

8 Words to Change Your Life

Video Study Guide



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8 Words to Change Your Life: Video Study Guide © 2026, Terry Moore

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8 Words to Change Your Life

Session 1: The Principle — Eight Words That Can Change Everything

Session 1 of 7

About This Series

Eight Words to Change Your Life is built on a single sentence from Jesus: 'Give, and it will be given to you.' Those eight words contain a principle so powerful that God embedded it in the fabric of creation itself. This series unpacks that principle — how it works, why it works, and how to apply it in every area of life: relationships, finances, attitudes, words, and more.

Session 1 Overview

Session 1 establishes the foundational principle of the entire series. Before any application can be made, the law must be understood. This is called the law of reciprocity — the governing spiritual reality that what we give is what we receive, multiplied. From Genesis through the New Testament we see it voice-activated through the tongue, and warns: this principle is always working, in the positive or the negative. The question is whether we are consciously cooperating with it.

The Eight Words

Luke 6:38 — The Eight Words (NKJV)

Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.

Key Scriptures — Session 1

Genesis 8:22 (NKJV)

While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease.

Galatians 6:7-9 (NKJV)

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Proverbs 18:21 (NKJV)

Death and life are in the power of the tongue, and those who love it will eat its fruit.

Matthew 12:34-37 (NKJV)

For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.

1 John 4:7-11 (NKJV)

Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another.

Key Themes & Teaching Notes

1. God Moved First — The Origin of the Principle

The principle of 'give and it will be given to you' did not originate with humanity. It originated with God Himself:

- John 3:16 — 'God so loved the world that He gave.' God is the original giver — He gave His best.
- 1 John 4:10 — 'Not that we loved God, but that He loved us and sent His Son.' He moved first — before we were worthy or willing.
- Romans 5:8 — 'While we were still sinners, Christ died for us.' His giving was not based on our merit.

- God is a giver because love always gives. 'You can give without loving, but if you love, you are going to give.'

God set this principle in motion by going first. 'Give and it will be given to you' is not a formula — it is the nature of God flowing through His creation.

2. The Law of Reciprocity — Embedded in Creation

Genesis 8:22 establishes that seed time and harvest are permanent features of the created order — not temporary arrangements or Old Testament principles. They are as reliable as cold and heat, winter and summer.

- 'As long as the earth remains, seedtime and harvest shall not cease.' — This is God's declaration, not a suggestion.
- A farmer plants corn expecting a corn harvest — not a cotton harvest. What you plant is what grows.
- No one plants one seed to receive one seed. A seed always produces a plant that bears many seeds — the law of multiplication.
- The principle applies to every dimension of life: love, kindness, mercy, judgment, forgiveness, finances, and words.

3. The Critical Warning — 'Do Not Be Deceived'

Galatians 6:7 opens with a warning: 'Do not be deceived.' The reason God says not to be deceived is that deception is possible.

The Deception	The Reality
'I'm not sowing bad seed — things are just happening to me'	We are always sowing. Every word, every attitude, every action is seed.
'The bad things I sow won't really come back to me'	'God is not mocked. Whatever a man sows, that he will also reap.' — No exceptions.
'I've been sowing good things and nothing is changing'	'In due season you will reap if you do not lose heart.' — Timing is God's, not ours.
'It's too late to change my harvest'	A farmer can overseed a field. Starting to sow correctly now changes the future harvest.

4. The Devil Subtracts and Divides — God Adds and Multiplies

Consider that God says, 'I add and multiply; the devil subtracts and divides.'

- John 10:10 — 'The thief comes to steal, kill, and destroy. I have come that they might have life and have it more abundantly.'
- The enemy's strategy is subtraction: take away love, take away faith, take away the Word, take away hope.
- His method is division: divide families, divide churches, divide communities, divide our own thinking from God's truth.
- God's strategy is always addition and multiplication — abundance, overflow, 'pressed down and running over.'

5. Voice Activated — The Power of the Tongue

Remember, a crucial dimension of the sowing principle: it is voice-activated. What we speak is what we sow.

- Proverbs 18:21 — 'Death and life are in the power of the tongue.'
- Matthew 12:34 — 'Out of the abundance of the heart the mouth speaks.' What is inside comes out as words, and words become seeds.
- Matthew 12:36-37 — 'For every idle word men may speak, they will give account... for by your words you will be justified, and by your words you will be condemned.'
- God spoke the world into existence. Adam named the animals. We are created in God's image with the capacity to speak — and our words plant seeds constantly.
- Inner vows — 'I will never be free,' 'I will always be poor,' 'No one will ever love me' — are seeds sown against ourselves.

The principle is always working — positively or negatively. The question is not whether you are sowing. The question is: what are you sowing?

Reflection Questions



Reflection Questions

1. The principle of sowing and reaping is 'always working' — whether we know it or not. Looking at the harvest in different areas of your life right now, what does it reveal about what you have been sowing? What are you receiving in relationships, attitudes, and circumstances that might trace back to what you have been planting?

2. God 'moved first' — He loved us before we were worthy. He gave before we asked. How does this change the way you understand the giving principle? Is it primarily about getting, or primarily about aligning with the nature of God Himself?
3. Galatians 6:7 warns 'do not be deceived.' Many of us are praying for crop failure while continuing to sow bad seed. Is there an area of your life where you have been asking God to change the harvest without examining what you are planting?
4. This principle is 'voice-activated' — words are seeds. What are the most common words that come out of your mouth about yourself? Your circumstances? Your family? Other people? Are those seeds producing the kind of harvest you want?
5. The devil subtracts and divides; God adds and multiplies. In what areas of your life do you most clearly see subtraction and division happening? What would beginning to sow the opposite — love, mercy, forgiveness, blessing — look like in that specific area?

Personal Application

✓ Application Steps

1. For 3 days this week, keep a simple journal of your words. At the end of each day, look back at what you said about yourself, your circumstances, and others. Ask: were these seeds of life or seeds of death? What do they reveal about what is in your heart?
2. Identify one area of your life that is producing a harvest you don't want. Trace back: what seeds have you been sowing in that area? What would it look like to begin sowing the opposite — even today?
3. Read Galatians 6:7-9 daily this week. Meditate on the warning ('do not be deceived') and the promise ('in due season you shall reap if you do not lose heart'). Let these two anchors frame your week.
4. Begin this week with a declaration based on Genesis 8:22: 'As long as the earth remains, seed time and harvest will not cease. What I sow, I will reap. I choose to sow _____ today.' Fill in the blank with what you want to see more of in your life.
5. Memorize Luke 6:38. Write it on a card and read it every morning as you begin your day. Let it become the lens through which you interpret everything you give — time, words, money, love, mercy, attention.

Key Terms & Concepts

Term	Definition / Significance
Eight Words	'Give, and it will be given to you' — the foundational principle of the series, drawn from Luke 6:38.

Law of Reciprocity	The governing spiritual reality that what you give comes back to you — multiplied. The sowing and reaping principle applied to every dimension of life.
Seedtime and Harvest	Genesis 8:22 — the permanent, creation-level law that what is planted will grow. Applies spiritually, relationally, and financially, not just agriculturally.
Voice Activated	How the sowing principle operates through speech. Words are seeds — and every idle word is accounted for (Matthew 12:36).
Add and Multiply / Subtract and Divide	God vs. the enemy: God's nature is always toward abundance and multiplication; the enemy's strategy is always subtraction and division.
Inner Vows	Negative declarations spoken over oneself — 'I will never...', 'I will always...' — that function as seeds sowing a corresponding negative harvest.
Due Season	Galatians 6:9 — God's timing for the harvest. Not our timeline, but His. Seeds have different germination periods; persistence is required.

