

**WAKE
UP**

DAVED

STUDY GUIDE

MY OLD SELF HAS BEEN CRUCIFIED WITH CHRIST. IT IS NO LONGER I WHO LIVE.

JENNY DONNELLY



WELCOME



INSTRUCTIONS FOR A SUCCESSFUL JOURNEY

(1) Get your book and study guide

(2) Flip through the book and notice the QR codes. These are very important to do in your private reading time.

(3) Review the reading schedule on the next page so you know which chapters to read before coming into each session.

Because the videos are not a recap of content, reading the chapters allows you to come with the most to offer the group and yourself. Set aside an average of fifteen minutes each day to read and do the exercises.

(4) **The impact of this study will come from the group discussions.** Come ready to listen well, ask thought provoking questions and provide your own thoughts and ideas. Each group needs a facilitator (pick one if that hasn't been established), but no single person should talk the majority of the time. Think of this time as a group treasure hunt, uncovering the jewels of the word. If someone has gone a while without contributing, ask them what they are thinking and pull from them. They are probably holding treasures but need encouragement to speak. If your group is larger, split up into groups of 2-6 people during the discussion time. Open and close each session with prayer.

(5) Discuss these two questions in your group today.

a. "What are you asking or expecting from the Lord for yourself through this study?"

Write your own answer below. One suggestion would be to write it as a prayer asking God to help you get the most out of this study.

b. "From Galatians 2:20, what is standing out to you? What do you think God might be emphasizing or wanting you to lean in to?"

Galatians 2:20 TPT

My old identity has been co-crucified with Christ and no longer lives. And now the essence of this new life is no longer mine, for the Anointed One lives his life through me— we live in union as one! My new life is empowered by the faith of the Son of God who loves me so much that he gave himself for me, dispensing his life into mine!



READING SCHEDULE



- (1) Session One | Read Introduction through Chapter 3 *to prepare for next session*

- (2) Session Two | Read Chapters 4 & 5 *to prepare for next session*

- (3) Session Three | Read Chapters 6 through 9 *to prepare for next session*

- (4) Session Four | Read Chapters 10 through 14 *to prepare for next session*

- (5) Session Five | Read Chapters 15 through 18 *to prepare for next session*

- (6) Session Six | Read Chapters 19 through 23 *to finish the book*

- (7) Session Seven

- (8) Group Testimonies, Prayer, Worship & Celebrate

TRUE LIFE

*Psuche/life is your physical life, your daily activity in time, and is what the Bible calls "SOUL."

****Zoe/Life** is what GOD "GIVES." It is actually God's very NATURE AND ESSENCE. "Christ". The "Anointing" upon/within you is Zoe!

You must know what ZOE is. Jesus fully restored you to righteousness and true holiness. Incorruptible life is Zoe. Zoe is translated in the New Testament as everlasting life, eternal life, life, etc.. Zoe is the divine essence within you, thanks to The FINISHED work of Christ.

Eternity is not a long time from now! Eternity is "where" God is. Eternity is IN God. Your Zoe life is hidden in God! You are in eternity even now. There is no power of death In Life/Zoe/God/Christ. (Refer to these scriptures later for more on this: Ephesians 4:24; Colossians 3:10; Colossians 3:3; John 14:20; 17:20-23; Ephesians 2:5-6)

There is clear instruction with a beautiful reward in John 12:25-26. Discuss what you sense the Holy Spirit is saying to you personally through each of the following parts of this scripture.

Pamper | *excessive indulgence*

Loves his life | *love (phileo = to be fond of) the psuche/soul*

Detach his life | *detach your soul from this world*

Abandons himself to me | *give your whole self to Jesus*

Find true life | *the Zoe life*

Enjoy it forever | *now and through eternity*

Follow me | *come behind him, mimic him*

Go where I am going | *your plans are now his plans*

The Father will shower favor upon your life | *this is your reward*

John 12:25-26 TPT ✨

✨ "The person who loves his life and pampers himself will miss **true life**! But the one who detaches his life from this world and abandons himself to me, will find **true life** and enjoy it forever! If you want to be my disciple, follow me and you will go where I am going. And if you truly follow me as my disciple, the Father will shower his favor upon your life.

