

THE WAY GOD WALKS WITH US

GRAHAM COOKE

EPISODE 4:

The Power Strands of Process

*“God sets the pace. He won’t do it all at once. He’ll just focus on **one** attribute of who He wants to be for you now, and then walk with you through your thinking, your emotions and your perceptions... He’s happy to walk with you one Truth at a time and to do it well so that you experience all the freedom of that Truth for the rest of your life.”*

- GRAHAM COOKE

ACTIVATION 1: ONE AT A TIME

That Truth is central to enjoying how God walks with us in our process of growth and development. We have seen too many people become overwhelmed and give up because they tried to tackle everything at once.

The areas that you’ve realized need an upgrade have been there for a long time. God knows that and has loved and accepted you unchangingly. You’re the only one surprised. He’s not!

God is celebrating that you’re seeing more of the life He’s always seen with you. He’s delighted to focus on just one area at a time. So...

- + Ask Him what area of your life He wants to focus on now. When you know, write it down.

- + What negative expectations or speculations are you becoming aware of?
What would new speculations of God's goodness sound like instead?
Or, of who you're going to become and what you're going to learn?

- + What are the lenses that you're perceiving Him, yourself and your circumstances with?

If Jesus were looking through your eyes, how would He see this?

- + What patterns of thinking have not been helpful?

- + Ask the Holy Spirit how He would think about this and rejoice in Him as your Helper.

- + Describe your emotional pattern of response to this area. For any negatives, what are the emotions of God that He wants to share with you?



You can do some initial journaling in your notebook on these, but most likely, you will get greater clarity over time - so continue to revisit these questions.

What you're learning most is that God delights in these conversations. He simply celebrates your growing freedom.

He knows that as you learn this process of relational transformation in one area, it will happen more quickly in the next one you explore together.

ACTIVATION 2: IDENTIFYING YOUR INITIAL RESPONSE

Take note of the way in which you respond *first* to a new revelation. These are a few descriptions to get you started, but you will find more that are unique to you.

Characteristics of processing Truth first with your mind and thoughts:

You love to love God with your mind and think deeply with Him.

You have a heart that treasures and values wisdom.

You are energized by the idea that God's thoughts are higher than your thoughts.

You enjoy ideas and truths that unfold over time.

Characteristics of processing Truth first with your heart and emotions:

You remember most how you *felt* when you heard a new revelation.

You may easily feel the pain of others and be moved with compassion.

You're passionate about what you're seeing and experiencing, often sharing with friends.

When you know and experience that God and others care, you feel cared for.

Characteristics of processing Truth first through vision / perception:

You're observant, taking note of things that others often miss.

You can often see both sides of an issue or more than one possibility.

You feel God's perspective is important and you have a passion to see things the way He does.

Again, this is not a prescriptive list. It's a **descriptive catalyst** to your conversation with the Lord about how He created you.

We all have an initial starting point to our process, but it is vital to explore and establish all three.

LANGUAGE & ACTIONS

In recognizing and exploring these Power Strands of Process, you will see transformation in your language and actions as evidence of your development in the future

Take note of any negativity or poor expectations that is present when you speak now - and notice when your language begins to better reflect your new vision, thinking and emotions.

"I used to say this... but now I find myself saying..."

Do the same thing with your responses and actions.

"I used to respond negatively like this... and now it is becoming natural to respond like..."

"I used to act like this... and now I'm more likely to..."

These are your Evidences of Transformation!

Remember, this is all a process and these are activations that you can engage in over the coming weeks and months. Be as kind to yourself as God is with you as you're learning.

Graham and Allison