Series Overview

Session	Title	Core Focus
1	The Principle	Give and it will be given to you — the law of reciprocity; seed time and harvest; the power of the tongue
2	Love — The Foundation	God gave first; 1 Corinthians 13 as a portrait of God; giving love to receive love
3	Kindness, Mercy, & No Judgment	Sowing kindness and mercy; the danger of judging; thankfulness as the key to giving
4	Forgiveness	The unforgiving servant parable; forgiveness as love in action; 70 times 7
5	Giving Yourself Away	From victim/orphan to giver; rivers vs. ponds; the Great Commission model
6	Giving Financially	Money and the heart; cheerful giving; the tithe and Malachi 3
7	Breaking the Spirit of Poverty & Fear	The parable of the talents; the spies and Caleb; the widow of Zarephath; giving first

Notes

8 Words to Change Your Life

Session 2: Love — The Foundation of All Giving

Session 2 of 7

Session 2 Overview

Session 1 established the principle: give and it will be given to you. Session 2 asks the foundational question: what do we give first? The answer is love. And not love as a feeling or an aspiration — love as a demonstration, a choice, and a flow. Luke 6:27-38 shows that all the specific forms of giving Jesus commands (love your enemies, bless, do good, pray for) flow from one source: the love of God received and released.

The Eight Words

Luke 6:38 — The Eight Words (NKJV)

Give, and it will be given to you: *good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.*

Key Scriptures — Session 2

Luke 6:27-38 (NKJV — key verses)

But I say to you who hear: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you... But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful. Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you...

1 Corinthians 13:4-8 (NKJV)

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails.

Romans 5:8 (NKJV)

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

Key Themes & Teaching Notes

1. What Is Given First? Love.

Luke 6:27-38 is the Sermon on the Mount context for the eight words. These eight words are the conclusion — the summary — of everything Jesus taught in those preceding verses. And those verses are all about love as a proactive giving:

The Command	The Direction	What It Sows
Love your enemies	Active — choose love toward those who oppose you	Love comes back; even enemies can become something different
Do good to those who hate you	Action — serve even the hostile	Goodness sown into hostile environments eventually bears fruit
Bless those who curse you	Words — speak blessing, not curse in return	Blessing spoken aligns with heaven's language and comes back
Pray for those who abuse you	Intercession — stand in the gap for those who harm you	Prayer releases God's work and keeps the giver free of bitterness

This is not reactive. This is proactive. He has given us the ability to change what is going on in our life — but we must be proactive givers, not reactive responders.'

2. God Is Love — Not Just Loving

1 John 4:8 — 'God is love.' God does not occasionally love when conditions are right. Love is His nature.

- You can give without loving. But if you love, you will give — because love's nature is to give.
- Read 1 Corinthians 13 and replace 'God' for 'love': 'God suffers long. God is kind. God does not envy. God is not puffed up. God does not seek His own.'
- If God is love, then every one of these is an attribute of God Himself.'

1 Corinthians 13 — Read as a Portrait of God

God suffers long and is kind. God does not envy. God does not parade Himself. God is not puffed up.

God does not seek His own. God is not provoked. God thinks no evil. God does not rejoice in iniquity.

God bears all things, believes all things, hopes all things, endures all things.

God never fails. — Because love never fails.

3. The Demonstration — What God Did for Us

Romans 5:8: 'God demonstrates His love.' Love is not primarily a feeling — it is a demonstration.

- He was kind to us while we were sinners. He showed mercy when we deserved judgment.
- He forgave before we asked. He gave before we were worthy.
- He did not judge. He did not condemn. He blessed. He forgave. 'All these things he gave to us — these are all expressions of his love.'
- 'What God is wanting us to understand is that now I want you to demonstrate that same love to the world around you.'

4. The Flow — Receiving and Releasing

- God's love is meant to flow through us, not pool in us. A pool with no outlet becomes stagnant and polluted.
- The enemy's strategy is to 'jam up that stream' — by getting us to curse, judge, be angry, hold unforgiveness.
- When the stream is blocked, we don't just lose the ability to give — we become spiritually toxic to ourselves.
- 'God doesn't love us less. He loves us. He's already proven His love. He moved first. But what happens is it stagnates in us.'

God's love comes to us — then flows through us — then reaches others. When that flow is blocked, everyone suffers.

5. The Prerequisite — Receiving Before Giving

An honest obstacle many believers face: 'I can't love like that. I don't have that kind of love.'

- 'You've got to receive the love of the Father to really be able to give this love. This is not something you can generate.'
- 'I'm just going to sit here and say I'm going to love my enemies — you can't. You've got to have the love of God as a revelation to you.'
- The prayer in Ephesians 3:18 — 'to know the width and length and depth and height of His love' — is not informational. It is revelational.
- Once the revelation of God's love for you comes, the capacity to love others follows naturally. You can only give what you have received.

Reflection Questions



Reflection Questions

1. You can give without loving, but if you love, you will give. Looking at your relationships, where does your giving feel like an obligation — and where does it flow from genuine love? What is the difference in the quality and sustainability of each?
2. Luke 6:27-38 calls for four proactive actions toward enemies and difficult people: love, do good, bless, pray. Which of these four is easiest for you? Which is hardest? What does your answer reveal about what you are currently experiencing in those relationships?
3. 1 Corinthians 13 is a portrait of God — 'God suffers long and is kind.' Read it that way yourself. Which attribute of love (as a description of God) most surprises you? Which do you most struggle to believe describes how God relates to you?
4. Romans 5:8 says God 'demonstrates' His love. Love is not primarily a feeling in Scripture — it is an action. What specific action in your life most needs to shift from a feeling-driven response to a choice-driven demonstration?
5. The prerequisite to giving love is receiving love — that you need a revelation of the Father's love before you can genuinely love others. How deep is your current revelation of God's love for you? Where is the gap between what you intellectually affirm and what you experientially live?

Personal Application



Application Steps

1. Read 1 Corinthians 13:4-8 slowly every day this week, substituting 'God' for 'love.' After each reading, sit quietly and ask the Holy Spirit to make one attribute of God's love more real to you today. Keep a journal of what He shows you.
2. Pray Ephesians 3:14-19 over yourself daily this week — specifically verse 18-19: 'to know the width and length and depth and height of the love of Christ.' Ask God to give you revelation, not just information. The cross is the answer: the width of His arms, the depth of His sacrifice, the height of His love.

3. Identify one person in your life who is difficult to love — an enemy, a critic, someone who has hurt you. This week, practice all four of the Luke 6 commands toward them: (1) speak a word of love about them, (2) do one good thing for them or on their behalf, (3) speak a blessing over them aloud, (4) pray for them specifically for 5 minutes.
4. Examine your 'stream': is there any place where God's love has become stagnant in you — where you are receiving but not releasing? Identify one relationship or area where the flow is blocked and ask God what it would look like to open that channel.
5. You cannot generate love on your own — it flows from receiving first. Set aside 10 minutes each day this week to simply receive. Not pray petitions, not read for information — just be still and let God's love reach you. Let it sink in before you try to give it out.

Key Terms & Concepts

Term	Definition / Significance
Proactive vs. Reactive	The distinction in Luke 6: the eight-words principle calls for proactive giving — before we feel like it, before the other person deserves it, initiating good rather than responding to bad.
God Is Love	1 John 4:8 — not that God loves conditionally or occasionally, but that love is His essential nature. Every attribute of love in 1 Corinthians 13 is therefore an attribute of God.
Demonstration	Romans 5:8 — love is primarily an action, not a feeling. God demonstrated His love at the cross. We are called to demonstrate love, not merely feel it.
River vs. Pond	A picture of how love is meant to flow: from God, through us, to others. When the flow stops, what was meant to be a life-giving river becomes a stagnant, toxic pond.
Revelation of Love	What enables genuine giving — not more head knowledge but a Spirit-given encounter with the Father's love so real that it changes the giver from the inside out.
The Prerequisites	Receiving before giving. You cannot give what you have not received. The flow begins with a genuine, personal revelation of how loved you are.

