



FINDING **PEACE**
OF **MIND**

W O R K B O O K

DEAL WITH IT Finding Peace of Mind Workbook
materials compiled and authored by
Chrystal Hansen © 2004 revision 2014

www.emerginglife.us

www.ChrystalHansen.com

Facebook: Chrystal Hansen Ministries

Twitter: Chrystal_hansen



 **Contents:**

ELM Vision and Mission	7
Expectations	8
Introduction:	9
1. Your Response - Ability	11
2. Brain Chatter	25
3. Fit to be Tied	37
4. Shall We Dance	53
5. Hand-Me-Down Genes	67
6. Finding Peace of Mind	97
7. Prayers for Peace	117
8. Appendix	131

Unless noted otherwise, scripture references in this notebook are from the New Living Translation.

EmergingLife

M I N I S T R I E S

Mission

Leading people in finding peace, life and purpose in Christ.

Vision

Seeing life emerge in its fullness.

Scripture

John 10:10

“I have come that they might have life,
and have it more abundantly.” (KJV)



Expectations:

We create an environment of confidentiality.

By allowing all who attend the space and freedom to share. We will not tell another's story, nor discuss another's story outside this class.

We create an environment of integrity and honesty.

The Emerging Life team commits to dealing with all in an open and honest fashion. We will treat all with the utmost respect as each shares their heart and experiences throughout our time together.

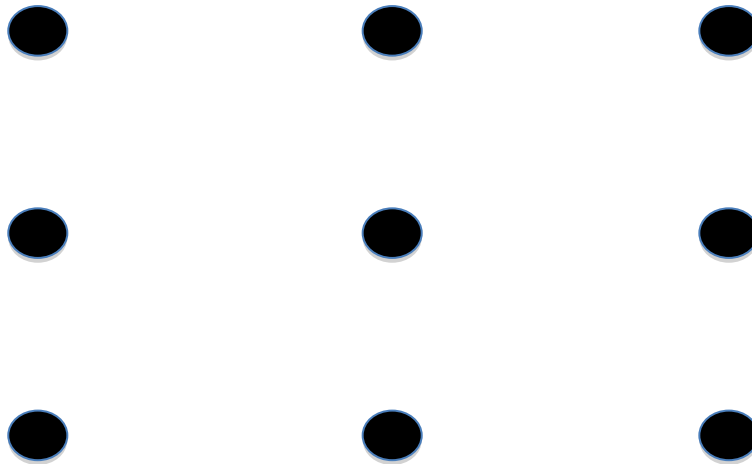
We create an environment for all to own their healing journey.

While we the ELM team is here to walk alongside of you for this season, this journey into peace and freedom is yours. You will get out of this workshop what you put in and what you desire. We will be your biggest cheerleaders along the way!!!

 **Introduction:**

1. What do you hope to take away from this retreat workshop?

2. Connect the dots with 4 straight lines without picking up your pencil or retracing a line.



3. Consider what each word represents to you in your life. Discuss and list characteristics and descriptive phrases for each of the following:

CHANGE	TRANSITION	TRANSFORMATION

NOTES:

YOUR RESPONSE - ABILITY

Session One



- ❖ **Review of Session One Response – Ability:** the ability to choose how to respond to stimulation and circumstances coming at any moment in time.

To **Deal With-IT** you must **use your response – ability to**
... step into the journey, peel back the layers and inspect the fruit!

1. **The Journey Principle: Choose-IT:** Choose to be present, authentic with a community of believers, pursuing truth and persevering till the end.
 2. **The Onion Principle: Accept-IT:** Accept His ways that involve process, stages and time.
 3. **The Tree Principle: Own – IT:** Own all the fruit that flows from your life.
- **ACTION STEP:** So in order to **Deal With-IT**, you must **use your response – ability to choose** to be present, authentic, pursue truth and persevere on this journey.
 - **ACTION STEP:** So in order to **Deal With-IT**, you must **use your response – ability to accept** His ways that involve process, layers, stages, themes and a lifetime. The onion principle sets the precedent that enables us to keep walking the journey with God, one layer at a time.
 - **ACTION STEP:** So in order to **Deal With-IT**, you must **use your response – ability to own** all the fruit that flows from your life.

GOING DEEPER

Going Deeper is the place to evaluate each session, record new revelations and insights and to plan what takeaways you want to incorporate into your walk with God. Take your time and prayerfully consider the following, asking the Father to reveal to you what He desires to heal and restore in your heart and life.

Everyone processes information differently and learns differently. The questions and evaluations are to assist you in discovering what God is bringing to your attention in this workshop. How you track this is your choice. Some prefer to journal, others prefer to make lists and still others choose to make mental notes as they listen. You are free to assimilate this information in the way that best serves you and gives you the space to walk out the Holy Spirit's leading in your life.

A clear and concise path will be navigated to direct you toward what will be covered in the final prayer session. What you bring to that session is between you and God.