen from God's point of view that gives you something better to rehearse?
3. How's your rehearsing going?

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### TODAY: EXERCISE TOGETHER

Have a journal or notebook ready, and jot down any thoughts you may have. During sharing time, we can begin the process of assessing whether the thoughts from God or not.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture.
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## **THIS WEEK: EXERCISE ON YOUR OWN**

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE.
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Do all this with a listening ear, expecting God to speak.



## No Root of Bitterness

### I. WHAT DO YOU SEE?

A. Share: How did it go this week?

1. Did you spend some time seeking God through PPS this week?
2. Did you spend some time seeking God in any other way this week? If so, please identify your process.
3. Did you have any thoughts that might be God? (from PPS, or any other way)

B. Hebrews 12:15 (7-15).

1. What does bitterness look like? \_\_\_\_\_

Anger, fear, worry.

2. What leads to bitterness? suffering: \_\_\_\_\_

mistreatment, sin, loss, IF ONLY.

### II. GET TO THE ROOT

A. Matthew 6:9,12,14-15, roots in relationships.

1. Do I dare to pray, "Forgive me **LIKE I** forgive others?"

2. Forgiveness is not optional, it's essential.

3. Who has wronged you? I forgive \_\_\_\_\_ **s** for \_\_\_\_\_

\_\_\_\_\_.

- B. Mat 18:21-22a, How often? limitless.
  - C. Mat 18:21-32, How important? Critical, life changing.
  - D. Heb 12:12-15, How? strengthen, straighten, pursue.
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### III. CHOOSE WHAT YOU REHEARSE

- A. What you rehearse today becomes your tomorrow.
- B. Example:
  - 1. Of need: Jn 18:15-18, Rocky's failure.
  - 2. Of restoration: 21:1-19, Rocky's rehearsal.
  - 3. Ephesians 6:2-3, honor all parents, not just perfect parents.

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### IV. THE NAILS

Close the door on the past and nail it shut with the truth. Don't just ask, "where were you God?" Listen. Practice the listening skills that God promises will lead us into truth that frees.

- P. Acts 16:25-26, Break chains with **praise**.
- P. Romans 8:26-27, Connect to the mind of Christ by **praying in the Spirit**.
- S. John 8:31-32, **Soak in the scripture**, know truth that sets free.



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## TODAY: EXERCISE TOGETHER

Re-view. Continue to seek God.

Pray, asking God to speak to you. Then seek God via the means He has shown to break chains, connect us to the mind of Christ and reveal truth that sets free. As you do this, because you expect God to speak, jot down thoughts you may have. Maybe they're God, maybe not. But capture them anyway and sort through them later.

- 1: PRAISE. Engage in praise with a listening ear.
- 2: PRAY in the Spirit, then ask God for the interpretation.
- 3: SOAK. Read the scriptures, looking for and listening for God to speak through them.
- 4: ASK. God where were you? Show me the truth that I haven't been able to see.
- 5: LET GO. If God shows you any "if only's" you're holding on to, make a decision to let them go. Ask God to enable you.
- 6: SHARE. We'll have opportunity to share what you heard or think you may have heard.

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## **THIS WEEK: EXERCISE ON YOUR OWN**

Continue to practice what we did together. Aim to do something daily.

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- 5: LET GO. If God shows you any "if only's" you're holding on to, make a decision to let them go. Ask God to enable you.



## No Root of Bitterness (Practice/Share)

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### Do It Together

1. What negative roots have you identified?
2. What has God shown you about how to pull them out?
3. What has He shown you to rehearse?

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### TODAY: EXERCISE TOGETHER

Have a journal or notebook ready, and jot down any thoughts you may have. During sharing time, we can begin the process of assessing whether the thoughts from God or not.

- 1: PRAISE.
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## Give It Up!

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### I. WHAT DO YOU SEE?