Connecting the Sessions

Session	Core Truth
Session 1	The principle: give and it will be given to you. Seed time and harvest is always working. The law is voice-activated through our words.
Session 2	Love is the foundation: God gave first; He is love, not just loving; receive His love so you can release it; the flow must not be blocked.
Sessions 3–7	Coming — specific applications: kindness, mercy, judgment, forgiveness, giving yourself away, finances, and breaking the spirit of fear.

Notes

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Session 3: Kindness, Mercy, and No Judgment

Session 3 of 7

Session 3 Overview

Sessions 1 and 2 established the principle and its foundation in love. Session 3 applies that principle to three specific areas of daily life: kindness, mercy, and judgment. These are not optional character traits but seed-and-harvest realities. What you give in each area is precisely what you receive in return. And the key that unlocks the ability to sow all three — especially when it is hard — is thankfulness.

The Eight Words

Luke 6:38 — The Eight Words (NKJV)

***Give, and it will be given to you:** good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.*

Key Scriptures — Session 3

Luke 6:35-38 (NKJV)

But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful. Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you.

Matthew 5:7 (NKJV)

Blessed are the merciful, for they shall obtain mercy.

Matthew 7:1-2 (NKJV)

Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.

Psalm 100:4-5 (NKJV)

Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. For the Lord is good; His mercy is everlasting, and His truth endures to all generations.

Psalm 103:8 (NKJV)

The Lord is merciful and gracious, slow to anger, and abounding in mercy.

Hebrews 12:14-15 (NKJV)

Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.

Key Themes & Teaching Notes

1. Kindness — Because God Was Kind to Us First

Luke 6:35 is the key: 'He is kind to the unthankful and evil.' God's kindness to us was not earned. He was kind while we were unthankful and evil. Now He calls us to do the same:

- Isaiah 54:10 — 'My kindness shall not depart from you, nor shall My covenant of peace be removed.'
- Ephesians 2:7 — 'In the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus.'
- If God was kind to us at our worst, we are called to be kind to others at their worst.
- Kindness is sowing — and it produces a harvest of kindness in return. It is not just a virtue; it is a seed.

2. Mercy — What God Shows, What We Must Sow

Matthew 5:7 — 'Blessed are the merciful, for they shall obtain mercy.' This is a direct seed-and-harvest statement:

- Psalm 103:8 — 'The Lord is merciful and gracious, slow to anger, and abounding in mercy.' This is His very nature.
- Psalm 117:2 — 'His merciful kindness is great toward us.'
- Mercy is not just withholding punishment. It is releasing someone from an obligation they cannot fulfill. God did this for us completely.

- 'If you sow mercy, you are planting mercy — and mercy is going to come up and return to you.'

Want mercy? Sow mercy. Want kindness? Sow kindness. The same measure you use, it will be measured back to you.

3. Do Not Judge — The Danger of Judging

Matthew 7:1-2 is one of the most direct seed-and-harvest statements in Scripture: 'With what judgment you judge, you will be judged; with the measure you use, it will be measured back to you.'

- 'We really have a tendency to judge. We're always judging — well, you didn't do this right, you didn't do that right.'
- Romans 2:1 — 'You who judge practice the same things.' The act of judging reveals that we are doing the same things.
- The corporate effect: the internet and media are accelerating a culture of judgment, multiplying the seed — and the harvest will come back.
- Hebrews 12:15 — a 'root of bitterness' springs from judgment and unforgiveness, and eventually defiles many.

The Danger of Inner Vows

There is a specific form of judgment that is often missed: judging ourselves.

Inner vows — 'I will never be free,' 'I will always be poor,' 'I will always fail' — are acts of self-judgment.

These declarations become seeds that produce exactly what they speak.

The same law of reciprocity applies to what we speak over ourselves as to what we speak over others.

4. Thankfulness — The Key That Unlocks Everything

Thankfulness as the single most important key to changing one's posture from self-focused to giving:

- 'The key to extending mercy, the key to loving your enemies, the key to doing good, the key to being kind — in everything is giving thanks.' (1 Thessalonians 5:18)
- Psalm 100:4-5 — 'Enter His gates with thanksgiving... for the Lord is good; His mercy is everlasting.'
- 'You may say, I don't have anything to be thankful for.' Response: 'You can be thankful for what God has already done — regardless of what is happening now.'
- Thankfulness realigns perspective: from what I don't have → to what has been given. From what is wrong → to who is good.

- 'Being thankful and grateful is one of the things that gets your soul off of your problems and onto the Solution.'

5. What Are You Reaping? — Taking Inventory

If the Harvest Includes...	The Possible Seed That Was Planted
People judge and criticize you frequently	Examine: have I been judging and criticizing others?
You feel surrounded by unkindness	Examine: am I consistently sowing kindness — even to the difficult?
People rarely show you mercy	Examine: do I readily extend mercy when people fail or fall short?
You feel condemned and accused	Examine: have I been condemning others or speaking curses over myself?
You are surrounded by ungrateful people	Examine: am I genuinely thankful, or am I taking what God has given for granted?

The crop reveals the seed. I don't know what kind of seed I'm sowing. But I know what kind of crop I'm reaping.

Reflection Questions



Reflection Questions

1. Psalm 103:8 says God is 'merciful, gracious, slow to anger, and abounding in mercy.' How closely does your natural posture toward others match this description? Where is the gap? What specific person or situation most challenges you to embody these qualities?
2. Matthew 7:2 says the measure you use in judging will be measured back to you. On a scale of generous mercy to strict judgment, where do you normally land when evaluating others' failures and mistakes? How does the harvest in your own life reflect that standard?
3. Inner vows ('I will never...', 'I will always...') is self-judgment that sows a negative harvest. What are the most persistent negative declarations you make about yourself? Have you noticed a pattern between what you say about yourself and what keeps happening to you?
4. Thankfulness is 'the key to all of it' — that a genuinely thankful heart is what enables you to love enemies, show kindness, extend mercy, and withhold judgment. What would it look like practically to cultivate a consistently thankful heart — especially when your circumstances are difficult?

5. The harvest inventory table above is a self-diagnostic. Pick one column from the left side — one harvest you are consistently experiencing that you don't want. Honestly examine: what seed has produced it? What seed do you need to begin planting instead?

Personal Application

✓ Application Steps

1. Practice the 'gratitude first' principle from Psalm 100 this week: before you voice any complaint, need, or concern, begin with 5 specific things you are thankful for. Start every prayer, every conversation with a family member, every morning with deliberate thanksgiving. Notice what shifts.
2. Identify one person toward whom you regularly feel a judgmental spirit — a critical or condemning inner posture. This week, deliberately practice the opposite: when a critical thought arises about this person, replace it with a prayer of blessing or a declaration of mercy. Track what happens.
3. Do the harvest inventory: write down two or three things in your life that consistently frustrate you — relationships, circumstances, or patterns. Ask God honestly: what seed has produced this harvest? What does He want you to begin sowing instead?
4. Read Hebrews 12:14-15 and ask God if there is a root of bitterness in you — something that started as a small judgment or wound and has grown into a pattern that 'defiles many.' Bring it to God in prayer and ask Him to remove it.
5. For one full day this week, guard your words from any judgment or condemnation of other people — even in your thoughts. When you catch yourself about to judge, stop and ask: 'What seed am I about to sow?' Replace it with a word of mercy or kindness.

