



# REAL TALK: EVERY MAN & WOMAN

GROUP FACILITATION GUIDE  
TEXT ONLY

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# WELCOME TO THE JOURNEY



Your role is vital in the journey of awakening and healing lives! I will share my knowledge of safe groups and authentic leadership to help you create a transformative environment. Best practices save time and foster true change. I want to equip you with key steps I've learned from decades of experience. I pray you feel inspired and inspire others!

REAL TALK creates a space where people feel seen, known, and unconditionally accepted amidst a deceptive world. The study guide includes five sessions, with *Speak The Unspeakable* by Elizabeth Good as the companion book.

Focus on connection; pray, and discern which questions your group needs. Some weeks, only one or two questions might be necessary. Allow room for the Spirit to move, creating a safe space for everyone. Assign only the reading designated before meetings and encourage open, spontaneous sharing, setting the example yourself. Remember, "Depth of the leader, depth of the team!" Enjoy the journey!

Much Love,  
Elizabeth Good

# BEST PRACTICES

## TIPS FOR BUILDING TRUST IN RELATIONSHIPS

### 1. **Ask Questions. Talk Less.**

Listen attentively and try not to interrupt. Communicate that you want to hear what they have to say ... not what you want to say.

### 2. **Check Your Heart.**

Confirm that they are safe with you - then tell them that they are safe with you. Be sure you can keep confidence!

### 3. **Accept Them.**

Try not to evaluate or judge what they are telling you. Try to hear them and identify with them first.

### 4. **Love Them.**

Ask God to fill your heart with love for them!

### 5. **Model Transparency.**

Be willing to be vulnerable yourself. This is not in contradiction with Tip #1 - this is not asking you to change the focus of the conversation to yourself. This is being ready to be vulnerable in the case that the other person asks you personal questions or if you sense that sharing your own stories may foster greater safety.

*Click to watch Elizabeth explain the facilitator resources in this guide!*





# BEST PRACTICES

## GROUP GUIDELINES

1. **Confidentiality** and anonymity are required from all members of the group.
2. **Say “Yes” To Transparency** and vulnerability; there is no need to rescue.
3. **Participation** is required from all members.
4. **Commitment To Start And End On Time** creates trust and safety for group members. Groups usually last 1.5 hours each and can be hosted virtually or live.
5. **Respect** for others’ opinions and differing beliefs.
6. **Use “I” Statements** and speak from personal experience.
7. **Embrace The Pause**
8. **No Cross Talk**, allowing all members to have equal space to share.
9. **Engage Everyone.** When reading passages, always engage the group, asking who would like to volunteer to read.
10. **Use Wisdom In Group Size.** Typically, the most impactful group sizes are no less than 4 and no more than 10.





# MATERIALS NEEDED

## **Book**

To lead a REAL TALK group, you will need the Facilitation Guide and accompanying videos with guided questions. Each facilitator and group member will need a copy of *Speak The Unspeakable* by Elizabeth Good, available on Amazon, Audible, Kindle, and wherever books are sold.

## **Guide**

Emotional Bingo on the following page is needed as an ice-breaker for each session. There are also many helpful resources listed throughout this guide to support your REAL TALK journey.

## **Ongoing Support & Resources**

For additional support, including ongoing coaching, private pathways, live cohorts, and teaching resources, please contact us at [freedom@realtalkcollective.tv](mailto:freedom@realtalkcollective.tv).

*Ready for REAL TALK?  
Your time is now!*

# EMOTIONAL BINGO

## CHECK-IN USED AT THE OPENING OF SESSIONS

This serves as an icebreaker tool to be passed around to all members.

|         |         |            |         |
|---------|---------|------------|---------|
| happy   | sad     | sleepy     | scared  |
| quiet   | upset   | anxious    | angry   |
| worried | silly   | focused    | curious |
| annoyed | excited | frustrated | afraid  |

# EMOTIONAL BINGO

## CHECK-IN USED AT THE OPENING OF SESSIONS

This serves as an icebreaker tool to be passed around to all members and has more options to pull from for their check-in.

| SAD          | GLAD        | AFRAID         | CONFUSED   | ASHAMED       | LONELY        |
|--------------|-------------|----------------|------------|---------------|---------------|
| DOWN         | AT EASE     | UNEASY         | CURIOUS    | UNCOMFORTABLE | OUT OF PLACE  |
| SOMBER       | SECURE      | APPREHENSIVE   | UNCERTAIN  | AWKWARD       | LEFT-OUT      |
| LONELY       | COMFORTABLE | CAREFUL        | DOUBTFUL   | SELF-CONCIOUS | DISCONTENTED  |
| DISAPPOINTED | SATISFIED   | ANXIOUS        | PERPLEXED  | EMBARRASSED   | INVISIBLE     |
| WORN OUT     | REFRESHED   | NERVOUS        | DISTRACTED | REMORSEFUL    | INSIGNIFICANT |
| DOWNHEARTED  | PLEASED     | DISTRESSED     | FLUSTERED  | REGRETFUL     | IGNORED       |
| DISSATISFIED | ENCOURAGED  | SCARED         | UNFOCUSED  | FLUSTERED     | NEGLECTED     |
| MOURNFUL     | PROUD       | SHOCKED        | DISMAYED   | GUILTY        | REMOVED       |
| GRIEVED      | CHEERFUL    | ALARMED        | BEWILDERED | DISGUSTED     | DETACHED      |
| DEPRESSED    | THRILLED    | OVERWHELMED    | INSECURE   | BELITTLED     | ISOLATED      |
| CRUSHED      | DELIGHTED   | FRANTIC        | STUNNED    | VIOLATED      | UNWANTED      |
| EMPTY        | OVERJOYED   | NUMB           | LOST       | HUMILIATED    | REJECTED      |
| DESPAIRING   | EXHILERATED | PANIC STRICKEN | TORN       | DIRTY         | ABANDONED     |
| DEVASTATED   | WARM        | TERRIFIED      | BAFFLED    | DEGRADED      | EXCLUDED      |



# SESSION 1: RECEIVE

## READ: INTRODUCTION, WE NEED TO TALK, MADE FOR MORE & EVERYTHING IS OFF

Excerpts for each session can be found beginning on page 47, in the event that participants do not have access to a copy of *Speak The Unspeakable*.

Before each week, participants should read the chapters of *Speak The Unspeakable* for group discussion. In Week One, we aim to build relationships, trust, and connections. If the group members already know each other, this will be easier, but prioritize safety and confidentiality. Use the provided questions as options to tailor the experience to your needs, focusing on the questions the Spirit highlights for your group.



### STEP 1: SET EXPECTATIONS

Open in prayer, then have members take turns reading the Group Guidelines aloud. In person, pass the sheet around; virtually, display it on the screen. Explain each guideline after it is read.



### STEP 2: EMOTIONAL BINGO

Each week, have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences. "Good" and "fine" are not feelings. Model this by sharing your screen virtually or distributing the Emotional Bingo card if meeting in person. Their answers can reflect group-related or personal feelings, acknowledging that everyone is setting aside something to be present.

For example, "I feel fear because I have a medical test coming up," or "I feel excited because my son is coming home." As the facilitator, answer first and keep it concise to set the tone—one to two sentences. Be comfortable moving the discussion along.



