**[PP slide 1: – Title]**

[Leader:  **“**Please join me now in prayer”]

Dear Heavenly Father, “May the words of our mouths, and the meditations of our hearts be pleasing in Your sight, our Rock and our Redeemer.” In Jesus name, amen.

**Introduction**

Review:

In our first session, I described a strategy called **No Hold** which is rooted in, and inspired by, Jesus’ statement in John 14.

**[PP slide 2: John 14:30-31]**

We noted that there seems to be a dynamic relationship between reducing influence and growing influence between the two “kingdoms”.

**[PP Slide 3: Inverse/build graphic]**

We next identified some tactics that the devil uses to produce **places of access and ownership** in our lives.

**[PP slide 4: Ephesians 4:25-28]**

In relation to that understanding, we emphasized the role of the **Holy Spirit** in this dynamic process.

**[PP slide 5: Eph 5:17-18]**

In session **2**, we talked about strategic structure – end point, pathways, and tactics.

We recognized our Biblical end point as full spiritual maturity,

**[PP slide 6: – Eph 4:11-13]**

and discussed a Biblical pathway called “standing firm”.

**[PP slide 7: – Eph 6:13]**

We then looked forward at several families of **tactics** connected to the **No Hold** strategy.

**[PP Slide 8: Outline]**



[Leader: Explain outline: These tactical families include: Forgiveness, Personal History, and Mind Renovation. Forgiveness and Personal History focus our attention on past events into present; then Mind Renovation is oriented to the present into the future. In our last session, we will return to the **No Hold** strategy to investigate its end point in more detail.]

In session **3** we moved forward to focus on the **tactics** of forgiveness connected to the **No Hold** strategy.

We recognized that Jesus’ **criminal justice system** is the context into which the tactics of forgiveness fit.

The next important concept we described in the context of forgiveness, was **sin** (lawlessness/criminal behavior).

The final concept we described in the context of forgiveness was the activity of Satan as the **accuser** of the Christian believers.

We then noted how forgiveness is defined:

**[PP Slide 9: Definition]**

**aphiemi** (NT:863), primarily, **"to send forth, send away"** [regarding] ‎(b) sins…

1. ‎**firstly signifies the remission [dismissal] of the punishment due to sinful conduct…**
2. **‎secondly, it involves the complete removal of the cause of offense**

[Leader: read definition aloud starting with “firstly”.]

We emphasized that a court’s sole purpose is to establish guilt or innocence and dispense justice. Mercy and forgiveness are processes that could be termed **“out of court settlements”**. They are related to the maintenance of social order, but provide alternative processes to actual court action.

We also defined a family of forgiveness tactics included in the No Hold strategy:

**[PP Slide 10: Tactics]**

1. Receiving forgiveness from God
2. Receiving forgiveness from others
3. Granting forgiveness to others

[Leader: read tactics aloud]

In session **4** we investigated **two** of these forgiveness tactics;

* receiving forgiveness from God, and
* receiving forgiveness from others;

**and practiced them**.

We also noted a way of interpreting the definition of forgiveness:

**[PP Slide 11: Interpretation]**

1. **To forgive – a sense of laying aside; getting rid of something; letting something go; sending something away.** 
   1. **Opposite of holding onto; keeping something close; grasping onto something**
2. **If it’s laid aside, it’s gone.**

In session **5** we investigated and practiced the third forgiveness tactic, which is granting forgiveness to other people. We also recognized a **warning** that Jesus gave regarding forgiveness: if we forgive, we will be forgiven; if we don’t forgive, we will not be forgiven.

In session **6** we interacted with a set of No Hold tactics oriented toward our personal history. This tactic set is referred to as a Vine Replacement Tool.

**[PP slide 12: VRT]**

Tactics 1-2 enable you, with God’s help, to take back the places (given over to, and owned by, the devil) that give the vine a rooting place. Tactic 3 cleanses those places formerly owned by the Devil. Tactic 4 fills those places with the righteousness of God. Tactic 5 gives the places once owned by the devil to the Holy Spirit. That way, the devil can’t move back in. Tactics 6 and 7 are a way to benefit the people who have used the places to influence our inner man toward the kingdom of darkness strategy. The hope is that our prayer, as the injured person, will make it easier for one or more of those people to come to follow Jesus just as we have.

In session **7**, we presented some tactics that, if practiced, could help a person walk free of anxiety. We looked at Paul’s counsel found in Philippians 4,

**[PP slide 13: Phil 4:4-7]**

and found three alternatives to walk in instead of being anxious.

