FINDING THE RIGHT PROBLEM

Do you have a life-problem that you can't seen to win over? Would you like Jesus to help you with it? He has a system that will use it to teach you powerful Biblical truths for all areas of your life.

By Mel D Westbrook MBTh

What life-problem is causing most of your other problems?

Truth For
"Finding The Right Problem"

Chapter One

A Major Problem

Identifying Your Main Problem

You are looking at the "Finding The Right Problem" study. Jesus can use it to help you identify the problem that is bothering you the most. But, it needs to be a problem that will motivate you enough to start "doing what it takes" to become a powerful, trained, skilled, mature, and victorious child of God.

Jesus can help you identify five things about the problem that is bothering you. He can help you:

1. Pinpoint the major thing that is doing the most damage.

2. Identify the problem that is causing you most of the other problems.

3. Decide which problem needs to be worked on first.

4. Pick the problem that will help motivate you enough to keep you moving forward in Him.

5. Match your problem with the right power-solution.

The Problem That Is Doing The Most Damage

You may have a problem or issue that you don't think about all that much. It may not be one that causes you the most concern; but, when you bring it to Jesus in prayer, He may show you that it is actually doing the most damage to the rest of your life. Even if you have accepted it as the way things are for you, that doesn't mean Jesus doesn't need to fix it. The big issue is, what does Jesus see as messing up your life the most? Stop for a moment and ask Jesus to show you which problem or issue, in your life, is doing the most damage to you and those around you.

The Problem That Is Causing Most Of
The Other Problems

As you look over all the other problems and issues you face, spend some time praying and asking Jesus to help you see what problem in your attitudes, character, behavior, and relationships is causing most of your other problems. Let Him show you that if you didn't have that problem or issue, you wouldn't be having to deal with these other ones. Often there is a root cause that keeps generating a lot of those things you keep having to deal with. Once you and Jesus have identified this root cause, it will help you decide where to start your studies.

The Problem That Needs To Be Worked On First

Some problems are so invasive that they just can't be put off. They are so predominate and obvious that they interfere with everything else. You can have an issue that interferes with everything you try to do. You may have some other problems and issues that you would like to deal with first; but, this dominate problem gets in the way of them. If you have a problem like this, ask Jesus if this is the problem He wants you to work on first.

The Problem That Motivates You To Get Jesus' Help

Jesus Heals Them All

The great thing about allowing Jesus to help you with your issues is, He is actually helping you with your main problem while teaching you principles that will help you with them all. If you have a problem that just can't be ignored, go ahead and deal with it. The principles Jesus will be teaching you, will show you how to get solutions and healings for all your other issues.

Problems Bring You To Jesus

Jesus needs you to come to Him with "a problem." When you come with *a problem*, it helps you stay focused and interested in finding the solution. It helps you be interested in Jesus' principles that provide you with solutions. Once you learn the principles that solve this problem, you will have the tools to win in all the other areas of your life. Ask Jesus to help you identify and deal with a problem in your life that will hold your attention and help motivate you to study.

Your Problem Worksheet

You are now ready to print the "Finding Your Main Problem Worksheet," so you can start isolating the issue that you and Jesus want to deal with first. You will be able to get this sheet by going to page twenty-one and printing it. While you are there, if you think you might want to get involved in other series on the website, you might print "My Power Growth Record."

It's Time To Pray

Now that Jesus has given you the information that is starting you out in the right direction, spend some time praying the prayers below asking Him to help you with "Finding The Right Problem."

My Major Problem

Identifying My Main Problem

Jesus, as I look at this Discovery study, "Finding The Right Problem," help me identify the problem that is bothering me the most. Help me consider five aspects about the problem that is bothering me the most. Help me pinpoint the major thing that is doing the most damage; help me identify the problem that is causing most of the other problems; help me decide which problem needs to be worked on first; help me pick the problem that will motivate me enough to keep me moving forward in You; then help me match my problem with the right power-solution.

The Problem That Is Doing The Most Damage To Me

Jesus, if I have a problem or issue that I don't think about all that much, if I have one that doesn't cause me much concern, but, when I bring it to You in prayer, show me if it is actually the one doing the most damage to the rest of my life. Even if I have accepted it as the way things are for me, show me that, that doesn't mean it isn't the one You need to fix. Help me understand that the big issue is, what do You see as messing up my life the most? Make it clear to me that, that is the one I need to consider getting Your help with. Jesus, show me which issue in my life is doing the most damage to me and those around me.

The Problem That Is Causing Me Most Of The Other Problems

Jesus, as I look over all the other problems I face, help me spend plenty of time praying and asking You to help me see what problem in my attitudes, character, behavior, and relationships is causing most of my other problems. Show me that if I didn't have that issue, I wouldn't be having to deal with these other ones. Teach me that often there is a root cause that keeps generating a lot of those things I keep having to deal with. Help me see that once You have identified this root cause, it will help me decide where to start my studies.

The Problem That Needs To Be Worked On First

Jesus, make it clear to me that some problems are so invasive that they just can't be put off. They are so predominate and obvious that they interfere with everything else. Everything else I try to do is hindered by this one issue. I may have some other problems and issues that I would like to deal with first; but, this other problem gets in the way of everything else. Which problem do You want me to work on first.

