

# Just Surviving

*In this stage of The Body Revelation, we learn it's possible to believe in God and love God, yet live stuck in a cycle of suppressing or transferring pain. We desire a life without pain. That's the life God designed for us to live before Satan tempted us with a lie to desire something more than God (like knowledge). We believed the lie that we could have more than what we already had which was unbroken fellowship with God.*

*Desiring anything more than God is what the Bible calls idolatry. Without God, we think of ourselves and want what we want at all costs. Because we feel unsafe, unloved, and unwanted due to pain, we are prone to spend any amount of energy, whether emotional, mental, or financial, to get what we want. All pain is energy and can transform into something to increase good or transfer onto someone else.*

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## Instructions

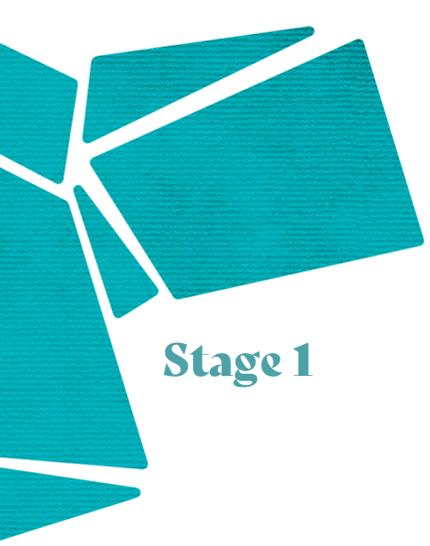
**Materials needed:** Black and red pens

**Activity:**

- 1. Inside the body silhouette, inside the body outline, using black ink, please write down the desires you have in your heart and even for your body.**
- 2. Then, with red ink, on the outside of the body line, write the desires you have regarding people or circumstances in your life.**
- 3. Once finished, take a moment to notice how heavy or light your desires feel and ask God if there's anything He wants you to know about your desires. Write down whatever He says at the bottom of the page in black ink with capital letters.**

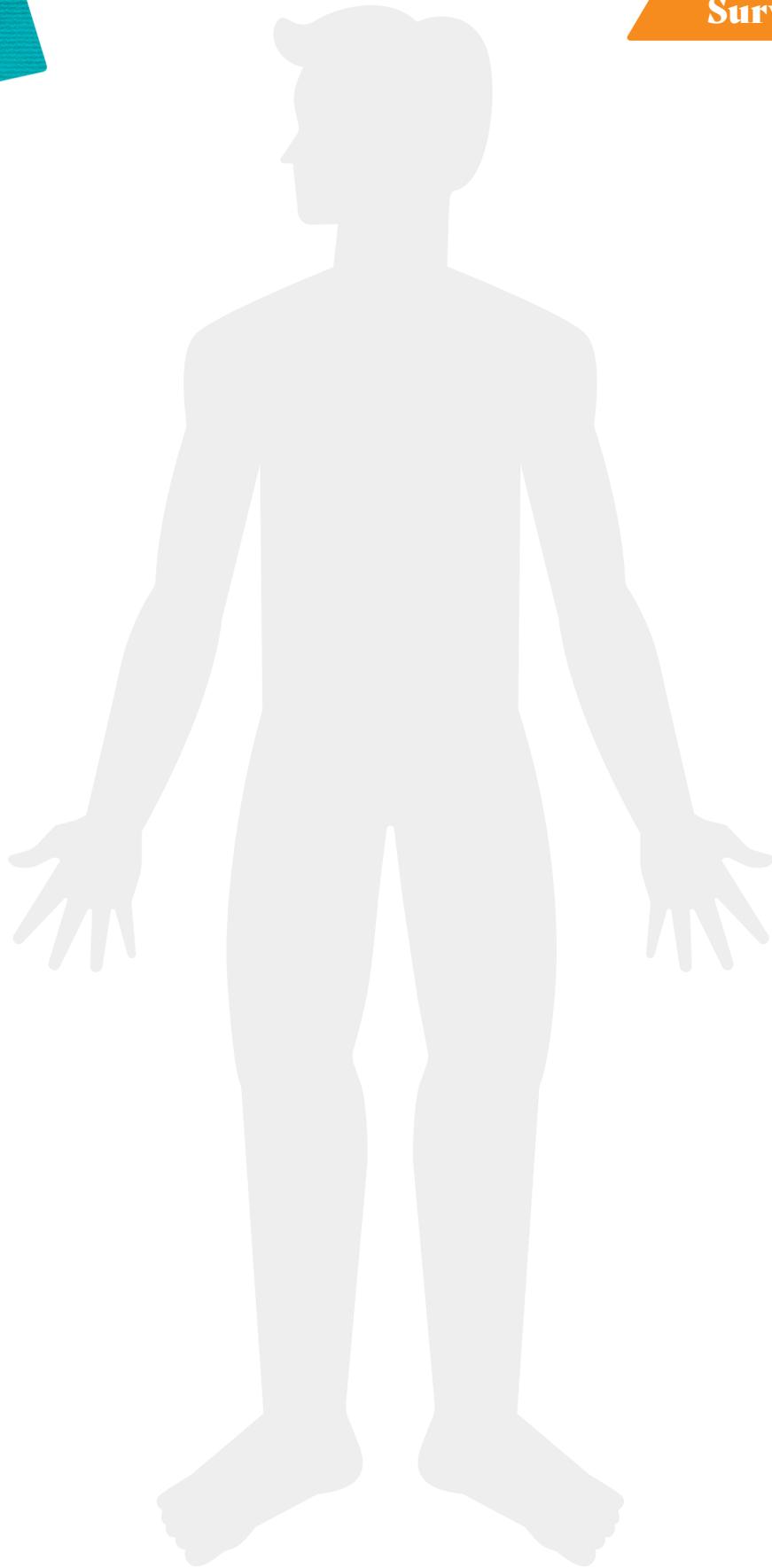
Stage 1

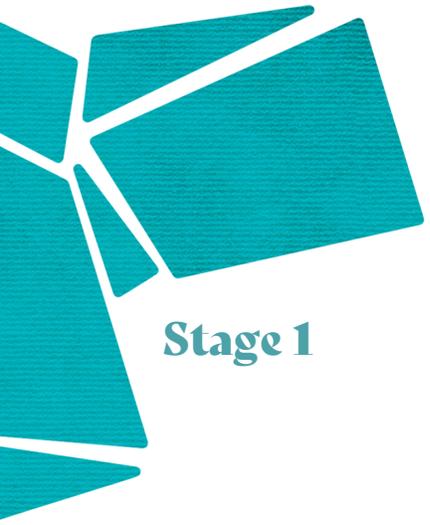




**Stage 1**

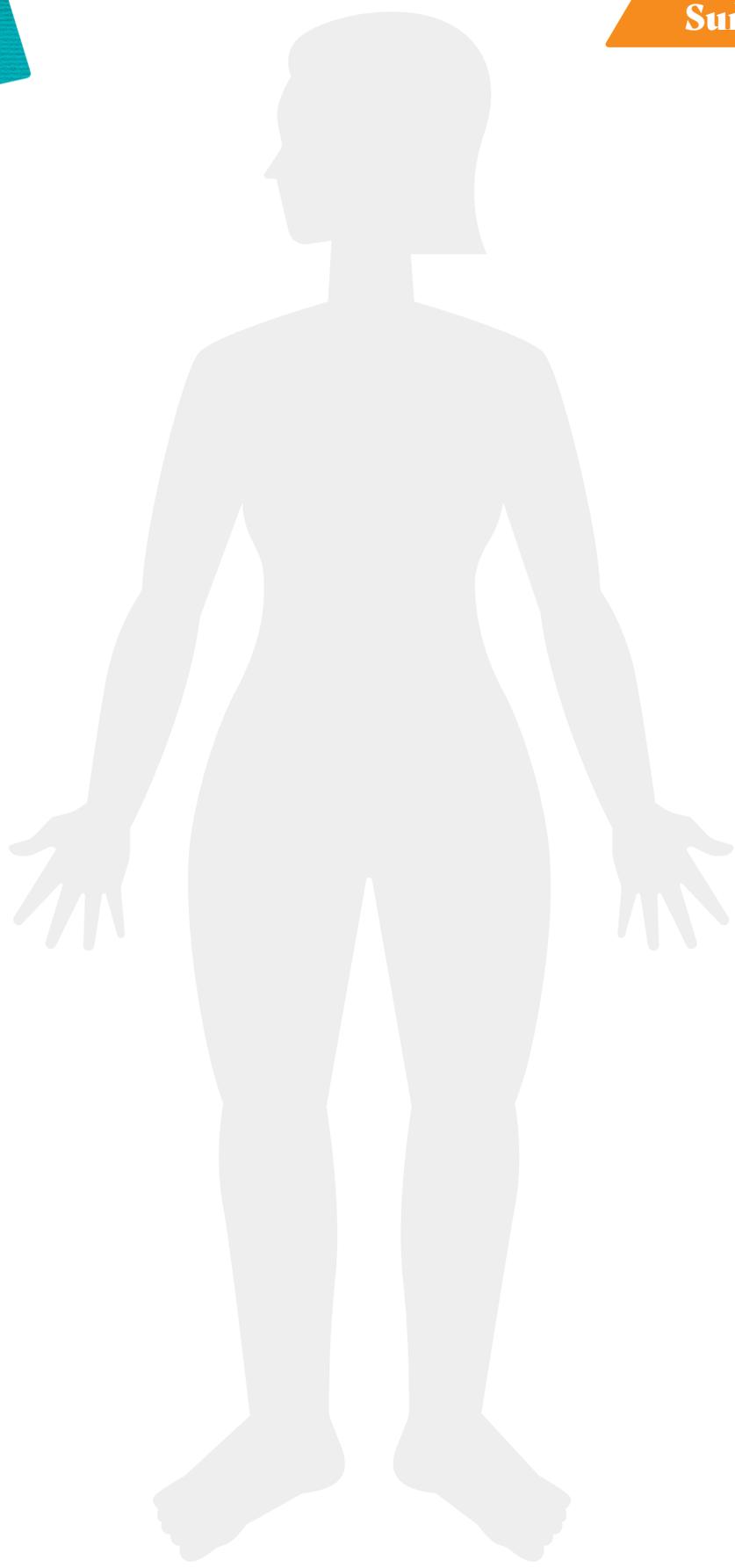
**Just  
Surviving**





**Just  
Surviving**

**Stage 1**



# Recognizing Your Pain

*In this stage of The Body Revelation, we recognize the pain we live through isn't just a mental or emotional experience but a physical one too. Childhood adversity and ongoing adult-onset stress negatively affect the organization and structure of our brain, making it difficult for a person to think, feel, and choose what's best.*

*Ongoing stress also down-regulates a person's immune system, making them more susceptible to sickness and disease. Bottom line: pain leaves a mark on our body and brain.*

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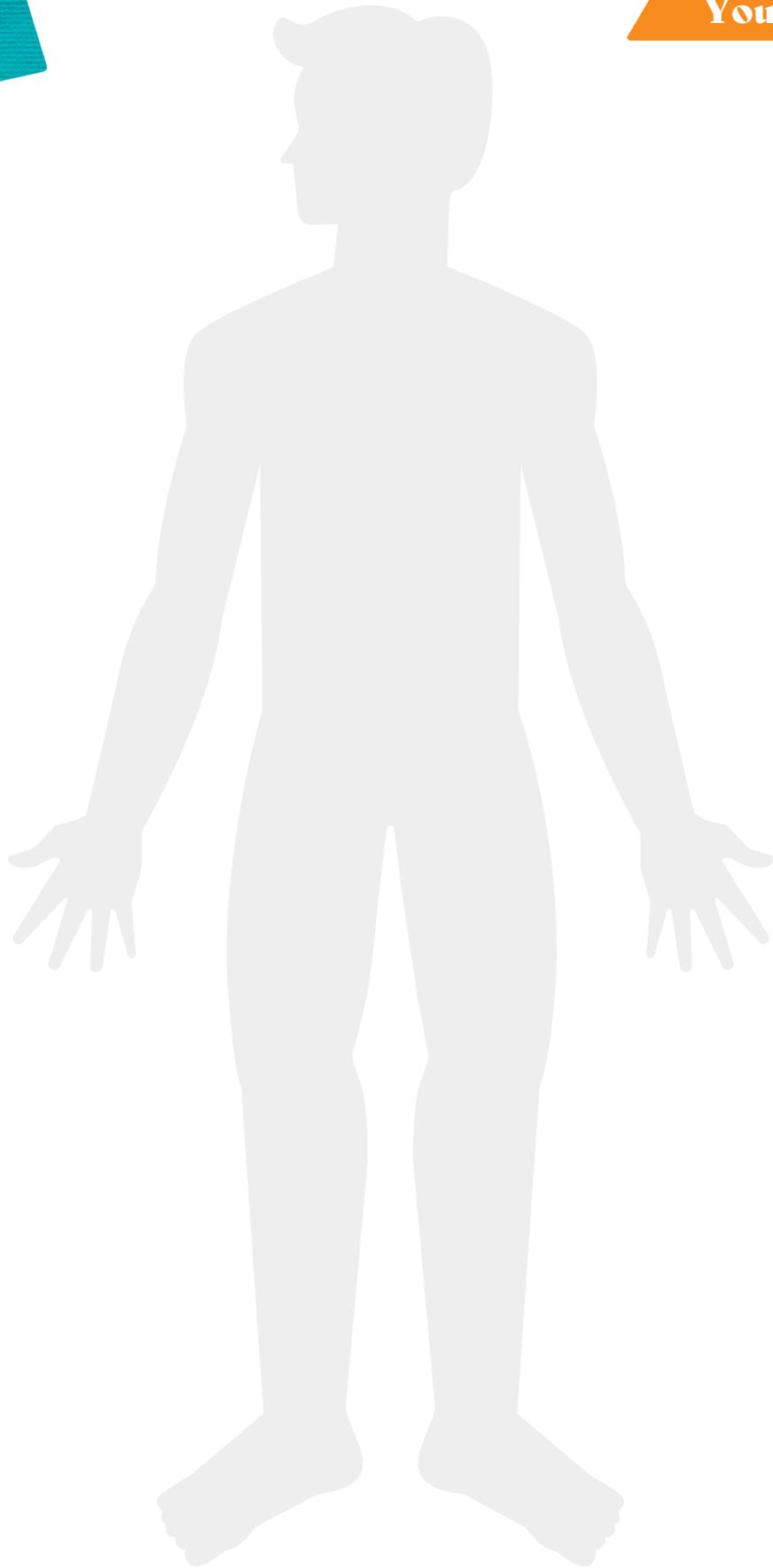
## Instructions

