

# **Sacred Days of Bible Mystery**

**Revealing the Wisdom  
of Christ in Your Life**

# **Follow-Up Materials**

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**♪ Music by Rev. Suz Ogden**

**Participants List • Sacred Days of Bible Mystery • September 2002**

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● These individuals are the designated Service Ministers for the retreat. They are available to support you in prayer at any time. Please feel free to call on them.

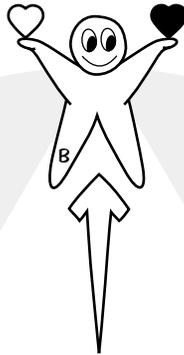
◆ These are the staff members for the retreat. **Rev. Marcia has a 'Master Key' in the event you lock your self out of your room.**

? If you would like any corrections or additions made to your personal information shown above, please contact Rev. Lloyd.

# Getting to Know the Gunas

See Page 6-10 in the Essay Section.

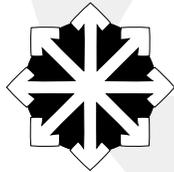
**Krishna  
(Christ)**



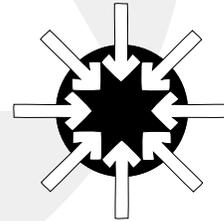
**Arjuna  
(Adam)**



**Sattva  
(Jesus)**



**Rajas  
(Lucifer)**



**Tamas  
(Satan)**

Excitement

Equanimity

Inertia

Craziness

Peacefulness

Laziness

Information

Wisdom

Ignorance

Greed

Prosperity

Poverty

Compulsion

Competence

Confusion

Dissipation

Coherence

Contraction

## Principle of the Prayer

The "QuickStop" Prayer is an easy spiritual practice designed to dispel troubling thoughts the moment they arise. This prayer practice is based on the Spiritual Truth that any thought that does not reveal something good for yourself or another is a "lie from the beginning."

## Form of the Prayer

### • There are five basic elements to this prayer process:

1. First, stop the thought process.
2. Then, say what you don't believe.
3. Then, say what you do believe.
4. Then, say why you believe what you believe.
5. Finally, conclude with a statement of covenant, or acceptance.

### • Following is the universal form of the prayer which is to be individualized by you to meet each specific need that you may have:

STOP! Any thought that does *not* reveal (Insert Something Good) for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: (Insert a Scriptural Passage). Amen!

### • Here is a general example of the prayer:

STOP! Any thought that does *not* reveal something good for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: "All good comes to those who love God." Amen!

## Practice of the Prayer

- Immediately use this prayer anytime you have a thought that causes you to suffer.
- Whenever possible, say the prayer aloud with as much authority as you can muster.
- If you are in a public place, you may wish to perform the prayer silently.
- When possible, clap your hands in front of your face when you say the beginning word "STOP." Then hold your hands in a prayer position as you say the rest of the prayer. Conclude by placing your hands over your heart and bowing your head as you finish with your "Amen," or another alternative ending.
- Other effective alternative endings are: "It is finished." "So be it now." "That's the Truth." "It's in God's hands now." "I am grateful God is gracious."
- Your scriptural passage can be any statement of Truth that inspires you and awakens your faith. Try to personalize the wording of your passage so that it makes sense in the context of the overall prayer.
- You are encouraged to write your own specific prayer for any continuing thought pattern that is troubling you. Then, continue to use that prayer until the pattern is gone, no matter how long it takes. The harder it is to do, the greater the healing effect it will have.

## Examples of the Prayer

STOP! Any thought that does *not* reveal perfect health for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: "The Lord forgives all my iniquities and heals all my diseases." It is finished.

STOP! Any thought that does *not* reveal prosperity for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: "The Lord is my shepherd and I shall not want." That's the Truth.

### Here's the hardest one of them all:

STOP! Any thought that does *not* reveal my love for (name of someone you're upset with) is a lie from the beginning. I do not believe in lies. I believe in Jesus Christ. For it is written: "You shall love one another as I have loved you." Amen.

## My Lord's Prayer

A personalized version of Matthew 6:9-13

*Our Father which art in heaven,*

*Hallowed be thy name.*

*Thy kingdom come,*

*Thy will be done in earth,*

*as it is in heaven.*

*Give me this day my daily bread.*

*And forgive me my debts,*

*as I forgive my debtors.*

*And lead me not into \_\_\_\_\_ ,*  
(Word of Resistance)

*but deliver me from \_\_\_\_\_ .*  
(Word of Error)

*For thine is the kingdom, and the power, and*

*the glory of \_\_\_\_\_ forever.*  
(Word of Faith)

*Amen. 🍀*

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

Following is a set of guidelines to assist you in interpreting the Bible as well as other Sacred Scriptures. In your journal, or on a separate sheet, layout your interpretation in the general form shown below. You may wish to use the headings provided in bold on your worksheet as you answer the applicable questions provided.