The Problem That Motivates Me To Get Jesus' Help

Jesus Heals Them All

Jesus, teach me that the great thing about allowing You to help me with my problems and issues is, You are actually helping me with my main problem while teaching me principles that will help me with them all. If I have a problem that just can't be ignored, help me go ahead and deal with it. Help me understand that the principles You will be teaching me, will show me how to get solutions and healings for all my other issues.

Problems Bring Me To Jesus

Jesus, help me realize that You just need me to come to You with "a problem." When I come to You with *a problem*, it helps me stay focused and interested in finding the solution. Show me that this issue is helping me be interested in Your principles that will provide me with solutions. Help me see that once I learn the principles that solve this problem, You will have given me the tools to win in all the other areas of my life. Help me identify and deal with a problem in my life that will hold my attention and help motivate me to study.

Chapter Two

Getting Jesus' HELP With Everything

Eliminating Problems

After you and Jesus find the word on your problem worksheet that best represents the area where you and He feel you should start, you can mark that problem on your worksheet with a star. Ask Jesus to help you not concern yourself with whether or not you picked the right one. Trust that He helped you pick the one that will bring about the greatest amount of His training, power, and healing.

The Problem That Motivates You

You may have several areas where you are struggling now or have been suffering in the past; but, your objective is to let Jesus help you choose the one He will be able to use to train you in the best way. Once you and He have found a problem that will motivate you, hold your attention, and keep you coming to Him, you will learn His principles that will help you start getting solutions to all those *other* areas that are bothering you.

The Problem That MOTIVATED You

Mat 11:28 (NIV) "Come to Me (Jesus), all you who are weary and burdened, and I will give you rest." The fact that you have a problem that has helped you come to Jesus is a wonderful breakthrough for you. One of your assignments, as a Christian, has always been for you to **come** to Jesus. There may have been other ways you have come to Jesus; and that was good. But, this time is really important and really dynamic. Jesus has been waiting on you to come for His help in this area of your life.

Learning Jesus' Principles

After you have worked together with Jesus on the study that is dealing with the problem that you and He have decided is bothering you the most, you won't have to go back and start a new study that deals with other issues in your life. That is because Jesus is going to use this one study to help you learn how to not only handle life's problems, He will be giving you *principles* that will help you live an exciting, blessed life of victory. It won't be a life of solving problems; it will be a life of winning.

Learning How To Hear From Jesus

As you talk to Jesus about what He sees as your main issue, He will help ideas come up in your mind that will aid you in picking the right one. He will also give you emotions that cause you to feel the right way about them. Just ask Jesus to give you the reasons and the feelings that you need. Ask Him to use your mind and heart to help you hear from Him in this important matter.

The Problem That Teaches You The Most

Only Jesus Knows

Who knows which problem in your life will help you grow in spiritual power with Jesus the most? Who knows which problem will get and keep your attention on Jesus the most? Who knows which problem will open your mind to the teachings and principles of Jesus the most? Who knows which problem will introduce you into a relationship with Jesus that will bless you the most? Jesus is the only One Who can *really* direct you in the right direction on this matter.

Let Jesus Motivate You

Jesus knows you better than you know yourself; He knows what will help you be motivated with the strongest motivations; He knows what will provide you with the best issues to learn the most; and, He knows what He wants you to learn first so you can build on that training.

Going Through Life-Classes

Jesus Has A Plan For You

1 Cor 10:13 (NIV) No temptation has seized you <u>except what is common to man</u>. And God is faithful; He will not let you be tempted <u>beyond what you can bear</u>. But when you are tempted, He will also <u>provide a way out</u> so that you can stand up under it. Jesus has allowed you to experience special problems, issues, and circumstances. He is shaping, training, and growing you in a very wonderful direction. He will be giving you talents, gifts, skills, strengths, and abilities that will empower you to get involved in the special plan He has for you.

Jesus' General Study Helps Specific Issues

If the Problem Words on the "Finding Your Main Problem Worksheet" don't appear to address your life issue, then use the "LIFE" study and Jesus will help you with your most difficult issue in a more general way. Jesus will use the materials in the "LIFE" study to help you learn His Biblical principles. He will help you apply them in such a way that you will still get the training you need. He will see to it that you can apply the general training to the specific need you have. But, only use the "LIFE" subject in a situation where you and Jesus can't find your specific issue.

Jesus Has To Teach You

Isa 55:8-9 (NIV) "For My thoughts are not your thoughts, neither are your ways My ways," declares the LORD. "As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts." After you have moved on into the "Finding The Right Solution," it is vital that you trust Jesus' solutions to your problem. He thinks on a level that far beyond you. His approach to bring these healings and blessings will be very different from how you or other humans would approach it.

I Am Getting Jesus' HELP With Everything

I Am Eliminating Problems

Jesus, after You help me find the word on my problem worksheet that best represents the area where You and I feel I should start, help me not be concerned with whether or not I picked the right one. Help me trust that You helped me pick the one that will bring about the greatest amount of Your training, power, and healing.

The Problem That Motivates Me

Jesus, I have several areas where I am struggling now and have been suffering in the past. But, help me understand that my objective is to let You help me choose the one You will be able to use to train me in the best way. Help me believe that once You have helped me find a problem that will motivate me, hold my attention, and keep me coming to You, You will teach me Your principles that will empower me start getting solutions to it and to all those *other* areas that are bothering me.

