



The Warrior Class for Graham Cooke

Training Journal

For the Equipping & Development of Kingdom Warriors

VOLUME 2
2ND QUARTER 2012

I have often wondered what it was like to gather around David's campfire and listen to the stories of the Mighty Men. At times, I can almost hear the crackle of the fire, as they recount the miracles and tease each other about their antics. "Hey Benaiah! See any pits to jump into today? No lions? Sorry dude. Maybe tomorrow."

How many campfires over the years?
How many stories?

And after a decade on the run, barely getting by, when David returned to Ziklag to find it burned and their families taken - did he remember the stories? When they all had cried until they could cry no more and his Mighty Men wanted to stone him - was it the countless memories of God's faithfulness that he used to strengthen himself in *his* God - his intimate Friend?

The ability to encourage ourselves in the Lord is an essential quality of a Warrior and will impact every level of our training.

All of us will have to fight to break into each new level & we will have to be strong enough in the Lord to establish each gain. On days we are without visible support, we'll need to encourage ourselves in the God we *know*.

Enjoy beholding His faithfulness, majesty and wisdom in this journal. It will not only be our own history with the Lord that encourages us, but the stories of our Warrior Friends, whom we have the privilege of sharing the journey with.

~ Allison

Encouraging Yourself in the Lord

"But David encouraged and strengthened himself in the Lord *his* God." 1 Sam. 30:6

How have you endured so long in prophetic ministry?

The first thing my mentors taught me was not about the prophetic. **They taught me how to live with God from the inside out.** One of them taught me that if you want longevity in the ministry, you have to spend 80 percent of your anointing on God, in intimacy, in worship, in waiting on Him and in meditation.

I meet a lot of new people on the prophetic scene and I honestly believe that most of them won't last the distance because they they have no place of inner peace or rest.

Many of them are incredibly busy. They're marked for ministry, but in the end, they are more about doing than being. There's little patience in them. All their prophetic stuff is about quick, quick, quick.

A spirit of rest has left me excited about the fight after almost 40 years. It's a good fight and it's one that we're going to win.

~ Graham



Changing Your "Default Setting"

In some challenging times, I realized that NOW was the best time to APPLY all I had been learning in TWC! When I came to a particularly difficult time that challenged me to my core, I remembered Graham saying that his lowest default setting is that of a "much beloved son". When I first heard him say that I thought, "My default setting is much lower than that!".

Right then, I made a decision to change my default setting to that of a "Much beloved daughter".

Because of this previous decision, on this challenging day I remembered my "default setting" and put on Becoming the Beloved soaking CD to refresh this identity from God's heart to me. I read out loud in declaration my identity statement. I spent the day in worship proclaiming God's goodness.

By that evening I was back in the place of being the beloved. The enemy completely lost and I was totally UPGRADED!! I experienced that wonderful moment Graham talks about when the enemy giant that you faced now becomes smaller than you and you use him as a footstool to step onto the next level!! I LOVE dancing on the enemy's head!

- Kathy Brown TWC Gold Team Captain

*"It's great to run
with all of The
Warrior class:*

*No role too small,
No hill too high,
No favour too
few"*

*~ Kern Pegg
Warrior Eagles Team*

Encouragement in the "Oops"

In our walk with the One, we are being fashioned to look, act and think like Him. We will not be made perfect until He takes us up. So, what do we do in the meantime with our failures, short comings & mess ups?

*For one, God doesn't see them. They're covered in Jesus. Whew - I'm encouraged already! But while I am in transition? The Lord is more than able to use everything - **yes, everything**- for His glory. He loves our mess ups. How many mess ups are too many? The Lord says, "Bring them on!".*

*In my own strength, I err; but as God and Graham have said,
"Count it **ALL joy!**" That's my strength!*

So what's to be joyful about oops-es? Because we are learning to reach, stretch, expand, transition and elevate our thinking. Papa loves that we say, "YES". We are willing, that's our job.