**Materials needed:** Black and red pens or pencils

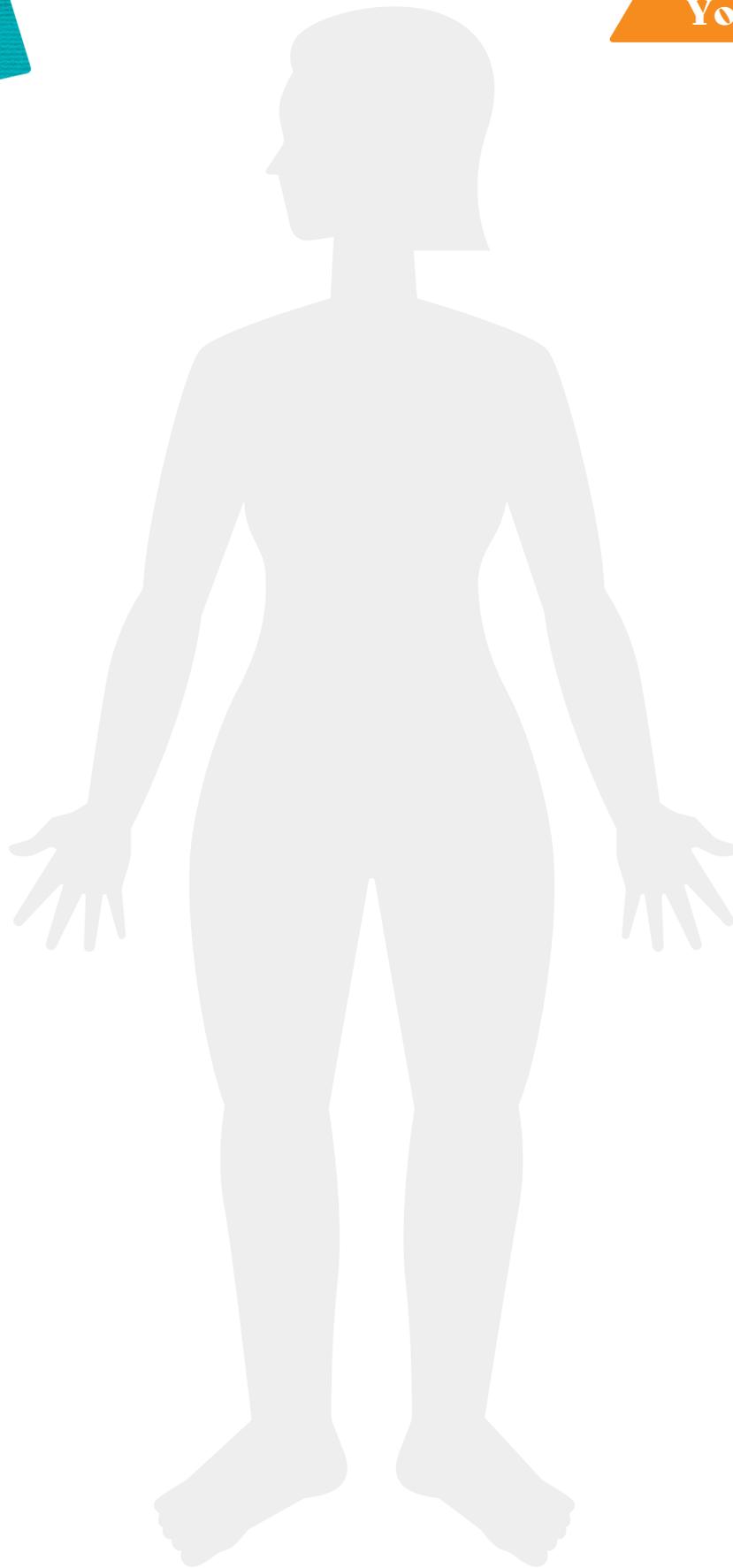
**Activity:**

1. Inside the body silhouette, inside the body outline, using black ink, please write all the aches and pain you feel in your body, whether emotional, mental, or physical. If you are prone to dislike certain parts of your body, go ahead and point that out too.
2. Then, with red ink, on the outside of the body line, write any moments in life you remember being most painful.
3. Once finished, without judgment, worry, or shame, take a moment to observe what you see. Ask the Holy Spirit to comfort you with words you need to know. Write those words boldly with black ink, anywhere on this worksheet.

**Stage 2**



**Stage 2**



# Expression

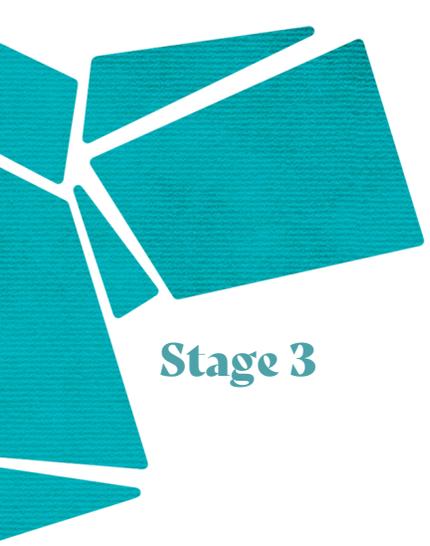
*In this stage of The Body Revelation, we come to terms with our emotions. Emotions are not to be despised or neglected. Emotions are energy in motion and helpful for telling us where we are in relationship to God and His perfect peace. The pain we've lived through disrupts our brain's organization and structure, prompting us to do our emotions before we've had a moment to observe ourselves without judgment and choose the best response. Learning how to feel what we feel while still knowing and trusting in God is something we can train. We begin by becoming aware of an emotion and how we experience this emotion in our bodies.*

## Instructions

**Materials needed:** A box of crayons and the six body silhouette expression worksheets

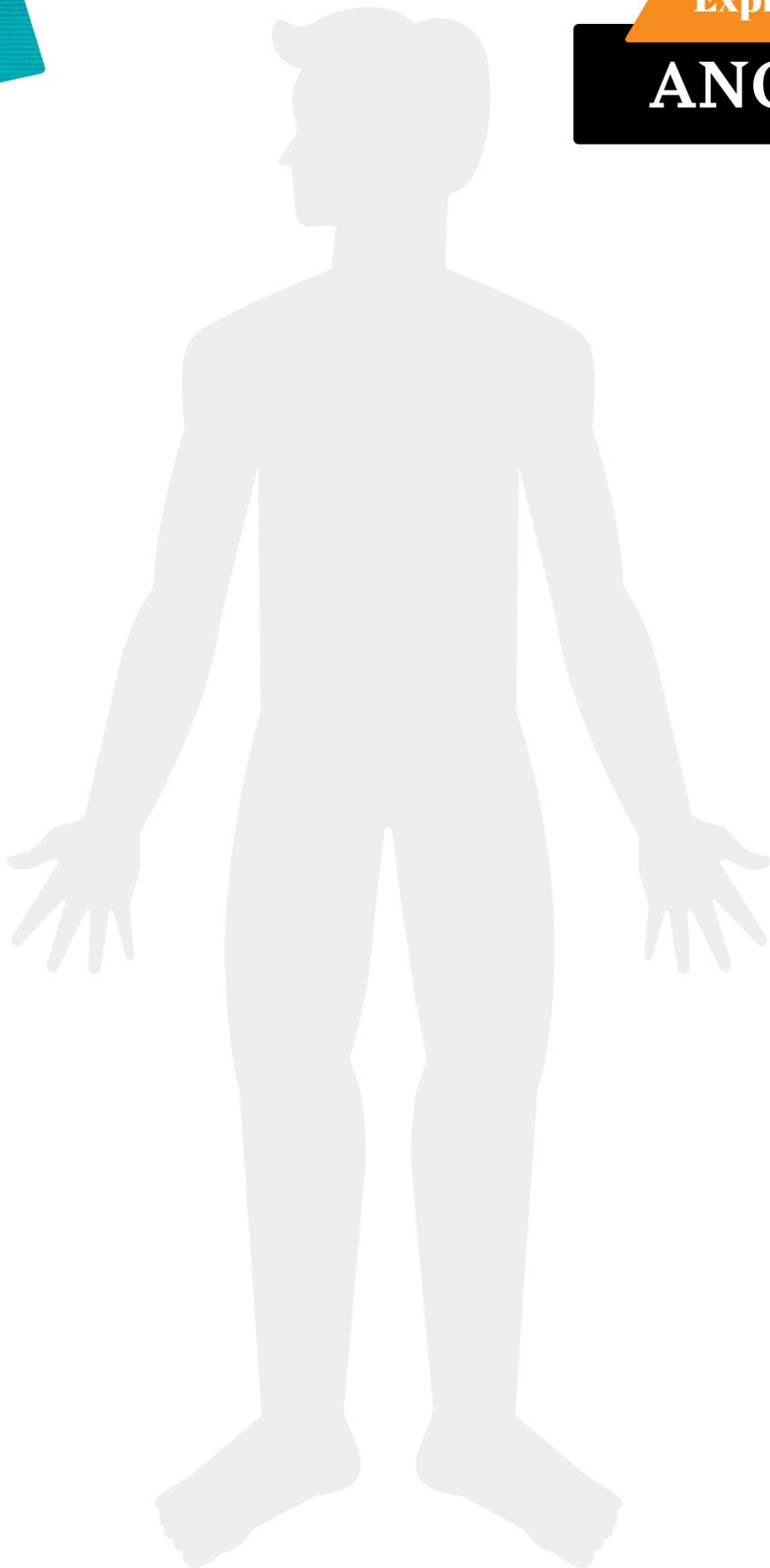
**Activity:** Before you begin, please remember there is no wrong way to do this exercise. Invite the Holy Spirit to help you stay free and enter this exercise with childlike wonder and faith. You can't get it wrong!

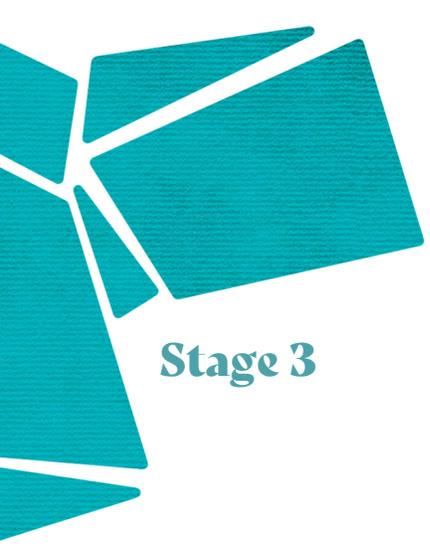
1. Draw a solid line connecting the emotion outside your body to where you mostly experience this emotion in your body.
2. Choose a color to represent how that emotion feels throughout your body.
3. On the outside of the body silhouette, write down other words describing how you experience that emotion while drawing a dashed line to the corresponding body part. Use creative and descriptive words like clammy, buzzy, hot, heavy, sunken, fluttery, queasy, cold, numb, etc. Feel free to make up your own words.