PRAYERFUL REFLECTION

Read the description of the low end and the high end of the scales below. The polarizing factors are "control" and "surrender." You will use this chart to assess where you are in five areas of your life.

List five areas of your life where you want to experience God's full blessing, TRUE LIFE! Use the scale to the right to rate your honest and current level of surrender or control.

Control	_____	Surrender
Mindset: My will be done	_____	Mindset: Your will be done
Strategies to avoid discomfort	_____	Trusting in the Comforter
Fear of losing / not having enough	_____	Satisfied in him / He is enough

LOVE & PAMPER

DETACH & ABANDON

0		10
0		10
0		10
0		10
0		10

MISS TRUE LIFE

FIND TRUE LIFE & ENJOY IT FOREVER

GROUP MINISTRY

Scan the QR Code from Chapter 2. Do this individually or as a group. Discuss or journal your experience. Pray for each other before closing your session.

HIS LIFE IN ME



Galatians 2:20 TPT

*My old identity has been co-crucified with Christ and no longer lives. And now the essence of this new life is no longer mine, for **the Anointed One lives his life through me** — **we live in union as one!** My new life is empowered by the faith of the Son of God who loves me so much that he gave himself for me, dispensing his life into mine!*



John 14:20 TPT

So when that day comes, you will know that I am living in the Father and that you are one with me, *for I will be living in you.*

Romans 6:11b TPT

Since you are now joined with him, you must **continually view yourselves as dead and unresponsive to sin's appeal** while living daily for God's pleasure in union with Jesus, the Anointed One.

What ideas (themes, instructions, revelations) are you picking up from these three verses?

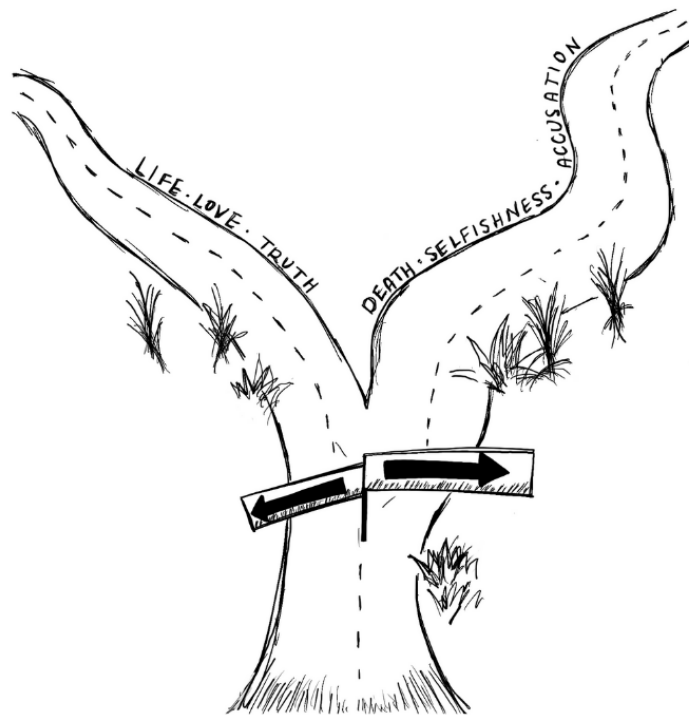
Share your experience and TRUTH that was revealed to you in the exercise in chapter 5 (accusation vs. truth).

PRAYERFUL REFLECTION



GROUP MINISTRY

Scan the QR Code from Chapter 6. Do this individually or as a group. Take a minute to write down words to the left and right of the two roads that describe what you saw, felt, or realized. Discuss your experience.



Read **Romans 6:4-5** TPT below. What is being revealed to you? Discuss and then close in prayer.

Sharing in his death by our baptism means that we were co-buried with him, so that when the Father's glory raised Christ from the dead, we were also raised with him. We have been co-resurrected with him so that we could be empowered to walk in the freshness of new life. For since we are permanently grafted into him to experience a death like his, then we are permanently grafted into him to experience a resurrection like his and the new life that it imparts.