**A.** Share: How did it go this week?

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2. Did you spend some time seeking God in any other way this week? If so, please identify your process.
3. Did you have any thoughts that might be God? (from PPS, or any other way)

**B.** What the devil wants you to see.

1. John 10:10a, He wants to use your past to steal your future.
2. John 8:44, His main method is to lie.
3. Revelation 12:10-11, His favorite type of lie is accusation. That's his job title.
4. Don't do his job for him. Don't accuse yourself or others.

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### II. ARE YOU GIVING IT UP?

**A.** Burn the letters.

1. Philippians 3:13b (10-17), Paul chose to rehearse his future, not his past.
2. What are your "letters"? God hates divorce.
3. How can you "destroy" it? \_\_\_\_\_

**B.** Build something new.

1. Philippians 1:12-14, Paul rehearses the good of the present, and the potential of the future.

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### III. CHOOSE WHAT YOU REHEARSE.

**A.** What you rehearse today becomes your tomorrow.

**B.** Philippians 4:7, peace guards heart and mind:

1. Zoom in on Philippians 4:4-9, "dwell" equals rehearse.
2. Start with Romans 8:28, Psalms 84:11, or Psalms 34:10.

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### IV. THE NAILS

Close the door on the past and nail it shut with the truth. Don't just ask, "where were you God?" Listen. Practice the listening skills that God promises will lead us into truth that frees.

**P.** Acts 16:25-26, Break chains with **praise**.

**P.** Romans 8:26-27, Connect to the mind of Christ by **praying in the Spirit**.

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## **TODAY: EXERCISE TOGETHER**

Re-view. Continue to seek God.

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- 5: REHEARSE. As God shows you any new ways to see the past, make a point to rehearse that. Ask God to enable you. Use your "Power Phrase" to rehearse what's good to actively let go of the past.





PRACTICE  
**5**

**Give It Up!**  
**(Practice/Share)**

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**Do It Together**

1. What has God shown you that you need to let go?
2. What has God shown you about how to let go?
3. What has He shown you to rehearse?

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**TODAY: EXERCISE TOGETHER**

Have a journal or notebook ready, and jot down any thoughts you may have. During sharing time, we can begin the process of assessing whether the thoughts from God or not.

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## **THIS WEEK: EXERCISE ON YOUR OWN**

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture of your choosing.
- 4: Practice your Power Phrase. Work your game plan. Remember 2•4•1.

Do all this with a listening ear, expecting God to speak.



## Eyes Up Front



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### I. WHAT DO YOU SEE?

A. Share: How did it go this week?

1. Did you spend some time seeking God through PPS this week?
2. Did you spend some time seeking God in any other way this week? If so, please identify your process.
3. Did you have any thoughts that might be God? (from PPS, or any other way)

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### II. REMEMBER OUR PURPOSE

A. Ephesians 2:10, God planned good works.

B. How?

1. Proverbs 4:20-27, fix your gaze straight ahead.
2. Hebrews 12:1-2, keep your eyes on Jesus.

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### III. ARE YOU LOOKING AHEAD?

A. Are you moving forward?

1. Acts 16:11, You must let go.

B. It was better in the good old days.

1. Looking beyond comfort...

- a. ...to the unknown, Genesis 12:1-3, Hebrews 11:13;39-40.
- b. Are you willing to go forward into the unknown?

2. Looking beyond success...

- a. ...to a desert road, Phillip, Acts 8:5-8,26-27..
  - b. Is there a "success" from your past that you're clinging to?
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3. Looking beyond selective amnesia...

- a. ...to God's provision, Ex 16; Num 11; Num 14..
  - b. What might lead you to be ungrateful for what God has provided?
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c. What can you do differently?

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## Eyes Up Front (Practice/Share)

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### Do It Together

1. What has God shown you that you need to let go of?
2. What has God shown you about how to let go?
3. What has He shown you to rehearse?

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### TODAY: EXERCISE TOGETHER

Have a journal or notebook ready, and jot down any thoughts you may have. During sharing time, we can begin the process of assessing whether the thoughts from God or not.

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## LifeTraining Center

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