Graham has said, "Practice until it becomes you!" There is joy in the practice.

*When what we think is supposed to happen falls apart and does not reach our expectations, we ask the Holy Spirit to let the **joy** of the Lord bubble up and spill over. From this high point, we can say "Yes" a 1,000 times. "Yes" while singing His praises.*

*We are not playing it safe. We are thinking big, running for it and leaping - all the while knowing He is able to catch us. We are safe. Oh for the **joy** set before us. Let the laughter begin, in Jesus' name. Yahoo!*

Charlotte Allen
Warrior Eagle Team Leader



When we come to God, we do not come broken or in pain. We were made to come strong, with great stamina and with fresh anointing. It is a time to faithfully come before the Lord, no matter what your circumstances. Come with the faith that God has for you. "Faith" is my new acrostic. It means: "Faithful And Intentional To Heal." No matter if your weakness is physical or if life is a bit on top of you. Nothing is impossible for God.

The best is yet to come.

It is a delight to come before the Lord every morning and declare that He is faithful and intentional to heal. He wills that we finish strong and powerfully. We can do more in the next 15-20 years than we've done in all of our lives in His spirit of acceleration. The best is yet to come.

I believe in the "yes" in the Father's heart for all of us. Whatever is in our hearts, His answer is "yes". These are the years of full permission and freedom. The Lord has banished any fear, anxiety or worry because He simply won't have it in our lives. It's not allowed. Joy and trust displace it as we see the Lord's heart and we are filled with His Spirit in a new way.

We're being restored to who we've always been in the eyes of God.

These are days of adventure, where anything can happen. We are strong. We are powerful. We are fighters. We have no fear or worry. That's not us. We are a Warrior Class - part of a race of people never seen in the earth before.

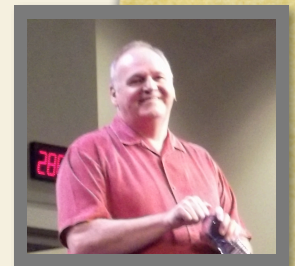
There have been two races of people on this planet: one race before Jesus and another race after Jesus. The race of people before Jesus could have the Holy Spirit come upon them in visitation, but He couldn't live inside them. So He came on people and He lifted off people. They were people of visitation.

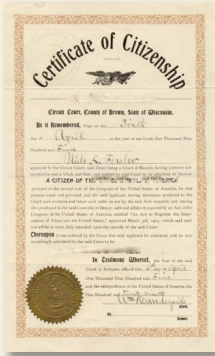
You are *not* that people. You are an entirely new creation. You are the post-Jesus creation never seen before on the earth. A race who is a habitation of God because He lives on the inside of you. That's why we don't believe in revival in the sense of a visitation. We are partnering with God for a habitation.

**It's not required that we understand it fully.
It is required that we believe it whole-heartedly.**

You are women and men of a different spirit. There's an anointing rising up in you that cannot be denied. God is saying "I am with you. I am with you. I am with you."

**So whatever you want to do, He is with you.
But when you ask? Ask big.**





*"There
are
gifts
in our
lives to
be
opened.*

*Ask
Him*

*- then
open
them!"*

*Graham
Cooke*

When you get into situations and you wonder if God wants to do something - *stop wondering*. The answer is "yes". This is what it means to be in Christ. Jesus only did what the Father was doing. He only said what the Father was saying.

**In every situation you enter, you go in with something
of heaven with you because you're a citizen of heaven.**

We never have to wonder what to do. We step into a place and ask, "Lord, what are You doing? I want to do that." That's all we have to do. That's all I do. I see what He wants to do and I do it. I say what He wants me to say. It's not any more complicated than that. That's the glory, wonder and simplicity of it!

That stance creates the boldness and confidence in Christ that we were made for. We were made to have assurance, not require it. We are strong and powerful, sons and daughters of the Most High. Nothing is impossible.