## STEP 3: READ SCRIPTURE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person has the authority to heal. James 5:16



## STEP 4: GUIDED DISCUSSION QUESTIONS

This week's focus is reflected in the questions listed below. Elizabeth offers examples of her transparent and authentic responses to guide you as a group facilitator. Share your answers first to set the tone and depth for meaningful discussion. Choose the question(s) you feel led by the Spirit to explore with your group.

### QUESTION 1

**Paired reading for this question:** Read from the bottom of pages 24-25, starting with "As I shared in Groomed..." to the end of the quote, "Breaking it Forward."

**1a)** Name the types of Adverse Childhood Experiences you have experienced in your life (I.e. emotional, physical or sexual abuse, emotional or physical neglect, intimate partner violence, substance abuse, mental illness, parental separation or divorce, or incarcerated household member).. These could be what you've experienced or witnessed, whether personal, within your family or peer group, including generational abuse, and your first exposure to pornography,

**1b)** Share a simple yes or no if it still affects your life.

**An explanation for this question and Elizabeth's Example Answer:** Yes! Starting with this normalizes the topic and encourages quick participation in a safe context. So, dive right in! This exercise aims to reveal the prevalence of these experiences in the world and even in Christian homes. We're not delving into detailed stories but taking a quick inventory of what might still be hidden that should be brought to light to usher you into your next level.

For example, my list includes sexual abuse (adult and peer), early exposure to porn (addiction until 34), witnessing physical abuse (parent to sibling), emotional abuse in relationships, spiritual abuse in the church, verbal abuse growing up, gaslighting, financial/sexual/emotional abuse in my first marriage.





## QUESTION 1 (CONTINUED)

\*Gaslighting: When someone manipulates you to doubt your reality, like downplaying abuse or making you feel oversensitive.

Remind everyone that we won't dwell on this topic, but it's important to normalize these experiences. This conversation helps us become advocates for those who need a safe space and removes our blind spots. Changing legacies starts with releasing what we fear to release.

## QUESTION 2

Share that the average person has 13 secrets, 5 of which they've never spoken aloud. (Columbia University)

**2a)** What's your first memory of loss or grief? Your earliest secret? Ask each person to name their first loss (a pet, grandparent, move, etc.) and their earliest secret, noting how they might be connected.

**2b)** Does anyone have a secret they'd like to share right now? These are areas yet to be confessed. Share if any come to mind.

Then wait. Some will share immediately, others may take time.

**An explanation for this question and Elizabeth's Example Answer:** For example, I share the tragic loss of my sister, which was kept secret due to how she died, leading to unexpressed grief. This unprocessed grief later manifested in unhealthy ways.

## QUESTION 3

**Paired reading for this question:** Read from page 41, "I have a key for that," ending with "I wasn't ready. I was stuck."

**3a)** Do you believe you could have blind spots of areas yet to unlock? Are you open? Could there BE MORE? Ask for a simple yes or no here.

**An explanation for this question and Elizabeth's Example Answer:** As facilitators, we must grow in revelation and stay real, deep, and CURRENT. Avoid using old stories—focus on the NOW work of God. It's vital! I share how I discovered secrets and blind spots I didn't even know I had hidden away until God revealed them.

## QUESTION 4

**Paired reading for this question:** Read the passage on page 43 that says, “Staying in the past is harder than getting past it.”

**4a)** What was your identity/role in your family as a child? (Were you the peacemaker keeping everyone happy, the one who went along to get along, or the truth-teller who rocked the boat, etc?)

**4b)** Did you enjoy that role?

**4c)** Are you still playing that role? If not, when did you change, and why?

**4d)** What do you now know is your true God-given identity?

**Note:** Pay attention to the clock here; if there are 10 minutes left and 10 people, ask everyone to share in one word the role their family gave them before age 10. If time runs out, have them journal the details for homework.



### STEP 5: CHECK-OUT

If time allows, end each session with a closing “check-out.” It’s crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, “Each person has 30 seconds to 1 minute.” Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



### STEP 6: COVERING PRAYER

Read the covering prayer over the group (found in the Additional Support section of this guide). Finish on time and remind participants to complete the reading for Session 2: Reveal for next week.



## STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom.



SESSION 1: YOU DID IT!

# SESSION 2: REVEAL

## READ: EVERYONE HAS SECRETS, THE LOST ART OF CONFESSION & SPEAK THE UNSPEAKABLE

Excerpts for each session can be found beginning on page 47, in the event that participants do not have access to a copy of *Speak The Unspeakable*.

For your second meeting, revisit the Group Guidelines if needed. During the Emotional check-in, remember it's a great warm-up and helps reacquaint everyone. Go first, modeling your emotions and explaining them in a sentence or two. Acknowledge that last week was intense and that the reading may evoke many different feelings, which is normal.

This session may be split into two weeks if needed, making your group six sessions in total.



### STEP 1: SET EXPECTATIONS

Open in prayer, then have members take turns reading the Group Guidelines aloud. In person, pass the sheet around; virtually, display it on the screen.



### STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



### STEP 3: READ SCRIPTURE

Christ has set us free to live a free life. So, take your stand! Never again let anyone put a harness of slavery on you. Galatians 5:1

Who the Son sets free is free INDEED John 8:36



## STEP 4: GUIDED DISCUSSION QUESTIONS

This week's focus is reflected in the questions listed below. Elizabeth offers examples of her transparent and authentic responses to guide you as a group facilitator. Share your answers first to set the tone and depth for meaningful discussion. Choose the question(s) you feel led by the Spirit to explore with your group.

### QUESTION 1

**Paired reading for this question:** Read from page 66 from “There’s a KEY”.. to below the quote on page 67 ending sentence “cutting off demons that need never have access to you again.” Also read page 75, starting with “Confession is a scary word.” Then, further down, start at “Here’s another layer” and end at “Release and Divine calling for all Christians.”

**Note:** We want everyone to feel SEEN and LOVED. Each week, we’re on a mission to uncover hidden areas and shine a light on them. Remind them that the average person keeps approximately 13 secrets at a time, five of which they have never told another soul. The most common secrets include sexual behaviors and lies. (Columbia University)

As we pick up where we left off, remind the group that they can bring up any lingering secrets or shame at any time. The goal is to normalize and close off access to these issues. We’re in excavation mode—name it and get it out.

**1a)** Is there a person that you especially do not want to know, a certain secret?

**1b)** Have you created a story around that outcome?

#### **An explanation for this question and Elizabeth’s Example Answer:**

We’ve discussed the power of confession, and in a setting like this, anonymity can make it easier. For example, in another group, a leader admitted, “I LIE,” and another said, “I cheated on my spouse 25 years ago.”

Give space for others to share, pray, and recognize the holy moment. Remember, the goal isn’t just forgiveness but FULL HEALING—NO SHAME.

I share my story/vain imagination around my dad and my abortion. You can use my example and/or your own, whatever helps you set an example.





## QUESTION 2

**Paired reading for this question:** Read from page 69, the first paragraph of the rage example. “If someone says” to, “They’re surprisingly redeemable.” This speaks to ROOTS vs SYMPTOMS;

Let’s shift our focus to understanding how our issues originate and manifest. We all inherit our struggles honestly, so let’s explore that.

