



FULTZ MINISTRIES PRESENTS

# WORK BOOK

G U I D E T O :

## JOURNEY TO FREEDOM

### THE ROLE OF PERSONAL TESTIMONY IN HEALING

Often, on the road of life, we feel lost, not sure we are on the right road, or even following the right directions. This workbook will be a guide through the series of videos in which we discuss the foundations of healing and principles of right living. Using your testimony as a place to start, we encourage you to identify where you are on the journey to freedom and tune into how you can travel without the road bumps that trip us up. We will learn together how to use the tools of salvation and restoration and relationship with Jesus to have a successful journey to freedom.



# **JOURNEY TO FREEDOM**

## **THE ROLE OF PERSONAL TESTIMONY IN HEALING**

### **CHAPTERS**

- 
- **Welcome to the Ministry**
  - **Getting a New GPS System**
  - **Introduction**
  - **Removing the Potholes**
  - **Admitting You Are Lost**
  - **Maintaining Your Vehicle  
for the Journey**





# WELCOME TO

# FULTZ MINISTRIES

Pastor Bobby comes from a background of military service, career in maximum security prison, and a career in working security jobs. He is an ordained minister of the Gospel, is active in prison ministry, and leads Fultz Ministries with his wife, Kelly. Pastor Bobby has preached the message of the Gospel in Illinois, Tennessee, Arkansas and Kansas.

The themes of healing, renewing the mind, identity in Christ and overcoming the enemy are core missions for the ministry. The ministry focus is to teach and preach Jesus and the Kingdom of God through interpretation of Scripture.

The principle of testimony is one we teach because it is so important to our understanding of how God pours into us. Through testimony, we share what Jesus has done for us, with also fosters healing and transformation in the hearing and reciting of our personal stories. Sharing our personal testimony brings people closer together, closer to God and salvation is often a result.

Pastor Kelly has a background of retail management and human resources. Kelly's hobbies, now a vocation, consists of writing, teaching and encouraging creativity. Her book, Buried Treasure: Discover the Power of Your Testimony, is the foundation for this series. She writes daily, helps people write and publish their testimonies, and serves as the ministry's administrator.



# ADMITTING YOU ARE LOST

The first step in getting help is admitting you need help. We get it. Sometimes we don't even know there's a problem. Maybe we tell ourselves, "that's how I've always been", or "it's just my personality to be that way". It's not easy to admit we have a problem, but it is the necessary first step.

There are many reasons we can't or won't admit our issues. Our pride won't allow us to say we need help; it's childish or shows we lack in an area that others don't struggle with. Low self-esteem and shame are other reasons why it's hard to be vulnerable to others who could help us.

**Read the story about the Prodigal Son in Luke 15:11-32. Think about what each person in the story struggled with. Did they need help with anything? Did they reach out for that help? What was the response of the Father to the prodigal son?**

**Understand how God sees us and our struggles in life. How does this story illustrate God's heart for us, His children?**



There are key things we can do to allow God to change the things we confront.

- This idea of confessing our sins is key to admitting to us and to God that we understand where we fall short of God's plan for us. **Romans 3:23 states "For all have sinned and fall short of the glory of God".**
- We say to God and ourselves that we repent, meaning we turn our minds completely from "doing things our own way" to doing things God's way. **Acts 3:19 encourages us to "repent and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."**
- Salvation is a gift from God that we get when we believe Jesus died for our sins. This is stated beautifully in **John 3:16**

**Read John 14:6. There is only one way to the road to freedom and that is through Jesus. He is here to rescue you from forever being stuck on the wrong road, so you will never anymore be lost.**



# ADMITTING YOU ARE LOST

## Personal Journey to Freedom

Use some quiet time to ask these questions to yourself and write down your answers.


- What does it mean to me "God can't change what I won't confront?"
- What areas of my life would I like to change?
- Can I admit I have a problem?
- Is it hard to admit I need help?
- What would happen if I didn't constantly struggle with the same issue over and over again?
- Do I think God can really save me?



## NOTES



**Read John 14:6. There is only one way to the road to freedom and that is through Jesus. He is here to rescue you from forever being stuck on the wrong road, so you will never anymore be lost.**



# GETTING A NEW GPS SYSTEM

Once you realize you are lost, and on the wrong road, then what? Your GPS system may not have the latest map uploaded. You need to get yourself to the right road. Maybe you download a different GPS system, this time getting the current updates and making sure this system will get you where you need to go. This new system is one you can trust and rely on. This new GPS system is one you can navigate the nation's highways and by-ways. The new system: Jesus and the Bible.