The Problem That *Motivated* Me

Mat 11:28 (NIV) "Come to Me (Jesus), all you who are weary and burdened, and I will give you rest." Jesus, I thank You that I have a problem that has helped me come to You. Help me see that this is a wonderful breakthrough for me. Since one of my assignments, as a Christian, has always been for me to **come** to You, I thank You that you are helping me come. Out of all the other ways You have helped me come, I thank You for helping me, this time, with a really important and really dynamic move toward You. Thank You for waiting on me to come to You for help in this area of my life.

I Am Learning Jesus' Principles

Jesus, after I have worked together with You on this study that is dealing with the problem You and I have decided is bothering me the most, show me that I won't have to go back and start a new study that deals with other issues in my life. Help me see that, that is because You are going to use this one study to help me learn how to not only handle life's problems, You are giving me *principles* that will help me live an exciting, blessed life of victory. Show me that it won't be a life of solving problems; it will be a life of winning.

Learning How To Hear From Jesus

Jesus, as I talk to You about what You see as my main problem, help ideas come up in my mind that will aid me in picking the right one. Give me emotions that cause me to feel the right way about them. Give me the reasons and the feelings that I need. Use my mind and heart to help me hear from You in this important matter.

The Problem That Teaches Me The Most

Only Jesus Knows

Jesus, You are the One Who knows which problem in my life will help me grow in spiritual power with You the most. You are the One Who knows which problem will get and keep my attention on You the most. You are the One Who knows which problem will open my mind to Your teaching and principles the most. You are the One Who knows which problem will introduce me into a relationship with You that will bless me the most. You are the only One Who can *really* direct me in the right direction on this matter. I submit myself and my problems to You.

I Am Letting Jesus Motivate Me

Jesus, help me realize that You know me better than I know myself; You know what will help me be motivated with the strongest motivations; You know what will provide me with the best issues to learn the most; and, You know what You want me to learn first so I can build on that training. I wait for You to help me see which problem You want me to address during this study.

I Am Going Through Life-Classes

Jesus Has A Plan For Me

1 Cor 10:13 (NIV) No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.

Jesus, help me not see my life and its struggles as being random. Help me see that You are shaping, training, and growing me in a very wonderful direction. You are seeing to it that I get talents, gifts, skills, strengths, experiences, and abilities that will empower me to get involved in the special plan You have for me.

Jesus' General Study Helps Specific Issues

Jesus, if the Problem Words on the "Finding Your Main Problem Worksheet" don't appear to address my life issue, help me be able to use the "LIFE" study. Help me be able expose a very difficult issue to a more general study. In that case, use the materials in the "LIFE" study to help me learn Your Biblical principles. Help me realize that You will see to it that I still get the training I need. But, help me only use the "LIFE" subject in a situation where You and I can't find my specific issue.

Jesus Has To Teach Me

Isa 55:8-9 (NIV) "For My thoughts are not your thoughts, neither are your ways My ways," declares the LORD. "As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts." Jesus, as I move into the "Finding The Right Solution," help me trust Your solutions to my problem. Help me always keep in mind that You think on a level that far beyond me. Help me accept these healings and blessings to come to me from a very different approach.

Chapter Three

Using The Study List Helps You Compare

Comparing The Problem With The Subject

Allowing Jesus to help you match your major problem with the right study is vital. It is important for you to understand how Jesus is going to address your major issue. You can be coming into this study as a new Christian, an untrained Christian, or one who has been a Christian for decades. You could be a Christian who hasn't spent much time in your Bible or one who has most of it memorized. You need an opportunity to take the problem you and Jesus identified as the one you need to be dealing with and expose it to the study that is best for you.

Trusting Jesus' Training
Jesus is the Creator of the universe; yet, He is able to help you with the simplest problem. He sees and handles the big issues and still gives special attention to the smallest ones. He uses His brilliance to help you get the very best solutions possible. If His solutions are so supernatural and advanced that they confuse you, ask Him to help you be patient with Him. Even though you don't understand what He is doing, you still need to learn how to trust Him. Let Him help you trust Him by Him showing you some of His special ways of bringing power and victory into your life.

Jesus' Superior System

Jesus Raises You Above The Problem
As Jesus teaches you through the Bible, He will be using your interests and concerns about this important problem to teach you how to win against all of the other problems in your life. But, He won't leave you there; He will also be helping you start thinking about things that make you happy and fill you with joy. He will elevate you above your struggles and help you deal with them from a place of peace, excitement, joy, and happiness.

Jesus Will Give You Smaller Victories
As Jesus helps you find the right problem to deal with, He is helping you compare your problems with one another. He isn't only interested in your one major problem. Just because it is the best one for helping you grow and learn how to win over it, doesn't mean He will ignore the rest of your life-issues. There will be times when He will have you take a smaller issue and defeat it. Your main problem can take some time winning over it. So, He will give you some smaller victories that show you that you are growing and learning.

These Biblical principles are a part of
the most powerful and wonderful system in the world.

