



The Warrior Class for Graham Cooke

# Training Journal

*For the Equipping & Development of Kingdom Warriors*

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## The Qualities of Our Heroes

*Allison Bowen ~ Director of The Warrior Class*

In the opening chapter of Qualities of a Spiritual Warrior, Graham talks about our heroes: from revolutionary warriors to the greatest heroes of the Bible - strong champions & visionaries.

My heroes all seemed to have been writers (except for Joe Montana - but I've forgiven him that). I'd give almost anything to join Lewis & Clark on their expedition and be given my own little book to record the trip.

I would have loved to have been a part of the 20th Maine with Capt. Chamberlain and have been recorded in his accounts of the Civil War.

And what about the heroes of the Bible? Men & women on the greatest journey of all...

But now **we** are the soldiers & explorers: The Warrior Class. This is our journal. We write in it, read it & share it. It will help us find our way, train us & encourage during the battle.

Seems history is still being written.

*~ Welcome to a New Adventure ~*

*Based on the journals of soldiers and adventurers,  
this is a tool, a guide and inspiration  
for your journey with The Warrior Class.*

*Question: How is preparation for  
a wilderness experience different than  
for a season of Promised Lands?*

**Its a paradox.**

The mountain and the valley are both the same, because God is in both. The Wilderness and Canaan are both the same, because God is in both. Hiddenness and Manifestation likewise.

Presence has no geography attached to it. Israel was in the wilderness wanting only the promised land, therefore could not enjoy where they were. Wherever we are, we are in Christ.

He is our inheritance. He is our locale. When we attach Presence to a locality other than our own spirit, we cease to experience fullness, and we are pulled out of our inner space.

*Graham*

*I know it is important to have personal intercessors for prayer covering on our own journey. But what if I don't know any?*

You're right ~ it's important to layer our prayer protection. We are "warriors training on the field of intercession" for Graham. But we need our own coverage as well.

Years ago, when I first started ministering in prisons, having personal intercessors was one of the requirements. We had just joined a new church, I didn't know anyone and it was a time in our lives where we were starting over with almost every relationship. So I began to ask God to send me intercessors. I figured, He knew I needed both intercessors & friends. It's a request God loves to answer!

He had pointed out one lady in our church, who I did not know well at all. She had a joyful attitude and kind manner. As I ventured a conversation, I found out she was new too. I felt that familiar nudge from the Spirit, so I went for it. I asked if she would pray for me on the days I went to prison. Her face lit up! Later, she said didn't know where she fit in her new surroundings and had asked God to show her. My request was *her* answer to prayer!

It was a little upside down from what I thought having an intercessor would be. I thought it should be someone I knew well - and that's usually true. But God loves to mix it up. Keep an open heart to who He brings to you.

*Allison*

For your intercessors:

Give them a copy of "The Decisions That Define Us." Let them know which Decision God is currently talking to you about.

Let them know when you are praying for a regional assignment. Always ask for upgrades in wisdom and revelation.

If you are attending a conference with Graham, be sure they know you're going & to pray for you!

### Questions Before the Road Trip...

Prior to a journey, most of us have questions. What will the weather be like?

Do I need comfortable walking shoes or dress shoes... or both?

Where are the good restaurants? Will I need to rent a car?

We are about to explore Level 1 - The Qualities of a Spiritual Warrior.

**What questions could support and accelerate your process?**

*(And while you can ask "Are we there yet?" Be prepared... no one will answer. ☺)*

Review the Qualities of a Spiritual Warrior in Graham's book & for TWC.

**What qualities do you feel are your strongest? Why?**

How did they develop as a strength in your life?

What do you want upgraded in these even more?

**Which qualities do you feel are the weakest at this time?**

What are the challenges or threats to growing stronger in these?

What is the opposite of each of these for you to become instead?

**What opportunities do you have to develop those qualities?**

What places/circumstances currently exist in your life to practice these?

Do you need to find new or different opportunities...

or be more intentional about pursuing the ones you have?

**Who do you want to become by the end of Level 1? What will you look like?**

**Write a character description of yourself with these upgraded qualities.**





***"We have decided that Rest is our greatest weapon."***

If I didn't know how to live in rest, I imagine that my current physical circumstances would have defeated me. *Living in rest means that I can get the most out of any situation.* You overcome from a place of rest. You are overcome when you are not in a place of rest because you're always battling to get something back. Instead we need to recognize that we're already there. You're in Christ. It's time to look around that place and discover the rest that's yours.

Often we ask, "How can I be restful in what I'm doing?" It's the wrong question. Rest can't be found in the physical domain that you are in. It comes from a whole different domain. The closest you can get to it in the natural is to take a break, have a day off, go on sabbatical or vacation. But if you live from another domain, then your rest can flow through into everything that you're doing.

