

A Simple Book For Growing Christians



Simply Study,
Pray, And
Believe.

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Dedication:

This book is dedicated to everyone who believes in the Power of God and His ability to reposition you to Begin Again in Him.

About The Author

Pastor Sherasha Russell is the founder and Pastor of Healing Hearts Restoration Center of Greensboro NC. Healing Hearts was established on February 13th 2012 as a nondenominational, Christian-based center that offers support, healing, and restoration to all individuals seeking to grow closer to God.

Spiritually, Pastor Russell teaches the whole bible in complete context. Pastor Russell is a psalmist, prophetess of God, ordained Evangelist, and licensed Pastor.

Educationally, Pastor Sherasha Russell holds a Bachelors of Science in Psychology, specializing in diagnostics, and a Masters of Arts in Teaching, specializing in Learning Disabilities and Assessments. Pastor Russell also holds a NC Teaching License in K-12 Exceptional Children's General Curriculum and K-5 Exceptional Children's Adapted Curriculum. In addition, Pastor Sherasha Russell is the Author of "Abundant Life: Making Every Moment Count" based off of her personal testimony of healing.

It is Pastor Russell's mission to teach, preach, and tell of the goodness of God to everyone that she encounters as we are all "Teaching, Learning, and Growing Together in Christ."

A Message From The Author

I pray that you will begin to experience a New Beginning in Christ through scripture, prayer, meditation, and Divine Revelation as you explore my newest publication, *Simply Study, Pray, And Believe: A Book For Growing Christians*.

Ps 3:8 Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.

Instructions To Grow

Study:

2 Tim 2:15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

Pray:

1 Thess 5:17 Pray without ceasing

Believe:

1 John 5:13 These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God.

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Meditating Scriptures: Preparing the Mind and Spirit

1. Find Your Place of Peace
2. Study the Scriptures
3. Let the Lord Minister to You in the Stillness of His Grace

Josh 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Ps 1:2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.

Ps 5:1 To the chief Musician upon Nehiloth, A Psalm of David. Give ear to my words, O LORD, consider my meditation.

Ps 19:14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Ps 49:3 My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

Ps 77:12 I will meditate also of all thy work, and talk of thy doings.

Ps 104:34 My meditation of him shall be sweet: I will be glad in the LORD.

Ps 119:15 I will meditate in thy precepts, and have respect unto thy ways.

Ps 119:48 My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes.

Ps 119:78 Let the proud be ashamed; for they dealt perversely with me without a cause: but I will meditate in thy precepts.

Ps 119:97 MEM. O how love I thy law! it is my meditation all the day.

Ps 119:99 I have more understanding than all my teachers: for thy testimonies are my meditation.

Ps 119:148 Mine eyes prevent the night watches, that I might meditate in thy word.

Ps 143:5 I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.

1 Tim 4:15 Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

The Power of Prayer

What is Prayer?

Prayer is our personal and open line of communication with God.

How Do We Pray?

We should always Pray in the Name of Jesus.

John 14:13-14 Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it

Why Do We Pray in the Name of Jesus?

We Pray in the Name of Jesus because He alone intercedes on our behalf.

Rom 8:34 Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.

When Do We Pray?

We are commanded to continually Pray!

1st Thessalonians 5:17 Pray without ceasing

Pray and Believe

James 5:16 The effectual fervent prayer of a righteous man availeth much.

Effectual Fervent Prayers: Effectual refers to powerful and fervent refers to passionate.

James 5:16 tells us that if our Prayers are effectual and fervent that they availeth much.

Availeth much means that effectual and fervent Prayers, **PRODUCES** results!

Productive Prayers: Productive Prayers are Prayers that truly get the attention of God because they are sincerely from the heart.

Have Faith and Confidence

Faith and Confidence in our Lord and Savior, Jesus Christ, brings Prayer to life.

Assurance and Prayer

Because you have a personal relationship with God, know that the Lord has heard your supplication(request); the Lord receives my prayer. Psalm 6:9

Matthew 21:22 And whatever you ask in prayer, you will receive, if you have faith.

Mark 11:24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

Be in Good Standings with God, be in a place of complete surrender to His Holy Word.

By being in a position of complete surrender to Christ, God hears from His faithful children

1 Peter 3:12: For the eyes of the Lord are on the Righteous, and His ears are open to their Prayers; but the face of the Lord is against those who do evil.

James 1:6-7: But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord.

Hypocrites and Prayer

Matthew 6:5, 7: And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen of men. Assuredly, I say they have their reward. And when you pray do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

Stay in the Will of God

And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight. 1 John 3:22

The Righteous is Heard

Let him turn away from evil and do good; let him seek peace and pursue it. For the eyes of the Lord are on the righteous, and His ears are open to their prayers; but the face of the Lord is against those who do evil.. 1 Peter 3:11

The Lord is far from the wicked, but He hears the prayer of the righteous. Proverbs 15:29

You Must Repent

Ask for forgiveness from God and turn away from sin because if you don't, God will not hear you

But your iniquities have separated you from your God; and your sins have hidden His face from you, so that He will not hear. Isaiah 59:2

Repent

Repent

To feel deep sorrow for sinning against the will of God.