Key Terms & Concepts

Term	Definition / Significance
Kindness as Seed	God was kind to us while we were unthankful and evil (Luke 6:35). His kindness to us becomes our model and our motivation. Sowing kindness produces a harvest of kindness.
Mercy	Releasing someone from an obligation they cannot fulfill. Matthew 5:7: 'Blessed are the merciful, for they shall obtain mercy' — a direct seed-and-harvest promise.

Judge Not	Matthew 7:1-2 — the standard you apply in judgment is the standard applied to you. One of the most direct expressions of the sowing and reaping law.
Root of Bitterness	Hebrews 12:15 — the fruit of unresolved judgment and unforgiveness. It grows quietly, then 'causes trouble' and 'defiles many.' A metaphor for how bad seed multiplies destructively.
Inner Vows	Negative declarations spoken over oneself that function as seeds: 'I will never...', 'I will always be this way.' Self-judgment produces self-fulfilling harvests.
Thankfulness as Key	A genuinely thankful heart is what enables the believer to give love, kindness, mercy, and withheld judgment — especially when the flesh doesn't want to.

Connecting the Sessions

Session	Core Truth
Session 1	The principle: give and it will be given to you. Seed time and harvest is always working.
Session 2	Love is the foundation. Receive God's love; then release it. Don't let the stream become a pond.
Session 3	Kindness and mercy are seeds. Judgment is a seed. Thankfulness is the key that enables right sowing in all three areas.
Sessions 4–7	Coming — forgiveness, giving yourself away, finances, breaking the spirit of fear and poverty.

Notes

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Session 4: Forgiveness — Love in Action

Session 4 of 7

Session 4 Overview

Session 3 identified kindness, mercy, and no-judgment as seeds. Session 4 turns to the one that Jesus placed at the center of the model prayer — and in the middle of Luke 6:37-38 — for a reason: forgiveness. It is not incidental. Unforgiveness is the single most powerful blocker of the 'give and it will be given to you' flow. This session shows why forgiveness is not just a spiritual nicety but the practical expression of love — and why it is the door to receiving more of everything God has for us.

The Eight Words

Luke 6:38 — The Eight Words (NKJV)

Give, and it will be given to you: *good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.*

Key Scriptures — Session 4

Luke 6:37 (NKJV)

Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.

Colossians 3:12-14 (NKJV)

Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection.

Matthew 18:21-22, 32-35 (NKJV)

Peter came to Him and said, 'Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?' Jesus said to him, 'I do not say to you, up to seven times, but up to seventy times seven'... 'You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?' And his master was angry, and delivered him to the torturers until he should pay all that was due to him. 'So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.'

Luke 7:47 (NKJV)

Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little.

Key Themes & Teaching Notes

1. Why Forgiveness Is in the Middle

Jesus places forgiveness in the center of the model prayer — between provision and protection — and again in Luke 6:37 immediately before 'Give and it will be given to you.' This is not accidental:

- 'Broken relationships will neutralize your prayer life. If I've got broken relationships, it's really difficult to pray.'
- 'That's why I believe that God dropped this right in the middle — because he knows that broken relationships will neutralize our prayer life.'
- Walking in unforgiveness is like having a blocked artery: the flow of God's blessing is dramatically reduced.
- John 13:34-35 — 'Love one another as I have loved you.' Forgiveness is love in its most practical and costly expression.

2. What Forgiveness Actually Is

The most common misunderstandings about forgiveness:

What Forgiveness Is NOT	What Forgiveness IS
Saying what they did was okay	Releasing them from your internal court of judgment while acknowledging the wrong
A feeling or emotion	A choice — an act of the will made before the emotions catch up

Letting them 'off the hook' before God	Placing them and the matter in God's hands — 'Vengeance is Mine' (Romans 12:19)
Immediate reconciliation	An internal releasing that may or may not lead to restored relationship depending on the situation
Only needed once	A repeated choice — 70 times 7 means unlimited, ongoing release until the wound heals completely

3. The Unforgiving Servant — The Debt Comparison

Matthew 18:21-35 contains the most direct teaching on why we must forgive. The parable uses two debts to make the point impossible to miss:

The First Debt	The Second Debt
10,000 talents — an insurmountable, impossible amount	100 denarii — approximately one week's wages
This represents our debt to God — the penalty for sin we could never pay	This represents what others owe us — however large it feels, it cannot compare
The master forgave it completely, freely, without condition	The servant refused to forgive — and was delivered to the torturers
'We are the person that owed the debt so great'	'How dare us not forgive one another?'

A Sobering Application

'The servant went out and found somebody owed him a little tiny bit. You don't understand how they mistreated me, hurt me, abused me. I agree, I don't know. But I know this: in comparison to what we've been forgiven, it's a little tiny debt.'

The master delivered the unforgiving servant 'to the torturers.' This connects directly to the torment that unforgiveness produces — the mental preoccupation, the inability to move forward, the spiritual bondage.

'If you don't forgive, you're tormented. Your focus is on that problem. And when you're in that state, you can't pray.'

4. Forgiveness as a Seed

- 'Give forgiveness — and forgiveness is going to come back to you.'
- 'Give love — and love is going to come back to you.'
- 'Give grace — and grace is going to come back to you.'

- Every time you choose to forgive, you are sowing a seed of forgiveness into your own life and into the lives of others.
- 'Forgiveness frees you. Not them — you. You may say they don't deserve it. I didn't say it was okay. You are taking the high road of love — choosing to be like Christ.'

5. The Woman Who Was Forgiven Much — Luke 7

Luke 7:36-50. A sinful woman washed Jesus's feet with her tears and anointed them while the Pharisee host gave no basic hospitality. Jesus's conclusion:

Luke 7:47 (NKJV)

Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little.

- The connection: the degree to which we love flows from the degree to which we know we have been forgiven.
- 'The greater revelation you have of your sinfulness and being forgiven, the greater ability you have to forgive those who've hurt you.'
- 'We are that woman — we've been forgiven much. The problem is we just don't see it that way.' We minimize our own debt while maximizing others'.
- The Pharisee was 'forgiven little' in his own estimation — and loved little as a result. Pride about our own sin level blocks both gratitude and the capacity to forgive.

The more you know you have been forgiven, the more freely you can forgive. Receive the depth of God's forgiveness — and the capacity to give it to others grows.

Reflection Questions



Reflection Questions

1. Unforgiveness 'neutralizes your prayer life.' Is there someone or something in your life right now that is occupying mental and emotional bandwidth that should be in God's hands? What does it cost you — in peace, in prayer effectiveness, in relationships — to hold that?
2. Matthew 18 compares our debt to God (10,000 talents) to what others owe us (100 denarii). Does that proportion feel true to you right now regarding the specific person or wound you find hardest to release? What makes the debt others owe feel larger than the debt you've been forgiven?

3. Forgiveness is a choice, not a feeling — and that 'the forgiver lives in you if you're born again.' What does it mean that the One who forgave completely from the cross now lives inside you? How does that change what is possible for you in terms of forgiving others?
4. Luke 7:47 says 'to whom little is forgiven, the same loves little.' The Pharisee's inability to receive forgiveness (because he didn't think he needed much) made him incapable of genuine love. Where in your life might pride about your own goodness be limiting your capacity to love and forgive?
5. Unforgiveness keeps you 'attached to the person' who hurt you. Is there a relationship where you are more focused on what that person did than on your own life, your relationship with God, or your calling? What would releasing that attachment accomplish?