For me, *I make a conscious choice to flow through my day in rest.* I think about my day. I know what the high and the low points are in my day and I'm actually planning my rest through the day so I flow with the day instead of going against it. My rest of mind and rest of heart are the most important things in my day. I'm not going to let anything disturb that. If you don't have any concept of rest, situations are going to pop up in the day that are going to push against you. Then you find yourself reacting and taking another hit.

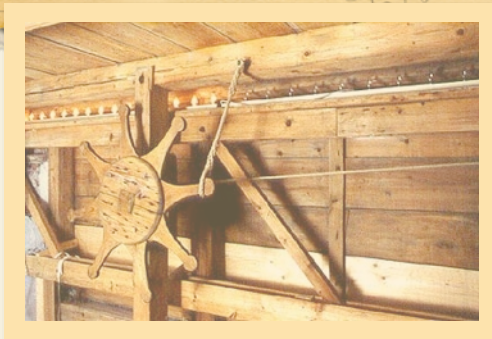
***But when you learn how to live in rest, you can smother that thing before it gets to you.  
Your rest always goes out in advance of you. In your rest, you can see what is coming.***

I had a really fascinating conversation once with a famous tennis player at Wimbledon. I asked "When you're facing those guys and they hit a first serve over the net at over 100 miles an hour, how do you see the ball?" He said, "You have to practice seeing that ball and let your heart rate slow down so that as you move at a slow pace on the inside. You see everything at you coming at the same rate of speed. The tennis ball comes over the net like a football. Your physicality is tuned to your inner person so it can catch the ball at the right angle and at the right moment so that you can return the ball and even score a point. You respond to the ball instead of react." I sat there and thought, "He's just preached to me". We talked for four or five minutes. I went home and processed that for two months.



***Your inner place of rest slows everything down.***

It slows your heart down so you feel at peace. It makes it really difficult to get impacted with worry that tries to fly at you. Your restful self is already thinking about things from a place of peace and a place of joy. It's an inner discipline. There is a place of rest and it is in you right now. What you're learning is how to live from that place. You can't make it happen, you just have to allow it to be.



Rest is about first learning how to say "no" to anything that moves against your peace. "No, I'm not having that." "No, I'm not thinking that." "I want a better thought than that."

Secondly, it's about rejoicing and thanksgiving. For me, there's a constant turning of my heart all through the day, just saying thank you. "Thank you Lord that I get to be here." "Thank you that You're here." And when I know that challenges are coming up during the day, I pray ahead of time, "Lord, thank you for this opportunity. Thank you that You're going to be with me. It's going to be really exciting to see what You do."

On the days when it's just a routine, rest stops a routine from becoming a chore. You can enjoy your routines. Personally, I don't like doing mail. I'd rather sit and write a book or have a conversation with God. How can I do my mail with the Lord so I can enjoy it? I do mail on a certain day and on that day, I set my heart to enjoy doing mail. The funny thing is, He almost always puts a letter in there from someone who's having a difficult time or needs help. And I get to ask the Lord, "If You were having a conversation with this person, what would You say?"

It's also helpful to realize that there's no such thing as stress. It doesn't exist. You can't say, "My job is causing me stress" or "My job is really stressful". It's not. Jobs don't have the capacity to cause you stress. What causes you stress is the way that *you* think about it.

**If you live from a place of rest, your stressors cease to exist.**

There's a power coming out of you that provokes rest. I know that I can walk into the room and change the atmosphere of the room just by being there. I can diffuse most situations. I'm a bomb disposal expert! I expect that my rest can cover everyone in a room. Scripture says that if you can control your own spirit, you can control a city. There's a power in you greater than you can imagine and rest is a key to unlocking that.

Rest is a joyful discipline and it's a pleasure to learn it. God wants you to learn it because if you do, all kinds of things begin to open up to you that you just don't get into when you're harassed. A harassed state eats up your time, your energy and your capacity. A restful person can accomplish much, much more in a day. I can do more by waiting on God than people who are always rushing and doing.

Rest gives you this incredible capacity to enjoy where you are, to enjoy who you are and to actually accomplish more while physically being less tired.

Rest is a great place to live from.

Graham





# Battlefield Communication - Crafted Prayer *Allison Bown* PAGE 5

Significant upgrades in our crafted prayers are on offer as we pursue powerful and targeted intercession.

## Sorting Your Own Prophetic Intel for assignments

1. Spend time in worship and/or meditation before sorting what you're sensing. Restful, joyful people hear & see better.
2. Look for common themes that appear more than once.
3. Pay attention to things that jump out. Stop and spend time with that. Ask the Spirit questions.
4. Don't be surprised if God makes connections while you are worshipping, praying or reading something else. Keep a note pad handy, jot it down and continue on.
5. **Use the processing questions** before sending intel in. Ask your regional leader if you don't have a copy of these.

