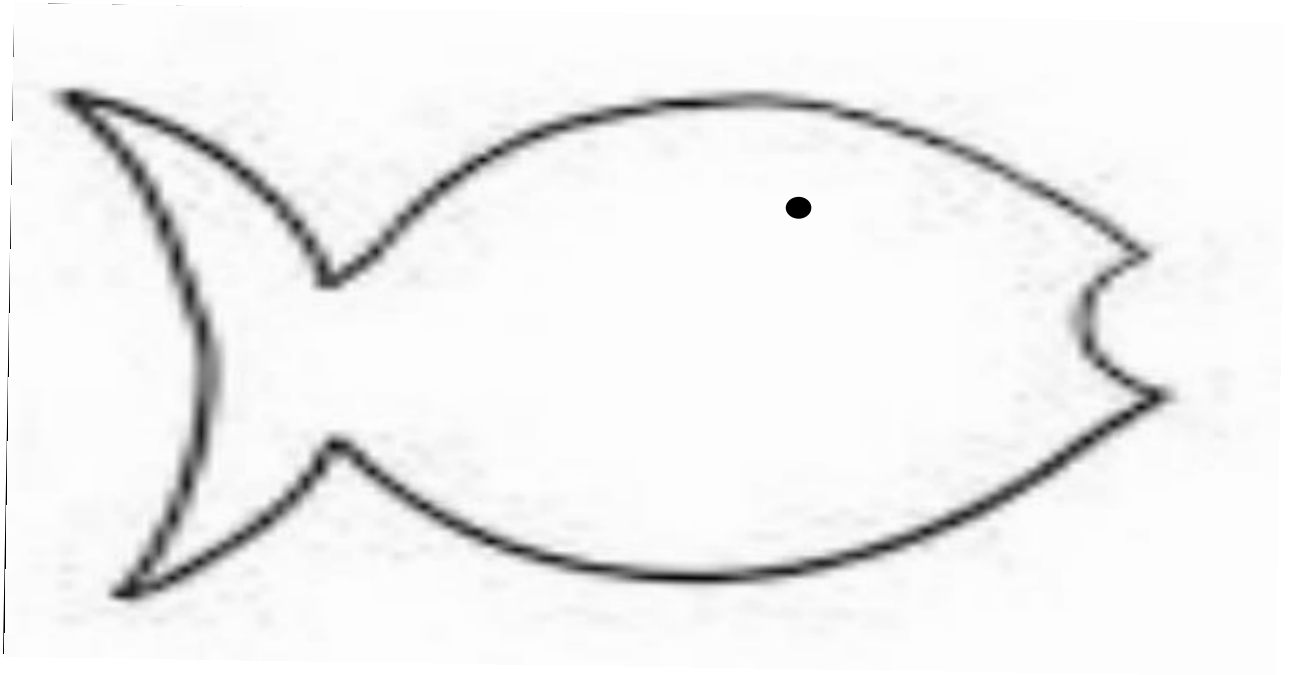


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Fish Printouts



“I am ...”

1. How do you see *yourself* to others?

2. If you would look into a mirror what do you think others would say about you?

3.

List three or more things that identify who you are or stand for?

1. What place can you find to be a *tranquil location* to experience Still Waters? (e.g. Patio, Beach)

2. *Visualize* a location that you would like to visit or have visited that is a “Still Waters” experience.

3. *Draw* a picture or *paste* a picture that you can visualize to be a peaceful place that can help you find that place of Rest.

1. List two or more negative statements you have been telling yourself.

2. What new statements can you tell yourself that can produce positive seeds?

3. What seeds are you willing to sow in order for you to grow as an individual?



1. Are you weighed down by debt? Please Circle Yes or No

2. If Yes to question 1. How much? _____

3. How was it caused? If you answered question 2.

4. List all your monthly expenses if you can and subtract the money you take home on a monthly or week bases.

Sample:

Mortgage	_____	\$850
Utilities	_____	\$300
Cable/Phone	_____	\$135
Car Insurance	_____	\$120
Car Note	_____	\$450
Medical Expense	_____	<u>\$1200</u>
		\$3055

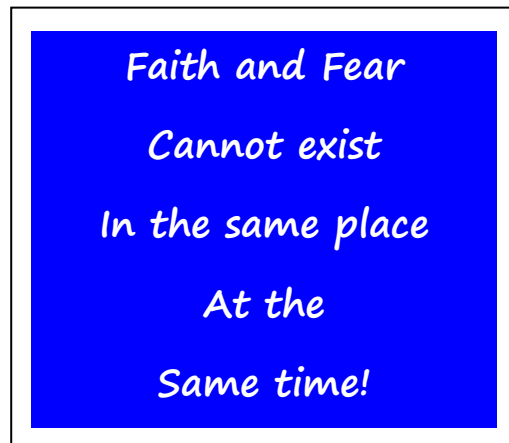
Monthly Income: **\$2000**

In the Red: - \$1055

1. What expense is not listed? Please list or add to list.

1. What does Fear mean to you?

2. What are some things you fear if any?



Please explain what this saying means to you.