**ROOTS** are our deep-seated traumas, leading to Soul Wounds. For example, my root is FEAR/TRAUMA from my sister’s sudden death and the silence that followed, making me feel unsafe and sensing something was wrong.

**TRIGGERS** are responses to those roots. For me, unknowns or sensing secrets can trigger fear and lead to catastrophic thoughts—like no one caring for me or someone dying.

**SOUL PATTERNS/SYMPTOMS** are how these triggers show up. I might appear angry or controlling, or numb through eating/drinking.

Soul Patterns can manifest internally or externally. We often focus on symptoms rather than addressing the root. Recognizing and healing the root allows the negative patterns to fall away, leading to true healing and freedom.

**2a)** Can you name a ROOT area in your life?

**2b)** How does it TRIGGERS you and manifest as a SOUL PATTERN (symptom)?

**An explanation for this question and Elizabeth’s Example Answer:** The goal is to move from managing secrets, pain, and coping mechanisms to achieving genuine healing and freedom.

I’ve used various methods to numb my pain over the years—overeating, drinking, social media, shopping, and more. Others might resort to gossip, OCD, self-harm, excessive exercise, or even gaslighting. The goal is to remove shame and normalize these struggles. I lived a double life for years, appearing perfect while struggling internally.

True freedom from Soul Patterns involves peeling back many layers.

## QUESTION 3

**Paired reading for this question:** Read from page 90, “We’ve spent our time together processing your need, to the bottom of the second paragraph, ending with “Iron Man, or never saying no.”

**3a)** We all develop soul patterns to mask our wounds. What is God highlighting for you? We’ve named one root trauma, but what other open doors are you ready to close for good? Is there another pattern/issue/open door you’re eager to shut the Devil out of once and for all?

**An explanation for this question and Elizabeth’s Example Answer:** This is the Lost Art of Confession. Confession to God alone is powerful, but confessing to both God and another takes it to the next level with greater risks and rewards. With a witness or group, you gain an army to support the next steps.

I had a major “come-to-Jesus” moment with the priest, where I reflected deeply before fully committing. I said yes to closing every door he highlighted.

Revelation 22:15: “Outside are the dogs, those who practice magic arts, the sexually immoral, the murderers, the idolaters, and everyone who loves and practices falsehood.”

My open doors included:

- Abortion (murder)
- Pornography (sexually immoral)
- The occult (magic arts)
- Psychology as idolatry (idolatry)
- Verbal abuse and substance abuse (false identity)

Feel free to share my story, but also bring up a few of your own to get the group started.

## QUESTION 4

**4a)** Are there any remaining areas you want to close off to the enemy for good? Name another area here—God is complete and faithful to reveal more as we stay open.



## STEP 5: CHECK-OUT

If time allows, end each session with a closing “check-out.” It’s crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, “Each person has 30 seconds to 1 minute.” Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



## STEP 6: CLOSE IN PRAYER

Close in prayer together. Finish on time and remind participants to complete the reading for Session 4: Release for next week.

If a group member has experienced something significant and needs help processing it, please contact [freedom@realtalkcollective.tv](mailto:freedom@realtalkcollective.tv) to connect them with private ministry support.



## STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom.



## SESSION 2: YOU DID IT!

# SESSION 3: REFLECT

## READ: BORN TO BATTLE & WHEN WE SHIFT EVERYTHING SHIFTS

Excerpts for each session can be found beginning on page 47, in the event that participants do not have access to a copy of *Speak The Unspeakable*.



### STEP 1: OPEN IN PRAYER

Begin with prayer and dive in for week three!



### STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



### STEP 3: READ SCRIPTURE

Being confident of this, that He who began a good work in you will carry it out to completion until the day of Christ Jesus.  
Philippians 1:6

See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble; by it, many will be defiled. Hebrews 12:15

For the gifts and calling of God are without repentance. Romans 11:29



## STEP 4: GUIDED DISCUSSION QUESTIONS

This week's focus is reflected in the questions listed below. Elizabeth offers examples of her transparent and authentic responses to guide you as a group facilitator. Share your answers first to set the tone and depth for meaningful discussion. Choose the question(s) you feel led by the Spirit to explore with your group.

### QUESTION 1

**Paired reading for this question:** Read from the bottom of page 105, "Fair warning ...The Bible makes it clear"... to the end of the 4th paragraph, at almost the end of page 106, "Upper hand in this fight."

- Note: There are two goals for this session: knowing that you were born to battle (made on purpose for a purpose) and knowing that you are in a focused battle with an epic enemy whose only purpose is to keep you from achieving your purpose.
- Allow participants to begin by naming anything they've never spoken to if needed.

**1a)** Are you aware of your purpose?

**An explanation for this question and Elizabeth's Example Answer:**

I now have a much greater clarity that was absent in my youth when I felt hopeless and alone. Even as I grew older and was deeply involved with the church, things were still unclear. My turning point came when I met a "Charismatic-Catholic" priest, which began unlocking my full destiny and purpose. I realized I had to clear out hidden barriers and bust through closed doors. If your purpose is unclear, you might have more doors to close. It's time to bring everything to light; hiding keeps you living under your true calling.

## QUESTION 2

**Paired reading for this question:** Read page 107 from “How can you be sure...” to “...kill your spirit while you live.”

**2a)** Can you name “one repeat tactic of attack” the enemy uses on you?

**An explanation for this question and Elizabeth’s Example Answer:**

I’ve faced many false accusations and betrayals, all leaving me silenced and paralyzed for a long time. In my book “Groomed,” I discuss naming your groomers and how we were conditioned: for appearances, to endure, to be invisible, to fear financial lack, and for judgment.

News Flash: It’s never truly about them or even you. It’s not personal—it’s all spiritual. These attacks aim to keep us playing small. Satan uses people with open doors to hinder our destinies; we’re unknowingly crippling each other. Betrayal and accusation have been constant tactics against me—starting in kindergarten, the “Liz Hate Club” in junior high, relationships, jobs, friends, my first husband, coworkers, spiritual mentors, and even my children. Unknowingly, I cooperated with that spirit and played the same ineffective role, giving it access.

## QUESTION 3

**Paired reading for this question:** Read page 111, Master Curators of Story Time, from “There are...” to page 112, “Sins of the Father.”

Note: The goal here is to see people, patterns, or mindsets in you or others that you need to come out of agreement with, recognize for what it is, forgive, or release.

**3a)** Are patterns coming to mind? Did you come into agreement with a spiritual attack against your purpose or identity? What voice has been used against you?

**An explanation for this question and Elizabeth’s Example Answer:**

Throughout my life, I’ve faced harsh accusations—being labeled as bad, a slut, mean, etc. These attacks were always aimed at diverting me from my purpose. We need to identify and expose these spiritual attacks.





## QUESTION 3 (CONTINUED)

Here, I address betrayal by those closest to me, drawing from Henry Cloud's "Necessary Endings." He describes three types of people:

1. The wise, who mean well and can change.
2. The foolish, who mean well but don't follow through.
3. The dangerous, who intentionally cause harm.

Implementing boundaries with the second type and quickly severing ties with the third is crucial. This wisdom can transform everything.

The enemy often uses people to disrupt your identity and purpose. Notice the patterns of attack, as the spirit may appear differently in different people. It's vital to forgive those used against you, without letting them back in. This requires a new level of discernment—recognizing who can stand with you spiritually and acknowledging the end of certain relationships.