Jesus Will Give You A Better Focus
Jesus will be addressing your main problem because He cares about all those things that are hurting you. But, He will gradually redirect your focus on the solutions. He will help you not have a crisis-oriented life; He will help you have an exciting, positive, and blessed life. You will join Him in working on your major problem; then He will show you a way of life that puts your problems in a faith-filled frame of mind. You will get so used to Jesus empowering you to win over your problems that they won't have much of an effect on you anymore.

Jesus' Principles Are Very Powerful
Even though it may be hard to accept or believe, Jesus has a major system in the Bible that is used on all of life's difficulties no matter what they are. Even though He will work on your specific problem all through these studies, He will still be using the same solutions that He would have used on any of your struggles. Ask Him to help you trust Him to teach you a way of life that works on everything you will ever face in life.

Keeping A Record Of Your Progress

Instructions On Getting Back

The wctlc.com website is a very big site. There are many choices of studies and prayers that address all kinds of issues, needs, and ministerial training. The instructions for getting back to the various series are on the "My Power Growth Record " sheet. It is on pages twenty-two to twenty-five. If you forget which problem you and Jesus decided on, you can consult your "Finding Your Main Problem Worksheet;" it is on page twenty-one.

A Regular Participant

On the wctlc.com Start Page, if you select **"I want to overcome a LIFE PROBLEM,"** it will take you to the HELP eMagazine's Home Page, there will be a box with the words, "I Am A Regular Participant" in it. If you select it, you will receive "The Regular Participant's Navigation Box." Once you and Jesus have chosen a word that best represents the area you want help in, select the word in that gray box. It will take you to your life map where you can select the "Progress" word in the blue bar.

Jesus will gradually start introducing you to vital life-principles. He will use this major battle in your life to teach you all you need to know about living an exciting and victorious life. This is a very important principle: Ask Jesus to help you look at your problem as your way to grow and be trained to win over all your other life's problems. Ask Him to show you that problems become your *opportunity* to use them to practice winning in life and helping others win in life too.

Using The Study List Helps Me Compare

Comparing The Problem With The Subject

> Jesus, show me that matching my major problem with the right study is vital. Help me understand how You are going to address my major issue. Help me see that I can be coming into this study as a new Christian, an untrained Christian, or one who has been a Christian for decades. I can be a Christian who hasn't spent much time in my Bible or one who has most of it memorized. He me see that I need an opportunity to take the problem You and I identified as the one I need to be dealing with and expose it to the study that is best for Me.

I Am Trusting Jesus' Training

> Jesus, You are the Creator of the universe; yet, You are able to help me with the simplest problem. Help me understand that You see and handle the big issues and still give special attention to the smallest ones. Use Your brilliance to help me get the very best solutions possible. If You solutions are so supernatural and advanced that they confuse me, help me be patient with You. Show me that just because I can't see what You are doing, I still need to learn how to trust You. Help me trust You by You showing me some of Your special ways of bringing power and victory into my life.

I Am Ready To Start My Study

Jesus Raises Me Above My Problem

Jesus, as You teach me through the Bible, use my interests and concerns about this important problem to teach me how to win against all of the other problems in my life. But, make it clear to me that You won't leave me there; You will also be helping me start thinking about things that make me happy and fill me with joy. You will elevate me above my struggles and help me deal with them from a place of peace, excitement, joy, and happiness.

Jesus Will Give Me Smaller Victories

Jesus, as You help me find the right problem to deal with, help me compare my problems with each another. Since You aren't only interested in my one major problem, help me see that it is because it is the best one for helping me grow and learn how to win over it. Help me understand that You aren't ignoring the rest of my life-issues. There will be times when You will have me take one of my smaller issues and defeat it. Help me be aware that my main problem can take some time winning over it. So, You will give me some smaller victories that show me that I am growing and learning.

Jesus Will Give Me A Better Focus

Jesus, I know You care about all those things that are hurting me. But, help me allow You to redirect my focus on the solutions, so I won't have a crisis-oriented life. Help me have an exciting, positive, and blessed life. As I join You in working on my major problem, show me a way of life that puts my problems in a faith-filled frame of mind. Help me get so used to You empowering me to win over my problems that they don't have much of an effect on me anymore.

Jesus' Principles Are Very Powerful

Jesus, even though it may be hard to accept or believe, show me that You have a major system in the Bible that is used on all of life's difficulties no matter what they are. Even though You will work on my specific problem all through these studies, You will still be using the same solutions that You would have used on any of my struggles. I ask You to help me trust You to teach me a way of life that works on everything I will ever face in life.

Jesus, help me understand that these Biblical principles are a part of the most powerful and wonderful system in the world.

Chapter Four

Getting Familiar With The Studies

The Study Descriptions Help

The emotional problems of guilt, fear, loneliness, depression, hopelessness, and anger can represent different moments in your life. Depending on what you are facing and being challenged with in life, you can find the emotions of your heart being expressed in many different ways. The study definitions can help you see which study will be best for you. Picking the right study is more important than trying to pick the right name for your problem. You had to know what your problem is; but, you must know how to get it addressed the best way.

Knowing What Is Available

Feel free to browse through the "Study List" on the next page, you may find a study that you and Jesus feel addresses your problem better. Some problems may be represented from various different names. If you find a study that seems to work better, select the "MORE" button and read the expanded definition on that subject. If it looks better, just change your problem over to that name, and, Jesus will use the same principles to bring healing, blessings, and power to the new name of your old problem.