**[PP slide 14: Alternatives]**

1. Rejoice always (heavily emphasized)
2. Pray saturated with thanksgiving
3. Choose to walk in the peace and understanding that comes from God

We then identified two tactics to use in order to free ourselves from anxiety.

**[PP slide 15: Tactics]**

1. Use the VRT to remove the vine(s) of worry/anxiety.
2. Keep the worry vine from growing again:
   1. It’s a matter of choosing [changing your mind] to trust God, and continuing to walk out that decision in your immediate situations.

In session **8**, we discovered that our heavenly Father wants us to walk free of slavery resulting from the fear (terror) of death, so He will support every effort on our part that agrees with His revealed will. He will also, if we request it, strengthen our inner man so that we are able to stay free.

The No Hold strategy holds three strategic tactics that together are able to drive out the fear of death.

**[PP Slide 16: Tactics]**

Tactic 1 – Choose, with the Lord’s help, to change your mind-set (repent).

Tactic 2 – Treat the whole history of a specific fear as a vine, and use your Vine Replacement Tool.

Tactic 3 – Walk in the perfect (complete) love that drives out fear.

In session **9**, we interacted with several Biblical passages talking about God’s Mind Renovation process. Paul speaks extensively regarding the process. One of his teachings is found in Romans 12.

**[PP Slide 17: Rom 12:2]**

**Romans 12:2**

**Do not be conformed [fashion alike] to this world, but be transformed [‎metamorphose] by the renewal [renovating] of your mind**, that by testing [examination] you maydiscern what is the will of God, what is good and acceptable and perfect. ESV

[Leader: read passage aloud]

This renovation process starts when we first believe, and continues until we reach full maturity. This is a process that we participate in by choosing. God’s part is producing the renovation through His Spirit working through the revelations contained in the Bible.

We have three No Hold tactics acting in the Mind Renovation process:

**[PP Slide 18: Mind Renovation Tactics]**

**Tactic 1:**  use your Vine Replacement Tool and Treat each old habit as a separate vine (or set of vines).

**Tactic 2:** Cooperate with God’s mind renovation process.

**Tactic 3:** Test and approve God’s will. Test His ways of doing things in the fire of experience. Prove to yourself that His ways really are good, pleasing and perfect.

In session **10**, as part of God’s mind renovation process, we investigated what the Bible says about walking in a condition called “Whole Mind”. We discovered that the Bible uses the same or very similar definitions for “mind” and “heart”. These words seem often to be used interchangeably. We discovered that a whole heart/mind would be:

**[PP Slide 19: Whole Mind]**

* Without doubt (opposition/hesitation), (James 1:5-8)
* Cleansed/purified (James 4:8; 1John 1:7,9)

So the No Hold strategic tactics are:

**[PP Slide 20: Whole Mind Tactics]**

**Whole Mind Tactics:**

Tactic 1: Choose to stop doubting

Tactic 2: Clean up our minds

Just a reminder; **all of the No Hold Forgiveness, Personal History, and Mind Renovation tactics support coming into this Whole Heart/Mind condition**.

We also emphasized the encouragement of “asking” according to God’s will.

In session **11**, we discovered the connection between a stayed [cabled down] mind and peace [peace, health, abundance, and safety]; and observed several advantages of living in perfect peace:

**[PP Slide 21: Stayed Mind advantages]**

Advantages to Living in Perfect Peace

* A growing calmness when strange or dangerous events are happening.
* The adventure of witnessing God reveal Himself, and His ways, becomes a life-style.
* An increased willingness and ability to stand firm against Satan and his tactics.

**Body:**

So now we have come full circle, and in this session we will examine the No Hold strategic End Point in more detail.

**First**, what is the end point of the No Hold strategy?

**[PP slide 22: End Point]**

The end point of the No Hold strategy is to **attain [reach] full spiritual adulthood**.

This end point is expressed several different ways in the Bible. Paul describes it from the perspective of whole church maturity in Ephesians 4.