Stage 3

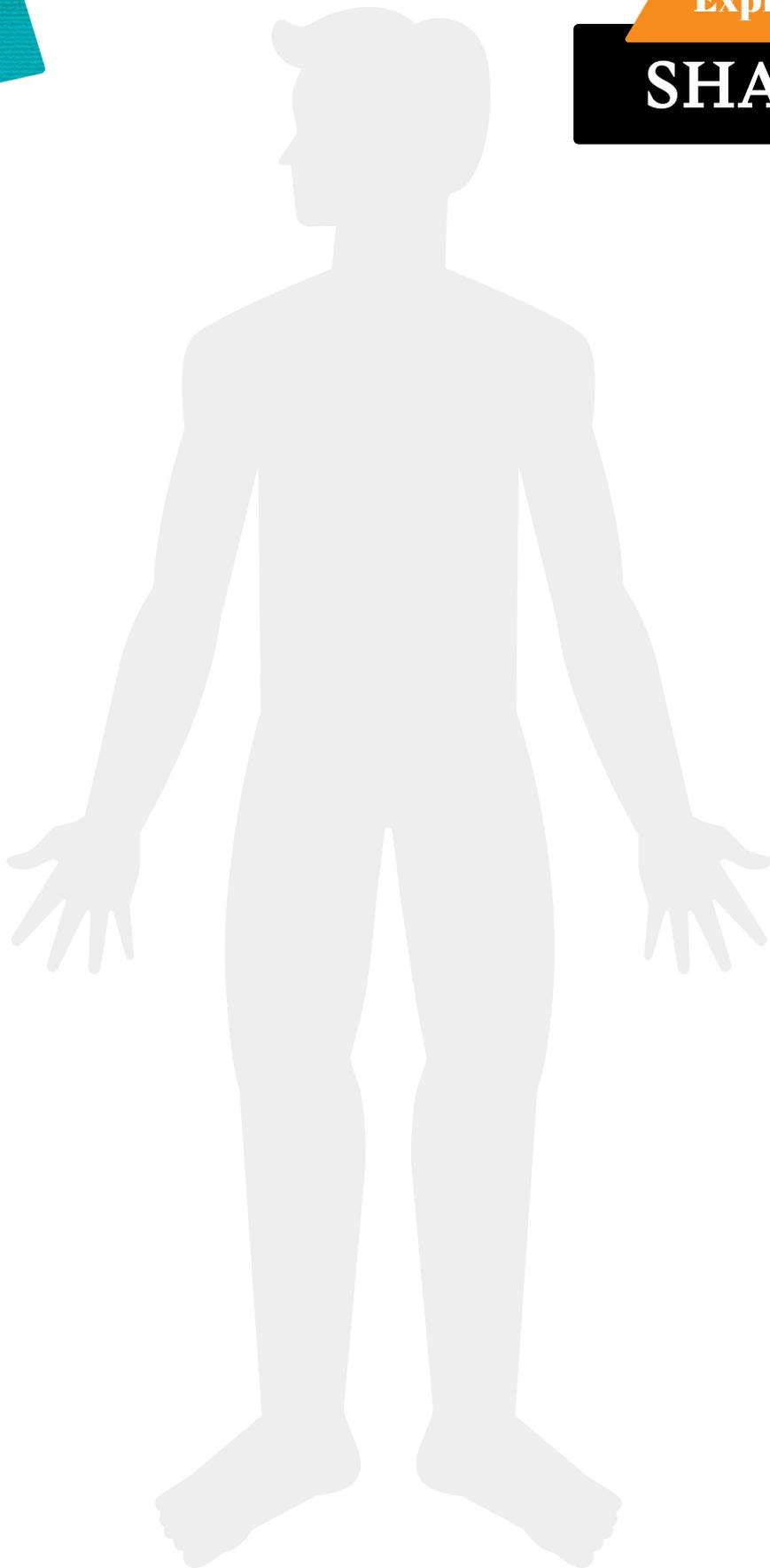
Expression  
**ANGER**

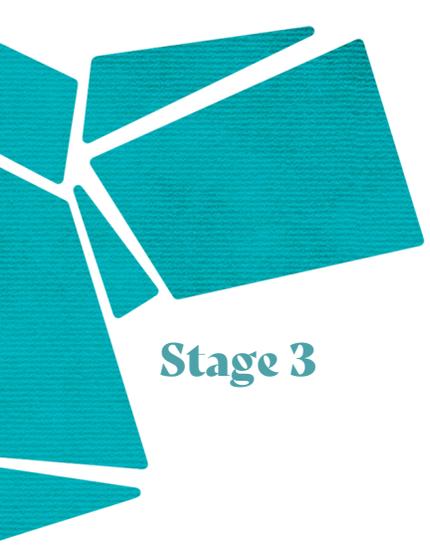




**Stage 3**

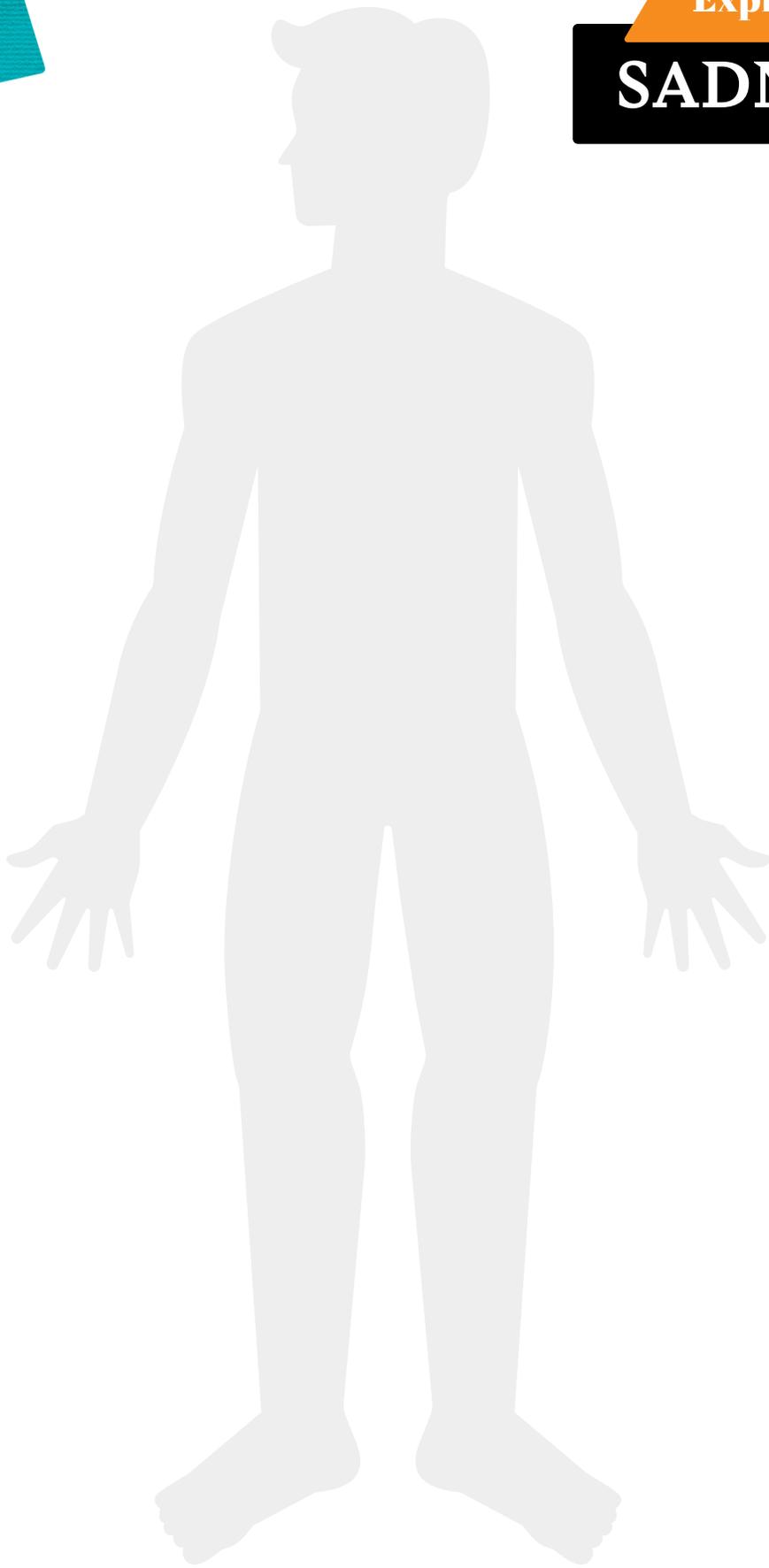
Expression  
**SHAME**

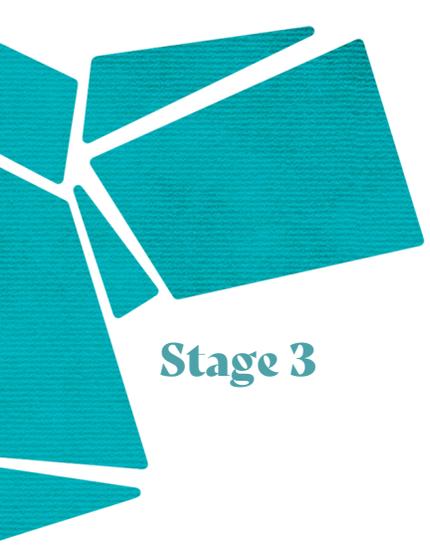




**Stage 3**

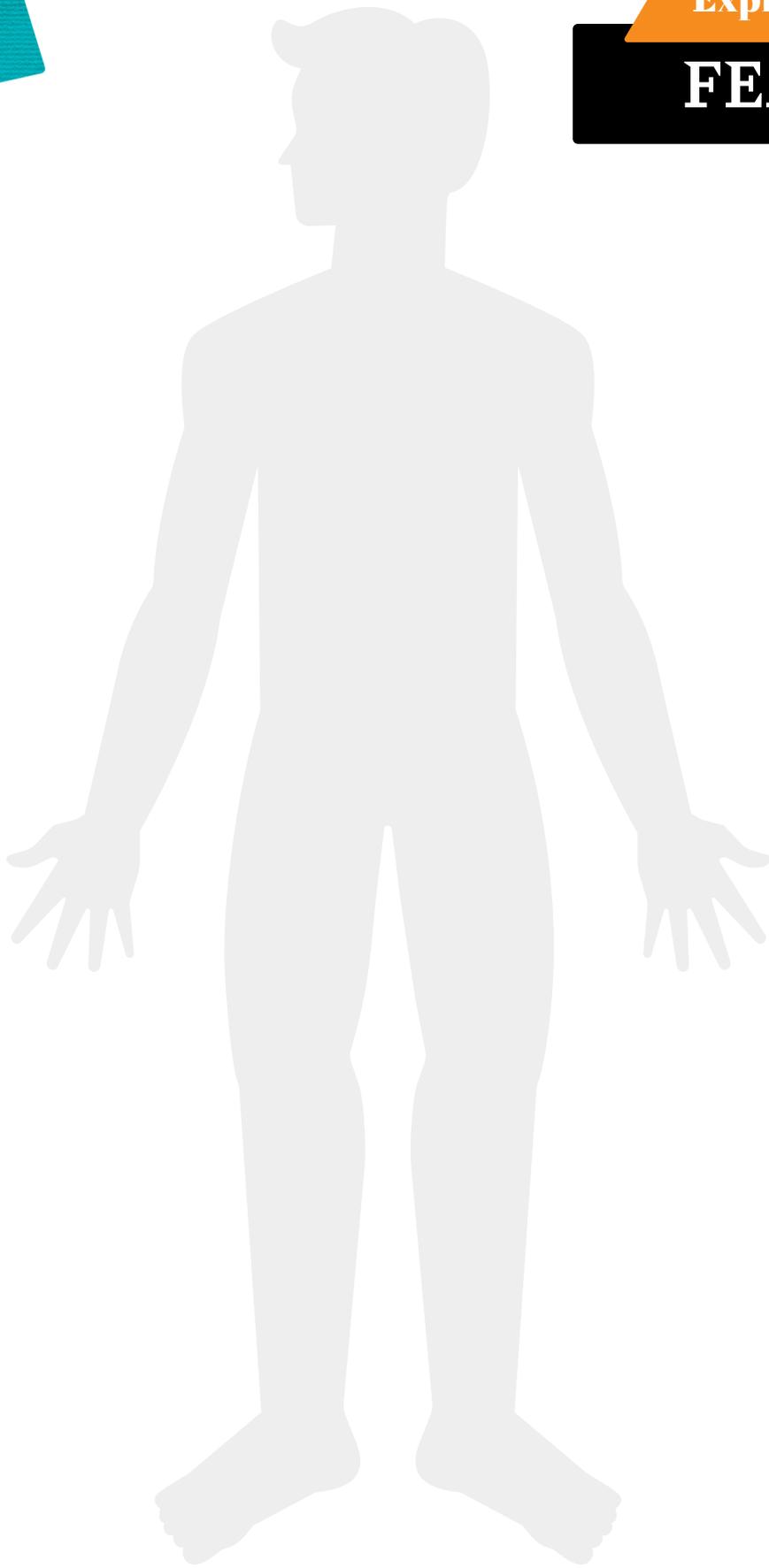
**Expression**  
**SADNESS**

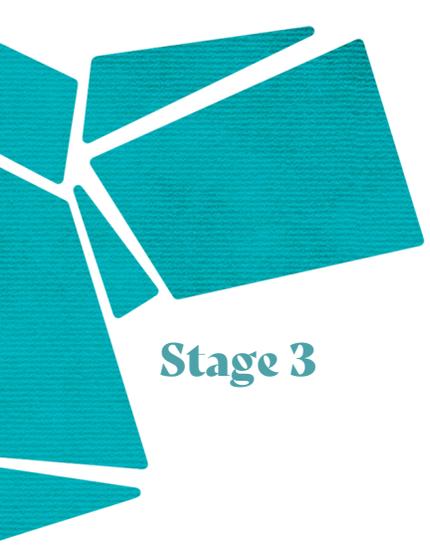