Don't Forget Your Friends

Because Jesus uses the same powerful principles for every problem and for every person, this helps you help others. Even though your friend may have a totally different problem, they can still join you in these studies. You would read your studies and pray your prayers using your problem. And, your friend would read their studies and pray their prayers using their problem. Then you would get together with them and discuss the Biblical principles behind these problems.

You Have Already Progressed

Let Jesus Show You

Just allow Jesus to help you see how far you have come already. You now have a problem that you can bring to Jesus that will help you experience His power and love. If you weren't able to come to Him with a problem, you would probably never find out about His greatness. Everyone hates problems; but, Jesus takes your problems and turns them into blessings, training, and victorious Christian living. Hating problems doesn't make them go away; bringing them to Jesus empowers you to believe that you *will* be victorious over everyone of them.

Your Life Is Now Under God's Protection
Rom 8:28 (NIV) And we know that in *all things* God works for the good of those who love Him, who have been called according to His purpose. God forces your problems to end up working for your good. Most people's problems are pushing them into bad situations. But, with Jesus on your side, your problems are taking you into incredible training that will teach you how to live The Victorious Christian Life. They will give you something to practice using your spiritual tools on.

Emotions From God's Holy Spirit
Gal 5:22-23 (NIV) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Pray and ask Jesus to give you these emotions; if you allow Him to fill your heart with these kinds of feelings, your studies will take on a much better tone. You might want to jot down this Scripture reference so you can keep looking at what it is you are praying for. These emotions are much more powerful than happiness or human excitement.

The Study List Page

Scroll down to the heading that contains the word you and Jesus selected on your worksheet and read the short explanation. If the short explanation sounds like your issue would be addressed in that study and is the study you feel Jesus wants you to take, then go to wctlc.com, select, "I want to overcome a LIFE PROBLEM," select "I'm A Regular Participant," then select the title of that study in the gray box.

LIFE

In this study, Jesus will take you into a look at general life's problems that we all typically go through. If you don't have a specific problem or you have a lot of small problems that are adding up to one big life-struggle, this is the best approach to your studies with Jesus. Also, if your specific problem isn't dealt with in the other parts of this list, Jesus will use this study to assist you in getting help with other personal issues. He will take this general study to assist you in getting help with it any way.

If you are not sure what *is* your major problem, Jesus can help you get His powerful principles through a less specific study. Sometimes you can suffer from life in general; you find your problems and issues changing almost on a daily basis. There isn't anything you can put your finger on; you just seem to be having to face blockages, interruptions, detours, and hardships that keep coming your way. You just need Jesus' help with a whole bunch of little issues. You need Him to teach you how life works, so you can be successful and victorious in all of it.

GUILT

In this study, Jesus will be dealing with reoccurring negative and hurtful feelings of guilt that have been created by mistakes you have made in life. Jesus cares about those things that are hurting your heart. The world teaches you to forgive yourself; but, you don't have the power to heal your heart. Guilt will push its way through all of your efforts to get rid of it. It isn't until Jesus forgives you with His power-forgiveness that you get complete healing from it.

FEAR

Jesus will be helping you look at the emotional issue of fear; you and He will be looking at the circumstances and issues of life that are causing you to be afraid. Rather than you having to face these issues alone, you and Jesus will face them together. He will take you by the hand and lead you into fear-defeating principles that will set you free.

LONELINESS

Loneliness is an empty, dissatisfied feeling of being isolated and without true friends. You can be around a lot of people and still feel like you don't have anything in common. You can feel like you are cut off, that you are without friends, that no one understands you, that people don't like or care about you, and a lot of other feelings that separate you. Jesus will help you know He loves you very much, understands you completely, and will help you be able to start new friendships with others.

DEPRESSION

Depression is different from just feeling down and discouraged. It is more like an attitude that dominates your feelings about everything. It puts a negative feeling in your heart and mind that is like wearing blue tinted glasses. There is a haze and a darkness that you look through. It causes even the most exciting and wonderful things to appear bad, hurtful, wrong, and negative. Jesus wants to reach down into your heart and mind and heal them. He wants to set you free from this damaging influence over your life.

HOPELESSNESS

If you feel like it wouldn't do any good to try to solve any of the problems and challenges you face, if you just can't seem to feel like your efforts would do any good, then you have lost your hope. When you lose all hope, it takes away your desire to do anything about it. That leaves you with your hands tied and life sealed off. But, Jesus is ready to give you His power-hope. He wants to speak His hope into your heart and mind.

ANGER

It is an anger problem when you start reacting or responding to feelings of anger in a hurtful way. If you get mad and then hurt someone emotionally or physically because of it, then it is a serious problem. When you can't respond to situations in a calm, reasonable manner, you need Jesus' help with your emotions. He needs to bring peace and patience into your heart and mind.

MONEY

When you start getting loans or establishing credit for too many things, that is a good indication that you have a problem with money. If your monthly payments become greater than your income, then you are in trouble.

But, it may also be an issue where uncontrollable circumstances have come your way. Jesus will help you with many different directions as He deals with financial difficulties. He will help you with every financial situation you will ever face. He will help you with prosperity, debt, spending, saving, investing, and with generosity.