That is what we are producing in The Warrior Class: a radical company of people who will not take 'no' for an answer. An army of ordinary people who are discovering that they are extraordinary because the Spirit of God is in them.

He is bringing us to a new stage, a new place of permission. He says, "Yes and Amen." There is no place for tiredness, weariness or sickness in your body. God makes all things new. You are a new creation. He cheerfully gives to us everything we need to be successful.

We have permission to dream, to pursue, to stand up. Whatever your eyes see to do, your hand can follow through on. As Warriors, whatever your hand finds to do, *do it with all your might*. You have permission to prosper, to break through.

Therefore, the onus is back on us to ask more brilliantly and partner with God in a new way. We're doing it together as a community because there's greater power in the cluster. We're a "yes and amen" group.

**Practice in your own life.
Go after things that have been coming after you.
You'll see them fall.**

You know what this means, beloved? No excuses. You *can* do all things through Christ who will strengthen you. Rise up Warriors to the level of permission and provision over your lives. No longer live with meager possibilities. That's a poverty spirit. A poverty spirit says, "I can't ...", "I don't know..." or "I'm not sure...". That's not for you.

We are a people group who practice on each other so that when we go out into the world, we become irresistible. We have a fresh anointing to pursue the dream of God over our lives. The best is yet to come.

Live refreshed. Live restored. Live renewed. Live encouraged... *Graham*



Encouraging Yourself in the Lord is something Warriors get to practice on a daily basis. Several of you shared concise, practical tactics to implement the power of encouragement. It's like having an armory to open up and select a weapon to disempower your disappointments:

Reminder phrases - I have 2 small notebooks in different locations that I write phrases in that take me into a good place: 'bungee cord', 'provision for every problem', 'soup or melon?'

Make room for times to receive using love music about Papa, reflection & silence.

Before my feet hit the floor, I **start the day with worship music.**

Tuning into **personal crafted prayers/declarations.**

Listening to Graham CDs in the car.

Humor - reading old completed 'Mad Libs', reading devotional books by humorous authors, batting around a couple of balloons.

Mountain and Wave Therapy - we have a teeny tiny place 3 hours' drive away in the mountains - PEACE! Real waves on the beach flood me with His love and rest.

Playing Angry Birds with my grandson.....it's fun!



Leslie Balfour

Recognizing I'm needing encouragement is often the biggest hurdle! It's hilarious how many selfish excuses I can come up with to avoid admitting I'm needing it. Thankfully Papa just lovingly stands by, with arms open (maybe more often than not, waving them madly in my direction), and waits.

Re-read my Identity Statements: I have strategically placed copies of my identity statement both at home, at work and in the front of my prayer journal.

Praise Music on LOUD: It usually doesn't take too many songs to get myself back to a place where I can remember who God is for me.

Get outside and face the WIND: I love the wind. It has a voice and presence of its own that reminds me very much of the Holy Spirit. On a tough day, I take a walk if it's windy, face into the wind and close my eyes.

Bless a Stranger: I often find that on days where I feel I'm lacking, I am greatly encouraged by finding someone I don't know, and secretly blessing them. I never go away from those situations feeling blue.



Kern Pegg

I turn my affections towards the Lord and **affirm, "I trust You!"**

Ask the Lord to encourage me, **then listen.**

Read and proclaim my identity statement and words spoken over me.

Declare, "I am, I have, I can and I will!"

Write and proclaim the "instead" of what the enemy is trying to make me believe.

Soak with one of Graham's soaking CDs or a random track from them.

Listen to a favorite teaching. It renews my thinking.

Celebrate God's goodness in rejoicing worship.

Read Psalm 18 or 37

Do the above until I get breakthrough and never give up!



Carol Goble



Filling Your Bucket ~ by Rita Reidenauer TWC Council

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I have recently acquired a priceless tool to encourage myself in the Lord from my five year old granddaughter. It is a powerful tool which I use daily, to displace my old/dead self with my new/true self, as I am perceived in heaven. It is a mind-shifting, life-giving, yet VERY simple tool.

