

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PRAYING THROUGH RESISTANCE

PERSEVERING IN PRAYER AND STANDING IN VICTORY

Class Four Reflection Exercises: “Lies We Battle in Seasons of Resistance”

Pastor Cara Burke

These exercises are designed to help you take the truths from the “Lies We Battle in Seasons of Resistance” lesson and apply them directly to your life.

1. Weed-Spotting Journal

1. Take 5 minutes in silence to ask God: *“Lord, show me any lie I have believed in my current season of prayer.”*
2. Write it down in your journal.
3. Next to it, write the corresponding Truth Declaration from the lesson or a Scripture that counters it.
4. End by praying out loud: *“Lord, I reject the lie that... and I agree with the truth that...”*

2. Garden Check-Up

1. Draw a simple garden in your notebook.
2. In the soil, write what you’ve been faithfully sowing in prayer.
3. In one corner, draw any weeds (lies, discouragements, comparisons) that you see creeping in.
4. Ask God for one action step this week to “pull the weed” and tend the garden.

3. Pray Through Resistance Practice

- Take one “stuck” prayer request.
- Spend 10 minutes praying for it together, weaving in the Truth Declarations from the lesson.
- End by thanking God for what He is doing unseen, declaring faith before results are visible.

4. Weekly Truth Reminder

- Choose one lie from the list that you tend to believe.
- Write **its truth** on a sticky note or phone wallpaper.
- Every day this week, read it aloud and thank God for that truth—especially when you don't feel it.