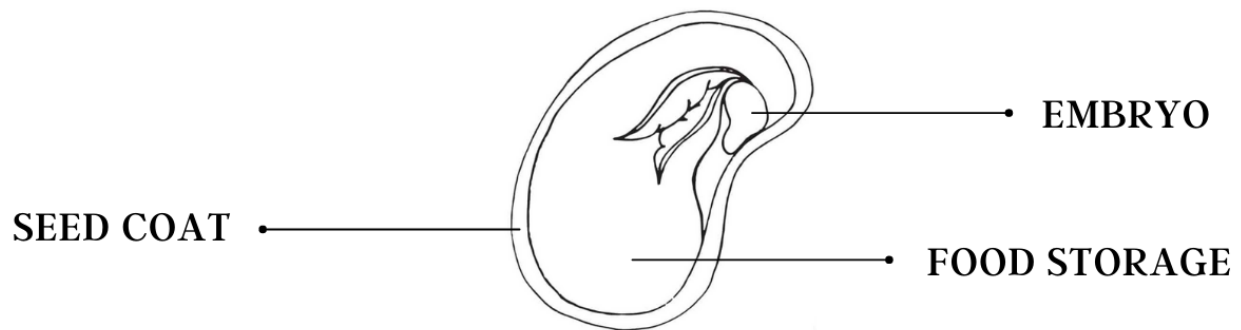
DIE TO MULTIPLY



John 12:24 TPT

Let me make this clear: A single grain of wheat will never be more than a single grain of wheat unless it drops into the ground and dies. Because then it sprouts and produces a great harvest of wheat—all because one grain died.

BASIC DIAGRAM OF A SEED



As a group, work through these questions together.

1. Ask the Holy Spirit, "What dream (embryo) is laying dormant in me?"
2. How will this dream produce a crop for the kingdom?
3. How will this dream bring you personal delight? How will it bring God delight?
4. Ask the Holy Spirit, "What needs to die in me that could be standing in the way of this dream taking root?"



PRAYERFUL REFLECTION



As a group, read and discuss the following ideas:

1. Ask the Holy Spirit, "What do you want me to **know** about these 'seed coats' in my life?" Share with your group what you sense the Holy Spirit is saying to you.

2. Ask the Holy Spirit, "What do you want me to **do** about what you've shown me?" Pray for each other and ask God to help you believe even bigger for what he has planted in you.

GROUP MINISTRY

Before scanning the QR Code from Chapter 8, ask if there is anyone in the group who wants to give their life to Christ or would like to rededicate their life to him. If there is someone, pray aloud with them along with the QR code. If not, play the QR code so you are familiar with this resource.

THE MINISTRY OF LOVE THROUGH HUMILITY

1 Corinthians 13:13b TPT

So above all else, let love be the beautiful prize for which you run.

Read through this list and assess how you are doing towards these people in your life when it comes to GOD's definition of love. Put a (Y) yes if you do demonstrate that quality (N) if you never demonstrate it (S) if sometimes or (NA) if it doesn't apply.

Love	My Spouse	My Kids	My Friends	My Work
(1) is patient	(1)	(1)	(1)	(1)
(2) is kind at all times	(2)	(2)	(2)	(2)
(3) is generous, not envious	(3)	(3)	(3)	(3)
(4) is humble, not self-promoting	(4)	(4)	(4)	(4)
(5) is never rude	(5)	(5)	(5)	(5)
(6) does not manipulate by using shame	(6)	(6)	(6)	(6)
(7) is not irritable or easily offended	(7)	(7)	(7)	(7)
(8) celebrates honesty	(8)	(8)	(8)	(8)
(9) does not focus on what is flawed	(9)	(9)	(9)	(9)
(10) is loyal to the end	(10)	(10)	(10)	(10)

As a group, underline and discuss the words and phrases that jump out at you from the following verses:

Luke 6:32-35 TPT

“Are you really showing true love by loving only those who love you? Even those who don’t know God will do that. Are you really showing compassion when you do good deeds only to those who do good deeds to you? Even those who don’t know God will do that. If you lend money only to those you know will repay you, what credit is that to your character? Even those who don’t know God do that. Rather love your enemies and continue to treat them well. When you lend money, don’t despair if you are never paid back, for it is not lost. You will receive a rich reward and you will be known as true children of the Most High God, having his same nature. Be like your Father who is famous for his kindness to heal even the thankless and cruel.”