What is it? An invisible bucket!!!

I was brushing the hair of my five year old granddaughter Dillon, when I commented to her on how beautiful her hair was getting. She turned to me with the biggest smile on her face, excitement oozing out of every part of her being as she gave me a tight hug, saying, "Oh Riri! **You have filled my bucket!!**" I had filled her bucket?? I had no idea what that meant.

I asked my daughter-in-law to explain and she graciously did. She and Dillon had read a child's book entitled, "Have you Filled a Bucket Today?" by Carol McCloud. It is the story of how everyone in the world has an invisible bucket that they carry around with them. When you express kindness, goodness and love to someone, you fill their invisible buckets with happiness & encouragement.

My granddaughter had once again triggered a Holy Spirit pondering within me.

The filling-of-the-bucket started me "thinking deeply". For days after that experience I kept seeing her excitement at every compliment or encouraging word someone spoke to her. I could see her bucket getting filled with Love and Truth.

When I had time to meditate with Him, I start out by asking, "What is it Lord that You want me to learn here?" I knew it was Holy Spirit Who kept bringing the bucket to my mind.

I sat with Him quietly and worshipped. I read Scriptures (John 10:10 came to mind). I thought on that Scripture and how it related to the filling of the bucket. I continued to ask Him for wisdom and waited to be taught by Holy Spirit.

And then one day, while doing my household chores and recalling how I filled Dillon's bucket, I had a "light bulb" moment of spiritual understanding!

He made it clear that the invisible bucket is the mind and emotions. What I allow in the bucket will either weigh

me down or build me up, bringing Life and Truth to be who I truly am in Christ in order to fulfill my destiny in Him.

Holy Spirit awakened a clear understanding of the power of words spoken to others or to myself. And not just the spoken words, but the *thoughts* I have towards myself or others.

Whenever *anyone* releases Love, Kindness, Goodness and Truth into my bucket, that produces life.

When negatives are spoken either by someone else or to my own self, **I am to immediately "flip" those words** so the opposite spirit is put into my bucket.

Negatives are never allowed into the invisible bucket. I'm not just mindful of my own invisible bucket now, but the one that others have. I want to fill their buckets too with the goodness of the Lord, with Truth that will enable them to have life more abundantly!

According to James, learning to control this little tongue is the first step into maturity. So take a lesson into maturity from a children's book and be careful what you put in your invisible buckets and the buckets of others!

What does YOUR Bucket look like?

The next time you are talking with a "difficult" person, remember their "invisible bucket" and speak words of encouragement and kindness to them. Look for the effect it has on them. How does that make you feel?

*Have you allowed your own bucket to only be filled with words of life given by both yourself and others?
(Don't forget to flip as needed!)*

Look inside of your bucket, what words or thoughts about yourself can you flip and put back into your bucket?

As you pray, ask the Lord for His words for you to put in your bucket.

It may be a good idea to have a real plastic bucket and with each "life" word given to you, start writing them on a piece of paper and put it in your "bucket". Take them out and read them out loud when needed!

...I begin to **declare what I know is true** regardless of the situation. And if one thing is all I can remember, that is enough for the moment, **because as I declare it over and over, I remember other things that are also true.**

One truth leads to another and another. Pretty soon, I begin to see light at the end of the tunnel. Peace always comes with truth.
Elise Sampson

For me it begins in my heart and knowing I am accepted in the Beloved. I will just begin with "thank you Father", then whatever comes to my mind.

A **"thank you"** connects my heart with His and I am encouraged.

It's my password to encouragement.

Psalm 100:4 (Message) says it well...Enter with the password: "thank you". The Lord is my encouragement and my strength!

Madeline Rooney

I take time to remember how I am seen by the Father and how much I am loved, by being thankful and grateful for all that He has done for me through His Son and in the person I am becoming.