## **Scripture:** (Your Title for the Scripture)

1. **Scripture:** What is the Scripture?
2. **Question:** *What question does this scripture evoke in me? OR What question does this scripture seem to have the answer to?*
3. **Context:** What is the context or circumstance in which this teaching was being given?
4. **Promise:** What is the "promise" from God that this scripture reveals?

## **Interpretation:**

1. **Literal:** What is the '*literal*' meaning?
2. **Symbolic:** What are the important '*symbols*' and their meanings?
3. **Key Words:** What '*key words*' and phrases evoke a response in you? What is your response and what is their meaning?
4. **Metaphysical:** What is the '*metaphysical*' or symbolic meaning?
5. **Mystical:** What is the '*mystical*' meaning?  
(Go within and ask God: "What wisdom does this scripture hold for me alone?")

## **Practice:**

1. **Application:** How does this scripture apply to my current life circumstance(s)?
2. **Comfort:** How does this scripture "comfort" me in the challenges that I am facing?
3. **Practices:** What spiritual practices can I do right now to bring forth the promise of this scripture into my experience of life?

- |  |  |
|--|--|
| <input type="checkbox"/> Prayer                    | <input type="checkbox"/> Praising Prayer       |
| <input type="checkbox"/> Meditation                | <input type="checkbox"/> My Lord's Prayer      |
| <input type="checkbox"/> Partner for Prayer        | <input type="checkbox"/> Easy Prayer           |
| <input type="checkbox"/> Get Counseling            | <input type="checkbox"/> Endless Prayer        |
| <input type="checkbox"/> Fear to Faith Worksheet   | <input type="checkbox"/> QuickStop Prayer      |
| <input type="checkbox"/> What Happened Wisdom Tree | <input type="checkbox"/> Rosary                |
| <input type="checkbox"/> Releasing Prayer          | <input type="checkbox"/> Chanting Hymns: _____ |

## **Additional Tips:**

1. Be sure to include the current date on your interpretation.
2. Be sure to leave some extra space at the end of each section of your interpretation so you can come back and add additional insights.
3. Be sure to number the pages of your interpretation.

**Let It Be**

Fiddley-dee and let it be,  
I am living in love.

*What is that to you? You must follow me. ...John 21:22*

**I Love You Lord**

I love you Lord, Jesus Christ,  
This promise I will keep.  
I love you Lord, Jesus Christ,  
I'll feed your precious sheep.

*Simon Peter said to Jesus, "Yes, Lord; you know that I love you."  
Jesus then said to him, "Feed my sheep". ...John 21:15*

# My Endless Prayer

**What I See:**

Date:

"For we walk by faith, not by sight." ...2 Corinthians 5:7

**What God Says:**

Scriptural Ref:

"Faith comes by hearing, and hearing by the word of God." ...Romans 10:17

**What I Say:**

Witness:

For it is written...

"...as you believe, so it is done unto you." ...Matthew 8:13

# Endless Prayer Instructions

**Preparation**

**What I See** In this box, briefly describe the condition that you wish to heal. Then, trace over the "circle and slash," preferably with a red marker. Finally, place the date above the upper right hand corner.

**What God Says** In this box, write out a scriptural passage that contradicts the condition described above. Pick a scripture that creates a "felt-sense" of real hope within you. Be sure to personalize your passage. (For example: "By his stripes we were healed" would become "By his stripes I was healed.") Finally, place the scriptural reference above the upper right hand corner.

**What I Say** In this box, briefly describe the logical and desired outcome of the scripture above being revealed in your life. This affirmation would generally begin in one of four possible ways:  
Therefore, I believe I have received... Therefore, I feel that I deserve...  
Therefore, I give thanks that/for... Therefore, I am...

Next, complete the statement with a brief description of your desired intention or outcome. Finally, place the name of your "witness" above the upper right hand corner.

**Practice**  
Use this prayer daily by reading your scripture aloud followed by your personal affirmation. Then, continue to circulate back and forth between your scripture and your affirmation for at least 30 repetitions. For example: "By his stripes I was healed," > Therefore, I give thanks that I am healed. For it is written, > "By his stripes..." (And so on).

Finally, finish with an "Amen." You may wish to do 2 or 3 sessions each day.

A very powerful practice would be to do this prayer 70 time a day for seven days according to the scriptural suggestion: "Lord, how often should I forgive my brother when he sins against me? Seventy times?" Jesus then said, "Not just seven times, but seventy times seven." ...Matthew 18:21,22

Share your prayer with at least one other person who will serve as your "witness." Have them simply set themselves into agreement with you regarding the revelation of Truth that you intend.