PRAYERFUL REFLECTION



“Pride must die in you, or nothing of heaven can live in you.”

Andrew Murray, *Humility: The Journey Toward Holiness*

PRIDE & HUMILITY REFLECTION

Put a Y (yes) or N (no) after each question below:

1. I am overly self-conscious.
2. I fear man more than God.
3. I often feel insecure.
4. I am self-critical.
5. I am overly competitive.
6. I am selfishly ambitious.
7. I am self-serving.
8. I tend to be critical of others.
9. I regularly compare myself to others.
10. I typically see myself as more mature and more gifted than others.
11. I tend to give myself credit for who I am and what I accomplish.
12. I often feel ungrateful. I tend to grumble about what I have.
13. I tend to be self-sufficient in the way I live my life.
14. I am often anxious about my life and the future.
15. I desire to receive credit for what I do.
16. I want people to be impressed with me.
17. I like to talk, especially about myself.
18. I often find myself wallowing in self-pity.
19. I feel special or superior because of what I have or do.
20. I am often anxious about my life and the future.

GROUP MINISTRY

Discuss as a group how humility makes us available to give true love, but pride plugs us up. Ask each other for prayer in areas that have been highlighted to you. We all struggle because we all have flesh that is war with the Spirit. Prayer and fasting can break a stubborn yoke.



James 4:6-7 NIV

But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.” Submit yourselves, then, to God. Resist the devil, and he will flee from you.

HOME & HEART WORK

Take these two assessments to prayer this week. Pull out this list and ask God to show you the fear that is causing you to **WITHHOLD LOVE** from this person(s) in particular. Repent for the fear or trauma that caused you to hold back, forgive anyone who has hurt you, and ask God to help you receive HIS love so you have true love to give away. Read Romans 8 this week and meditate on it!

VICTORY IN WARFARE

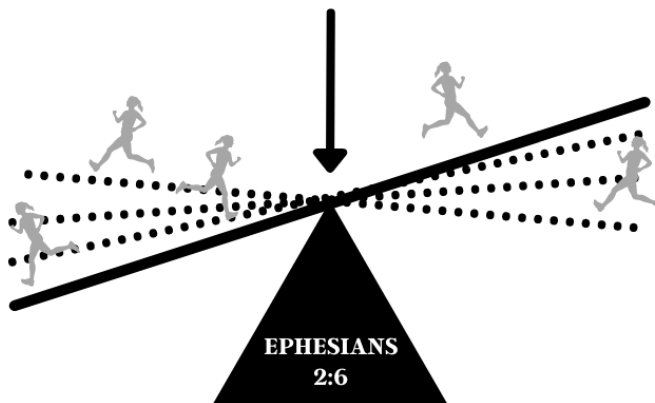


1 Peter 5:8 TPT

Be well balanced and always alert, because your enemy, the devil, roams around incessantly, like a roaring lion looking for its prey to devour.



**{ THE PLACE OF REST IS YOUR BALANCE }
YOUR WINNING POSITION
THE FULCRUM**



FULCRUM [fool-kruhm]

the support, or point of rest, on which a lever turns in moving a body

Ephesians 2:6 TPT

He raised us up with Christ the exalted One, and we ascended with him into the glorious perfection and authority of the heavenly realm, for we are now co-seated as one with Christ!

As a group, work through these concepts and questions together.

Note: "Worship" refers to the highest and private affection of your heart: who is on the throne of your heart? This is not a reference to worship music or corporate worship.