By the promises He has given me that are precious and I hold very dear to my heart. This keeps me focused on the Lord.

Am I saying I get it right all the time? No, but I do get practice to get it right!

Got to love the journey!
Anna Barber

My focus for the most part is on an attribute of God based mostly on the Fruit of the Spirit. I try to stay on just one and allow my thoughts to pursue that into a place of becoming aware of His awesomeness in that attribute. ~ Mark Barber

*I find that reading and declaring my prophetic words out loud is very encouraging. It will still the accusations of the enemy and cause my heart to rest in Him who is able to keep me from falling.
- Pam Ferguson*

Now days (as opposed to the old days when I would try to psych myself into some sort of spiritual feeling space), I step back and remind myself of Father's love for me, His finished work in Jesus and that nothing, absolutely nothing can separate me from His embrace and His love.

It is a stepping into a restful state, a natural state, something that feels homely and comfortable. It's quite unlike my old efforts to reassure myself that I was doing or thinking or being what He wanted me to be.

When I am able to step back into that position of rest, knowing what the true state of affairs is, then I am able to think more clearly, get my priorities right, stem anxiety and just be prepared to let Father have His way, in His time.

I am continually reminded of God's intentionality for me and His plans for me, which totally encourages me to push through any circumstance that arises.

In the last week, He has put a firm and settled peace in me, unlike anything I have had before! My job is easier. Dealing with difficult people is MUCH easier. It is supernatural! I can feel the increase of favor in everything I put my hand to!

I can't help but be encouraged by the One my heart desires - His touch, His whisper, His peace, His rest in the closeness. ~ Mary Miller

I strengthen myself in the Lord mostly by singing a worship song in my head quietly.

Then I start reminding myself of some of the great things Graham has passed on to us, like what Ed P. posted on Facebook about there not being any frustration in heaven. Worry and anxiety cannot coexist in the same space as peace. One of them has to go and I get to choose which one. Rest IS a weapon!

I just keep going through a conversation like that as long as needed to regain/maintain a restful position of peace.

It's like a day-spa for my mental health.

Relaxing! Refreshing! WONDERFUL!!! - Kristy Lindvall

Thinking Deeply About Meditation ~ by Kathy Johnson



Meditation is a tool of encouragement, an anchor for my soul, and a compass to re-calibrate. When circumstances are tossing me around in the boat, meditation keeps me steady. When I need to adjust my perceptions, I will often hear Graham saying "Your circumstances are not the problem. Your *perception* of your circumstances is the problem." How do I get from here to there? How is one's perception changed?

The use of critical questions helps me re-calibrate. When my perception is, "Can't you see - I'm about to die here?", questions help me take the time to think all the way through the circumstance. "Who is God to me in this?" "What is the promise at hand?" "Who am I becoming through these circumstances?" Questions are inherent in meditation.

**Deep thinking is both caught and taught.
Deep thinkers beget deep thinkers.
It is contagious!**

Honestly, that is what draws so many of us to Graham Cooke. He is a deep thinker; one who demonstrates the fruit of a meditative lifestyle. He uses his thought life carefully, inspiring us to do the same. Those who listen to him either 'catch' revelatory thinking or are stimulated to learn to think differently. He inspires us to "Get a new thought!" and "Get over our bad selves!"

Meditation provokes different parts of my brain. It disables negativity and empowers love. Meditation creates an atmosphere where I'm physically stronger, mentally sounder, emotionally buoyant and spiritually wiser. I'm at control center and more alive! Meditation is a process of forming and gathering thoughts in obedience to Christ.