To take personal accountability of your sins and turn away from them.

To ask God forgiveness with a made up mind and heart not to sin against Him again.

To ask God to show you your sins and to turn away from your sinful ways.

To turn from evil or wicked ways and totally surrender to God.

The King James Version

Gen 6:6 And it repented the LORD that he had made man on the earth, and it grieved him at his heart.

Exod 13:17 And it came to pass, when Pharaoh had let the people go, that God led them not through the way of the land of the Philistines, although that was near; for God said, Lest peradventure the people repent when they see war, and they return to Egypt:

Exod 32:12 Wherefore should the Egyptians speak, and say, For mischief did he bring them out, to slay them in the mountains, and to consume them from the face of the earth? Turn from thy fierce wrath, and repent of this evil against thy people.

Exod 32:14 And the LORD repented of the evil which he thought to do unto his people.

Num 23:19 God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?

Deut 32:36 For the LORD shall judge his people, and repent himself for his servants, when he seeth that their power is gone, and there is none shut up, or left.

Judg 2:18 And when the LORD raised them up judges, then the LORD was with the judge, and delivered them out of the hand of their enemies all the days of the judge: for it repented the LORD because of their groanings by reason of them that oppressed them and vexed them.

Judg 21:6 And the children of Israel repented them for Benjamin their brother, and said, There is one tribe cut off from Israel this day.

Judg 21:15 And the people repented them for Benjamin, because that the LORD had made a breach in the tribes of Israel.

1 Sam 15:29 And also the Strength of Israel will not lie nor repent: for he is not a man, that he should repent.

1 Sam 15:35 And Samuel came no more to see Saul until the day of his death: nevertheless Samuel mourned for Saul: and the LORD repented that he had made Saul king over Israel.

2 Sam 24:16 And when the angel stretched out his hand upon Jerusalem to destroy it, the LORD repented him of the evil, and said to the angel that destroyed the people, It is enough: stay now thine hand. And the angel of the LORD was by the threshingplace of Araunah the Jebusite.

1 Kings 8:47 Yet if they shall bethink themselves in the land whither they were carried captives, and repent, and make supplication unto thee in the land of them that carried them captives, saying, We have sinned, and have done perversely, we have committed wickedness;

1 Chron 21:15 And God sent an angel unto Jerusalem to destroy it: and as he was destroying, the LORD beheld, and he repented him of the evil, and said to the angel that destroyed, It is enough, stay now thine hand. And the angel of the LORD stood by the threshingfloor of Ornan the Jebusite.

Job 42:6 Wherefore I abhor myself, and repent in dust and ashes.

Ps 90:13 Return, O LORD, how long? and let it repent thee concerning thy servants.

Ps 106:45 And he remembered for them his covenant, and repented according to the multitude of his mercies.

Ps 110:4 The LORD hath sworn, and will not repent, Thou art a priest for ever after the order of Melchizedek.

Ps 135:14 For the LORD will judge his people, and he will repent himself concerning his servants.

Jer 4:28 For this shall the earth mourn, and the heavens above be black: because I have spoken it, I have purposed it, and will not repent, neither will I turn back from it.

Jer 8:6 I hearkened and heard, but they spake not aright: no man repented him of his wickedness, saying, What have I done? every one turned to his course, as the horse rusheth into the battle.

Jer 15:6 Thou hast forsaken me, saith the LORD, thou art gone backward: therefore will I stretch out my hand against thee, and destroy thee; I am weary with repenting.

Jer 18:8 If that nation, against whom I have pronounced, turn from their evil, I will repent of the evil that I thought to do unto them.

Jer 18:10 If it do evil in my sight, that it obey not my voice, then I will repent of the good, wherewith I said I would benefit them.

Jer 20:16 And let that man be as the cities which the LORD overthrew, and repented not: and let him hear the cry in the morning, and the shouting at noontide;

Jer 26:3 If so be they will hearken, and turn every man from his evil way, that I may repent me of the evil, which I purpose to do unto them because of the evil of their doings.

Jer 26:13 Therefore now amend your ways and your doings, and obey the voice of the LORD your God; and the LORD will repent him of the evil that he hath pronounced against you.

Jer 26:19 Did Hezekiah king of Judah and all Judah put him at all to death? did he not fear the LORD, and besought the LORD, and the LORD repented him of the evil which he had pronounced against them? Thus might we procure great evil against our souls.

Jer 31:19 Surely after that I was turned, I repented; and after that I was instructed, I smote upon my thigh: I was ashamed, yea, even confounded, because I did bear the reproach of my youth.

Jer 42:10 If ye will still abide in this land, then will I build you, and not pull you down, and I will plant you, and not pluck you up: for I repent me of the evil that I have done unto you.