**[PP slide 23: Eph 4:11-16]**

**Ephesians 4:11-16**

**11** Andhe (Jesus) gave theapostles, the prophets, theevangelists, thepastors and teachers, **12** to equip [complete; perfect] the saints for the work of ministry, forbuilding upthe body of Christ, **13** until we all attain to[reach]the unity [‎oneness; unanimity (unanimous)] of the faith [(the ‎system of religious truth] and of the knowledge [full discernment] of the Son of God, **to mature [perfect; complete] manhood**,to the measure of the stature [size] ofthe fullness of Christ, **14** so that we may no longer be children,tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness indeceitful schemes. **15** Rather,speaking the truth in love, **we are to grow up in every way into him who is the head**, into Christ, **16** from whom the whole body, joined and held together by every joint with which it is equipped,when each part is working properly, makes the body grow so that it builds itself up in love. ESV

[Leader: Read passage aloud.]

Paul lists several areas of maturity in this passage.

[**DRF note**: Notice, he divides the areas into three general groups; one of which is the general group of “grow up in every way”. He doesn’t populate the group in this passage, but does discuss other areas of maturity in different passages. I have added to this category a few of the areas he discusses elsewhere.]

**[PP slide 24: Areas of Maturity]**

* “**Until we all attain to [reach]**”:
  + Unity of the faith
  + Knowledge of the Son of God
  + Mature manhood
  + The fullness of Christ
* “**Grow up in every way**”
  + Image of Christ
  + Unity of relationship
* “**Builds itself up in love**”
  + Complete [perfect] love

[Leader: Read areas aloud.]

To begin to interact with Paul:

**(Group discussion 1: Question)**  - 5 minutes

Starting with person # 1, please discuss the following question.

**[PP Slide 25: Question]**

**Which of these areas is most interesting to you?**

[Leader: Read question aloud.]

Due to time constraints, we will be able to interact with only a few of these areas. Also, we will look at them from the perspective of an individual reaching maturity rather than the whole church reaching maturity.

The three areas of maturity we will interact with today are:

**[PP Slide 26: Maturity Areas]**

1. The maturity of Unity with Christ
2. The maturity of the Image of Christ
3. The maturity of the Fullness of Christ

[**DRF note**: Christ is not a name – it’s a Title: Christ=Messiah=Anointed One]

[Leader: Read aloud.]

**Regarding the Unity of Relationship:**

Paul talks about this unity of Relationship earlier in Ephesians chapter 4:

**[PP Slide 27: Eph 4:1-6]**

**Eph 4:1-6**

**1** I therefore,a prisoner for the Lord, urge you towalk in a manner worthy ofthe calling to which you have been called, **2** with allhumility andgentleness, withpatience,bearing with one another in love, **3 eager to maintain the unity of the Spirit in the bond of peace. 4** There isone body andone Spirit—just as you were called to the onehope that belongs to your call— **5** one Lord,one faith,one baptism, **6 one God and Father of all, who is over all and through all and in all.** ESV

[Leader: Read passage aloud.]

Jesus prayed that we would be in unity of relationship with Himself and His Father.

This request, found in John 17, is one of several He makes to His Father while praying for those (including you and I) who come after the original disciples and also believe.

**[PP slide 28: John 17:20-26]**

**John 17:20-26**

**20** "I do notask for these [original disciples] only, but also for thosewho will believe in me through their word, 21 **that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us**, so that the world may believe that you have sent me. 22 The glory that you have given me I have given to them, **that they may be one even as we are one, 23 I in them and you in me, that they may become perfectly one [unity], so that the world may know that you sent me and loved them even as you loved me.** **24** Father, I desire that they also, whom you have given me, may bewith mewhere I am,to see my glory that you have given me because you loved mebefore the foundation of the world. **25** O righteous Father, even thoughthe world does not know you, I know you, and these know that you have sent me. **26** I made known to them your name, and I will continue to make it known, that the lovewith which you have loved me may be in them, andI in them." ESV

[Leader: Read passage aloud.]

**(Group discussion 2: Question)**  - 10 minutes

Starting with person # 2, please discuss the following question.

**[PP Slide 29: Question]**

**…just as you, Father, are in me, and I in you, that they also may be in us…**

**What does it mean to your maturity to be “in” Jesus and the Father in the same way that they are in each other?**

[Leader: Read question aloud]

**Regarding the Image of Christ:**

According to Paul, we are being fashioned into the image of Jesus. He talks about it in relation to present suffering and future glory in his letter to the Roman church:

**[PP Slide 30: Rom 8:28-30]**

**Rom 8:28-30**

**28** And we know that for those who love God all things work togetherfor good,forthose who are called according to his purpose. **29 For those whom he foreknew he also predestined to be conformed to [fashioned like] the image [likeness] of his Son, in order that he might be the firstborn among many brothers.** **30** And those whom he predestined he also called, and those whom he called he alsojustified, and those whom he justified he alsoglorified. ESV