Personal Application

✓ Application Steps

1. Make a list of anyone you need to forgive — including yourself. For each name, pray specifically: 'In the name of Jesus, I choose to forgive [name] for [what they did]. I release them from my judgment. I release this to You, Lord. I bless them and ask You to work in their life.' Do this even if you don't feel like it — it is a choice.
2. Read Matthew 18:21-35 this week and sit with the contrast: the 10,000-talent debt (your debt to God) vs. the 100-denarii debt (what others owe you). Ask the Holy Spirit to give you a genuine revelation of how much you have been forgiven — and let that revelation do the work of enabling you to forgive.
3. If there is a deep wound or significant abuse in your background, acknowledge that you may need help — not just prayer on your own. Consider personal ministry and counseling for those who have been seriously hurt. This is not weakness; it is wisdom. Take one step this week toward getting that help.
4. Practice the four Matthew 5:44 steps toward one person you are struggling to forgive: (1) choose to love — release the debt, (2) bless — speak a blessing over them, (3) do good — find one kind act, (4) pray — specifically intercede for them for 5 minutes daily. Do it again tomorrow. And the day after.
5. Memorize Colossians 3:13: 'Forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.' Let 'as Christ forgave you' be the standard and the motivation every time forgiveness feels impossible.

Key Terms & Concepts

Term	Definition / Significance
Forgiveness in the Middle	Jesus placed forgiveness in the center of the model prayer and immediately before 'give and it will be given to you' — signaling it is not incidental but essential to the flow of blessing.
70 Times 7	Matthew 18:22 — not a literal 490 but an unlimited posture of ongoing release. Seven represents completeness; Jesus says forgive completely, without limit.
The 10,000 Talent Debt	The insurmountable sum in Jesus's parable — representing our own debt to God that we could never pay. The reference point that makes every debt others owe us relatively small.
The Torturers	Matthew 18:34 — the consequence of refusing to forgive. Can cause mental torment, preoccupation, and spiritual bondage that unforgiveness produces.
Forgiveness Frees the Giver	Forgiveness is not primarily for the other person. It is for you — releasing you from the torment of attachment to the wound and opening the flow of God's blessing again.
Forgiven Much — Loves Much	Luke 7:47 — the direct connection between receiving the revelation of how much you have been forgiven and the capacity to freely forgive and love others.

Connecting the Sessions

Session	Core Truth
Session 1	The principle: give and it will be given. Seed time and harvest always works.
Session 2	Love is the foundation. Receive, then release. The flow must not be blocked.
Session 3	Kindness and mercy are seeds. Judgment is a seed. Thankfulness is the key.
Session 4	Forgiveness is love in action — the most practical test. It frees the giver and keeps the stream flowing.
Sessions 5–7	Coming — giving yourself away; giving financially; breaking the spirit of fear and poverty.

Notes

8 Words to Change Your Life

Session 5: Giving Yourself Away — From Taker to Giver

Session 5 of 7

Session 5 Overview

Sessions 2 through 4 applied the eight-words principle to love, kindness, mercy, judgment, and forgiveness. Session 5 takes a step back to address the most fundamental obstacle to all of that giving: the self-focused heart. Since the Fall, humanity has been oriented inward — toward survival, self-protection, and self-provision. The new birth begins a reversal. This session shows what it looks like to shift from being a taker (a pond) to being a giver (a river) — and why giving yourself away is not self-destruction but the path to the very life you were designed for.

The Eight Words

Luke 6:38 — The Eight Words (NKJV)

Give, and it will be given to you: *good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.*

Key Scriptures — Session 5

John 7:37-39 (NKJV)

On the last day, that great day of the feast, Jesus stood and cried out, saying, 'If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.' But this He spoke concerning the Spirit, whom those believing in Him would receive.

Matthew 10:1, 7-8 (NKJV)

And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease. And as you go, preach: The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.

Galatians 6:7-9 (NKJV)

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap... And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Key Themes & Teaching Notes

1. The Fall Created a Self-Focused Default

Tracing the root of the 'taker' mentality back to Genesis 3:

- When Adam and Eve ate the fruit, 'their eyes were opened and they knew they were naked.' Self-awareness and self-focus entered the world.
- Every human being since has been born with a default setting of self-centeredness — it is not a character flaw but a consequence of the Fall.
- This produces two expressions: the victim ('Look at what's been taken from me') and the orphan ('I don't have what I need; I'm on my own').
- Both postures are 'hyper-focused on me' — what I don't have, what's been stolen, what I'm owed.

2. The New Birth Begins a Reversal

Being born again is not only about heaven when we die — it is about a fundamental reorientation from self-focus to God-focus, from taker to giver:

- When Christ comes to live in us, the Giver moves in. He is the original giver — He gave everything.
- John 7:38 — 'Out of his heart will flow rivers of living water.' The Spirit within produces outward flow, not inward hoarding.
- The shift is from 'all about me' → 'about God' → 'about others.' This is the biblical sequence of transformation.

Pond vs. River

A pond: takes in water and holds it. Over time, without outflow, it becomes stagnant and polluted.

A river: receives water continually and flows it out constantly. Fresh because it is always moving.

The Spirit of God wants to turn us from ponds to rivers.

'What God is wanting us to do is to allow His love to flow to us and allow it to go out.'

Selfishness makes a pond. Giving makes a river.

3. 'Freely You Have Received, Freely Give'

Matthew 10:8 is the commissioning statement that frames Session 5. Jesus sent out the Twelve — and by extension, all believers — with the same principle:

- 2 Peter 1:3 — 'His divine power has given to us all things that pertain to life and godliness.'
- Ephesians 1:3 — 'Blessed with every spiritual blessing in heavenly places in Christ Jesus.'
- 'We have been freely given. The problem is that sometimes we don't understand that — but the truth is we've been given everything.'
- The starting point is not need — it is abundance. We already have everything we need to give. The question is whether we believe it and act on it.

4. Jesus — The Model of Complete Self-Giving

Jesus is the perfect model of giving yourself away:

- He gave everything — His time, His energy, His reputation, His body, His life.
- He washed His disciples' feet — the job of the lowest servant — knowing one would betray Him and one would deny Him.
- 'He came and gave His life as a ransom for all. So if we're going to follow Him, we've got to learn how to give our life away.'
- Service is not beneath us — it is the very nature of the One who lives in us.

5. Start Where You Are — Whatever You Need, Start Sowing It

What You Are Experiencing	What You Probably Need to Start Sowing
Rejection — feeling unloved and unwanted	Begin actively accepting, including, and affirming others
Loneliness — no friends, no genuine connection	Begin being a friend — spend time, listen, invest in others
Lack of love in relationships	Begin loving — even before you feel loved in return
Judgment from others	Examine your own judgment of others; begin extending mercy
Financial lack	Begin giving — time, service, money — even from your lack

'If you need love, you have to love. If you need a friend, you've got to be a friend. You've got to get this going the other direction.'

Whatever you are lacking — begin sowing it. The flow that has been stagnant starts moving when you start giving.

Reflection Questions



Reflection Questions

1. The Fall produced two self-focused responses: the victim ('what's been taken from me') and the orphan ('I don't have enough; I'm on my own'). Which of these two postures most resonates with your own default tendency? How has it shaped your giving or withholding?
2. John 7:38 says 'out of his heart will flow rivers of living water.' Is your spiritual life more like a river — flowing outward — or a pond — taking in and holding? What has caused stagnation in the flow? What would need to change for it to become a river again?
3. Matthew 10:8 says 'freely you have received, freely give.' Do you genuinely believe that you have 'everything that pertains to life and godliness'? Or does your daily experience feel more like lack and need? What is the gap between what Scripture says you have and what you feel?
4. Jesus washed Judas's feet. He gave to people who would betray Him, deny Him, and abandon Him. What does that level of giving — independent of return or gratitude — look like in your current relationships? Is there someone in your life you need to wash the feet of?
5. If you need a friend, you've got to be friendly. What is one specific area where you are experiencing a lack right now — love, connection, kindness, appreciation? What would it look like to begin sowing that very thing in someone else's life this week?