Ezek 14:6 Therefore say unto the house of Israel, Thus saith the Lord GOD; Repent, and turn yourselves from your idols; and turn away your faces from all your abominations.

Ezek 18:30 Therefore I will judge you, O house of Israel, every one according to his ways, saith the Lord GOD. Repent, and turn yourselves from all your transgressions; so iniquity shall not be your ruin.

Ezek 24:14 I the LORD have spoken it: it shall come to pass, and I will do it; I will not go back, neither will I spare, neither will I repent; according to thy ways, and according to thy doings, shall they judge thee, saith the Lord GOD.

Hos 11:8 How shall I give thee up, Ephraim? how shall I deliver thee, Israel? how shall I make thee as Admah? how shall I set thee as Zeboim? mine heart is turned within me, my repentings are kindled together.

Hos 13:14 I will ransom them from the power of the grave; I will redeem them from death: O death, I will be thy plagues; O grave, I will be thy destruction: repentance shall be hid from mine eyes.

Joel 2:14 Who knoweth if he will return and repent, and leave a blessing behind him; even a meat offering and a drink offering unto the LORD your God?

Amos 7:3 The LORD repented for this: It shall not be, saith the LORD.

Amos 7:6 The LORD repented for this: This also shall not be, saith the Lord GOD.

Jonah 3:9 Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not?

Jonah 3:10 And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.

Zech 8:14 For thus saith the LORD of hosts; As I thought to punish you, when your fathers provoked me to wrath, saith the LORD of hosts, and I repented not:

Matt 3:2 And saying, Repent ye: for the kingdom of heaven is at hand.

Matt 3:8 Bring forth therefore fruits meet for repentance:

Matt 3:11 I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire:

Matt 4:17 From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

Matt 9:13 But go ye and learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance.

Matt 11:20 Then began he to upbraid the cities wherein most of his mighty works were done, because they repented not:

Matt 11:21 Woe unto thee, Chorazin! woe unto thee, Bethsaida! for if the mighty works, which were done in you, had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes.

Matt 21:29 He answered and said, I will not: but afterward he repented, and went.

Matt 21:32 For John came unto you in the way of righteousness, and ye believed him not: but the publicans and the harlots believed him: and ye, when ye had seen it, repented not afterward, that ye might believe him.

Matt 27:3 Then Judas, which had betrayed him, when he saw that he was condemned, repented himself, and brought again the thirty pieces of silver to the chief priests and elders,

Mark 1:4 John did baptize in the wilderness, and preach the baptism of repentance for the remission of sins.

Mark 1:15 And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel.

Mark 2:17 When Jesus heard it, he saith unto them, They that are whole have no need of the physician, but they that are sick: I came not to call the righteous, but sinners to repentance.

Mark 6:12 And they went out, and preached that men should repent.

Luke 3:3 And he came into all the country about Jordan, preaching the baptism of repentance for the remission of sins;

Luke 3:8 Bring forth therefore fruits worthy of repentance, and begin not to say within yourselves, We have Abraham to our father: for I say unto you, That God is able of these stones to raise up children unto Abraham.

Luke 5:32 I came not to call the righteous, but sinners to repentance.

Luke 10:13 Woe unto thee, Chorazin! woe unto thee, Bethsaida! for if the mighty works had been done in Tyre and Sidon, which have been done in you, they had a great while ago repented, sitting in sackcloth and ashes.

Luke 11:32 The men of Nineve shall rise up in the judgment with this generation, and shall condemn it: for they repented at the preaching of Jonas; and, behold, a greater than Jonas is here.

Luke 13:3 I tell you, Nay: but, except ye repent, ye shall all likewise perish.

Luke 13:5 I tell you, Nay: but, except ye repent, ye shall all likewise perish.

Luke 15:7 I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.

Luke 16:30 And he said, Nay, father Abraham: but if one went unto them from the dead, they will repent.

Luke 17:3 Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him.

Luke 17:4 And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him.

Luke 24:47 And that repentance and remission of sins should be preached in his name among all nations, beginning at Jerusalem.

Acts 2:38 Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.

Acts 3:19 Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;

Acts 5:31 Him hath God exalted with his right hand to be a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins.

Acts 8:22 Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee.

Acts 11:18 When they heard these things, they held their peace, and glorified God, saying, Then hath God also to the Gentiles granted repentance unto life.

Acts 13:24 When John had first preached before his coming the baptism of repentance to all the people of Israel.

Acts 17:30 And the times of this ignorance God winked at; but now commandeth all men every where to repent:

Acts 19:4 Then said Paul, John verily baptized with the baptism of repentance, saying unto t

Acts 20:21 Testifying both to the Jews, and also to the Greeks, repentance toward God, and faith toward our Lord Jesus Christ.

Acts 26:20 But shewed first unto them of Damascus, and at Jerusalem, and throughout all the coasts of Judaea, and then to the Gentiles, that they should repent and turn to God, and do works meet for repentance.

Rom 2:4 Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?

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