ADDICTION

Addiction is a place where something you involved yourself in starts to take control of your decisions. Even if you sincerely believe you are able to quit any time you want, you may have become addicted. If you feel pain or negative emotions when you try to discontinue some activity, you are probably addicted to it. If you keep thinking about the pleasure you get from something and are frequently being pulled in, you need Jesus' help being set free. He has the power to help you resist the temptations an addiction places in your life.

Jesus can not only set you free from habits, lifestyles, obsessions, and addictions, He can give you things to replace them. He has counterparts that replace things you opened the door to and can't close back. He gives you new ways to live your life that meets the needs that you were trying to meet with the things that addicted you. This category has several more specific types of addiction.

Addiction Issues
When you are in control of your decision making, you are living a life that you can enjoy. But, if it is at the place where something you involved yourself in starts to control or have a powerful affect on how you live your life; that is something you need to take special notice of.

Addictions aren't like habits, where you do things because that's the way you have always done them. An addiction is an area of your life where you can decide you don't want to do it anymore and your body forces you to do it anyway.

There are normal addictions and abnormal addictions. For example, you have to have food, water, and air. It is normal for you to be addicted to air; it is a necessity of life. However, it isn't necessary for you to eat too much. If you eat enough food to meet your daily requirements and then find yourself being forced to eat more, you have an abnormal addiction in that area. In the food case, you can tell you have a problem because you gain more weight than you should.

A lot of people don't know they are addicted because they have never tested to see if they could quit or control it. The way you can find out whether or not you are abnormally addicted to something, that isn't a necessity of life, is to try to stop the activity for a year.

General Addiction
You may find more than one area of your life where you have minor problems that are controlling you. Or, you may have an addiction that isn't listed here. Just go to wctlc.com, select "I want to overcome a LIFE PROBLEM." Then select: "I'm A Regular Participant," then select the "Addiction" word and it will address your struggle by just using the word addiction. Ask Jesus to help you apply this general word to the thing you are struggling with. If you find that you have a general addiction to several small things, then you should ask Jesus to help you apply yourself to this study. Just select the "Addiction" title in the gray box and it will take you to that general addiction study. But, if you have a specific addiction, then check out the list of addictions and see if one of them describes your situation better.

DIVORCE

Jesus isn't using this study to deal with whether or not you should get a divorce. He is helping people look at the emotional crisis that takes place when a person is already divorced. If you take a sheet of paper and pull it apart, those two jagged, ripped edges of the paper are what has happened to your heart during a divorce. Divorce is a spiritual issue; when you got married, God turned you and your spouse into one person. The only way to make you two again is to rip you apart.

Divorce is a painful experience that leaves major wounds in your heart. It takes Jesus' healing power to set you free from the damage that has been done to it. If you try to establish a relationship with another person without Him healing you, you enter that relationship with reservations, walls, defenses, and self-protections. You have trust issues; you still have suspicions; you have problems giving your heart to them; and, you evaluate this new person as if they were like the other one. You need Jesus to completely set you free, so you can start over from a totally new perspective.

If you feel there may be some hope for your former spouse, you may want to read the marriage book on the subject. If you are contemplating establishing a relationship with a new person, you may want to read it, so you will be ready for a better relationship.

MARRIAGE

If you are divorced or separated but are trying to get back together, then ask Jesus if He wants to take you through this study. He can use the Scriptures in it to show you a way to build a happy and meaningful relationship with your spouse. If Jesus doesn't consider your relationship with your spouse irreparable, He may want to help the two of you to get back together.

If you are still together and are struggling with your marriage and are needing Jesus' help in making it a better relationship, then Jesus can use this study to show you how to resolve your conflicts without hurting one another. He will show you how to address issues without making them the main focus in your marriage. He has ways of helping the two of you enjoy one another's company *while* working on making it better.

If things have happened that seem to indicate it is beyond repair, you will need to spend some time with Jesus seeing if that is true. It might only mean that you and your spouse have run out of options. Jesus is incredibly wise, powerful, and loving. He has ways of solving problems that are far beyond anything you can even expect or think of.

CHILDREN

In this study, Jesus helps those who are willing to use His principles to bring as much healing as is possible to the family. When you are dealing with your children, you are dealing with someone outside yourself. You have your wishes, desires, opinions, philosophies, and plans. But, you child has their own wishes, desires, opinions, philosophies, and plans. You may want to just superimpose who you are on who they are. However, Jesus may have an entirely different plan for their life. If you don't find out how Jesus formed them and how He wants them prepared for their future, you may find yourself working against Jesus.

Just as much as you can work against Jesus in dealing with children, the child can also be working against Jesus. Their dreams, wishes, opinions, and plans can be all wrong for them. However, if someone doesn't help them see they are hurting themselves, they may never find out why their life is always so difficult. If Jesus tells an adult what His plan is for a child, then it becomes that adult's responsibility to help the child understand and appreciate the plan.

TEMPTATION

You know what you are doing is wrong; but, you do it anyway. Satan comes to you with temptations and you find yourself yielding to them. It feels like you don't have the power to resist those things your friends ask you to do. You don't really want to follow the crowd; but, you don't want to lose your friends either. Social pressure seems to be more powerful than your will. You have been allowing others to push you into doing things that, if you were on your own, you wouldn't do it. You need Jesus' help being set free. He has the power to help you resist the temptations taking place in your life.