Use this prayer anytime during the day that fear arises as a result of the condition described in the box at the top. You might want to carry a copy of this prayer around during the day.

Use the back of this sheet to record any wisdom or insights that may arise during the course of your practice. Also, record the final outcome of the practice, and be sure to date it.

## Easy Prayer Process 8-15.1

 **Purpose:** To reveal the "divinity within us" by creating a "Productive Prayer."

 **Instruction:** Prior to beginning this exercise provide each of the participants with an "Easy Prayer" worksheet. Before you start, make sure they have the "Fear to Faith Worksheet" which they have previously completed.

 **Take the participants through the following written process:**

Begin by placing your "Easy Prayer" worksheet before you.

**First** write in the "Name of the Prayer" in the blank at the top of the form. ...(Writing Pause)

**Next**, write in the 'Word of God' that was revealed in the 'Fear to Faith' worksheet into the blank within the first paragraph where it says: "Word of God." ...(Writing Pause)

**Then**, write in your "word of error" that was revealed to you on your "Fear to Faith Worksheet." This is to be placed in the blank about midway through the page where it says: "word of error." ...(Writing Pause)

**Finally**, write in your "word of resistance," that was also revealed to you on your "Fear to Faith Worksheet." This is to be placed in the blank about midway through the page just below your "word of error," where it says: "word of resistance." Notice that you have the option of preceding your "word of resistance" with either the word "TO" or with the word "FOR." Use which ever one works best with your "word of resistance," and makes the most sense to you. ...(Writing Pause)

And now, set everything down and prepare to go within. ...(Writing Pause)

 **Take the participants through the following guided meditation:**

### Going Within

Find a place where you are comfortable and feeling fully supported by your chair. ...(Pause)

Next, bring your awareness to your breathing. . . Notice as you watch your breath that it becomes deeper and fuller and more balanced. ...(Pause) The breath is the eternal cycle of reception and release within our physical bodies. . . It is the eternal activity of "God in us." . . . (Pause) With every breath you now become more aware and more conscious of the indwelling Presence of God. . . Which is your "Higher Wisdom Self." . . . (Pause)

Now, let your breath serve as a pathway to your heart . . . (Pause) Allow your awareness to move into your heart. . . For it is here that you begin to see with the "Eye of the Heart" . . . Which is the "Eye of Wisdom" . . . The "Eye of Love." . . . (Pause)

And now, in the silence of your heart, ask your *Higher Wisdom Self* to guide you through this process. . . Ask to have revealed to you, everything that you need to know for your highest good and healing. . . Right here and right now . . . (Long Pause)

**Continued** ►

## Easy Prayer Process 8-15.2

### Back to the Future

Now, allow your *Higher Wisdom Self* to scroll back through time and draw up into your awareness, the remembrance of a time when you were in the highest realization of the “Word of God that you have selected, ...(Pause)

It might have been in recent times . . . or very long ago ...(Pause) Simply allow a remembered inner experience of your ‘Word of God’ to emerge into your awareness . . .

Notice where you where . . . Who you where with . . . What you where doing . . . And most especially, how you where feeling. ...(Intuitive Pause)

Now, let your *Higher Wisdom Self* magnify the feelings of this experience, so that it becomes completely *real* for you. ...(Long Pause)

Out of the felt reality of this inner experience, allow your *Higher Wisdom Self* to reveal to you, exactly how It would like to express through you a greater abundance of the ‘Word of God’ you have selected, in order to serve the highest and greatest good of all concerned. This direction may come as an image, or an internal verbal direction. It might just be the silent voice of intuition. Simply accept the Wisdom that is given now, in whatever form is right for you. ...(Intuitive Pause)

Now, thank your *Higher Wisdom Self* for the guidance and direction that has been given throughout this entire process. ...(Pause) Most especially, give thanks for the Wisdom and insight that has been revealed to you. ...(Pause)

Now, bring your awareness back to your breathing . . . Feel the movement of your breath in your body. ...(Pause) Feel the presence of your body in the room . . . Feel your feet on the floor and your body in your chair. ...(Pause)

And now, when you’re ready, open your eyes and allow your awareness to come gently back into the room. ...(Intuitive Pause)

### Finishing Up

Now take this opportunity to finish filling out your “*Easy Prayer*” worksheet. At the bottom of the sheet, briefly record your previous experience your ‘Word of God.’ In the middle of the page write out a description of how the Holy Spirit wants to express Itself through you. Try to do this in the form of an intention starting with the word “*To .*” ...(Writing Pause)

### Follow-up Instructions:

1. Instruct the group to find the scriptural verse that will support thier prayer with Truth, and write it in the balnks provided on the prayer worksheet.
2. Once the group has completed their “*Easy Prayer*,” then briefly review the “Instructions” at the bottom of their worksheets.

End of Process ◀