

BREAKING INVISIBLE BARRIERS - PART 1

This week we learnt about the law of sowing and reaping. There are two practical things you can do in response to what was shared.

Thing 1: Get Rid Of The Bad

1. Take some time to get to a quiet place and pull out a sheet of paper. Ask Jesus this question, *“Lord Jesus, is there any place in my life where I am currently reaping bad things in my life?”* Wait and write down anything that comes to mind. Don't get distracted by arguing with what comes, simply write it down for now.
2. Once you have one or two things written down ask Jesus this next question, *“Lord Jesus, would you show me what I sowed to reap these things so that I may repent and be free from the cycle of the law of sowing and reaping?”*. Again, write down anything you see in your imagination, or think about while waiting on an answer. It's very important that you don't discard things that come to mind at this point. Jesus is very keen to help you get free of the bad effects of this law so He'll answer quickly.
3. Once you know what you did to start the cycle of sowing and reaping, pray this short prayer out loud filling in the gaps to personalize the prayer to your situation. *“Dear Jesus, I ask you to forgive me for (INSERT WHAT YOU SOWED). I repent for (WHATEVER YOU DID). I ask that you would now break the law of sowing and reaping in my life and that I would no longer reap what I sowed. Amen.”*

Thing 2: Sow Where You Want To Go

1. Take some time to quiet yourself down and pull out a sheet of paper. Ask Jesus this question, “*Lord Jesus, what can I sow this week, that will kick start an incredible harvest of goodness in my life?*” As you wait, thoughts may come to you with ideas of practical steps you can take this week. Write those down and share them with a friend or leader in the next few days.
2. If those steps are practical and easy to implement, and your friend/leader has no concerns, go ahead and be obedient. Well done! You have kickstarted a new season of sowing which will bring about a great harvest of goodness in due time.

Good job! Feel free to reach out to us on Twitter at @AlynandAJ if you have questions!