## INTRODUCING LETTER OF RELEASE/EXCHANGE

As we begin to "SHIFT," write an official "LETTER OF RELEASE/EXCHANGE." Detail what the situation was, how you didn't see it then, how you see it now, and declare that you are no longer in agreement with the attacks. Share:

- Now that you know your true worth, identify the people and the recurring spiritual patterns/tactics used against you.
- Itemize and name these patterns, then shift to release through forgiveness and gratitude. This will bring peace and clarity.

This process might be quick or take time. You can start by naming the circumstances or people, then focus on the recurring patterns. This will reveal a theme. We are teaching you to close the door so the enemy no longer has access to you (Exodus 14:14).

As you write this letter, ask God to reveal the true nature of the situation, not the old story you've told yourself. Seek a new perspective.

If this practice is new, give it time to develop.

Recognize the spiritual patterns and step out of agreement with them. When you shift, everything shifts. Satan's tactics are not original, and it's time to call him out.

## QUESTION 4

**4a)** How are you feeling now that you have clarity on your next level of RELEASE?

**4b)** Can you name what you are severing? Just a few words.

As you go, focus on this scripture: "Be still, the enemy you see before you today (pattern/tactic) you will never see again." Exodus 14:13-14



### STEP 5: CHECK-OUT

If time allows, end each session with a closing "check-out." It's crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, "Each person has 30 seconds to 1 minute." Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



### STEP 6: CLOSE IN PRAYER

Close in prayer together. Finish on time and remind participants to complete the reading for Session 4: Release for next week.

If a group member has experienced something significant and needs help processing it, please contact [freedom@realtalkcollective.tv](mailto:freedom@realtalkcollective.tv) to connect them with private ministry support.



### STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom. Encourage them to write their Letter of Release and bring it to your next meeting.



## SESSION 3: YOU DID IT!



## CONNECTING BEFORE SESSION 4

**Consider sending a personalized version of the message below to your group this week as they prepare for Session 4:**

Hello all,

This week, as we embrace "THE SHIFT," I encourage you to write a "LETTER OF RELEASE/EXCHANGE." Detail what has held you back, how you didn't see it then but do now, and declare that you no longer agree with these attacks.

Recognize your true worth and identify the people and spiritual patterns that have been used against you. As you list them, start the shift toward forgiveness. Seeing things clearly will bring peace and a new level of understanding.

This process may be quick or take time. Focus on the patterns and themes of the attacks. We want to teach you how to close the door so the enemy no longer has access to you.

As you write, ask God to reveal the true nature of these patterns, beyond the old stories you've told yourself. Seek a new perspective.

Remember, as we step out of agreement with these patterns, everything shifts. Take authority over your atmosphere with prayer (see your Leader's Guide). Speak it in a way that resonates with you.

The enemy you see today, you will never see again. Walk with purpose, knowing every step you take is on holy ground.

You are worth more, and it is time!

# SESSION 4: RELEASE

## READ: EMBRACING YOUR ETERNAL PURPOSE & NO GOING BACK

Excerpts for each session can be found beginning on page 47, in the event that participants do not have access to a copy of *Speak The Unspeakable*.



### STEP 1: OPEN IN PRAYER

Begin with prayer and dive in for week three!



### STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



### STEP 3: READ SCRIPTURE

Be Still and Know that I am God. Psalm 46:10

Where the Spirit of the Lord is, There is Freedom. 2 Corinthians 3:17

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then, you will be able to test and approve what God's will is—His good, pleasing, and perfect will. Romans 12:2



## STEP 4: GUIDED DISCUSSION QUESTIONS

This week's focus is reflected in the questions listed below. Elizabeth offers examples of her transparent and authentic responses to guide you as a group facilitator. Share your answers first to set the tone and depth for meaningful discussion. Choose the question(s) you feel led by the Spirit to explore with your group.

### QUESTION 1

**Paired reading for this question:** Read page 127 where it speaks to the fact that 97% of people believe they are living under their purpose; there are 3% who are unsure if they even have one.

- Note: There are three goals for this session:
  - *Made for More*: Can You See It Clearly? Discover your true potential and purpose.
  - *Release*: Confess One to Another Embrace the power of confession and let go of what no longer serves you.
  - *Penance*: Walking It Out Live with the intention to ensure you don't miss out on an amazing purpose and everything that lies ahead.

**1a)** Are you seeing how God could have “more” and that it was there all along?

**An explanation for this question and Elizabeth’s Example Answer:**

I was an area pastor at a megachurch, but I remember feeling bored; I knew there had to be more. The idea of stepping out of our comfort zones, embracing new revelations, and facing the fear of exposure or failure often keeps us small.

Participants should answer with a simple “yes,” “no,” or “unsure.”

Your answers will set the stage for sharing letters of release.

## QUESTION 2

**Paired reading for this question:** Read page 129, which speaks to “New Levels, New Revels” (Revelations).

**2a)** Let's explore the shift in your perspective on people, betrayal, or recurring patterns. Take some time to share your Letter of Release or your feelings about this experience. What has been revealed or released for you?

**An explanation for this question and Elizabeth's Example Answer:**

I sought medical healing, but instead, the priest focused on my secrets, such as my abortion and more. I was seeking one form of healing, but God desired something far greater—He wanted me to be fully healed and truly free. We must be willing to lay down and release one spirit to receive another: the Holy Spirit.

First comes confession, then repentance, and now penance, or “walking it out.”

The middle is often the hardest part of this journey, involving what we call “walking it out” or “penance,” where we take active steps toward healing.

Confession was a significant first step for me, but then came the challenge of penance. Was I willing to walk it out? Could I take a new path and heed a new voice? My fear of God led me to an initial YES. I realized I had a choice to make, and in my awe and wonder, I knew I wanted to keep going—I wanted more.

Encourage your group, as everyone has done an incredible job in releasing and confessing. Now, there's even more ahead!

## QUESTION 3

**3a)** What does “walking it out” look like for you? We must step into the process of becoming with intentional focus. This means seeking a tangible next step—a new path, pattern, or practice to follow.

**An explanation for this question and Elizabeth's Example Answer:**

Closing thought: lay down your limited “I thought” and embrace your “I never imagined.”

As we conclude, consider the concept of two relaunches: next week, we'll discuss the big goal, but for now, focus on the steps to get there. Remember, it all begins with a single step.



## STEP 5: CHECK-OUT

If time allows, end each session with a closing “check-out.” It’s crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, “Each person has 30 seconds to 1 minute.” Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



## STEP 6: CLOSE IN PRAYER

Close in prayer together. Finish on time and remind participants to complete the reading for Session 5: Relaunch for next week.

If a group member has experienced something significant and needs help processing it, please contact [freedom@realtalkcollective.tv](mailto:freedom@realtalkcollective.tv) to connect them with private ministry support.



## STEP 7: STAY CONNECTED

During the week, send an email expressing how much you enjoyed your time with them. Some may feel overly exposed, so assure them that this process leads to freedom. Encourage them for the last session to start DREAMING BIG, BOLD, AUDACIOUS DREAMS!



## SESSION 4: YOU DID IT!



# SESSION 5: RELAUNCH

## READ: THE GOOD LIFE & THIS CHANGES EVERYTHING

Excerpts for each session can be found beginning on page 47, in the event that participants do not have access to a copy of *Speak The Unspeakable*.