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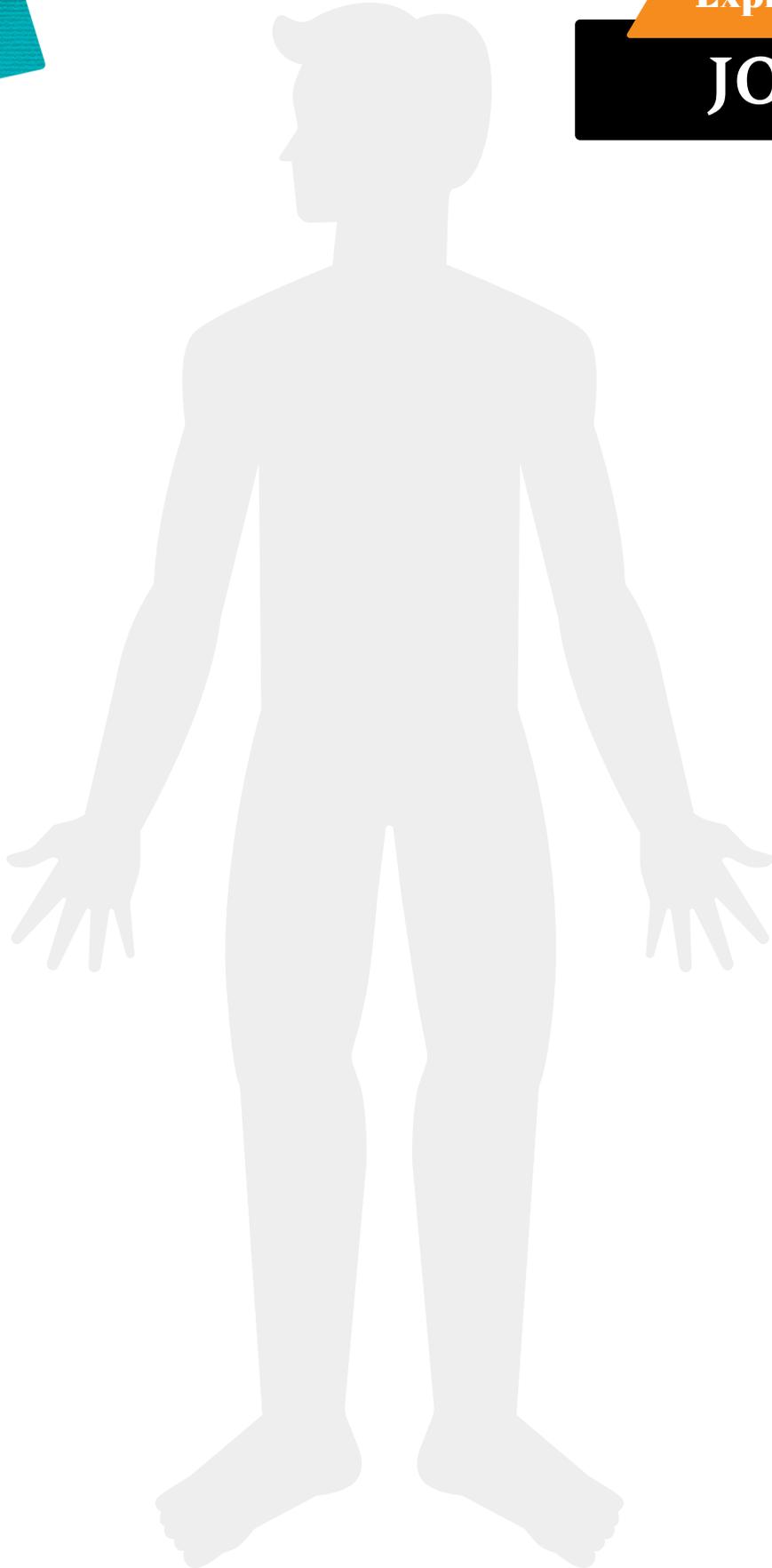
Expression  
**FEAR**

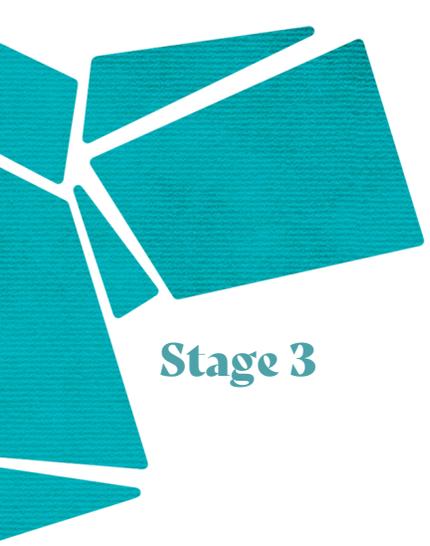




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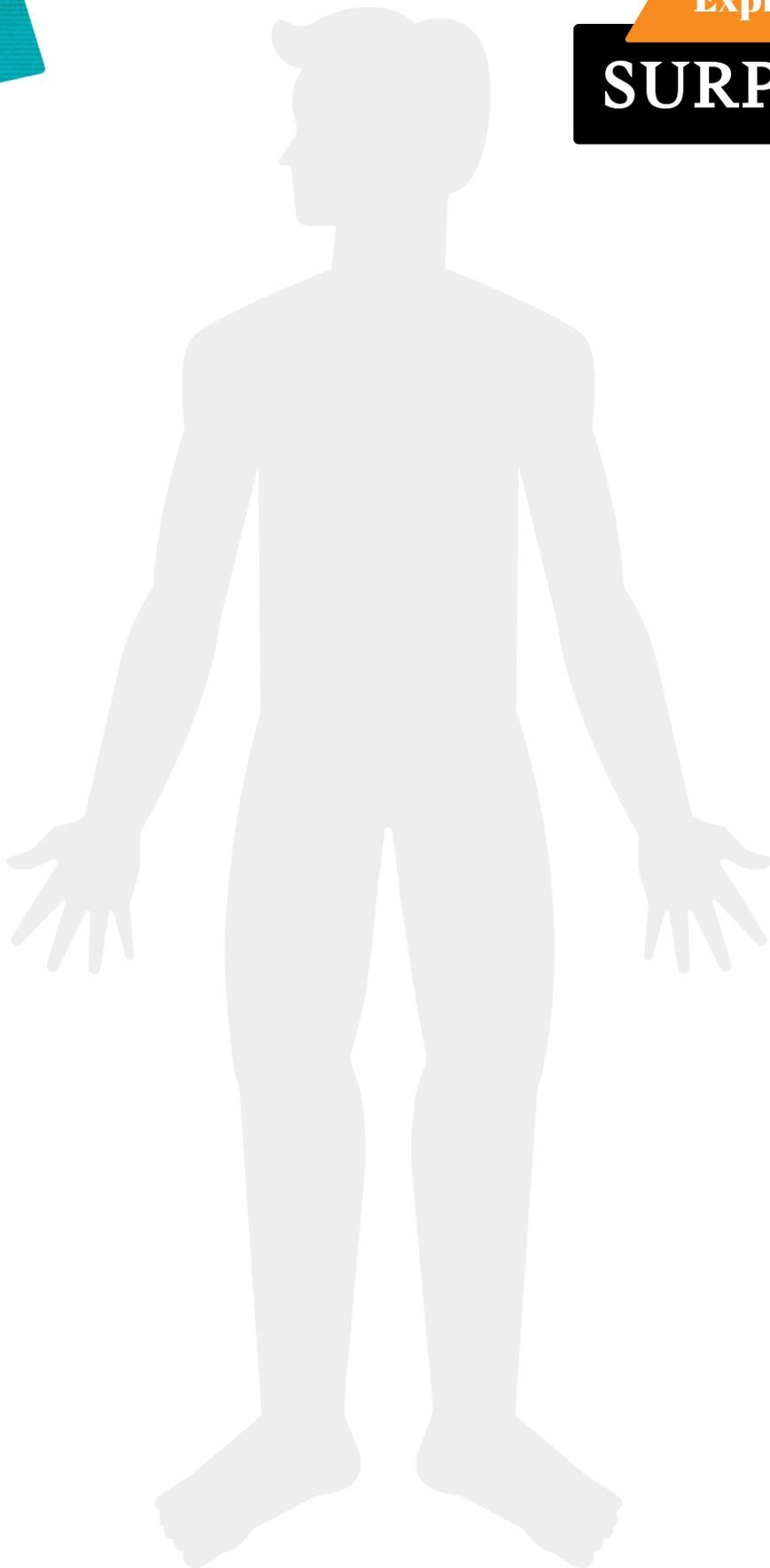
**Expression**  
**JOY**

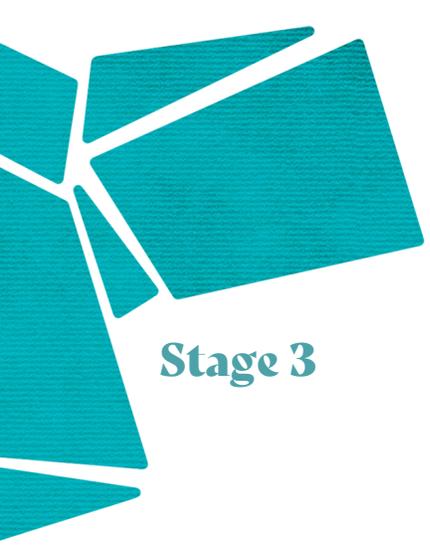




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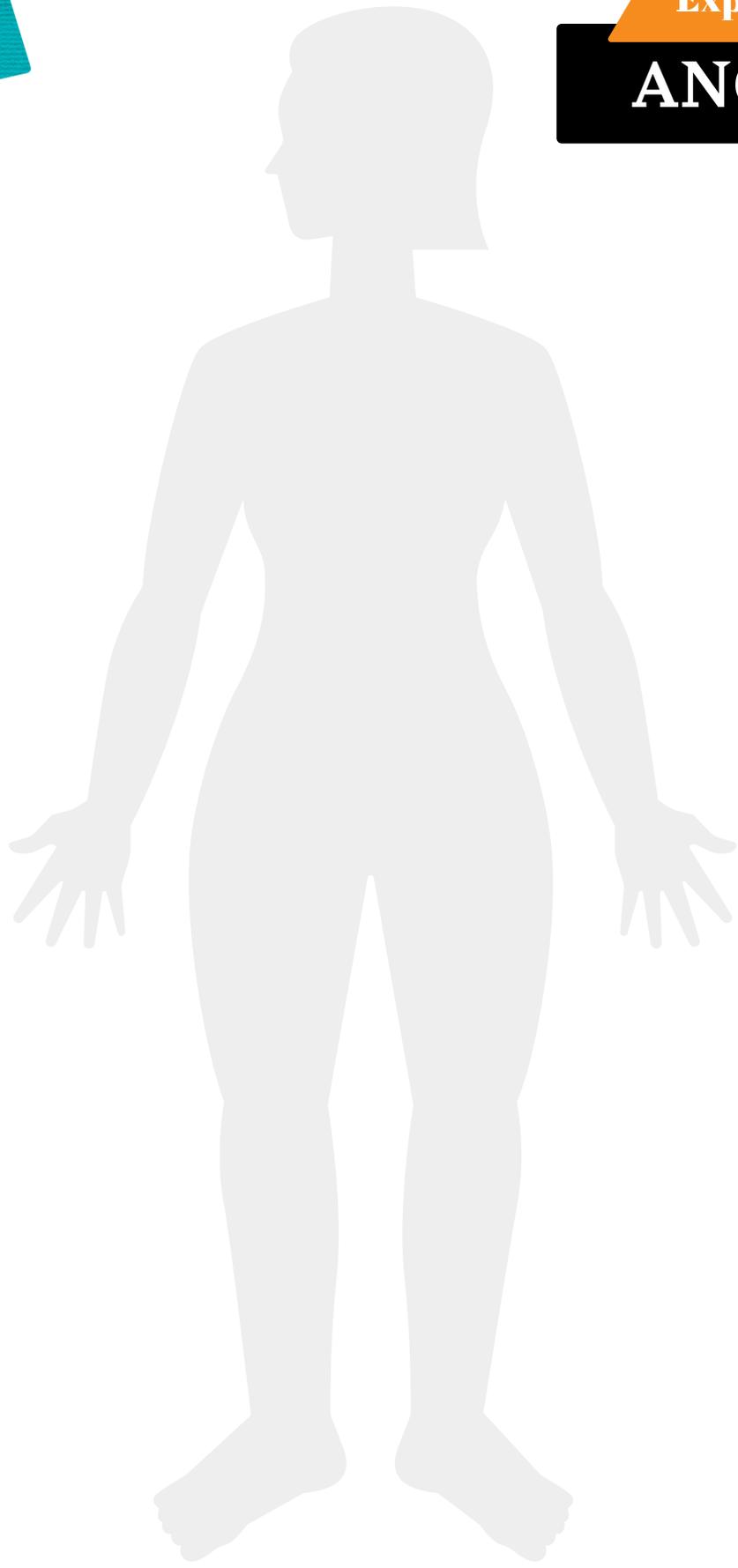
**Expression**  
**SURPRISE**