**To develop a good thought life, we need to engage in thinking a thought all the way through.
It's the way our brains were designed!**

Here are a few approaches for thinking deeply:

1. Focus on the passage, thought or concept. Pour over it. Chew on it. Meditate. Ponder.

- Pull out the spiritual principles.
- Engage in critical questions inherent in the thought or passage of scripture.
 - Become aware of your senses as you meditate. Are you experiencing love or fear? Why? Where?
 - What are the direct, obvious, initial and eventual results of this thought?
 - Pause and think again. Have you considered all the angles?
 - Where is this leading? Where is God in this? What is He saying? What has provoked this thought?
- Use your imagination, how does this change things?
- In order to complete the transaction, an action must result. What, if any, response will you need to make?

As you can see, meditation implies a focused awareness of your thoughts which is interactive, engaged and life-giving. Wisdom, knowledge and understanding will be the final result.

2. Writing out thoughts is a vital step in thinking deeply. *Writing creates an experience with the words and creates a memory that will build a healthy thought life.* I'm experimenting with different methods for recording my thoughts - such as mind-mapping, sketching, clustering or diagraming. Paraphrasing scripture and/or using your everyday language, provides a more personal interaction and perspective.

*The way
we
think
is
who we
are,
how we
act
and
how we
live.*

*"As
a man
thinks in
his heart,
so is he."
Proverbs
23:7*

Writing utilizes different parts of the brain to add clarity to what you are thinking. It exposes new angles and allows you to see both the non-conscious and conscious ideas in a visual way. Using creative methods of mapping helps you explore the nuances of your thoughts. Writing or mapping your thoughts helps you evaluate and elevate the way you are thinking and what you are thinking about.

3. Pray and talk to Holy Spirit. According to John 16:13, "*But when He, the Spirit of Truth (the truth-giving Spirit) comes, He will guide you into all the truth – the whole full truth.*" As we see here, Holy Spirit's assignment is to lead us into **all** Truth – the whole full truth. He invites us to join Him in the pursuit. It is not for the casual observer.

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As you can see, *meditation is a vehicle for upgrades*. It results in elevated perceptions of God, of yourself and of your view of your circumstances, creating an attitude for transformation. Big bonus here! Healthy thinking helps nurture and create a positive environment where intellect flourishes, followed quickly by mental and physical health! Yahoo! Do you need healing? Get another thought!

*"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." Philippians 4:8*

Inasmuch as these ingredients are necessary for deep thinking:

**Desire ultimately motivates meditation.**

He wants to talk. I want to know! Spending the time, learning the process enhances, enriches and fulfills me. Meditation brings with it the promise of great intrigue and surprising interaction as you look behind the obvious.

Meditation can be compared to solving a mystery. While a detective has learned or acquired skills, it's the desire for truth that excites curiosity for locating clues, following all possible leads, examining evidence, and discovering facts to uncover a satisfactory explanation or solution. *By reason of use*, one becomes a seasoned sleuth.

The prevalence of deep thinkers vs. casual listeners in TWC members is a compelling part of this radical group. Although not surprising, TWC seems to have attracted a breed of hungry seekers, not contented with being entertained or coddled. We are not satisfied with someone else's leftovers, or someone else's story, but desire to unwrap the Kingdom and explore our own story outside the box of pasteurized churchianity. In this pursuit, we seem willing to "get another thought" with which to navigate freedom in Christ.

**~ An Opportunity to Practice ~**

Use the steps below to spark deep thinking as you meditate on Proverbs 11:24-25.  
(These can be applied to any scripture you are being drawn to.)

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| <p>I. Read the scripture.</p> <p>II. Paraphrase the scripture in your own words.</p> <p>III. Mind map the scripture, clustering and/or grouping thoughts and concepts.</p> <p><b>Pose Questions:</b><br/>Why is God highlighting this scripture to me?<br/>What am I missing?</p> <p>What is He showing me about Himself?<br/>Pull out the <i>spiritual principles and values</i> reflected in these scriptures.</p> | <p><b>Personal inventory:</b><br/>How are these principles reflected in my life currently?</p> <p>How can I explore or apply these truths and principles in greater measure?</p> <p>What effect has this time of meditation had on the quality of my relationship with God?</p> <p>What greater understanding of God's ways have I seen?</p> |
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For me it is having a constant awareness of the presence of the Lord with me. It is a focus of mind and thought on the presence of the Lord. It is an awareness that the Lord is with me, as close as my breath is, and that communication and intimacy with Him is also that close.