Personal Application



Application Steps

1. Read John 7:37-39 slowly this week and ask the Holy Spirit: 'Where in my life is the river not flowing? Where have I been hoarding or withholding?' Write down what He shows you and take one step toward opening that channel.
2. Choose one area this week to intentionally give yourself away — your time, your attention, your skills, your help — to someone who may not be able to give anything back. Do it as an act of aligning with the river of God's life flowing through you.
3. Use the diagnostic table above. Identify the one area where you are experiencing the most lack right now. Begin sowing the opposite this week — even if it feels counterintuitive, even if you don't feel like you have it to give.

4. Meditate on 'freely you have received, freely give' (Matthew 10:8) every morning this week. Before you leave your home each day, ask: What has God freely given me? What can I freely give today to the people around me?
5. Find one way this week to serve someone without being asked, without recognition, and without expectation of return. It could be a task, a word, a gift, a meal, a prayer. Do it quietly. Then notice what happens in your own heart when you give without expectation.

Key Terms & Concepts

Term	Definition / Significance
Victim / Orphan Mentality	The two self-focused postures produced by the Fall: the victim focuses on what has been taken; the orphan focuses on what is lacking. Both center the self and block the giving flow.
Taker vs. Giver	Pre- and post-conversion orientation. The Fall made humans takers; new birth (and the indwelling Giver) makes the restoration of giving possible.
Pond vs. River	A metaphor: a pond takes in and stagnates; a river flows through and stays fresh. The Holy Spirit intends for us to be rivers of living water, not self-protective ponds.
'Freely You Have Received'	Matthew 10:8 — the foundation for giving: we give from what we have already received. The issue is not what we lack but what we fail to recognize we have already been given.
Giving Yourself Away	The posture of Spirit-filled living: not self-preservation but self-offering — spending one's life in service, love, and generosity as Jesus modeled.
Rivers of Living Water	John 7:38 — the Spirit's flow through the surrendered believer. When we yield to the Giver within us, what comes out is life-giving, not stagnant.

Connecting the Sessions

Session	Core Truth
Session 1	The principle: give and it will be given. Always working, positive or negative.
Session 2	Love is the foundation. God gave first; receive and release.

Session 3	Kindness, mercy, no judgment. Thankfulness is the key.
Session 4	Forgiveness is love in action. It frees the giver.
Session 5	Shift from pond to river — from taker to giver. Freely you received; freely give. Whatever you lack, start sowing it.
Sessions 6–7	Coming — financial giving; breaking the spirit of fear and poverty.

Notes

8 Words to Change Your Life

Session 6: Giving Financially — Your Money and Your Heart

Session 6 of 7

Session 6 Overview

Sessions 2 through 5 applied the eight-words principle to love, kindness, mercy, judgment, forgiveness, and giving yourself away. Session 6 turns to the area most people find most personal and most uncomfortable: money. The eight-word principle is not just spiritual and relational. It applies practically to finances too. And avoiding this application is itself a deception, because the way you handle money is directly tied to the condition of your heart.

The Eight Words

Luke 6:38 — The Eight Words (NKJV)

Give, and it will be given to you: *good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.*

Key Scriptures — Session 6

Matthew 6:19-21, 33 (NKJV)

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also... But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

2 Corinthians 9:6-8, 10-11 (NKJV)

But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver... Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, while you are enriched in everything for all liberality, which causes thanksgiving through us to God.

Malachi 3:6, 10-12 (NKJV)

'For I am the Lord, I do not change'... 'Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this,' says the Lord of hosts, 'If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it. And I will rebuke the devourer for your sakes... And all nations will call you blessed, for you will be a delightful land,' says the Lord of hosts.

Key Themes & Teaching Notes

1. Money and the Heart Are Connected

Matthew 6:21 is the anchor for this entire session: 'Where your treasure is, there your heart will be also.' This is not a warning — it is an observation about human nature:

- Whatever you invest in most, that is what you care about most. The flow of your money reveals the orientation of your heart.
- 'I don't think there's any money or transactions of money in heaven, but there is on earth. And every generation has to deal with handling money.'
- 'First and foremost, it's God's money. It's not our money. But the reality is God's after our heart, not after our money.'
- Matthew 6:33 — 'Seek first the kingdom' — money management begins with priority, not amount.

2. The God Who Gives Seed to the Sower

2 Corinthians 9:10 contains a prayer Paul prays for the Corinthians that reveals God's intention in financial giving:

- 'May He who supplies seed to the sower and bread for food supply and multiply the seed you have sown.'
- God gives seed to the sower — not to the hoarder. He provides for those who are actively in the process of giving.
- 'He gives seed to sow and bread to eat. A lot of times we've eaten all of our seed.' The seed we were supposed to sow, we consumed.
- The promise is multiplication: 'increase the fruits of your righteousness... enriched in everything for all liberality.'

3. The Cheerful Giver — Attitude Before Amount

2 Corinthians 9:7 establishes the heart standard for financial giving:

2 Corinthians 9:7 (NKJV)

So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.

- 'Not grudgingly' — not resentfully, not under pressure, not with a sense of deprivation.
- 'Not of necessity' — not because of manipulation, guilt, or external pressure.
- 'God loves a cheerful giver' — the Greek word for cheerful is hilaros, from which we get 'hilarious.' Extravagant, joyful, overflowing giving.
- 'Once you understand that the flow-through, you begin to realize that wow — and yes, you have to give money. I am predisposed to be a giver because the giver lives in me.'

You cannot out-give God. The heart of the cheerful giver is not calculating the cost — it is confident in the Provider.

4. The Tithe — Testing God in This

What Malachi 3 Says	The Principle
'I am the Lord, I do not change' (v.6)	The character of God who established this principle has not changed. His generosity and His standards both remain.
'You've robbed Me... in tithes and offerings' (v.8)	Not tithing is not a neutral choice — it has a specific name in Scripture.
'Bring all the tithes into the storehouse' (v.10)	The command to bring the full tithe — not a partial tithe when convenient.
'Try Me now in this' (v.10)	One of the few places in Scripture where God explicitly invites us to test Him. He is confident in His own faithfulness.
'I will open the windows of heaven and pour out blessing there will not be room to receive' (v.10)	The specific, extraordinary promise for those who honor this principle.
'I will rebuke the devourer for your sakes' (v.11)	Not just provision — protection. The tithe opens God's blessing and closes the enemy's access.

If someone said to you — give me 10% and I'll guarantee you'll never have a lasting financial problem, I'll open the windows of heaven over you, and I'll rebuke the devourer — in the business world, that's a deal everyone would take immediately.

5. The Flow-Through Principle

Giving is not a spiritual investment strategy to accumulate wealth. It is a flow-through:

- 'Do I give everything away? No. You follow. He said He would bless you so you'd have enough for every good work.'
- The goal is to be a channel — to receive and release, so that God's provision flows through you to others.
- 'You give so you can get so you can give so you can get.' — The flow never stops with you.
- Matthew 6:33 — 'Seek first the kingdom and its righteousness, and all these things shall be added to you.' Priority of heart determines what is 'added.'