## > JESUS AND THE ROMAN ROAD


Jesus is our way of salvation and He puts us on the road to victory, healing and Heaven. He came to earth, died for our sins, was buried and resurrected. He wants relationship with us.

1. **All have sinned.** Romans 3:23 says, "All have sinned and continually fall short of the glory of God." Just means everyone has fallen short of God's standard and is in need of salvation.
2. **The consequences of sin is death.** Romans 6:23 says, "for the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord, This means that sin leads to spiritual death which is being separated from God.
3. **Christ died for us.** Romans 5:8 says, "God demonstrates His own love for us, in that while we were still sinners, Christ died for us." This means that God love for us is so great that he had Jesus, His son, die for us.
4. **Salvation is received through faith.** Romans 10:9-10 says, "if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved." This means salvation is a gift because of your faith in Jesus.



*Jesus is the answer for us when we get on the wrong path. He will straighten out the way for you! **John 14:6 and Proverbs 3:6***





# GETTING A NEW GPS SYSTEM

Once you have Jesus, you will need to know more about Him. The Bible is the only way to do that. It is sort of a manual on the Christian life. In it are important lessons, stories, poems, songs and people. Just like you wouldn't leave on a trip without directions and a plan, you wouldn't try to live this life without the instruction manual: the Bible.

## > THE BIBLE

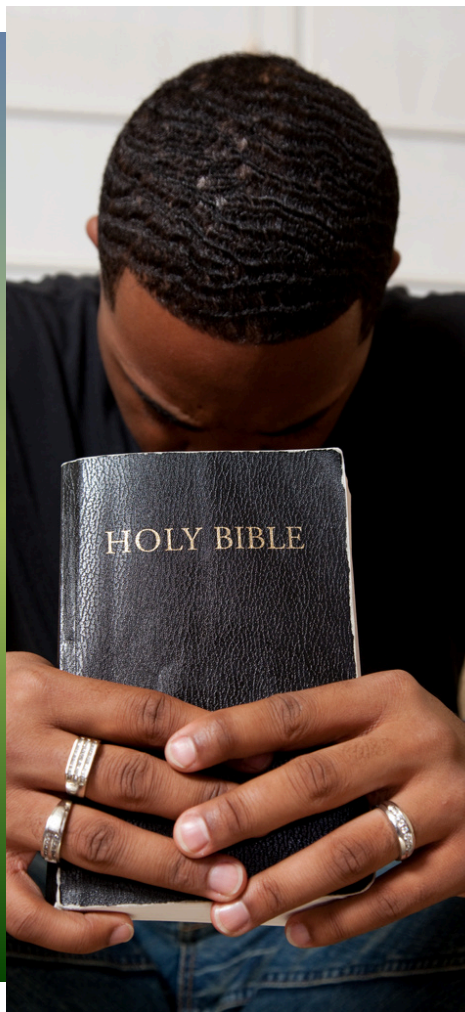
For us Christians, we use the Bible as our navigation tool. It has many names: The Word of God, Scripture, The Good Book, sacred writings or text. Sometimes referred to as God's Book of Instruction to Live Your Life By, the Bible is God's word, written down over centuries by men and women who were faithful to record what the Lord spoke to them. It is crucial for us to know what is in this Book. It tells us about Jesus and salvation, how to live a Godly lifestyle and what every believer's identity and purpose is.

**Read 2 Timothy 3:16. Its a powerful, simple statement of what the Bible is and what it is used for. Think about where scripture comes from, what it is for and the results we receive from reading and following it.**

**Does this give us a good reason to consult the Bible when we don't know what to do or where to go? How does knowing scripture make it our GPS in our Christian walk with God?**

Here are some key things to understand about the Bible:

- The Bible is divinely inspired by God. **Romans 15:4-13**
- The Bible teaches us the right way to live. **Matthew 7:12**
- The Bible corrects and convicts us to change. **Hebrews 4:12**
- The Bible trains us to live righteous lives. **Matthew 6:33**

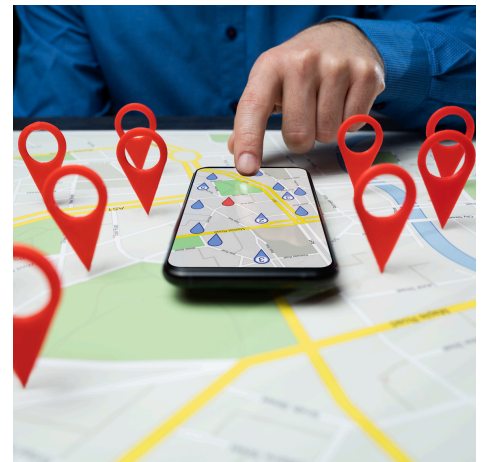


# GETTING A NEW GPS SYSTEM

## Personal Journey to Freedom

Use some quiet time to ask these questions to yourself and write down your answers.