### STEP 1: OPEN IN PRAYER

Begin with prayer and dive in for week three!



### STEP 2: EMOTIONAL BINGO

Have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences.



### STEP 3: READ SCRIPTURE

This is what the Lord says: “Stand at the crossroads and look... ask where the GOOD way is and walk in it, and you will find rest for your souls. Jeremiah 6:16

Who the Son sets free is free INDEED John 8:36

Every Good and Perfect gift is from above, coming down from the Father of Heavenly lights, who does not change like shifting shadows. James 1:17



## STEP 4: GUIDED DISCUSSION QUESTIONS

This week's focus is reflected in the questions listed below. Elizabeth offers examples of her transparent and authentic responses to guide you as a group facilitator. Share your answers first to set the tone and depth for meaningful discussion. Choose the question(s) you feel led by the Spirit to explore with your group.

### QUESTION 1

**Paired reading for this question:** Read page 153, which speaks to new Identity, name change/name covenant, "The reason that journey..."

Next, on page 158, read from "REAL TALK is blunt by definition... to the end of the next paragraph, "I had to get over myself; this mattered more."

Finally, read page 161, beginning with "There's so much in a name, but you have to be vigilant and watch which name you are working under..." to the end of the next paragraph, "Blinded by the light."

Note: This is a time for commissioning hopes and dreams, fostering new conversations, patterns, and plans. Today is a day of declarations! It's time to stick the landing! We are drawing a line in the sand, inviting each other to bear witness and celebrate together.

- Clarify these two focus areas as you relaunch into your next level:
- Seeing, Knowing, and Decreeing what you are done with.
- Moving into New Muscle Memory and taking the land!

**1a)** What is a name you are leaving behind and one that you are now embracing?

**An explanation for this question and Elizabeth's Example Answer:**

Encourage everyone to specifically name the area they are done with, rally together, and as a unified group, decree "no more." Together, as a great cloud of witnesses, we stake the ground and say in agreement—NO MORE!

We are bearing witness to each other breaking free from that spirit, pattern, and role. They are taking the key and locking the door behind them.

## QUESTION 2

Can you share with one another the following? (Choose one or more to close with):

**2a)** Name a generational pattern that you WILL NOT be carrying forward.

**2b)** Share your BIG, BOLD, AUDACIOUS God-given hopes and dreams—the ones that seem embarrassingly big. These should be the deeply implanted dreams you've never spoken out loud, the ones impossible without God.

**2c)** Identify a next step to get you there and keep you on track.

### **In closing of your final session:**

Read from page 164, starting in the middle of the paragraph right above Denzel Washington's quote, to "If you take the time to pay attention... to the end of the chapter..."Yours truly, Mrs. Good."

Affirm them by asking if they can now clearly see how uniquely qualified they are to make a difference in this world.



## STEP 5: CHECK-OUT

If time allows, end each session with a closing "check-out." It's crucial to honor the time and strive to start and end promptly. If you have 10 minutes left and 10 people to share, inform them, "Each person has 30 seconds to 1 minute." Alternatively, have them name an emotion without elaborating (e.g., Relieved, Excited, Nervous).



## STEP 6: CLOSE IN PRAYER

Read the covering prayer over the group (found in the Additional Support section of this guide).

If a group member has experienced something significant and needs help processing it, please contact [freedom@realtalkcollective.tv](mailto:freedom@realtalkcollective.tv) to connect them with private ministry support.



## STEP 7: STAY CONNECTED

Bless them and end your time with:

"Stand at the crossroads and look; ask where the GOOD way is and walk in it, and you will find rest for your souls." Jeremiah 6:16

After your group closes, send members the QR code survey from the Reporting section of your Facilitation Guide. Encourage them that this is just the beginning. Stay connected at [RealTalk Collective](#).



**SESSION 5: CONGRATULATIONS! YOU  
COMPLETED THE FINAL SESSION OF  
REAL TALK!**

# REPORTING

After you have completed your group, please take a few moments to fill out the facilitator's survey. Your feedback is invaluable in helping us improve and support future groups.

Additionally, share the adult participant survey with your group members to complete. Their input is crucial in understanding their experiences and ensuring the continued success of REAL TALK.

Thank you for your dedication and commitment to fostering meaningful connections and growth.

## *QR Codes & Direct Links to Surveys Below:*

Facilitator's Survey



Participant's Survey



# PAYING IT FORWARD

## HELP MINISTRIES AROUND THE WORLD LAUNCH REAL TALK

We invite you to pay it forward by supporting The Foundation United financially. Your gifts go 100% toward sustaining this vital ministry and the organizations that REAL TALK empowers worldwide.

Donations can be made online at [www.thefoundationunited.org](http://www.thefoundationunited.org) or by mailing a check to The Foundation United, P.O. Box 5576, Sarasota, FL 34277.

Your generosity helps us continue to make a meaningful impact in the lives of many. Thank you for your support!

# PRIVATE PATHWAYS & COACHING

Individualized next steps are important. We hope that through your REAL TALK experience, the Holy Spirit revealed areas for further development and exploration. We offer a network of confidential next steps globally for individuals, couples, and those seeking premarital or marriage resources. We call these “Private Pathways.” There is always more to discover. We would love to help you find the best next steps—email [freedom@realtalkcollective.tv](mailto:freedom@realtalkcollective.tv) for more information.

If you need additional coaching, healing resources, or training, please contact us at the same email address. We are here to support you every step of the way, ensuring you have the tools and guidance necessary for your journey.



# ADDITIONAL RESOURCES

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## COVERING PRAYER

I bind and break all word curses and witchcraft. I break off all ungodly soul ties. I break all covenants, agreements and compromise with darkness. I break off all controlling spirits operating in people that are opposite of God's best for my life.

(Controlling spirits are people wanting you to benefit them, but might not be God's best.)

I say "yes" to God's covenant of abundant life. (John 10:10) I come into agreement with your covenant of abundant life, Lord. Jesus said He came to give me abundant life... I receive and thank him for it.

All demons of doubt and unbelief must go in Jesus name! I am a daughter/son of the king bestowed with all of its privileges and rights! I will not live below my privilege!

(Mark 16) I have authority over negative words spoken against me.

(Isaiah 54:17) No weapon formed against me shall prosper, and every tongue which rises against me in judgment I shall condemn! This is the heritage of the servants of the Lord, and their righteousness is from Me," says the Lord.

I come into agreement with your plans and purposes for my life, Lord. Jesus, what are you praying about and wanting for my life today? I will watch my tongue, God. It has the power of life and death. Release today to kingdom time... Your time. Lord, reset my mind to the Kingdom... to You God!