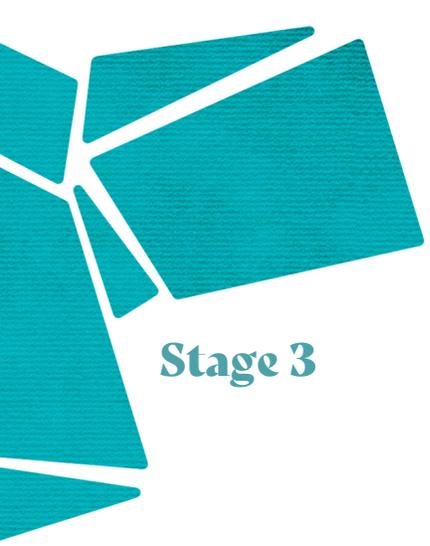




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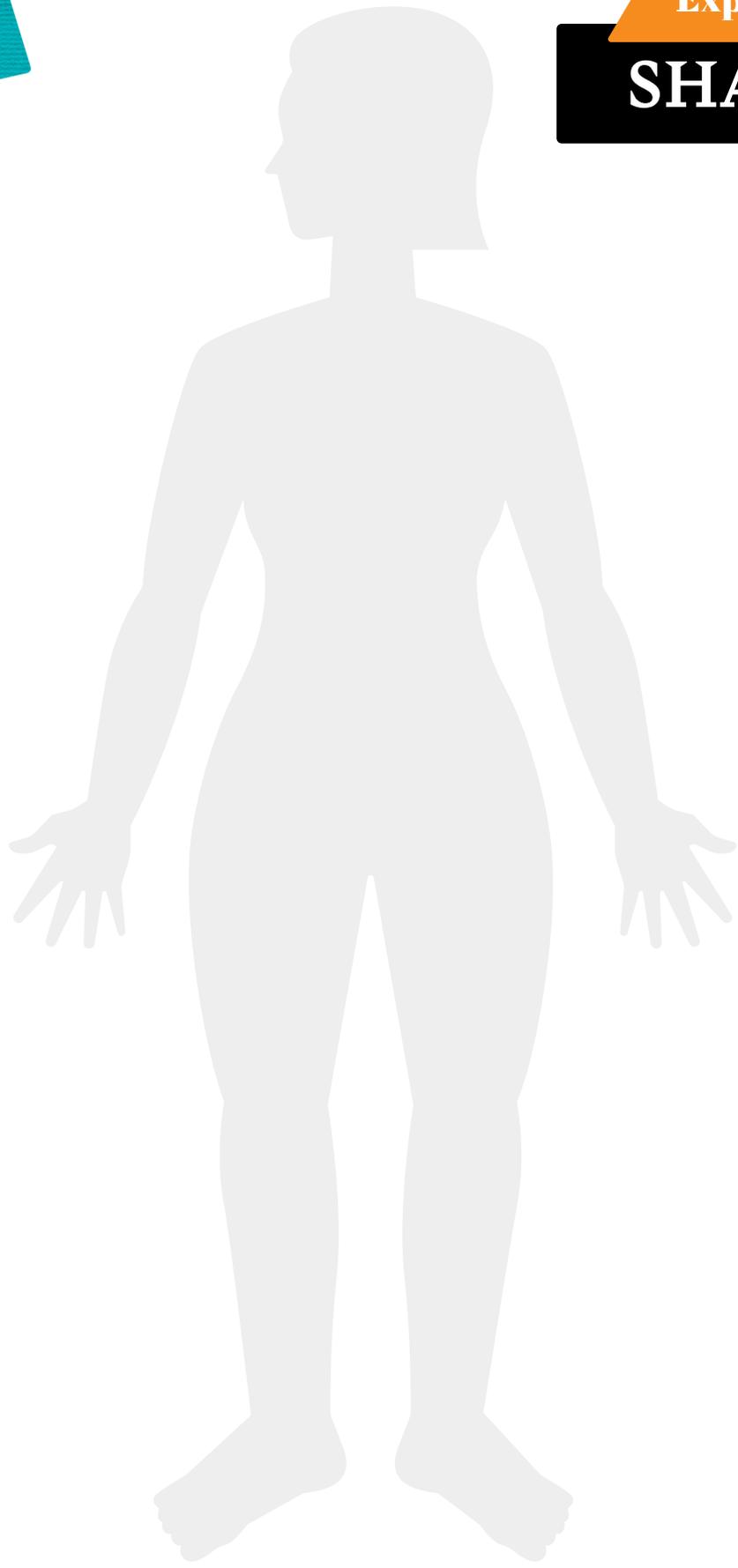
**Expression**  
**ANGER**

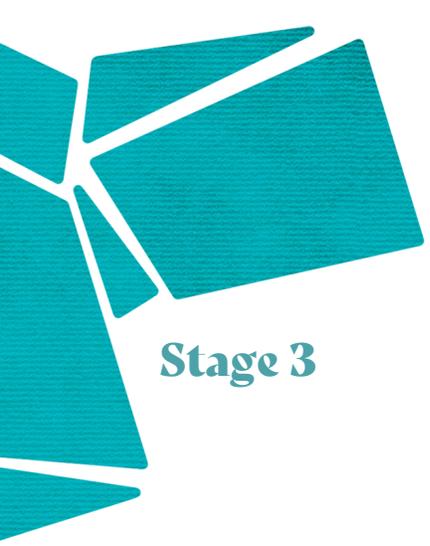




**Stage 3**

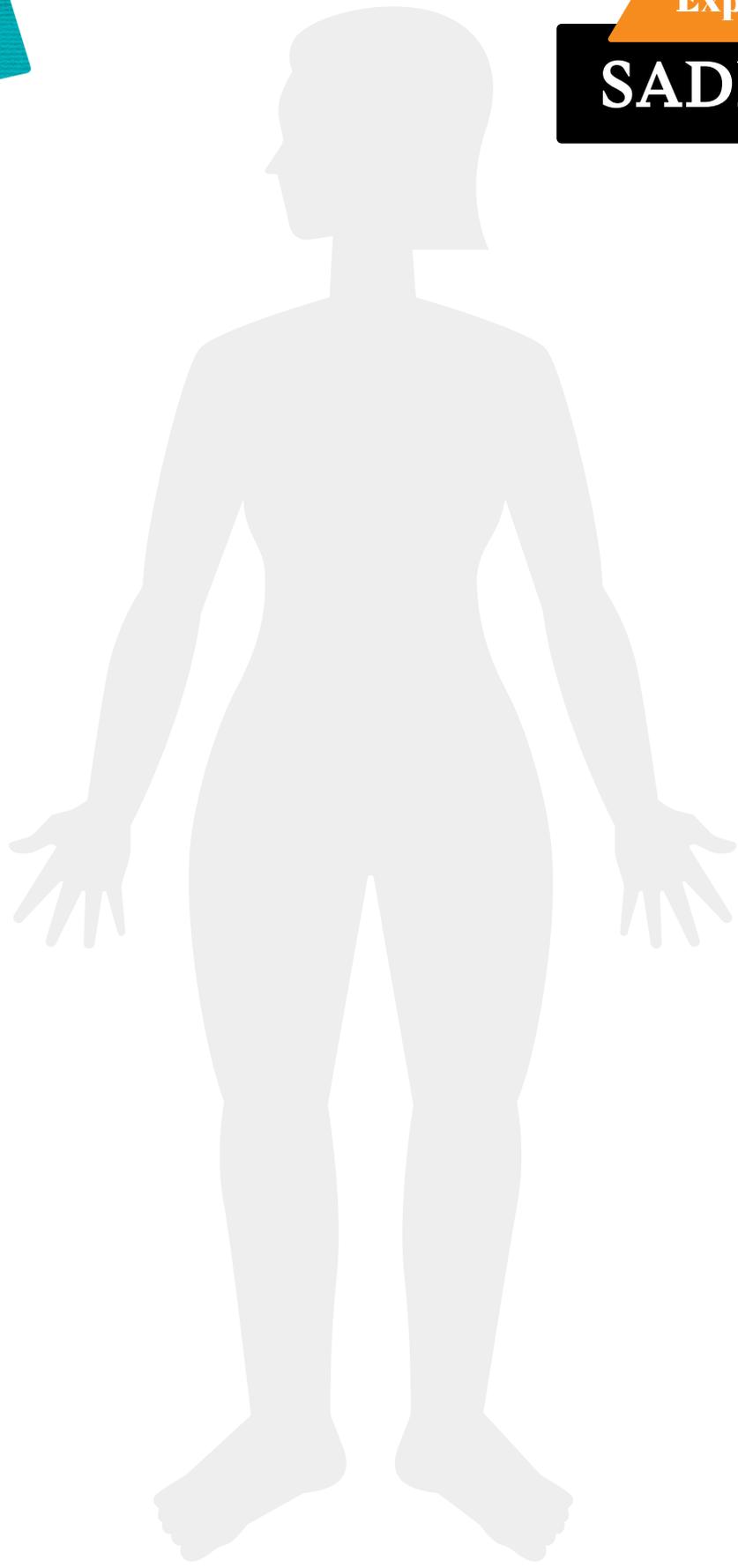
Expression  
**SHAME**

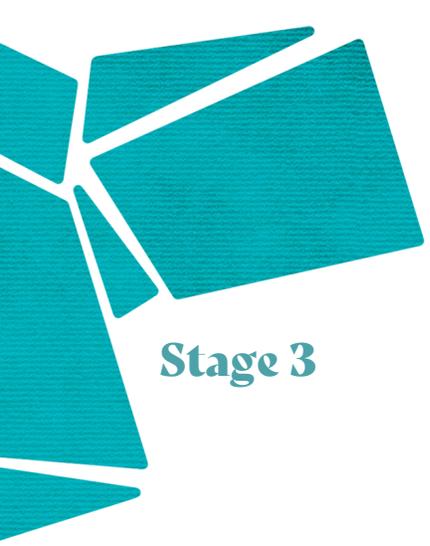




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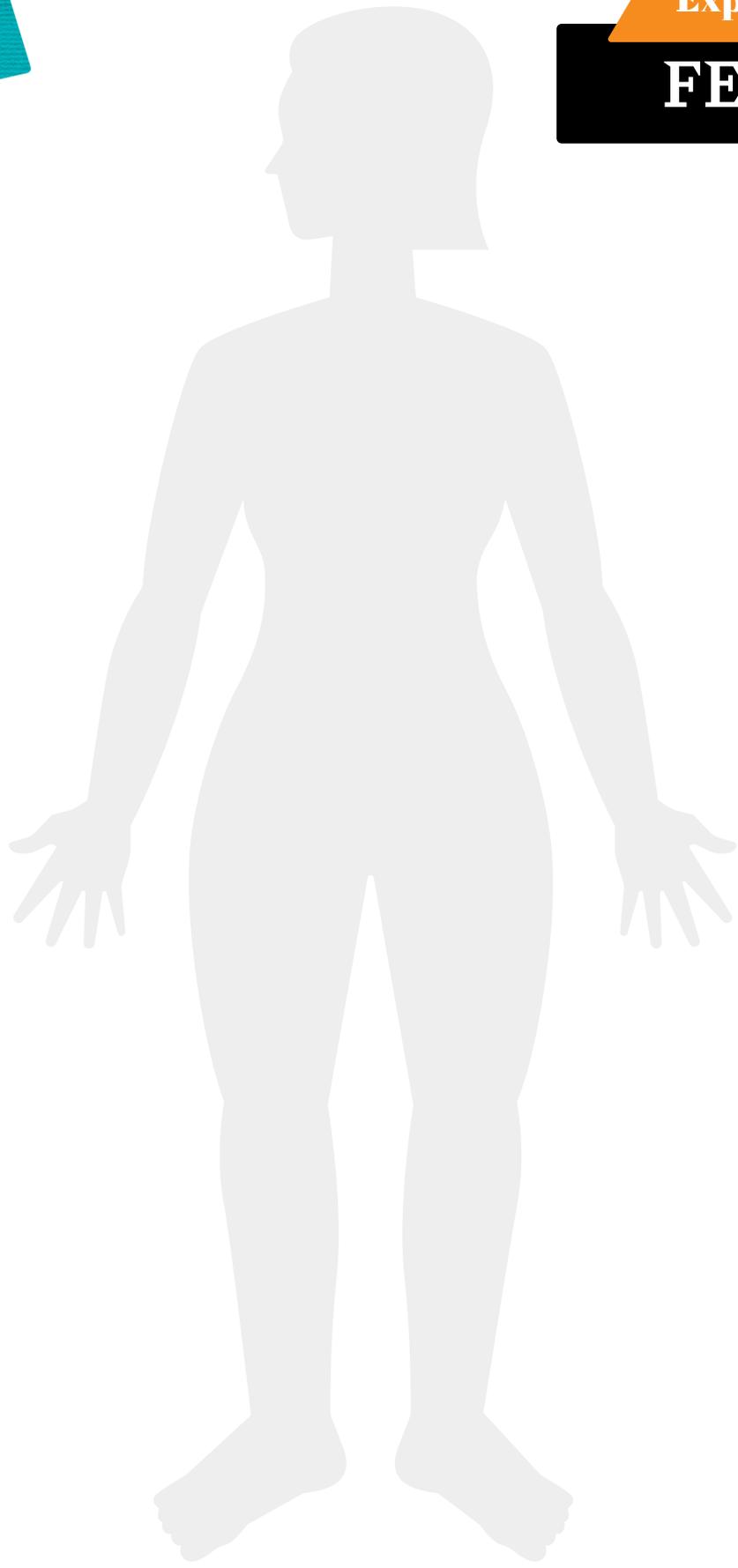
Expression  
**SADNESS**