- Ed Pelletier

I come into His presence with thanksgiving, remembering His goodness and all His blessings to me. In difficult circumstances, I honestly acknowledge my feelings about what's happening and ask Holy Spirit to give me His perspective. We dialogue and if I don't hear anything I go about my daily business knowing at some point I'll have an answer.

The practice of just being with Him is becoming more joyful as I'm able to trust Him to speak whenever and however He wants rather than seeking quick answers and solutions.

He always shows up in time!

~ Esther Brohner

Meditation is living in the encounter until you become an encounter to others.

~ Elaine Liston

I write one verse, leaving room after each phrase for God to "write between the lines". I repeat the verse over and over, allowing the words to go deep into me. I journal the thoughts and rejoice in the revelation.

After, I look at word meanings and parallel verses which add another depth to the verse. I may do this for several weeks, dwelling on one verse or passage, sometimes using different translations.

Marcia Reinhart

*A few years ago I had the joy of more time than usual to just give myself to spiritual things. One day I suddenly realized that I had been sitting in silence on the couch for a couple of hours, basking in His Presence and communing with Him. I felt a flush of guilt and shame at what suddenly felt like 'wasting time'. Muttering under my breath, I said "what am I DOING??"*

*Clearly, and with an incredible sense of His pleasure, I heard God in my spirit, "You're being still, and KNOWING."*

*Immediately I flashed to a picture of a couple married for decades and the fullness in that relationship. They sit in each other's presence for hours, not saying anything, yet perfectly content, giving and receiving volumes in the silence. I got it: The awe and wonder of "taste and see that the Lord is good." - Susan Morningstar*

I thought I knew meditation and from a technical standpoint I did. But now I know that my efforts were simply deep, introspective, worry sessions which were not very productive. I know I saw miracles and got answered prayer but I "wrung it from the towel" so to speak.

I have learned how to come before the King in delight and with knowing. I intentionally go to praise and worship. No more hand wringing! It has gotten so much easier. - Ted Mather

Meditation is part of how I rest in the Lord. I turn off the TV and phone so I can be absorbed in His presence. I ask the Lord to reveal a scripture to me and also for the wisdom to see and understand it better than I have before. Unlike last year where I was fighting rest, this year I relish it and find myself spending more time in meditation. I call it "Us" time.

- Lynne Powell

“For the sufferings of this present time are not worthy to be compared to the glory that is to be revealed to us!”  
Romans 8:18

Have you ever stared death in the face? For a moment? Perhaps for longer? Our daughter Sara & her husband Matt have lived in the valley of the shadow of death for seven years.

Their first daughter Elizabeth Joy was born with multiple conditions that kept her in a life-threatening place on a daily basis. Long hospital stays and a life of constant unpredictability with exhausting demands became “normal”. A year ago their fourth daughter Ava Gabrielle was born prematurely with hydrocephalus and Alexander’s disease, a condition which is always fatal in the first two years of life. Add to that the demands of Matt’s medical school and career and you have a life of intense circumstances that never go away.

As parents and grandparents, Suzie and I have lived this life with them once removed, but still very much engaged and present. The lessons of TWC have been a great help as we continue down the path that the Father’s Heart has assigned to us. Some Warrior truths we have encountered on this journey:

- **God is Absolutely Good.** Which means He is Good to me!
- **God is ALWAYS up to something Good!** Which means in every situation, I can rest, trust, celebrate, persevere in Joy!
- We are created for an **intimacy with God that is beyond imagining.** It must be personally & continually experienced & renewed.
- Trials are actually more effective than blessings, for helping us to press through the veil between the natural and spiritual world. They cause us to reach out beyond ourselves for help. They press us towards **Relationship.**