Amen



# LISTENING ASSESSMENT

## CIRCLE ALL STATEMENTS YOU CAN AFFIRM

1. I make a great effort to enter other people's experiences of life.
2. I do not presume to know what the other person is trying to communicate.
3. My close friends would say I listen more than I speak.
4. When people are angry with me, I am able to listen to their side without getting upset.
5. People share freely with me because they know I listen well.
6. I listen not only to what people say but also to their nonverbal cues, body language, tone of voice, etc.
7. I give people my undivided attention when they are talking to me.
8. I am able to reflect back and validate another person's feelings with empathy.
9. I am aware of my primary defensive mechanisms when I am under stress, such as placating, blaming, problem-solving prematurely, or becoming distracted.
10. I am aware of how the family in which I was raised has influenced my present listening style.
11. I ask for clarification when I am not clear on something another person is saying rather than attempt to fill in the blanks.
12. I never assume something, especially negative, unless it is clearly stated by the person speaking.
13. I ask questions when listening rather than trying to mind-read or make assumptions.
14. I don't interrupt or listen for openings to get my point across when another is speaking.
15. I am aware when I am listening of my own personal "hot buttons" that cause me to get angry, upset, fearful, or nervous.

### **SCORING: If you circled . . .**

12 or more: you are an outstanding listener

8 -11: very good

5 -7: good

4 or fewer: poor, "you are in trouble"

**If you want to be really brave, after scoring yourself, ask your spouse/close friend to rate you as a listener.**





# THE JOHARI WINDOW





# ATMOSPHERE PRAYER

## CONTINUED

The Atmosphere Prayer is a guide to use in praying over yourself and every place you own, lease, rent, or occupy legally, and clean it up spiritually. We know that each person is a 3-fold being: body, soul (mind, will & emotions) and spirit. And there is a spiritual realm that we each participate in...whether it is of Light or of darkness. Pray this to take authority OVER the atmosphere ANY TIME of day. This prayer aligns you to synchronize with heaven and handles the enemy's interference. The words in bold are essential. This is not meant to be followed like a formula but to train you in knowing and declaring the truth found in scripture to apply to your life. Treat this like you would when learning something new - like training wheels until it becomes like second nature. Once you understand the "steps" God will bring scriptures to mind and you can add whatever scriptures He speaks to your spirit!

### **1. Submit Yourself to Jesus:**

The enemy of your soul cannot read your mind, but he can be moved to action by our words, so we make a verbal declaration to alert satan of our intentions. The Bible tells us in James 4:7: "Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you." Matthew 16:19 gives us these directions: "I will give you the keys of the kingdom of heaven: whatever you bind on earth will be bound in heaven and whatever you loose on earth will be loosed in heaven." Because of our relationship with Jesus, our Savior, we can understand our position in Him. He is our older brother, the Son of God, and through salvation we become co-heirs with Him, receiving God's authority too! "So, you are no longer a slave, but a son; and since you are a son, God has made you also an heir." (Galatians 4:7)

Pray this:

*"I choose to submit myself to Jesus today. (James 4:7) I submit every part: my will, my mind, my rights, my emotions, my body, my plans, and all my control to you, Jesus, because you have the keys to the Kingdom, and You have granted me the authority to partake in your divine nature as a co-heir with you, Jesus."*

### **2. Take Spiritual Authority Over Your Atmosphere:**

As a Christian, you have legal authority in the spirit realm to pray over yourself and every place you own, please, rent, or occupy legally, to remove and spirits that are not of God and clean up the surroundings or area spiritually. This is especially important to clear up the thoughts in your mind that the enemy sends to destroy you.

# ATMOSPHERE PRAYER

## CONTINUED

Pray this:

*"I take the authority granted me in your name Jesus and come over my atmosphere, in every place or property that I legally own, rent, lease, or have been assigned as my domain here on earth. All that is mine and my family's birthright and inheritance - declaring that it all aligns and synchronizes to Heaven; Thy will be done on earth as in heaven (Matthew 6:9). I stand in the authority you have granted me to bind all the enemies forces - every principality & power, every ruler & dominion, every authority & throne (Luke 10:19 and Ephesians 1 & 6). I separate them from me and (\_\_\_\_\_) (name all who occupy the places legally you own, rent or lease, example - your children, etc....), and I command them to be bound in chains by the blood of Jesus and sent to His feet for Him to handle. I break off, shut down, and silence all communication from all demonic realms and all evil spirits, breaking them off my myself and (\_name/s\_), so there will be no lies, accusations, insinuations, inferences, intimidations, manipulations, manifestations, torment, or bullying."*

### **3. Release the Spirit of the Lord over Yourself:**

According to prophecy in Isaiah 11:2, the Spirit of the Lord will rest upon the Messiah: "A shoot from the stump (family tree) of Jesse; from his roots a Branch will bear fruit." Jesus fulfilled the prophecy from Isaiah 61:1-3, in Luke 4:16-21 where He declared that He was the Messiah. Followers of Christ are co-heirs with Him and receive all the rights and benefits Jesus does, so we also have authority over the enemy in Jesus' name.

Pray this:

*"I release over myself and this place and over all who occupy it - the Spirit of the living God, the Spirit of revelation, the Spirit of wisdom, the Spirit of power, the Spirit of council, the Spirit of knowledge, and the Spirit of the fear of God. I release all good gifts from heaven and thank you Father God for being my protector and for giving me Jesus."*

To clarify, "The spirit of the Fear of the Lord" is not being afraid of God, rather it is putting God in first place, honoring, and reverencing Him.

### **4. Armor-Up & Activate the Angels:**

Isaiah 54:17 tells us that there is not any weapon made that can win against the Christian. The battle is not a physical one but a spiritual one.



# ATMOSPHERE PRAYER

## CONTINUED

Pray this:

*"No weapon formed against me will prosper, for I do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. (Ephesians 6:12).*

*So, therefore, I put on the whole armor, stay alert, and pray in every circumstance, so that I can stand against the enemy's plan." (Ephesians 6:13-18)*

*"I activate and call upon all Heavenly hosts (as seen in Luke 2:13) and angels that you have for me, my family and ministry; all warring, messenger, healing, deliverance, ministry, and worship angels as needed for us today."*

### **5. Yoke-up With Jesus and Rest:**

Matthew 11:28-30 provides the recipe for rest: "Come unto me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Pray this:

*"Jesus, according to your Word, I choose to yoke myself to you today. I know that as I partner with you, submitting my circumstances to you and learning from You, then I will find rest for my soul (my mind, my will, and my emotions). The Word of God says that You will carry my burdens, I don't have to do it alone. Because Your yoke is easy, and Your burden is light. Amen!"*

# ORDER OF MINISTRY

CONFESS YOUR SINS ONE TO ANOTHER AND PRAY FOR EACH OTHER THAT YOU MAY BE HEALED, FOR THE PRAYER OF A RIGHTEOUS PERSON HAS GREAT POWER AND AUTHORITY TO HEAL . JAMES 5:16

## Remember:

It is all based on being able to Receive in *Relationship, Recognizing to Reveal, Reflect to Repent and Release, which all leads to a Reconciled Relaunch.*

## Example Areas of Agreement:

- Bitterness
- Unforgiveness
- Resentment
- Revenge
- Anger/Wrath
- Control
- Hate/Murder
- Anxiety
- Lust/Seduction
- Accusation
- Trauma
- Envy/Jealousy
- Rejection
- Fear
- Occult
- Shame
- Greed
- Betrayal

## Lead One Another And Have Them Repeat:

In the name of Jesus, by the power of the Holy Spirit -

- I take *authority* over you, spirit of XX.
- I *break your power*, spirit of XX and *cancel* your assignment.
- I *cast you out* spirit of XX and *consign* you to dry places. In the name of Jesus, go now.