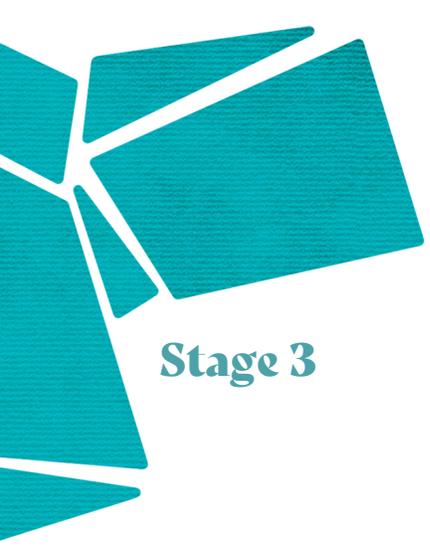




**Stage 3**

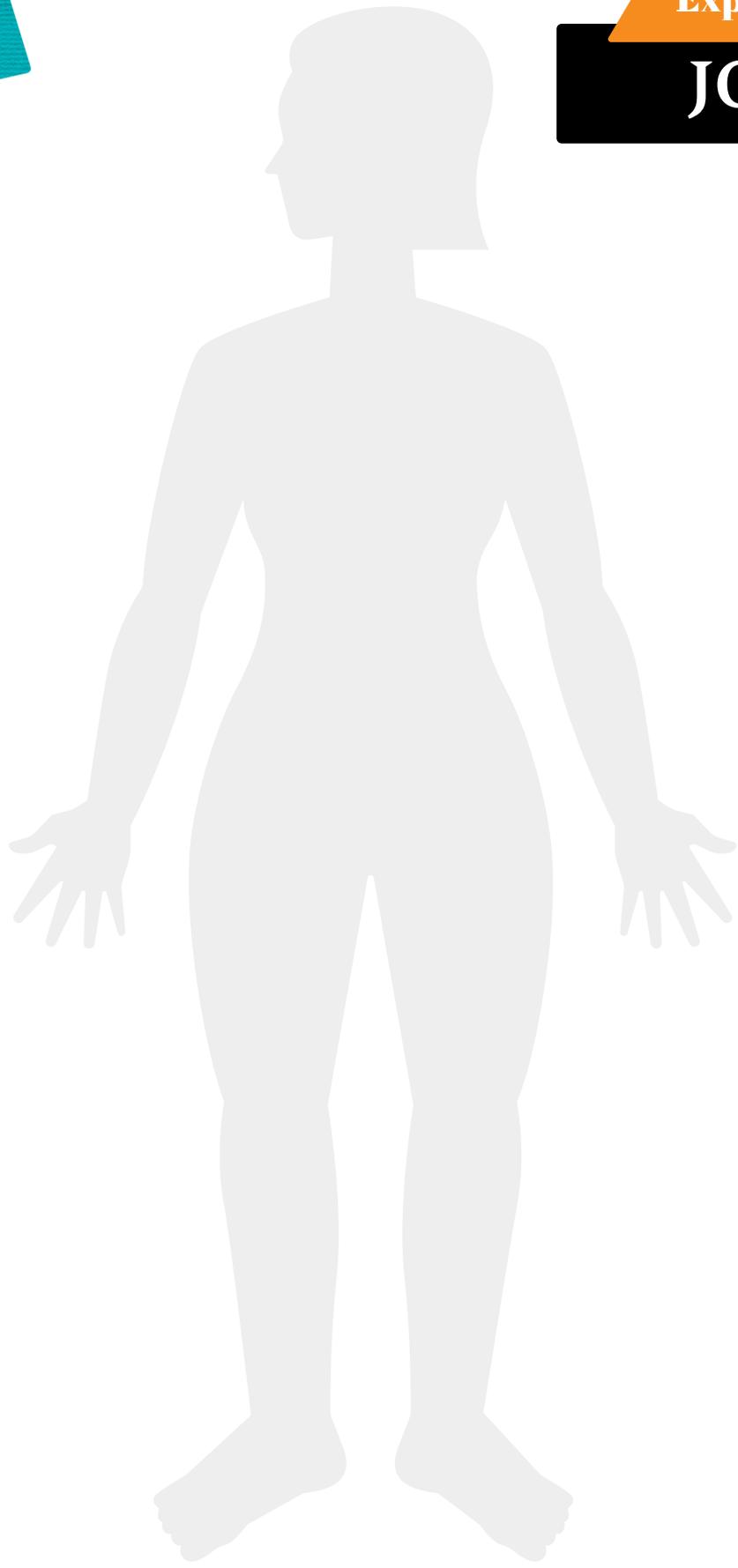
**Expression**  
**FEAR**

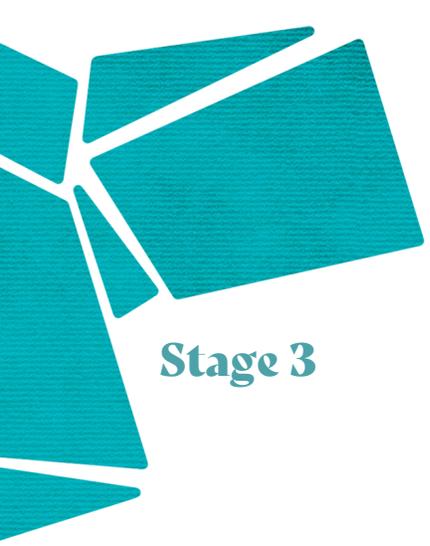




**Stage 3**

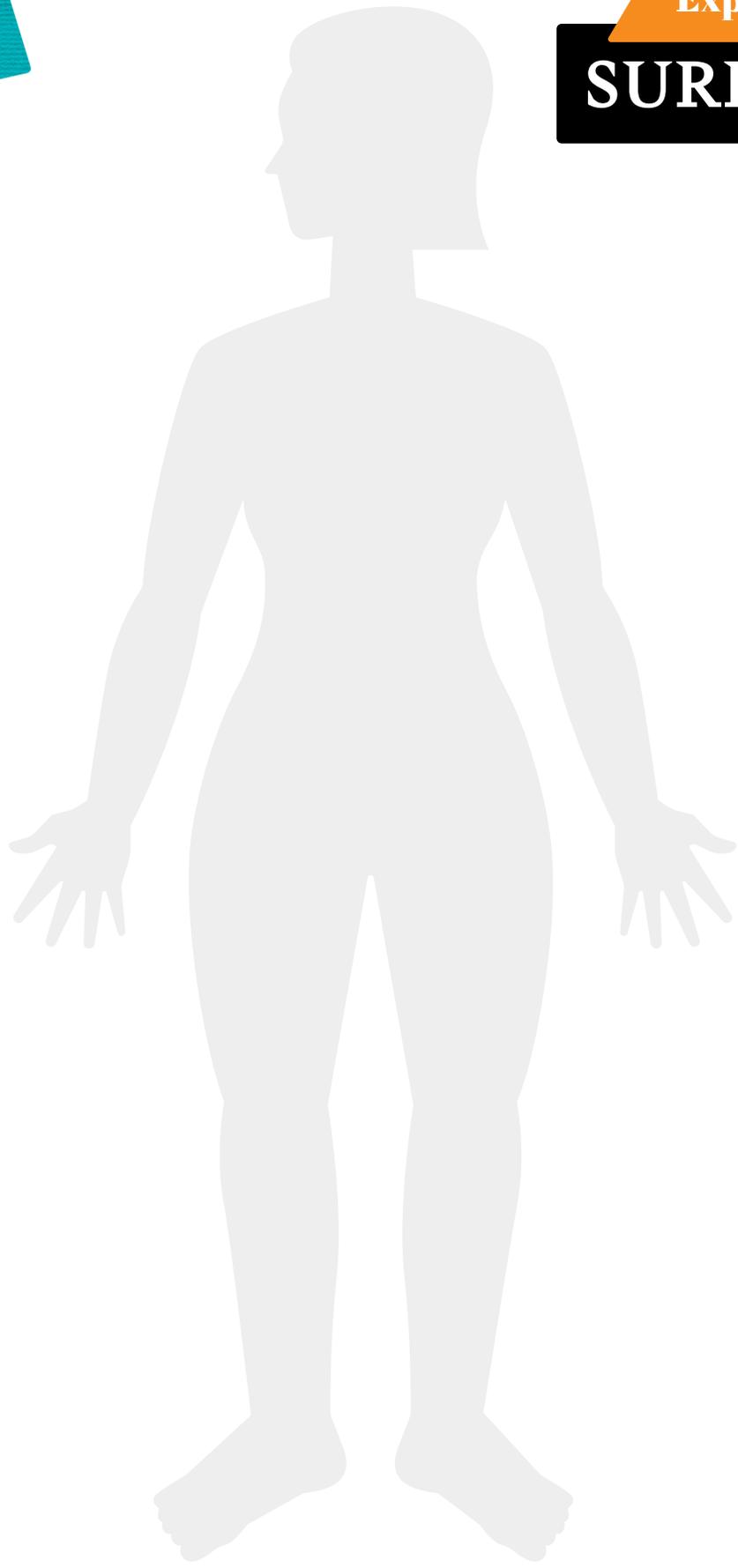
**Expression**  
**JOY**





**Stage 3**

**Expression**  
**SURPRISE**



# Humbling Yourself

*In this stage of The Body Revelation, knowing how pain has harmed our body and brain, we lower our hurting hearts and bodies to lift God higher. Humbling ourselves before God makes way for God to do what only He can. The healing that comes with our body revelation is found in God alone. God designed the human body to heal—healing points to the goodness of God and the nearness of His Kingdom. God desires us to turn toward Him in gratitude, surrender our lives and make Him known. Healing gets wasted when in renewed strength, we return to our wasteful ways and cause more pain. Living well in all circumstances requires Godly and bodily humility.*