- How can salvation help me in life?
- What questions do I want the Bible to answer for me?
- Can I find meaning and direction from reading the Bible?
- Does knowing God is the author, does that help me believe the Bible is the answer?
- Can I commit to reading the Bible everyday?



## NOTES



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# REMOVING THE POTHOLES

The road to freedom isn't always a straight line upward. It sure never feels that way! Sometimes we may take a step backward or down or sideways. The road may be bumpy, curvy or have lots of sharp turns. It isn't easy to keep going on the right path. But don't give up! We can pray, praise and worship God to keep ourselves going in the right direction, to keep us strong and to keep going!

## Life's Ups and Downs

We will always have setbacks and challenges. Sometimes issues and problems we thought were gone return. But we choose to keep going. We choose to not give up. We will talk about some tool we can bring out of our toolboxes to deal with the ups and downs of life.

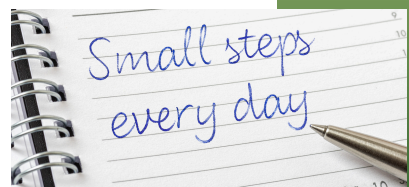
## Prayer

- Asking God for strength and guidance **Psalms 25:4-5**
- Finding comfort and peace in our relationship with God **Philippians 4:6-7**
- Gaining Godly wisdom and perspective **James 1:5**
- Set aside time to pray every day
- Keep a prayer journal

## Praise and Worship

- Invites God's presence **Psalms 22:3**
- Brings healing **Jeremiah 17:14**
- Strengthens our faith **Psalms 147:1-3**

- Develops gratitude **1 Thessalonians 5:18**
- Brings victory **2 Chronicles chapter 20**
- Finds our purpose **Psalms 150**
- Focuses us on eternity **Revelation 4:8**





# REMOVING THE POTHOLES

## Personal Journey to Freedom

Use some quiet time to ask these questions to yourself and write down your answers.

- What is a lifestyle of prayer?
- What is a lifestyle of praise and worship?
- Do I walk around being grateful or do I focus too much on negative things or things I have no control over?
- Do I know that God has my life in his hands?
- How can I change my daily routine to add in prayer, praise and worship?



## NOTES



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# MAINTAINING YOUR VEHICLE

Once we get on the right road, we have the GPS working and we know how to deal with the potholes in life, we have to find out what our purpose is as we move closer to our destination. Now, we have Jesus, know the Bible, and have a lifestyle of prayer and connection to God, we are ready to discover why God created us in the first place.



## > WHAT IS MY PURPOSE?

- We all as Christians are to glorify God. **Isaiah 43:7**
- We are all to love God and others. **Matthew 22:37-40**
- We are all share the gospel of Jesus **Matthew 10:1**
- We are all to fulfill a specific purpose (such as in life, work, ministry and family) [**Romans 8:28**].

All of these things are found in the Bible, revealed through prayer and seeking God for guidance.

## > WHAT ARE MY SPECIAL GIFTS AND TALENTS?

- God gives gifts and talents to every believer. **1 Corinthians 12:4-6**
- These gifts are intended for the common good and building up of the church.
- Believers are responsible for using their gifts and talents. **Matthew 25:14-30**
- All gifts come from God, who gives all good things. **James 1:17**

Your special gifts and talents are often what you're passionate about or something you're already strong at doing. Pray for guidance as you pray to the Lord to better understand the specific ways He wants you to use your gifts.

## > HOW DO I USE THEM FOR GOD?

The gifts God creates for each believer and puts in each believer are diverse and varied. They are not to be used for personal gain, but to glorify God, to serve others and to build up other believers. **1 Peter 4:10 and Romans 12:6-8**



# MAINTAINING YOUR VEHICLE

## Personal Journey to Freedom

Use some quiet time to ask these questions to yourself and write down your answers.

- Make a list of everything you like to do and are passionate about.
- Reflect on this list. What things are unique to you?
- Pray and ask the Lord on how you could use that gift for Him. How could it help people?
- Understand you are special and unique to God.
- Reflect on How God made you special. He loves you!



## NOTES





# Fultz Ministries

## CONTACT US



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# THANK YOU FOR WATCHING

## JOURNEY TO FREEDOM

THE ROLE OF  
PERSONAL  
TESTIMONY IN  
HEALING



Fultz Ministries is available to the 1 or 99!  
Contact us to speak to your church, small group  
or for personal needs.