1. Discuss why the position of rest (the fulcrum) puts you in the strongest position in life.
2. How does *pure worship* and *the word* align you with the position of rest (the fulcrum), keeping you "well balanced and always alert?"
3. Do you believe that someone can maintain a position of rest (at the fulcrum) if they withhold secrets from God, carry shame, lack transparency before themselves and others, and hold grudges and judgements? Why or why not?
4. Discuss why **CONFESSION, REPENTANCE, & FORGIVENESS** is required if we want to be pure in our worship of God and positioned in rest.

PRAYERFUL ✦ REFLECTION ✦

1 Peter 4:8 TPT

Above all, constantly echo God's intense love for one another, for love will be a canopy over a multitude of sins.

James 5:16 TPT

Confess and acknowledge how you have offended one another and then pray for one another to be instantly healed, for tremendous power is released through the passionate, heartfelt prayer of a godly believer!

GROUP MINISTRY

1. Scan the QR code from Chapter 17 and go through this ministry exercise as a group.
2. As a group, pray and ask the Holy Spirit if there is something that you need to bravely share with the group pertaining to unconfessed sin. If you hear "that's not that big of a deal" in your head, you know that this is a good place to start. The enemy doesn't want you to be free, so he is going to try to fight this moment. He might tell you that you will humiliate yourself or lose friends if you share a sin or hardship. As a group, cover each other in love (see 1 Peter 4:8) and bring mercy and compassion to pray and minister to those who choose to share. They don't need advice, fixed or a pep talk right now. They need prayers of mercy and forgiveness. Many people will need to forgive and release themselves from judgment.
3. Discuss what you feel God is doing in you during these exercises.

DRESSED FOR VICTORY



Ephesians 6:10-13 TPT

Now my beloved ones, I have saved these most important truths for last: Be supernaturally infused with strength through your life-union with the Lord Jesus. Stand victorious with the force of his explosive power flowing in and through you. Put on God's complete set of armor provided for us, so that you will be protected as you fight against the evil strategies of the accuser! Your hand-to-hand combat is not with human beings, but with the highest principalities and authorities operating in rebellion under the heavenly realms. For they are a powerful class of demon-gods and evil spirits that hold this dark world in bondage. Because of this, you must wear all the armor that God provides so you're protected as you confront the slanderer, for you are destined for all things and will rise victorious.

As a group, work through these concepts and questions together.

Think of the challenges you've had recently: areas of life where the enemy has tried to discourage or take you out in battle. Put a rating (1-5) next to each piece of armor according to how CONSISTENTLY you think you are using this piece of armor in your battles to conquer the enemy.

- 1 = I use this weapon very little, if at all. I don't have a clear revelation of it.
- 2 = I use this weapon very seldom. I am not in the habit of taking hold of this weapon.
- 3 = I use this weapon about half the time. I am growing into the revelation of it.
- 4 = I use this weapon most of the time. I have the revelation, but need to get it lodged deeper.
- 5 = I have this one down. I use it 100% of the time, without thinking about it.

BELT OF TRUTH _____

I read and meditate on the word to lodge it deep in my heart. All of my decisions are guided by the truth of the word. My only truth is what the Bible says. I am not persuaded by the beliefs of culture. I can stand with peace, strength and love in biblical truth even when the culture disagrees with me.

Romans 12:2 TPT

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.

BREASTPLATE OF RIGHTEOUSNESS _____

I am fully confident that I am in right standing with God. I can face him without the fear of punishment. I know that because of Jesus, I can stand fully accepted and loved in the throne room of Father God. And when I get in my flesh and mess up, I quickly face my Father, humbly repent and ask for help in my weakness, rather than hiding or separating myself from him or trying to "earn his love back."

Colossians 2:14 TPT

He canceled out every legal violation we had on our record and the old arrest warrant that stood to indict us. He erased it all—our sins, our stained soul—he deleted it all and they cannot be retrieved! Everything we once were in Adam has been placed onto his cross and nailed permanently there as a public display of cancellation.

2 Corinthians 5:21 TPT

For God made the only one who did not know sin to become sin for us, so that we might become the righteousness of God through our union with him.