## Battlefield Communication Prayers for Assignments

**1. Dynamic Battlefield Crafted Prayers are six to eight lightning strike lines.** "Long enough to be powerful, short enough to memorize" ~ Graham.

This is our biggest upgrade right now. **Write as if you were paying for every word in a telegram.**

As I embrace this challenge, there is grace and revelation about the power of a single word. An on-going process for sure - but one we are pursuing with passion.

### **2. Coverage for Graham & Theresa**

Graham and Theresa's protection, health and strength need to be in *every* prayer we craft. **We are their prayer shield.**

### **3. Praise needs to be a specific.**

Praise is great and we adore the Lord, but if there is a statement of praise, it needs to be for a specific purpose.

"*You are good and awesome God*" is true but does not hit a specific target.

"*Thank you that Your goodness shatters measured mindsets and opens limitless possibilities.*"

The second statement targets *how* and *why* this is a revelation He wants this group to have.

### **3. Pray with your team if you can and take notes**

On a conference call or in person - these times of prayer can help build a CP.

### **4. If you are working with the intel from your region, it doesn't all have to go into the CP.** (Lord knows... I've tried!)

One sentence can capture the idea. Here's an original intel example:

*"Imparting courage to step past old mindsets (depicted in the passage as cloud, smoke, thunder, and lightning—a storm) and into the truth (intimacy with God—the center of the storm)... The people remained at a distance, while Moses approached the thick darkness where God was... Israel saw signs and wonders of God. They saw His power, but were afraid to step into a new level of face to face intimacy with Him. Exodus 20: 18-21"*

CP line:

"We proclaim... courage for face to face intimacy with You."

### **5. Use the words "We declare", "We proclaim" & "We thank you" more than asking.**

We believe the Father is saying 'yes'.

### **6. Always speak the positive and the displacement.**

Instead of "We ask that You will show people their religious mindsets", we would say "We proclaim a brilliant reality of who You are that brings freedom and joy."

### **7. Write for our members praying this prayer.**

The **primary purpose** is for our members to pray this prayer. The church group can change it into 1st person if they wish to do so.

*(The March Conference CP is the one exception since we are all connected to it, even if we aren't attending in person.)*

**We will be exploring our intel and crafted prayer upgrades in the coming months.**

**Let us know what you're discovering as you practice.**



With two teenage girls, I prepare with a lifestyle of trying to ensure that they always know they come before ministry but not before God.

If I am busy with ministry before and during a conference, I plan in times to focus on my girls in the days before and following a conference.

I also have wonderful friends who help to cover our family in prayer during this time as I have found my *two areas of vulnerability at a conference are my health and my family*

My time is one of making time to just sit and be in God's presence, allowing everything to just stop and to just sit in God's presence and to be still.

This is something that I am now doing more regularly regardless of whether I am preparing for an event or not, and I have learnt to do this through the various activations that I have done

One thing I do, that was taught to me by Graham is...always come expectantly.

Journal at least three things that come to you while seeking God, that you expect to hear from Him on during this time.

Amazing how it works!

I usually go over all that I've learned and have been learning over the course of the year.

Then I ask the question, "Are we expanding on this or adding something new?" Then I listen and wait in joyful expectation.

I speak with Holy Spirit often with the conference in mind and always in my heart, listening to what He would deposit into me for what lies ahead.

When He brings to my mind, Graham, Theresa, any person or aspect, of the conference, such as warriors attending, staff, mechanics, etc. I pray as He leads me. I speak into those circumstances to see His glory manifested. I anticipate the opening up of deeper revelation WITH understanding, on what He has spoken to my heart in the previous year.

I watch for it. I listen for it. I anticipate it. I am never disappointed.

The "new" things that He wishes to speak to me via Graham at the conference, I take into my heart, as I sit and listen. Very often, my mind can't keep up, it doesn't process that quickly. I don't stress at that, but KNOW, that He is making heart deposits, as I yield to Him.

I ask the Spirit to examine my heart so that I am clear and perceptive.

I ask any unrecognized barriers to fall to His Light of Truth.

And while traveling, I only listen to worship music or prophetic soaking to feed my spirit and prime my heart with expectancy.

Plan for space in my trip so I can receive in rest.

Review my identity statement and prepare myself to *be*. Worship. Plow up the ground so the soil of my heart can receive.

Orient myself in a position of hunger, eager expectation and intentionality.

Connect with others at the conference – both in conversation and corporate worship – so I can benefit from their intimacy with God and they from mine. They are unique people, and appreciating them is a unique opportunity!