Reflection Questions



Reflection Questions

1. Matthew 6:21 says 'where your treasure is, there your heart will be.' If someone studied your last 3 months of financial transactions with no other context, what would they conclude about what you care about most? Does that picture reflect the priorities you want your life to have?
2. 2 Corinthians 9:10 describes God supplying seed to the sower. Many of us have 'eaten our seed' — consumed what was meant to be planted. Is there financial seed in your life that you have been consuming rather than sowing? What would it look like to begin planting it?
3. 2 Corinthians 9:7 calls for a 'cheerful giver' — joyful, not grudging or pressured. On a scale of reluctant obligation to extravagant joy, where does your current posture toward financial giving sit? What is making it hard to be a hilarious giver?
4. Malachi 3 is one of the few places God invites us to test Him. Have you ever taken God up on that invitation? If yes, what happened? If no, what has kept you from trying?
5. The tithe is a heart issue — 'God is after your heart, not your money.' What does your relationship with money reveal about the state of your heart right now — toward God, toward security, toward others, and toward generosity?

Personal Application

✓ Application Steps

1. Read Matthew 6:19-33 in full this week and specifically identify verse 21 ('where your treasure is, there your heart will be') and verse 33 ('seek first the kingdom'). Ask God to show you one financial adjustment — large or small — that would better reflect the heart priority these verses describe.
2. If you are not currently tithing, commit this week to taking God up on His Malachi 3:10 invitation: 'Try Me in this.' Begin giving 10% of your income to your local church and track what happens over the next 90 days. Start with your next paycheck.
3. Read 2 Corinthians 9:6-11 and pay close attention to verse 10: 'He who supplies seed to the sower... supply and multiply the seed you have sown.' Ask God specifically: 'What seed have You given me to sow that I have been consuming instead? What do You want me to plant?'
4. This week, practice sowing specifically and joyfully — not out of obligation. Choose an amount (or a gift of time or service) that feels slightly stretched — not devastatingly large, but meaningfully above what feels safe. Give it with an expectation of God's faithfulness, not as a transaction.
5. Memorize 2 Corinthians 9:7: 'God loves a cheerful giver.' Let it be your posture check every time you have an opportunity to give — money, time, or service. Ask: 'Am I doing this cheerfully — or grudgingly? From faith — or from fear?'

Key Terms & Concepts

Term	Definition / Significance
Money and the Heart	Matthew 6:21 — the inseparable connection between financial priority and heart priority. God targets money not because He needs it but because our relationship to it reveals and shapes our heart.
Seed to the Sower	2 Corinthians 9:10 — God's promise to those actively giving: He provides seed to sow and multiplies what is sown. He does not provide seed to those who are not sowing.
Cheerful (Hilaros)	Greek word meaning hilarious, extravagant, overflowing. 'God loves a hilaros giver' — not a calculated, minimum-required, grudging contributor but someone whose joy in God's provision overflows in giving.
The Tithe	The giving of a tenth — established in Genesis (Abraham and Melchizedek) and codified in the Law, but rooted in the principle of firstfruits: honoring God first with what He has provided.

'Try Me in This'	Malachi 3:10 — God's unique invitation to test Him in the area of the tithe. One of the few explicit divine invitations to prove His faithfulness through giving.
Flow-Through	Financial blessing is meant to flow through the believer, not pool in them. The giver receives enough for themselves and enough to be a channel of blessing to others.
The Devourer	Malachi 3:11 — the enemy's destructive work in the financial area. God promises to 'rebuke the devourer' for those who honor the tithe — protection, not just provision.

Connecting the Sessions

Session	Core Truth
Session 1	The principle: give and it will be given. Always working.
Session 2	Love is the foundation. The flow must not be blocked.
Session 3	Kindness and mercy are seeds. Thankfulness is the key.
Session 4	Forgiveness is love in action. It frees the giver.
Session 5	Shift from pond to river. Whatever you lack, start sowing it.
Session 6	Give financially. Money and heart are connected. Seek first the kingdom. God loves a cheerful giver. Try Him in the tithe.
Session 7	Coming — breaking the spirit of fear and poverty; the parable of the talents; Caleb; the widow of Zarephath.

Notes

8 Words to Change Your Life

Session 7: Breaking the Spirit of Fear and Poverty

Session 7 of 7 | Series Finale

Session 7 Overview

Sessions 1 through 6 have established the principle, its foundation in love, and its application in kindness, mercy, forgiveness, giving yourself away, and finances. Session 7 addresses the one obstacle that stops many believers from ever applying any of it: a spirit of fear and poverty. Whether rooted in abuse, abandonment, lack, or distorted views of God, this spirit causes us to see ourselves as grasshoppers and God as stingy or unfair. The closing session calls believers to name this spirit, refuse its lies, and give first — even from apparent emptiness — trusting the God who multiplies what is placed in His hands.

The Eight Words

Luke 6:38 — The Eight Words (NKJV)

Give, and it will be given to you: *good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.*

Key Scriptures — Session 7

Matthew 25:14-29 (NKJV — key verses)

For the kingdom of heaven is like a man traveling to a far country, who called his own servants and delivered his goods to them. To one he gave five talents, to another two, and to another one, to each according to his own ability... He who had received the five talents went and traded with them, and made another five talents. Likewise he who had received two gained two more also. But he who had received one went and dug in the ground, and hid his lord's money... His lord said to him, 'You wicked and lazy servant...' Therefore take the talent from him, and give it to him who has ten talents. For to everyone who has, more will be given, and he will have abundance; but from him who does not have, even what he has will be taken away.

Numbers 13:27-28, 30, 33 (NKJV)

We went to the land where you sent us. It truly flows with milk and honey, and this is its fruit. Nevertheless the people who dwell in the land are strong; the cities are fortified and very large... Then Caleb quieted the people before Moses, and said, 'Let us go up at once and take possession, for we are well able to overcome it'... And we were like grasshoppers in our own sight, and so we were in their sight.

1 Kings 17:8-16 (NKJV — key verses)

The word of the Lord came to him, saying, 'Arise, go to Zarephath... and stay there. See, I have commanded a widow there to provide for you.'... She said, 'As the Lord your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in a jar; and see, I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it and die.'... And Elijah said to her, 'Do not fear; go and do as you have said, but make me a small cake from it first, and bring it to me; and afterward make some for yourself and your son. For thus says the Lord God of Israel: The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.'

Key Themes & Teaching Notes

1. The Spirit of Poverty and Fear — What It Does

There is a specific demonic spirit operating behind the inability to give:

- 'It's a spirit of fear. It causes us to see God incorrectly. It causes us to see ourselves incorrectly. It causes us to see everything incorrectly.'
- The spirit of poverty produces two simultaneous distortions: (1) I am not enough — inadequate, lacking, unable; (2) God is not fair — He is stingy, He has not dealt me a good hand, He cannot be trusted.
- Together these create a self-reinforcing prison: I can't give because I don't have enough, and God won't provide because He doesn't really care.
- This is precisely the enemy's tactic — 'he accuses God of not being good, and accuses you of where you can't do anything.'

2. The Parable of the Talents — The Wrong View of God

Matthew 25:14-29 - This parable is usually read as being about faithfulness — but your attention to what caused the one-talent servant to fail:

Matthew 25:24-25 (NKJV)

Then he who had received the one talent came and said, 'Lord, I knew you to be a hard man, reaping where you have not sown, and gathering where you have not scattered seed. And I was afraid, and went and hid your talent in the ground.'