[Leader: Read passage aloud]

Paul says in his letter to the Colossians that Jesus is the exact image of the invisible God. He says this in his teaching about the supremacy of Jesus:

**[PP Slide 31: Col 1:15-17]**

**Col 1:15-17**

**15 He (Jesus) is the image of the invisible God, the firstborn [prototype] of all creation.** **16** For byhim all things were created,in heaven and on earth, visible and invisible, whetherthrones ordominions or rulers or authorities—all things were createdthrough him and for him. **17** Andhe is before all things, and in him all thingshold together. ESV

[Leader: Read passage aloud]

**(Group discussion 3: Question)**  - 10 minutes

Starting with person # 3, please discuss the following question.

**[PP Slide 32: Question]**

**…(those) he also predestined to be conformed to [fashioned like] the image [likeness] of his Son…**

**…He (Jesus) is the image [likeness] of the invisible God…**

**Putting these two statements together, what is Paul saying about the maturity of image in you?**

[Leader: Read question aloud]

**Regarding the Fullness of Christ:**

Paul prays for us to be stuffed full of everything God is.

**[PP Slide 33: Ephesians 3:14-19]**

**Ephesians 3:14-19**

**14** For this reason I bow my knees before the Father, **15** from whomevery familyin heaven and on earth is named, 16 that according to the riches of his glory **he may grant you to be strengthened with power through his Spirit in your inner being, 17** so that Christ may dwell in your hearts through faith—that you, beingrooted andgrounded [firmly established] in love, **18** may have strength tocomprehend with all the saints what is the breadth and length andheight and depth, 19 and to know [absolutely] the love of Christ that surpasses [goes beyond] [academic/experiential] knowledge, **that you may be filled [stuffed full] with all the fullness [complete fullness] of God.** ESV

[Leader: Read passage aloud]

Jesus holds all the fullness of God in bodily form

**(PP Slide 34: Col 2:9-10)**

**Colossians 2:9-10**

**9 For in him the whole fullness [complete fullness] of deity dwells bodily, 10 and you have been filled [stuffed/crammed full] in him**, who is the head of all rule and authority. ESV

[Leader: Read passage aloud.]

**(Group discussion 4: Question)**  - 10 minutes

Starting with person # 4, please discuss the following question.

**[PP Slide 35: Question]**

**…that you may be filled [stuffed full] with all the fullness [complete fullness] of God…**

**…you have been filled [stuffed/crammed full] in him…**

**What would the maturity of being stuffed full of God mean to you?**

[Leader: Read question aloud]

Again, be encouraged:

**[PP Slide 36: Encouragement]**

Encouragement: Ask God to help you

(1 John 5:14-15 - **And this is the confidence [boldness] that we have toward him, that if we ask anything according to his will he hears us. 15 And if we know that he hears us in whatever we ask, we know that we have [hold]) the requests that we have asked of him.**)

[Leader: Read passage aloud]

[Leader: if time allows, ask for questions]

**What questions might you have?**

**Conclusion:**

The No Hold strategy is formulated to help a believing person be less and less influenced by the kingdom of darkness, and more and more influenced by the kingdom of God. This strategy is just a different way to think about the process of spiritual maturity [growth]. The end point (objective) of the strategy is to reach and live in the condition of full spiritual maturity.

Every believer is involved from the moment of their spiritual birth in these maturity areas. As spiritually immature people, we do have a personal relationship with Jesus and our heavenly Father, but it is relatively unformed, and we are still highly influenced by our former ways of thinking and acting.

Gradually (for most of us) our inner man becomes restructured, and we are better able to hold, recognize, and cooperate with the God who lives in us. When we are fully mature these areas are fully structured and the influence of our former life is minimized. Living in both educated and experience-tested ways with God, and recognizing His continual presence and activity is a significantly different life-style then are the earlier life-style stages.

We looked today at three areas involved in that mature condition:

1. The maturity of Unity with Christ
2. The maturity of the Image of Christ
3. The maturity of the Fullness of Christ

Most of us are still looking forward at these areas in their fullness. For me, personally, realizing that my mature condition would be similar to how Jesus lived is still a bit unsettling. I do recognize, however, that I am able to pray into my future condition and know that God is granting those requests that are according to His revealed will. May we all be encouraged to ask, and receive [hold] our requests.

[Leader: who would be willing to close us in prayer?]