I recently asked, "How do you prepare for a Graham conference?" You demonstrated the intentionality of true Warriors with your wonderful responses. But as I read your contributions, I had a significant revelation about my own preparation: I no longer "prepare" in the ways that I used to because **90% of what I used to do is now part of my every day life.** And I'm not the only one. This is just one of our members to comment on this:

*"As being part of the Warrior team, constant preparation is becoming a lifestyle – meditating, listening, and worship. Time with the Lord is becoming more and more intimate. Holy Spirit is constant speaking so I listen, journal, share new insights with a leader or make it personal."*

I used to describe my preparation for a Graham conference like training for a marathon, running shorter distances to build for the "big race". But many of us are looking more like Secretariat - the astounding champion who didn't train like other horses between races. **He lived to run.** He *loved* exercise and speed. In his final Triple Crown event, where he should have been the most drained, he annihilated his competition with a margin of victory that has never been equaled.

You had great tools to use specifically at conference time. **Yet much of what you mentioned is becoming our lifestyle:** worship, examining our hearts, reviewing our journey and asking Him about our process. We are moving from event-based thinking to a life of process. Our training is not a "special event", it is how our lives flows.

**Re-read your preparations and the ones sent in by others.**

**How many of these are you doing on a regular basis?  
Probably more than you realize!**

**How many are on offer every day?  
More than we thought.**

I "run" every day now. I have a very full schedule, but I've learned and am learning to start every day fresh. Each morning begins very early with time to rejoice over the hours ahead, soak in being loved and listening. Prayer is for personal conversation, not about the ministry. I have other times for that. This used to be "extended time" I needed prior to events. Now, it's life.

I used to put extra effort into eliminating stressors prior to conference (also known as trying to control circumstances - so silly). **Peace is now a ground I guard fiercely every day,** regardless of what is happening around me. When I read your emails or listen to you on conference calls, I hear how much you value a peace-filled life as well.

I'm continually renewed as I work on The Warrior Class because **it's an on-going conversation with God and friends.** I finish the time grateful for what He's unfolding, not glad it's over. And on the days that have challenged and stretched me, it's a different kind of thanksgiving for being so loved even if I'm not quite getting it. It's a far cry from the girl who was easily frazzled, traded excellence for convenience and feared failure beyond description.

I am a living testimony of grace, a divine dance with the Prince of Peace and the power of Christ in me, the glorious hope in who I am and am becoming.

Some days, "running" is reading a book, taking a walk or watching an old movie. It's just as Graham so brilliantly wrote in this issue ~ Rest is not dependent on lack of pressure or activity. I'm discovering God in every landscape.

"Running" is flowing through the day God has for you, whatever it holds. We are learning together how to become champions that run with speed, endurance and joy. **We're preparing every day** for what's ahead. We're learning to abide.

Hey - We're more brilliant than we've realized!



## Overcoming Giants

Graham has taught us that intimidation is one of the enemy's cheap weapons. This activation provides you with stones for your slingshot when facing the Goliaths in life.

**Record your experience for a future Warrior Class discussions.**

### 1. What is it about the next 6-12 months that seems challenging or intimidating?

List areas of challenge & your question.

e.g. "Finances: Will there be enough?"

"Warfare: What's coming & am I equipped for this?"

### 2. Now, be still and intentionally remember your life 6-12 months ago.

Get out your calendar, appointment book or journal. Look at a few photos if you have them.

What were you doing?

Spend time thinking about those past months and **who God has been to you in that time.**

### 3. Think deeply about your recent season:

~ Who has God become to you in these past months?

*Make a list of the aspects of God's nature that have moved from something you simply believed to what you confidently know.*

~ Make a list of all the ways God has provided for you in resources and favor during this time.

~ How are you different today than last year? (If you're very brave, ask your friends!)

Complete at least five of these statements:

"Instead of being \_\_\_\_\_, I am much more \_\_\_\_\_".

### 4. Spend time meditating on all God has been to you & done for you.

~ Write a psalm of specific thanks that includes naming these areas of discovery and overcoming.

Pray it aloud for several days.

Keep a copy in your pocket.

Pull it out and read it many times.

### 5. Be still and enjoy His presence. Read your thanksgiving psalm. Now, stand in your present and look towards your future.

Of all God has provided in the last 6-12 months which ones can be applied to your future?

Revisit the issues that challenged you.

How do they look now? Record your thoughts.

What do you see now that you may not have seen before? Be specific.

**Have your circumstances actually changed - or - Did the way you see your circumstances change?**

### 6. Imagine yourself 6-12 months from now with this provision and growth in its fullness.

What will you be like? What will you be doing?

How will you be responding to life around you?

Keep a journal so you can look back in a few months and marvel!



*We would love to hear your feedback, questions, ideas and contributions for possible inclusion in The Warrior Class Training Journal.*

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