

The Serenity Process

A Heart at Peace gives Life to the body... Proverbs 14:30

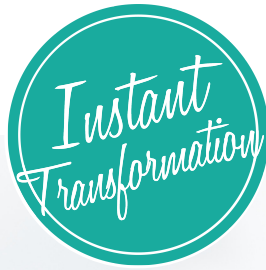
When a situation upsets you, the upset usually drops in and then manifests itself through your body. Often these emotions were probably seated years earlier. You can tell when each time you are in a similar situation where the same familiar feelings arise. These feelings can be released through meditation and prayer, by releasing them to God.



PERCEIVE

1. Perceive In Your Body THAT You Have An Uneasy Feeling, One That Doesn't Readily Go Away And Surfaces When You Think About The Situation That Bothers You.

- A. Find the feeling. All feelings show up in your body. They may show up as a queasy feeling in your gut, a sharp pain in your chest or racing of your heart, or a constriction of your throat. These feelings are emotions playing out in your body that have not been released or acknowledged. We are going to acknowledge them through the Serenity Process.
- B. In Jeremiah 33:3, God says, "Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know." Darkness must always give way to the light. If you will have the faith to call out and ask Him, you'll find it.



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EMBRACE THE EMOTIONS

2. Embrace By Paying Very Close Attention To The Emotions Which Show Up As Feelings, And How They Are Showing Up In Your Body.

- A. Become curious about the feeling, be willing to go deeper (through prayer and meditation) to observe what it is instead of shunning it or trying to solve it.
- B. Instead of trying to solve the problems in your mind, you want to give the emotions your full attention or embrace them.
- C. Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

ACKNOWLEDGE GOD'S PRESENCE WITH WHAT YOU ARE FEELING

3. Sit Quietly And Invite God Into The Feeling You Are Having.

- A. Follow the feeling, allow the feeling to be there and trust in it, no matter how strange it is.
- B. Psalm 23:4 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
- C. Exodus 33:14 And He said, "My presence shall go with you and I will give you rest."



CLEAR THE FEELING THROUGH LOVE

4. Perfect Love Casts Out Fear – Send The Feeling Perfect Love

- A. Serenity Process by loving the fear as long as it takes. It won't stay long when you can pay attention to it and send it perfect love. The more present you are with the feeling and allow God to heal it, the feeling can clear out. Stay with it until the feeling is completely gone
- B. I John 4:18 "There is no fear in love; but perfect love casts out fear, because fear has torment. He that fears is not made perfect in love."
- C. You will keep me in perfect peace when my mind is stayed on You, Oh God, because I trust in You.
- D. John 4:16 "So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him."

REPLACE EMPTINESS

5. Replace The Emptiness With Joy And Peace

- A. Once the feeling has emptied itself out, replace it with something that feels good. Everything is a place-holder, emotions, feelings and energy. Choose the feeling you want to be in the place of the fear.
- B. Psalm 94:19 "When anxiety was great within me, your consolation brought joy to my soul."

ENSURE ITS RELEASE

6. Poke The Bear

- A. Once the feeling is completely gone, go back to the situation, make it the worst it can be and combine it with The Serenity Process until you give up being afraid of it.

*Hebrews 10:36 “You Need To Persevere so That
When You Have Done the Will of God, You Will
Receive What He Has Promised.”*