## Pray This Over The Person To Close:

- Father God, *heal* the place where the spirit of XX has been and *fill it instead with your Spirit. Fill them with YOUR SPIRIT and the Fruits of your Spirit:*

- Love
- Joy
- Peace
- Patience
- Kindness
- Faithfulness
- Gentleness
- Self Control



# FORGIVENESS TOOL

I was wrong when I \_\_\_\_\_.

I can understand how it made you feel \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

What else did it make you feel?

I hurt you. I hurt "US." I want to give you what you need to make it right. I will try my best not to do it again.

I am committed to rebuilding trust and showing you the love and respect you deserve. Will you please forgive me?

## EVICTING THE SPIRIT OF REJECTION

Now, spirit of rejection, your stronghold has been dismantled; you have no protection. I come against you and I reject you. Your defeat was accomplished at the cross of Jesus. I tell you that your rule in my life ends here, now. Because of the Spirit of God, who gives me power and authority, I command you to lose me from your hold. I command you to leave me now in the Lord Jesus' name!

# GOD PREPARES A TABLE

## SYMPTOMS YOU'RE LOSING HEART

### Enemies At The Table

1. Depression & Hopelessness
2. Anxiousness & Fear
3. Numbness
4. Self-Centeredness & Judgement
5. Forgetfulness of His Past and Present Works
6. Sin

**Our joy is not dependent on our circumstances, opposition or struggles.**

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Psalm 23:5

We do not lose heart. Though outwardly we are wasting away, inwardly we are being renewed day by day. For momentary troubles are achieving for us an eternal glory that far outweighs them all. We fix our eyes not on what is seen, but on what is unseen. 2 Corinthians 4:16-18

**Symptoms aren't the root cause. Unseen enemies are the root... God prepares your table in spite of them.**

These enemies are at the table, but God promises you a feast in their presence, and in spite of them He gives us His cup of rejoicing, strength, peace, righteousness, overcoming, healing, and joy.

Resource: The Cup of Remembrance by Peter Louis







# LEARNING GOD'S VOICE

| <u>God's Voice</u> |        | <u>Satan's Voice</u> |
|--------------------|--------|----------------------|
| • Stills you       | —————→ | • Rushes you         |
| • Leads you        | —————→ | • Pushes you         |
| • Reassures you    | —————→ | • Frightens you      |
| • Enlightens you   | —————→ | • Confuses you       |
| • Encourages you   | —————→ | • Discourages you    |
| • Comforts you     | —————→ | • Worries you        |
| • Calms you        | —————→ | • Obsesses you       |
| • Convicts you     | —————→ | • Condemns you       |

God is never early and He's never late.

He's always right on time and His plans for you are good.

God is a God of love and order.

If the voice you are hearing doesn't sound like these examples above,  
then they are not from Him.

Take time to question  
and evaluate.

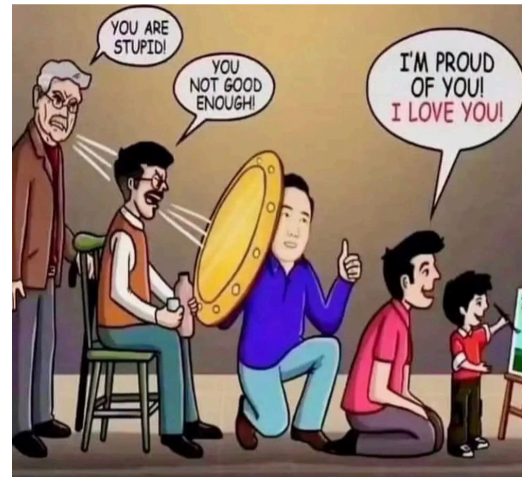
WHOSE VOICE AM I HEARING?



# IT'S UP TO YOU

## BREAKING GENERATIONAL PATTERNS

You can decide to rewrite the script passed on to you by your family of origin. The power of those curses can be broken. Patterns of those thoughts, attitudes, and behaviors can be changed.



# ADVERSE CHILDHOOD EXPERIENCES

## DOES MY CHILDHOOD AFFECT ME?

### **Abuse**

EMOTIONAL ABUSE

PHYSICAL ABUSE

SEXUAL ABUSE

### **Neglect**

EMOTIONAL NEGLECT

PHYSICAL NEGLECT

### **Household Challenges**

INTIMATE PARTNER VIOLENCE

SUBSTANCE USE MENTAL ILLNESS

PARENTAL SEPARATION OR DIVORCE INCARCERATED HOUSEHOLD MEMBER



# TOOLS & RESOURCES

## READ & LISTEN

- Speak the Unspeakable and Groomed by Elizabeth Good
- Soul-Healing Love: Ten Practical, Easy-to-Learn Techniques for Couples in Crisis by Tom and Beverly Rodgers
- The Transformation Of The Inner Man by John & Paula Sanford
- Francis Chan - What Every Person Needs To Know About Demons
- How judgments and critical justification can appear
- Managing Your Thoughts and Renewing Your Mind
- You Are More Than You've Been Told 7-Day Readin Plan by Hosanna Wong.
- The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World by John Mark Comer
- The Power of Vulnerability. Listening to Shame and Atlas of the Heart by Brene Brown
- Immortal Diamond. The Enneagram: A Christian Perspective and A Spring Within Us by Richard Rohr

## NEXT GEN TOOLS

- Become trained in REAL TALK for Next Gen. Learn more at [www.RealTalkCollective.tv](http://www.RealTalkCollective.tv)
- Safeguard and educate your family at home with our vast catalog of resources available at [www.thefoundationunited.com/statsandresources](http://www.thefoundationunited.com/statsandresources)
- Understand how porn is influencing the next generation and how to get help with addiction at [www.raisedonporn.com](http://www.raisedonporn.com)
- Safety tips and resources to learn more are available at [www.TheFoundationUnited.org/statsandresources](http://www.TheFoundationUnited.org/statsandresources)

## POST-ABORTIVE HEALING RESOURCES

- Post-abortive healing resources are available at [Training.supportafterabortion.com](http://Training.supportafterabortion.com)



# BOOK EXCERPTS

## USE THESE PASSAGES FROM SPEAK THE UNSPEAKABLE FOR EACH SESSION

### **Session 1**

Page 24-25

As I shared in Groomed, one in three women reports being sexually abused as a child—91 percent of those by people the victim knew. Sixty percent of adults report experiencing abuse or other difficult family circumstances during childhood. These scars carry into adulthood. An abused person is more likely to enter an abusive relationship and pass it on to their children, who will probably repeat the cycle, if not escalate it.

Grief, shame, and fear, when they are not fully processed, keep replaying and write a repetitive script of unfulfilled, broken messaging from which our lives never deviate. The pattern is evident not only in our lives; staying in our brokenness negatively affects the lives of those we influence, our loved ones, or, God forbid, new victims with whom we live out the effects of our personal traumas.

WE DON'T JUST LIVE BROKEN, WE "BREAK IT FORWARD.

Page 41

"I have a key for that." For so long I didn't give Him full access to take me where He wanted to go because there were areas of my life I'd unknowingly hidden away and didn't want to, or couldn't, open to God. My history, my marriage, my shame. I wasn't ready. I was stuck.

Page 43

STAYING IN THE PAST IS HARDER THAN GETTING PAST IT.