- The servant's failure was not laziness primarily — it was a wrong view of God. He saw his master as harsh, extracting, unfair.
- That wrong view produced fear. Fear produced paralysis. Paralysis produced loss — 'from him who does not have, even what he has will be taken away.'
- 'That's exactly what a spirit of poverty does. It causes us to believe that God's not just. God's not fair. I've not been dealt a fair hand.'
- The two servants who doubled their talents had a very different view of the master — they trusted him enough to invest.

3. The Spies and Caleb — Grasshoppers vs. Giants

Numbers 13 provides a second illustration: the twelve spies who explored Canaan. The response split 10 vs. 2, and the difference was the same spirit:

The Ten Spies' Report	Caleb's Report
'The people are stronger and the cities are fortified'	'We are well able to overcome it'
'We saw giants — descendants of Anak'	'Let us go up at once and take possession'
'We were like grasshoppers in our own sight'	He went back 40 years later 'just as strong' and said 'give me my share'
Focused on what they lacked vs. the enemy's strength	Focused on God's promise and God's faithfulness

- 'The spirit of fear, the spirit of poverty, the spirit of lack gets you focused on what's not and what could be bad.'
- 'There's always going to be giants in the land. There's always going to be a problem. There's always going to be something screaming at you saying I can't give, I can't love, I can't do this.'
- Caleb's secret was his focus: 'His focus was on God and his word. He wasn't focused on the problems.'

The spirit of poverty makes you a grasshopper in your own sight. The Spirit of God makes you a son or daughter with a Father who owns everything.

4. The Widow of Zarephath — Give First, Even from Emptiness

1 Kings 17 is a powerful illustration of breaking the spirit of fear and poverty: Elijah and the widow at Zarephath.

- The widow's position: a handful of flour, a little oil, two sticks, and a plan to cook a last meal before she and her son died.
- Elijah's instruction: 'Do not fear. Make me a little cake first, and bring it to me — and afterward make some for yourself and your son.'
- The command: give first. Even when it looks like giving first means dying. Even when the natural assessment says you don't have enough.
- The result: 'the bin of flour was not used up, nor did the jar of oil run dry' — for many days, supernaturally sustained.

Application

'God is saying to us the same thing. Give to Me first. You need, yes. I don't have, yes. I am bankrupt, yes. I have no love to give, I have nothing in my life but bad. He says: give to Me first.'

'She either died today or died tomorrow. Either way, she had nothing. So she was going to trust this man.'

'She went away and did according to the word of Elijah — and she and he and her household ate for many days.'

The spirit of fear and poverty says: 'Hold on to what little you have.' God says: 'Give it to Me first, and watch what I do with it.'

5. The Correct View — See God and See Yourself Clearly

Consider two corrections the Spirit of God wants to make:

- See God correctly: 'He is a good Father and a good, good God. He has already blessed us, given to us everything that we need. He's not going to have to do anything else — He's already done it.'
- See yourself correctly: 'We begin to see ourselves as beloved sons and daughters — not as grasshoppers. Everything in the world looks negative — that's why the spirit of poverty wants to keep your eyes there.'
- The corrective is the Word: 'Ephesians 1 says I'm blessed with every spiritual blessing in heavenly places in Christ Jesus. 2 Peter 1:3 says I've been given everything that pertains to life and godliness.'
- The response to the spirit of fear and poverty is not a formula — it is a revelation. 'Let the Spirit of God break that thing in our lives so that we can be the givers He has designed us to be.'

Series Conclusion — The Eight Words Applied

These eight words work in every dimension of life. The question has never been whether the principle works — it always does. The question is what are you sowing?

What You Give	What Returns to You
Love — even to enemies	Love — pressed down, running over
Kindness — even to the unkind	Kindness — in the same measure you gave
Mercy — to the undeserving	Mercy — when you most need it
No judgment — extending grace	Freedom from judgment — in the same measure
Forgiveness — to the one who hurt you	Forgiveness — and freedom from the tormentors
Yourself — service, time, attention	Community, connection, purpose, and life
Money — financially, as to the Lord	Multiplication, windows of heaven, devourer rebuked
Faith — giving first even from apparent emptiness	Supernatural provision and sustained abundance

Give, and it will be given to you — good measure, pressed down, shaken together, and running over. These eight words can change your life.

Final Reflection Questions



Reflection Questions

1. The servant in Matthew 25 hid his talent because he saw his master as 'a hard man.' What does your giving (or withholding) reveal about how you actually see God — generous and trustworthy, or harsh and extracting? Where did that view come from, and does it match what Scripture says?
2. The ten spies saw themselves as grasshoppers and the giants as too large. Caleb saw God as faithful and said 'we are well able.' In the area of your life where the

spirit of fear and poverty is most active, which perspective are you currently operating from — the ten or the two?

3. The widow of Zarephath was asked to give first from her last. She gave — and the provision supernaturally multiplied. Is there an area in your life where God is calling you to give first from apparent emptiness or scarcity? What would it take to trust Him in that?
4. The spirit of poverty distorts two things: your view of God (He's not fair) and your view of yourself (I'm not enough). Which of these two distortions is more active in your life right now? What Scripture speaks most directly to correct it?
5. Looking back across the whole series — the principle, love, kindness/mercy, forgiveness, giving yourself away, finances, breaking fear — which session was most personally challenging or convicting? What is the one thing the Holy Spirit has most clearly shown you that needs to change? What is your specific next step?

Final Personal Application

✓ Application Steps

1. Pray specifically against the spirit of fear and poverty this week: 'In the name of Jesus, I refuse the spirit of fear and the spirit of poverty. I will not see myself as a grasshopper. I am a beloved son/daughter of the living God, blessed with every spiritual blessing. I choose to give — from what I have — with confidence in the God who multiplies.'
2. Identify the one area of the series that you have been most resistant to applying. This week, take one concrete step in that specific area — even a small one. The widow made one cake. That was enough to start the miracle.
3. Read the full story of the widow of Zarephath (1 Kings 17:8-16) and meditate on verse 13: 'Do not fear.' Ask God what He is asking you to give first — in the area where you feel you have the least. Take that step this week.
4. Create a personal inventory across all seven categories: love, kindness/mercy, no judgment, forgiveness, giving yourself, financial giving, faith-giving from emptiness. Rate your current practice in each on a scale of 1 to 10. Choose the lowest two and make them your focus for the next 30 days.
5. Share the eight words with someone in your garden this week — a family member, friend, or colleague who needs to understand that they have the ability, through God's principle, to change the trajectory of their life. Teach it simply: whatever you give, it comes back multiplied. What are you sowing?

Complete Series Summary

Session	Title	Core Focus
1	The Principle	Give and it will be given to you — the law of reciprocity; seed time and harvest; the power of the tongue
2	Love — The Foundation	God gave first; 1 Corinthians 13 as a portrait of God; giving love to receive love
3	Kindness, Mercy, & No Judgment	Sowing kindness and mercy; the danger of judging; thankfulness as the key to giving
4	Forgiveness	The unforgiving servant parable; forgiveness as love in action; 70 times 7
5	Giving Yourself Away	From victim/orphan to giver; rivers vs. ponds; the Great Commission model
6	Giving Financially	Money and the heart; cheerful giving; the tithe and Malachi 3
7	Breaking the Spirit of Poverty & Fear	The parable of the talents; the spies and Caleb; the widow of Zarephath; giving first

A Closing Word

God so loved — He gave. He did not withhold. He gave His best.

And now He says to you: **Give, and it will be given to you.**

Not as a trick. Not as a transaction. But because this is how the kingdom works.

God adds and multiplies. The devil subtracts and divides.

You have a choice, every day, with every word, every action, every dollar, every relationship:
What are you sowing?

These eight words can change your life — if you will choose to live them.

Notes