You have a power problem; you actually have the right desires because you feel bad about what you are doing. If you had the power to resist the social pressures, you would be resisting doing wrong things and yielding to good things. So, with that good desire in your heart, you are ready for Jesus to put the power in you to resist those pressures that are currently ruling your life. He will help you see why you are feeling bad about those things you are wanting to quit doing.

SPIRITUAL

All of the above studies are about human problems and pain. It is possible that you are not suffering so much with your own emotions or with human relationships as you are suffering with your relationship with God. You may be doing fine, with very little problems in your life. If that is the case, then you are ready to move on to the next level. You are ready to start growing spiritually, so you can start concentrating on living a victorious, successful life.

Those who aren't being overwhelmed with problems can concentrate on Jesus' plan for their future. They are ready to get involved in the great and wonderful things Jesus wants to do with them. Jesus isn't just interested in problems and difficulties. He loves getting your problems and difficult issues taken care of, so you can move on into how to win at life. He has dreams, goals, plans, and purposes that He wants to join you in accomplishing.

Conclusion

These studies have to deal with your problems in a more general way, if you use the books. If you want to approach them in a more specific way, the website series are better for this particular issue. Just go to wctlc.com, select "I want to overcome a LIFE PROBLEM," then select: "I'm A Regular Participant," then select the word that will address your struggle. Ask Jesus to help you apply this word to the thing you are struggling with. If you find that you have a general problem to several small things, then you should ask Jesus to help you apply yourself to the "life" study. Just select the word that applies to you in the gray box and it will take you to that study.

However, if you don't want to do it that way, ask Jesus to help you take the general words in the books and help you address them in a more specific way. The "life" book will work best for most issues. The "Addiction" book will address all addictions in a general way.

Finding Your Main-Problem Worksheet

Please Print This Page Twenty-One

Your objective is to "X" out as many of The Problem Words as possible. To do this you would first, put a "X" in the box in front of those words that don't represent a problem in your life. Next, go back and put a "X" in the box in front of those words that are bothering you, but not as much as other ones on the list. The objective is to eliminate as many of The Problem Words as possible so you can see which ones have not been eliminated.

Pray and ask Jesus to help you decide which issue or issues are less challenging than the others. You should put as many X's in the boxes in front of as many difficulties as is possible. Once you have eliminated as many as possible, try to establish which Problem Word addresses the one that is causing you the most pain. Which one dominates most of your time and thoughts?

If you have several that haven't been eliminated yet and still can't seem to decide which one is the major issue, just look at all of those without X's in front of them and pick the one that you and Jesus believe will motivate you to apply yourself to the issue. Try to decide which one would keep you interested and motivated to continue studying and praying and go with it. The principles Jesus will be teaching you will actually solve all your main issues.

Eliminating Less Important Problems

General Life Issues: ☐ Life

Emotional Issues: ☐ Guilt ☐ Fear ☐ Loneliness ☐ Depression ☐ Hopelessness ☐ Anger ☐ Death

Financial Issues: ☐ Money

Addiction Issues: ☐ Pornography ☐ Sex ☐ Gambling ☐ Spending ☐ Drugs ☐ Alcohol ☐ Other Addiction

Relational Issues: ☐ Divorce ☐ Marriage ☐ Children

Spiritual Issues: ☐ Temptation ☐ Other Spiritual Issues

My Power Growth Record

Please circle each day you complete and then check the box of each study you finish.

Please Print Pages Twenty-Two to Twenty-Five

THE GETTING ACQUAINTED SERIES

Special Features Of HELP eMagazine:

☐ **Study 1 - The Benefits**
Day: 1 2 3 4 5

☐ **Study 2 - The Introduction**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE DISCOVERY SERIES

NOTE: In the blank space, write "Problem" for "Finding The Right Problem," and "Spirituality" for "Finding The Right Spiritual Issue." "Finding The Right Problem" is four days and "Finding The Right Spiritual Issue" is two weeks.

Discovering The Solutions:

☐ **Study 1 - Finding The Right _____**
Day: 1 2 3 4

Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 2 - Finding The Right Solution**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 3 – Finding The Right Method**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 4 – Finding The Right Spiritual Training**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE POWER SERIES

Learning About The Power-Life:

☐ **Study 1 - The Importance Of The Power-Life**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 2 - The Importance Of Eternal Life**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 3 - From Power-Life To Eternal Life**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

How To Get, Keep, Live, and Mature:

☐ **Study 4 - How To Get The Power-Life**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 5 - How To Keep The Power-Life**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 6 - How To Live The Power-Life**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 7 - How To Mature In The Power-Life**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE PROGRESS SERIES

Getting HELP With A Life Problem:

☐ **Study 1 - Understanding The Problem**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 2 - Understanding The Solution 1**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 3 - Understanding The Solution 2**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

☐ **Study 4 - Understanding Jesus' Help**
Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE PRAYER SERIES

Developing Prayer Methods:

- ☐ **Study 1 - Lord's Prayer For New Christians**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 2 - Lord's Prayer For Sinning Christians**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 3 - Lord's Prayer For Mature Christians**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 4 – Talking With Your Heavenly Father**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE RESOURCE SERIES