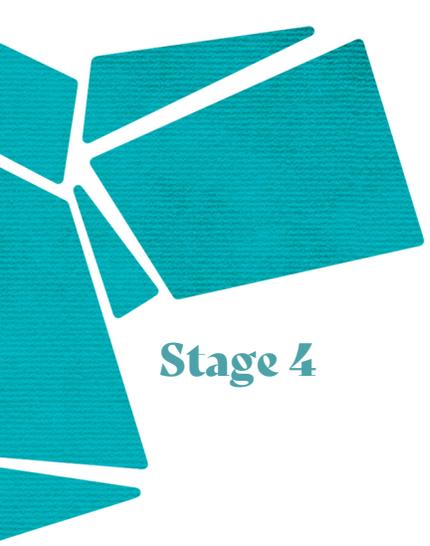
## Instructions

**Materials needed:** A pen or pencil

**Activity:**

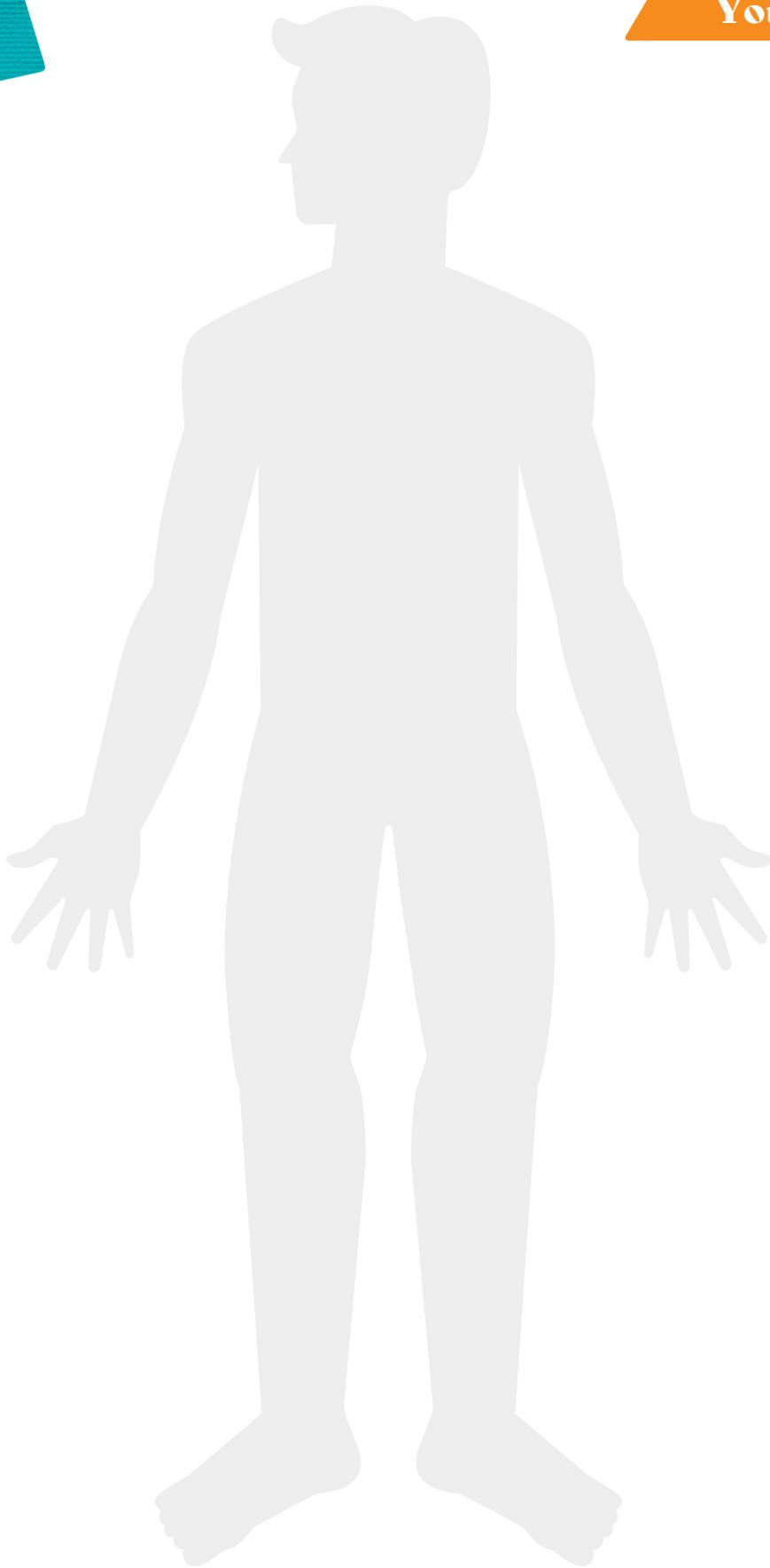
1. Inside the body silhouette, mark an "x" on the places needing healing. Be honest, and don't hold back.
2. Humble yourself (which means to lower your thoughts and ways before God) to ask Him what words He has about each of those body parts, the circumstance that hurt you, and how he wants to heal you.
3. Draw a line from the "x" to the outside of the body and write down what you sense the Lord is saying to you about those body pains.
4. Ask the Lord to forgive you for raising your thoughts and ways higher than His about your body pain.
5. Once you've taken a moment to receive His forgiveness (tears might be involved), write the following words down boldly at the bottom of the page:

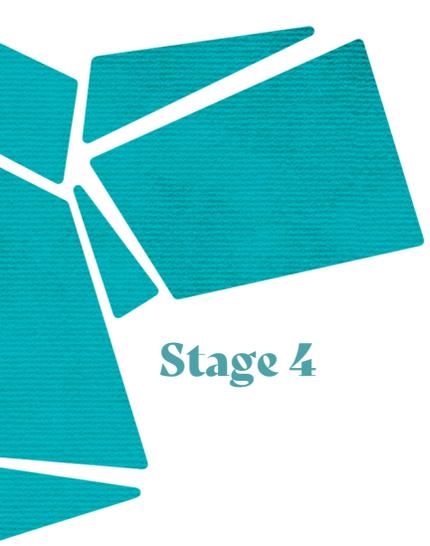
I am God's good idea—loved, forgiven, and free!



**Stage 4**

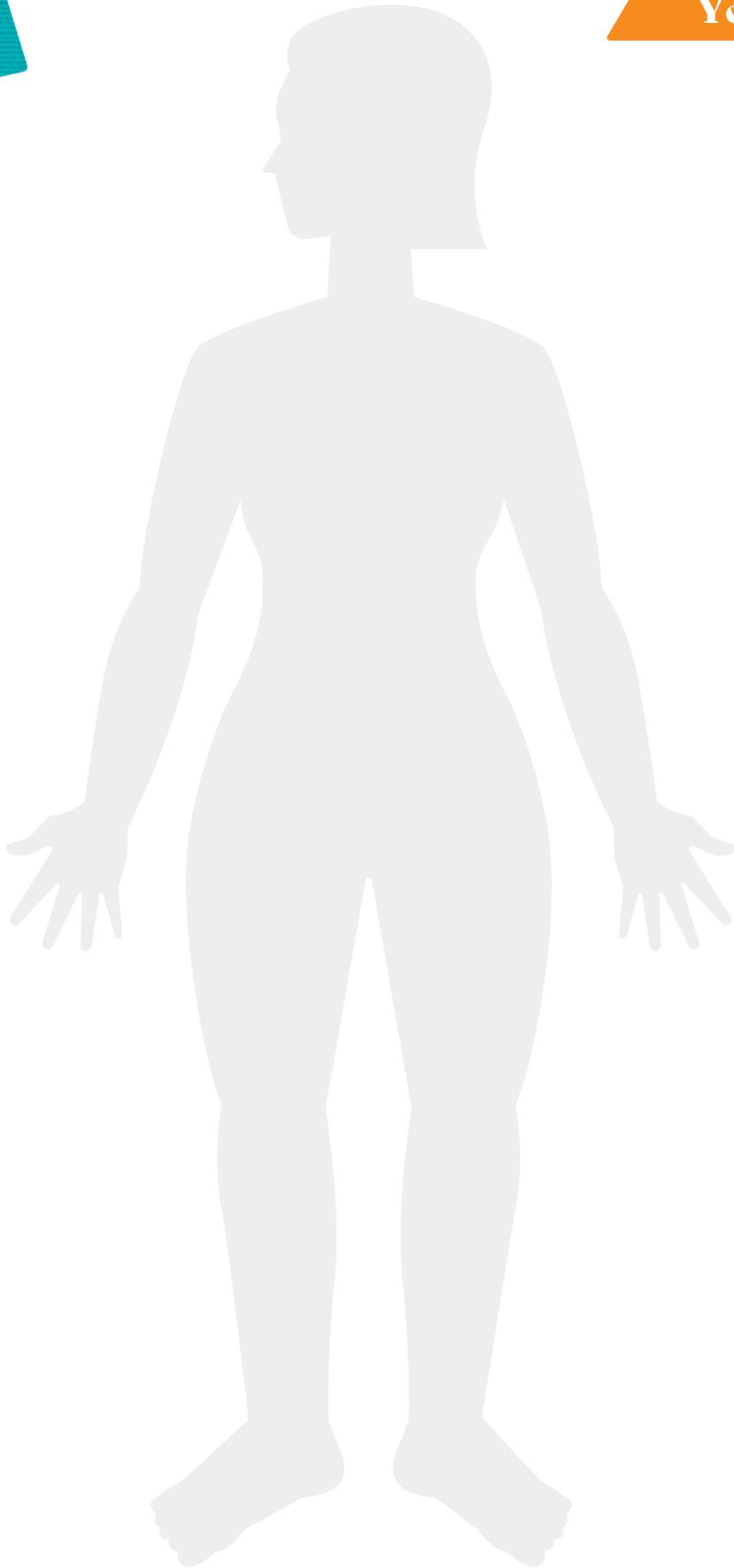
**Humbling  
Yourself**





**Stage 4**

**Humbling  
Yourself**



## Staying The Course

*In this stage of The Body Revelation, we stop living in a body that feels bound to the world's brokenness. Humbling ourselves before God and admitting we've been wrong, wanting and trying to do things our way, and putting our faith in Him promote us immediately into right standing with God. We are immediately welcomed back into our Father's house because God dearly loves and pursues His children. Heaven is our unseen home reality, and being a child of God is our new identity. God longs for us to remain in Him and Him in us—in our body home—while we are here on earth increasing good. By faith, we change residency and receive a new identity. We no longer live as citizens of this world but of God's Kingdom. With our change of residency, our bodies are in God, and with God in our bodies, God gives us everything we need to stay the course, to remain bound to heaven and not earth. When facing troubling and painful times, we have access to everything in God's Kingdom.*

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## Instructions

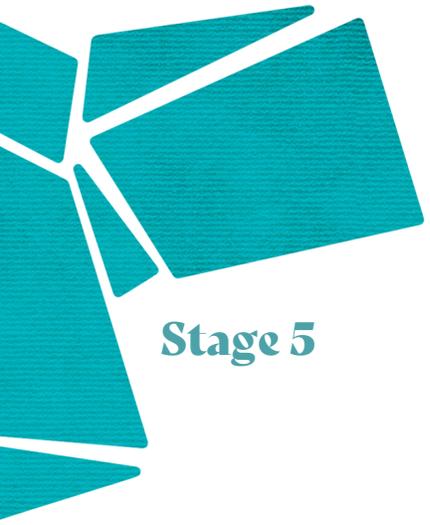
**Materials needed:** Black and red pens

**Activity:**

- 1. Inside the body silhouette, in black, write down all the gifts and resources given to you as a child of God's Kingdom who, through faith, is a citizen of God's Kingdom. Feel free to "dress" your body with any necessary weapons or resources.**
- 2. Outside the body, in black, write down the intruding thoughts or circumstances that will try to steal your citizenship and identity.**
- 3. Outside the body, in red, write down the words or scripture references that heaven wants you to remember are yours by the blood of Jesus.**