SHIELD OF FAITH _____

I am not easily discouraged. My circumstances do not get a voice in my life. God is the one who orders my steps, bails me out of trouble, fights my battles, creates miracles for me and has such great care for me that I don't have to worry or fear the trouble that the enemy sends me.

2 Corinthians 5:7 TPT

...for we live by faith, not by what we see with our eyes.

SHOES OF PEACE _____

I am a peace maker. When there is trouble, I am willing and available to bring order and peace to conflict and pressure. I have no problem laying down my ego or emotions for the greater reward of peace within me and peace amongst each other. I don't need to "win" arguments" or be "right" all of the time. I value the blessing that comes with unity, so I do nothing to cause division in someone's heart against another person. I do not pit people against each other. I value peace above my own opinions.

Philippians 4:6-7 TPT

Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, then God's wonderful peace that transcends human understanding, will guard your heart and mind through Jesus Christ.

HELMET OF SALVATION _____

I realize that my salvation of wholeness, deliverance, and freedom is dependent on my thought life. I have learned to fasten my thoughts on the glorious works of God. I am in the habit of taking thoughts that are not from God or approved of by God and dismissing them from my mind immediately. I do not rehearse or replay them in my mind. I detect and dismiss lies quickly. I understand that I cannot exist in this level of power and freedom without prayer. It is in consistent prayer that I am able to align my thoughts with God's thoughts. Without union with him, I can do nothing and have no freedom.

I can discern when someone is baiting me to take a thought that God wouldn't endorse. My freedom depends on me ignoring negative or divisive thoughts and speech, no matter how "harmless" they may seem. I command my thoughts to bow to the authority of Almighty God. I take no delight in gossip or negativity. I am diligent with my thought life and choose to constantly delight in thoughts that are praiseworthy and elevate the goodness of God!

2 Corinthians 10:5 TPT

We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.

Philippians 4:6-8 TPT

Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, then God's wonderful peace that transcends human understanding, will guard your heart and mind through Jesus Christ. Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.

SPIRIT-SWORD _____

I love the word of God and carry revelation of its power. I understand that as I echo his word, things shift within me and around me. I understand the word of God is a weapon against the enemy and that it is final. It is the main trusted navigation system of my life. I know that the word of God overcomes darkness, mends broken hearts, heals disease, activates miracles, and will never lead me astray. It is mine to feast upon, depend upon, rely upon, wield as a weapon, and set the captives free.

Hebrews 4:12 TPT

For we have the living Word of God, which is full of energy, like a two-mouthed sword. It will even penetrate to the very core of our being where soul and spirit, bone and marrow meet! It interprets and reveals the true thoughts and secret motives of our hearts.

NOTES

NOTES

CONNECT

JENNY DONNELLY



/JENNYDONNELLYSPAGE



@JENNYLDONNELLY

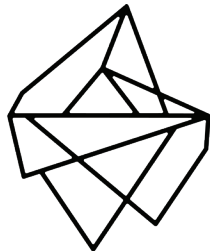
HER VOICE MOVEMENT



/HERVOICEMVMT



@HERVOICEMVMT

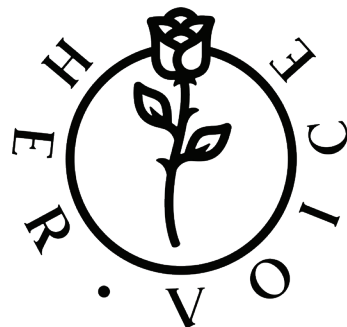


T E T E L E S T A I

JOHN1930.COM

18+ FREE COURSES
6+ MASTERCLASSES
CONFERENCES &
RESOURCES

OUR MISSION:
ENCOUNTER. EQUIP. SEND.



HERVOICEMVMT.COM

FIND A
FREEDOM RALLY
IN A CITY
NEAR YOU

OUR MISSION:
LET FREEDOM RING!

D Y I N G T O

S E L F T O

E X P E R

I E N C E

T R U E

L I F E