Resources Available To You:

- ☐ **Lord's Prayer For Sharing Salvation**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Praying The Psalms**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Christian Fellowship**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Developing Friendships**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE STRATEGY SERIES

Victorious Living Introductions:

- ☐ **Study 1 - Starting Your Life Of Victory**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 2 - Understanding Your Life Of Victory**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 3 - Living Your Life Of Victory**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE SUBMISSION SERIES

Victorious Living Through Submission Part 1:

- ☐ **Study 1 - Submitting Your Emotions**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 2 - Submitting Your Attitudes**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 3 - Submitting Your Thoughts**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

Victorious Living Through Submission Part 2:

- ☐ **Study 4 - Submitting Your Choices**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 5 - Submitting Your Will-Power**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 6 - Submitting Your Body**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 7 - Submitting Your Life**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE RESISTANCE SERIES

Victorious Living Through Resistance Part 1:

- ☐ **Study 1 - Resistance Through Creation**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 2 - Resistance Through Faith**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 3 - Resistance Through Trust**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

Victorious Living Through Resistance Part 2:

- ☐ **Study 4 - Resistance Through Commitment**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 5 - Resistance Through Truth**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 6 - Resistance Through Love**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5
- ☐ **Study 7 - Resistance Through Renewal**
  Wk1: 1 2 3 4 5 Wk2: 1 2 3 4 5

THE PURIFICATION SERIES

Victorious Living Through Purification:

- ☐ **Study 1 - Purification Through Exposure**
  Day: 1 2 3 4 5
- ☐ **Study 2 - Purification Through Transparency**
  Day: 1 2 3 4 5

THE PREVENTION SERIES

Victorious Living Through Prevention Part 1:

- ☐ **Study 1 - The Full Armor Of God**
  Day: 1 2 3 4 5
- ☐ **Study 2 - The Belt Of Truth**
  Day: 1 2 3 4 5
- ☐ **Study 3 - The Breast Plate Of Righteousness**
  Day: 1 2 3 4 5

Victorious Living Through Prevention Part 2:

- ☐ **Study 4 - Shoes Of The Gospel Of Peace**
  Day: 1 2 3 4 5
- ☐ **Study 5 - The Shield Of Faith**
  Day: 1 2 3 4 5
- ☐ **Study 6 - The Helmet Of Salvation**
  Day: 1 2 3 4 5
- ☐ **Study 7 - The Sword Of The Spirit**
  Day: 1 2 3 4 5

THE PROTECTING SERIES

Sharing Victorious Living:

- ☐ **Study 1 - Protection For Others**
  Day: 1 2 3 4 5
- ☐ **Study 2 - Protection Through Relationship**
  Day: 1 2 3 4 5
- ☐ **Study 3 - Protection Through Jesus**
  Day: 1 2 3 4 5
- ☐ **Study 4 - Protection Through Love**
  Day: 1 2 3 4 5

Setting Up Your Browser

If you want to set up your browser for tomorrow's study select the sentence below.

As you complete each day's studies, you will see the above comment. You can dedicate a browser or browser page to your studies. You would simply select the sentence at the bottom of the page and keep it open for the next day. If you use a different browser, you will have less problems keeping the page open.

Before You Leave A Study

It would be great, if you can keep your place in your studies by devoting a browser or browser page to your studies. However, if that isn't possible or you lose your browser page, your "My Power Growth Record" will help you get back there. Your Record Sheet should be filled out before you leave your study for the day. *While you are still looking* at that day's page two, you will have the study information at the top of the page and at the right of the picture.

On the website, if you are studying the "Getting Acquainted Series," and you completed your first day of the week in the "HELP Benefits" study, the top of the web page will say: "HELP Benefits." And the study information to the right of the picture will say: "Getting Acquainted Series This is your first day of this week. You are on page two of two pages. On your record sheet, below the words, "My Power Growth Record," you would go to the "Getting Acquainted Series, Study 1 - The Benefits" and circle 1 on the Day line. You would then be ready to follow the instructions below for getting back to your studies the next day.

Getting Back To A Study

Once you have started your studies, you will be able to use the Shortcut Bar to get to your "My Life Map" page so you will be able to return to your studies.

1. **Just go to wctlc.com and select "I want to overcome a LIFE PROBLEM."**

2. **Select "I'm A Regular Participant" in the little dark green box on HELP eMagazine's Home Page.**

3. **Select Your Life's Problem Subject that represents the problem you have chosen to get help with.**
   NOTE: If you are in the "Getting Acquainted Series" or the "Discovery Series," you haven't picked a problem yet. Just go down to the Blue Bar and select them there. It will take you directly to the series. Ignore step 4.

4. **Then on your "My Life Map" page scroll down to the name of the Series you are looking at. Below it there will be a list of the studies in that series. Select the one you want to look at next.**

5. **Select week one or two, if offered, then select the day you are ready to go to next. You will have two pages to study or one page of study and one page of prayers; and, then you will be ready to either keep your browser page open and fill out your "My Power Growth Record," or fill out your "My Power Growth Record," close your browser, and follow these five steps tomorrow.**

It will only take a few times of going through these five steps and you will be doing it automatically. It is very easy to see how it all works, as you get used to it.