## **Session 2**

Page 66-67

THERE'S A KEY - I spent so many years carrying around my backpack of shame and working overtime to live a perfect-looking life. And I was nailing it, let me tell you. I was willing to keep every part of my heart heavy and broken, as long as it stayed hidden as well. I had no reason to believe there was any other way. I quite honestly had grown so used to it that I truly didn't believe I had anything wrong. All my issues had become normalized. No one told me—no one unearthed the unspoken things happening. Recovering from that vacuum of need, I now live every day making sure I've told someone—a single stranger or an entire nation— that there's a key. A KEY THAT OPENS DOORS YOU THOUGHT YOU COULDN'T BUDGE.

A key that locks doors behind you, cutting off demons that need never have access to you again.

Page 69

If someone says they have an issue with rage, we often discover that they were beaten as a kid as “discipline.” Rage was normalized as an acceptable response. But we know instinctively as humans that it's not healthy. We know when something's not right. We don't often pay attention to why it is the way it is, why we are the way we are, and that there are things we can do to rewrite the script. Announcement: Our brokenness, our issues, our “ways,” are not a given. They're surprisingly redeemable.

Page 75

Confession is a scary word.

Page 90

We've spent our time together processing your need for and invitation to total personal transformation. NOW WE'RE ON THE PRECIPICE OF ACTION, WHERE WE SHIFT FROM BEING ALL TALK (PUN INTENDED) TO GETTING REAL. THE JOURNEY TO MORE BEGINS HERE. We also shift here from external observation (what's wrong, what's needed) to the internal, accepting that this is us and deciding that we're going to work the steps, so to speak. It's already happening beyond us. The question is if we're going to be a part of that change or stay in the silent, heavy, shackled past. The world of silence where we've been living is starting to shift culturally. If you're ready to shift personally, then you're ready for your defining moment. As we begin to dig in here and do the excavating work of self-discovery and revelation, odds are we've hit an aha moment or two, with something you can relate to. Something that reads your mail. Something God is using to make you uncomfortable (not “okay with”). Whatever you know you can't stand anymore: your secret, your shame, your addiction (alcohol, pornography, infidelity, domestic violence, abuse)—some are even packaged as good (overworking, serving, striving, running another Iron Man, or never saying no).

### **Session 3**

Page 105-106

Fair warning, the battle isn't easy. I get it. I know from personal experience. It wears you down. It's exhausting. In contrast, it's exhilarating to step into a battle you were created to win. As sons and daughters, we've been knighted for this. It's not for the faint of heart, but there are ways you can become more bulletproof. The Bible makes it clear that: Before you were even "knit together in your mother's womb," you were known. As long as you've been known, you've had a known purpose. As long as you've had a purpose, the battle has been on to bring you down. But God...has already factored that in and provides the way to win. It's a law of spiritual nature. The enemy wants to separate you from your purpose. The minute you're born, he's doing this. He's coming at us from the word "go," and he's never going to drop his purpose until he's stolen yours. For most of us—our eyes aren't even open to the battle. None of us fully know the degree of the war being waged for our soul and our thwarted purpose to be a force for eternal good. We've barely breathed our first sip of earthly air, and Satan is already working the long game. By the time we're old enough to get involved, we're not close to matching his marathon. We're not even keeping pace with a spiritual sprint. Honestly, we don't even know we're in a race. This isn't meant to discourage you, and it shouldn't. Instead, this is your aha moment where you unearth the enemy's well-hidden plan and pick up the hope that if you know about his playbook, you have the advantage. Understanding the attack defines your defense, and you can "gird up" and be ready instead of caught unaware and overwhelmed. This is where you get the tools and the takeaway that gets you an upper hand in this fight.

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How can you be sure? Because it's all the same tired, predictable formula from the enemy. He is not original, and he is always repetitive. It's almost confusing and definitely embarrassing how the same tactics work on us human beings that have been working from the beginning. Fear, jealousy, want, a hunger for love and acceptance. Cain killed Abel out of shame and want of acceptance. The wealthy man in the parable walked away from Christ "very sad" because he knew he was choosing the temporal over the eternal but couldn't get past the insecurity and fear of losing earthly riches. Peter denied Christ publicly in a pivotal moment out of fear of retribution and people's reaction to his faith. He regretted it immediately and broke his own heart, but the devil had gotten a foothold. Satan knows our weaknesses as human beings with a predictable human nature. He doesn't stop there, though. He studies our individual proclivities, our tender points, and our Achilles heels. He knows exactly where to aim the arrow for a direct and weakening hit. He knows the wounds of our childhood and past. He knows our fears and where our skin is thin, where we're worn down.



He knows your vulnerabilities and keeps hitting you, creating this gaping spiritual stab wound that keeps opening, keeps that issue “unclosed,” so you have no chance to heal. Eventually you begin to believe you are unable to be healed. That’s what he does. That’s how he wins. He can kill your spirit while you still live.

#### **Session 4**

Page 111-112

There are endless ways that the enemy speaks with the same voice, presented in a different body—the same spirit whose only goal is to keep us living under our purpose. The enemy’s foothold digs in deep with the spirit of whatever fear, anxiety, or rejection is plaguing us, speaking our language, and hanging on through generational ties or “sins of the father.”

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Ninety-seven percent say yes (I say it’s more like one hundred), with that 3 percent margin being people who doubt they have a purpose or that there could possibly be more.

#### **Session 5**

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The reason that journey becomes a part of this book is because not recognizing our worth is so typical for all of us. It can be one of the most insurmountable parts of the process for anyone I work with.

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Real talk is blunt by definition. But generally we cheerlead people through the process. There are also a few things that merit a good, swift kick in the pants, and this is one of them: For this to work, you’re going to have to get over yourself a little. So many years, I passed up the offramps of truth and freedom that God offered me because there was no way I was going to drop the façade and admit defeat and imperfection. If it dug my grave, I couldn’t let on. We all make compromises and settle, in countless ways. On the night with the priest, worry about my image could have stolen my purpose one last time if I’d let it get in the way. Remember, my beautiful, “perfect” friends were standing witness to my seeming demise while I lit my life on fire in a rolling wheelbarrow. But light it I did, and once I started, I kept throwing logs onto the pile. I had to get over myself; this mattered more.



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There's so much in a name, but you have to be vigilant and watch which name you're working under and what it says to you. Is it a name (label) you gave yourself that you need to shed? A name given to you by your enemies that you need to reject? The names you give to your demons, normalizing what is not meant to be normalized? The name you give to your problems, making them bigger than you? You are not your past; you are chosen, and you have many gifts and promises still to unpack. The good name God gives you—that's the one you want to put in lights that shine so bright they drown out all the rest. Blinded by the light.

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Denzel Washington got a chance to explain this spiritual concept to the nation in his response to the Will Smith controversy: "There's a saying: When the devil ignores you, then you know you're doing something wrong. The devil goes, 'Oh, no, leave him alone. He's my favorite. Conversely, when the devil comes at you, maybe it's because you're trying to do something right.'" God led me through a wild series of events to get me here. The enemy intended each one of them for evil, but God intended them for good. Right here. Right now. Real Talk. From what's happening around the world to what's happening on this page and what's happening within you right now. Understand the love of a God who created you for this, calls you beloved, and invites you to live free. He is, as we speak, changing your name for good.

Yours truly,  
Mrs. Good.