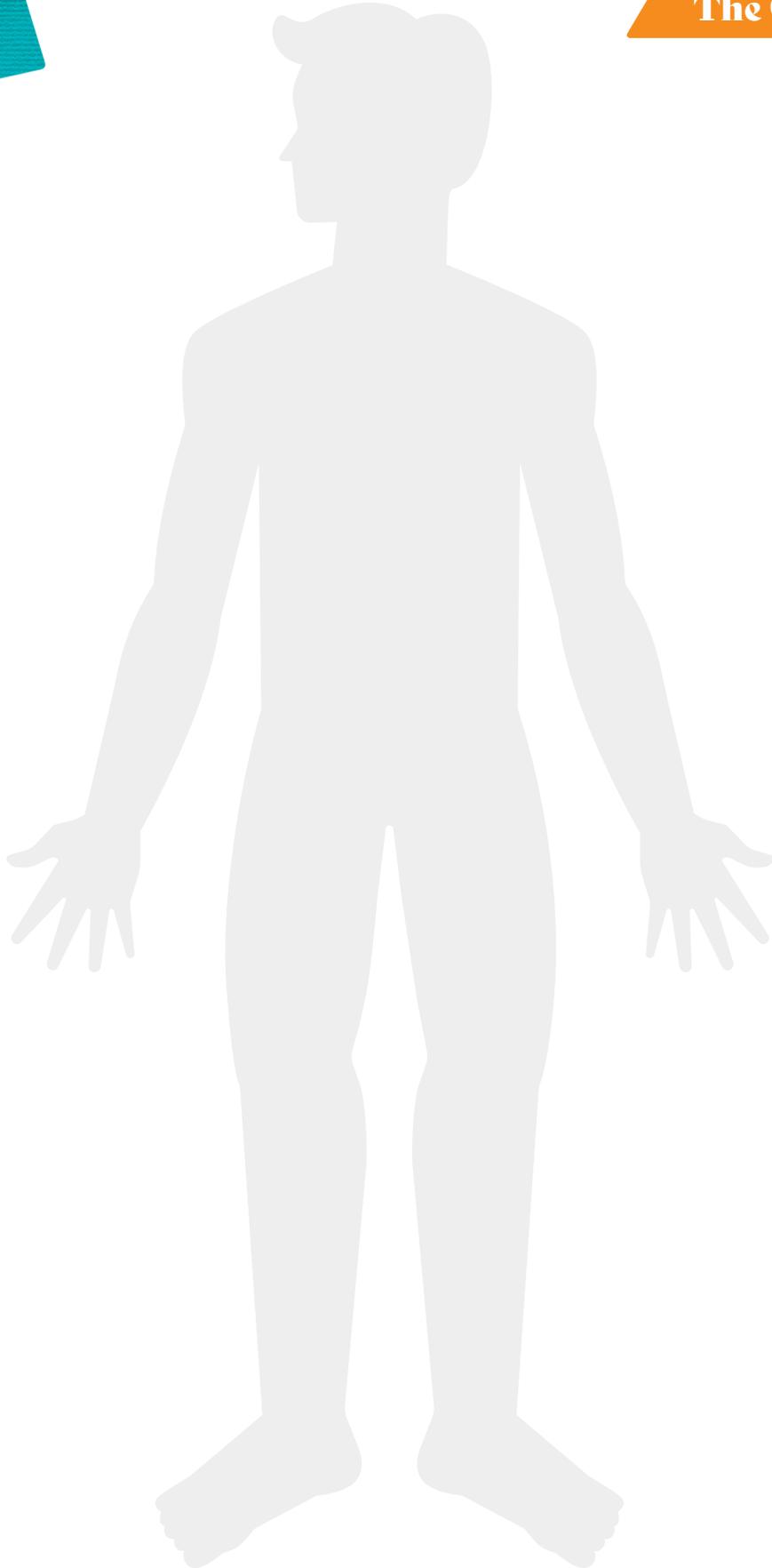
Stage 5

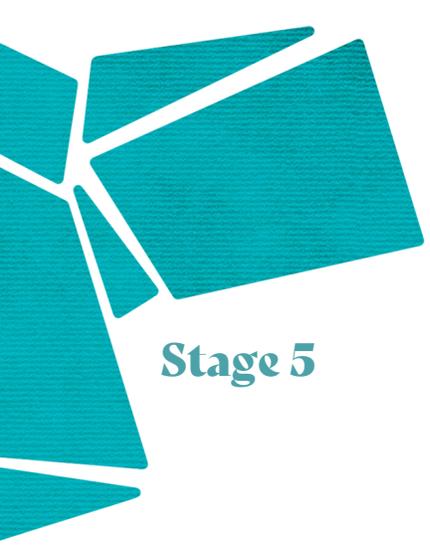




**Stage 5**

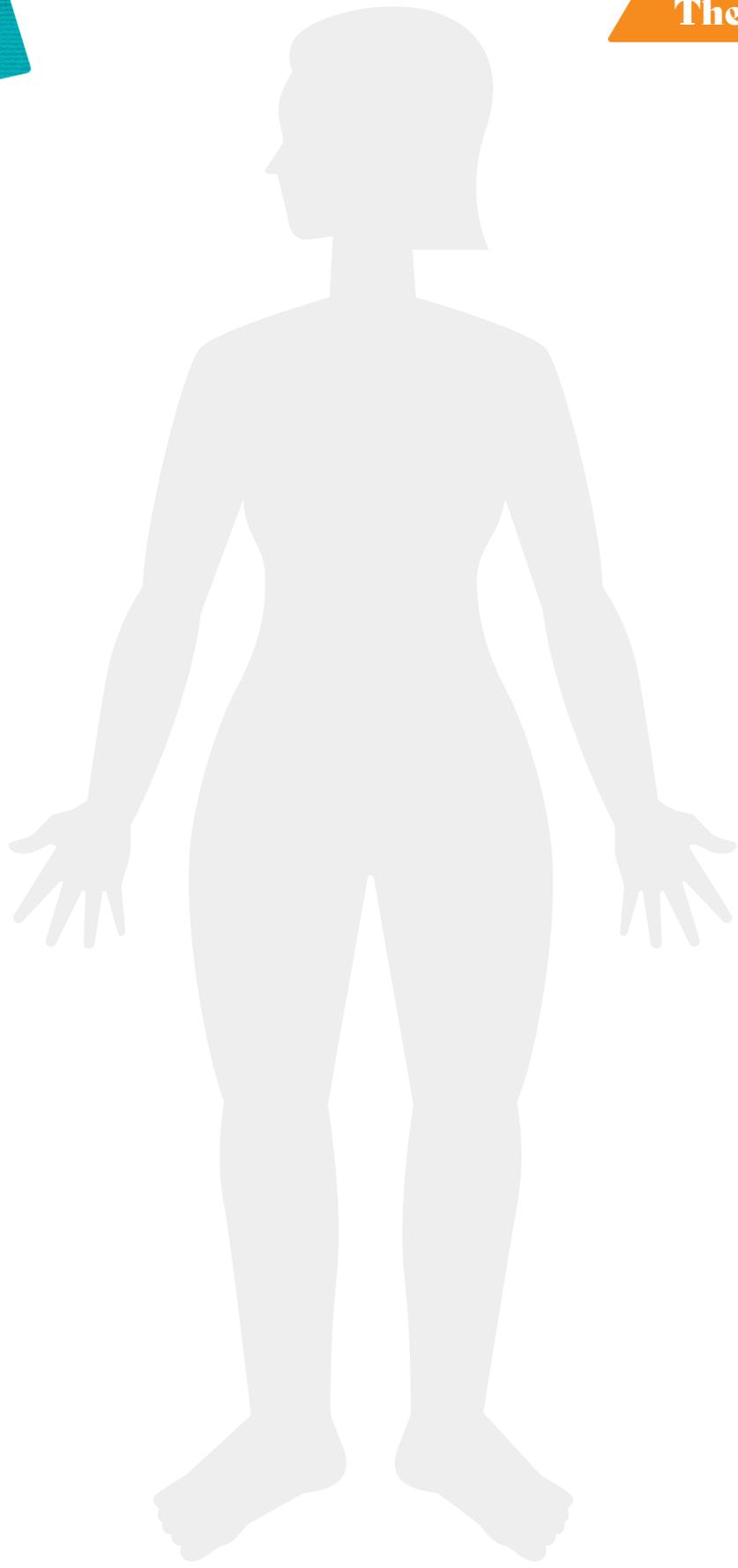
**Staying  
The Course**





**Stage 5**

**Staying  
The Course**



# Taking Ownership

*In this stage of The Body Revelation, you receive the keys to your new life—keys to your body home where the revelation of Jesus Christ goes with you wherever you go. The blood of Jesus paid the price for the fullness of life in your body, and His sacrifice gave you your house keys. In God’s Kingdom, keys represent authority.*

*To own your good body means you are free to go about this earth to walk, talk, and pray with authority to subdue and have dominion over every creeping thing. In this world, you will have trouble (John 16:33). The*

*Body Revelation was never about learning how to escape the pain. But now you know what to do when feeling troubled, so you don’t curse your body or another or get stuck in a pit of pain. With your key, what the enemy of your good life and body tried to use for your destruction, gets put to good use. Don’t lose or forfeit the keys to the Kingdom and your body revelation. Let’s celebrate!*

## Instructions

**Materials needed:** A red pen and a box of crayons

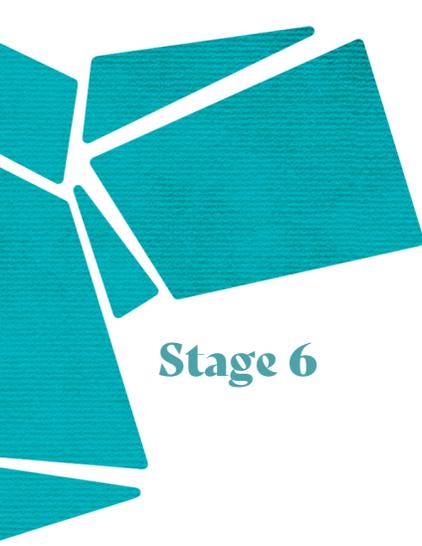
**Activity:**

1. Let the color red represent the blood of Jesus. Inside the body silhouette, write everything your Father in heaven says is true about you and your body and was paid for by the blood of Jesus.
  2. Outside the silhouette, write down all the circumstances God has conquered and will conquer because of Jesus.
  3. In all the negative space left on the page, open up your box of crayons and use colors to draw anything that represents joy and celebration.
- “And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives (or worshipped their bodies) even unto death.”**

**Revelation 12:11 (emphasis mine)**

Stage 6

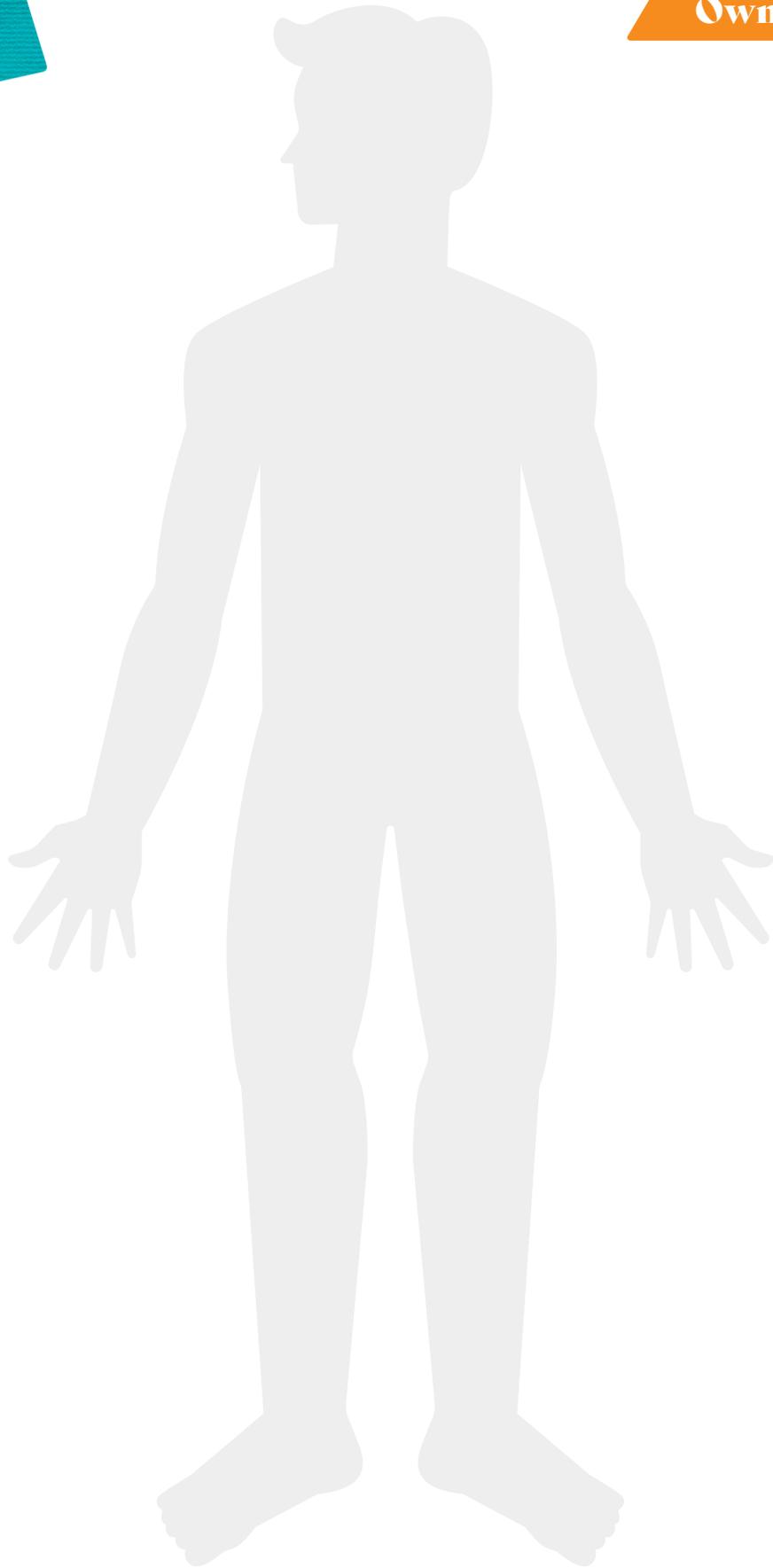


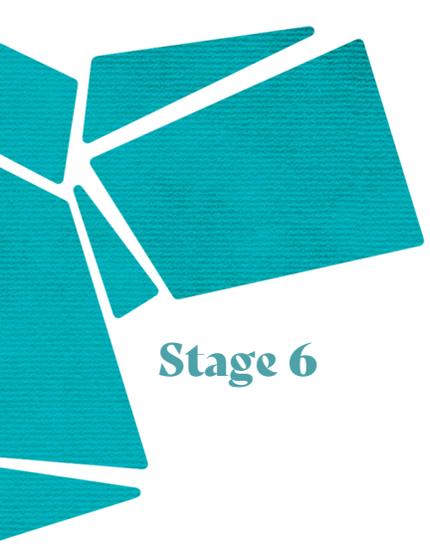


Stage 6



Taking  
Ownership





**Stage 6**

**Taking  
Ownership**