**How do we stay in the place of rest, when the demands are constant and overwhelming?  
It is through encouraging ourselves in the Lord.**

Through Scripture, Graham’s soaking CD’s, books, messages, meditation, praise, worship and rejoicing we are kept focused on Living Truth, and are able to remain in the place of restful Relationship because “*the Spirit gives Life. The flesh doesn’t help a bit.*”

**Unrelenting pressure has the ability to propel us into accelerated spiritual progress.  
Such pressure produces character that is unavailable by any other means.  
Daily choices become established character qualities.**

How thankful we are for Graham, The Warrior Class and the Truth that sets us free into the daily unfolding miracle of becoming the Beloved!



Ric and his granddaughters - with Ava tucked in his arm.

You can read Matt & Sara’s story at <http://msharms.blogspot.com/>.

Joshua was first told to "only be strong and very courageous" when he was one of the 12 spies in Numbers 13... 40 years before leading Israel into the Promised Land. As the time drew closer, Moses would remind him again privately and once more before all of Israel. On two occasions, God Himself would remind Josh, and eventually, even the people admonished him! It isn't until the 10th chapter of the book of Joshua, that *Joshua* is the one who turns to the people, exhorting them to "only be strong and very courageous". He was finally able to impart what he had taken years to become.

**"Courageous" is a process.**

God understands that authentic transformation takes time. We can't study our way into courage. We must encounter who God is for us when challenges arise. It's silly to expect a problem-free life because He knows the strengthening that those experiences produce. He loves us too much to let us ride someone else's anointing to the fight, only to find we aren't strong enough to hold the weapons needed.

**In The Warrior Class, we are on a journey  
from loving the concept of a Warrior to living a Warrior's life.**

Our toughest battles are not limited to Graham's assignments, but are waged in our daily circumstances. It is primarily in our homes, workplaces and with loved ones that we are cultivating our relationship with God and implementing our TWC training. That creates the authority we bring to our intercession.

Courage is not a goal, it's an outcome. It is the result of *knowing by experience* that God is with us wherever we go. Every challenge we encounter is designed to demonstrate the truth of God's unchanging nature until we are fully persuaded of His majesty. It is that atmosphere of majesty that brings the permissions and provisions of heaven to earth - in our lives, in Graham & Theresa's and in The Warrior Class.

It takes courage to become a true Warrior: Courage to say there's a gap between what I believe and what I am fully persuaded is Truth. Courage to take responsibility for our own relationship with God. We are boldly choosing a road less traveled when we pursue truly transformed lives and won't settle for just completing assignments. We demonstrate courage when we own our Kingdom identity and then bravely act accordingly.

Courage is at the core of the Holy Spirit's nature: "We can do this, because I can do this", He smiles. And even though the directions are simple: "only be strong and very courageous" - He rises up inside us to happily repeat them as often as needed.

This journal has been filled with our insights and encouraging stories, because:

**Encouragement breeds courage.**

In prophetically-inspired relationships, we impart courage by our sharing our journeys. As we celebrate each other's risks, learn from one another's revelations and rejoice in our overcoming moments, we gain confidence, viewing ourselves and our companions through His eyes.

**We see the future and remind each other: The best IS yet to come.**

## *Finding Your Courage*

Abraham Lincoln's life holds an inheritance for me. He has been key to my encounters of courage, character and humor under pressure.



What kind of courage do you see in Bible stories, history or family that are part of your Inheritance?

How were they courageous?

What is God's promise of courage for you through their lives?



Think of a situation in which you feel overwhelmed or fearful. Look through God's eyes as you imagine yourself being courageous in that same circumstance.

What would that look like? What's the difference from who you are today? What part of the nature of God do you need to see more clearly to become that?



Is there a time in your life when you *were* courageous? What provision did God give you then? It's still there! How could you apply it to your circumstances today?

