

# EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*The 100 fold is about a group of people on a journey to find their True Identity and Life Purpose.*

YOU HAVE THE POWER TO CHOOSE

# THE 100FOLD JOURNEY





**Rest for  
Your Soul**

# The 10 Truths

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE**

**ALL MY NEEDS ARE CONSTANTLY MET**

**I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME**

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME**

**EVERYTHING MY HAND TOUCHES, PROSPERS**

**I HAVE AN ATTITUDE OF GRATITUDE**

**CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS**

**I HAVE UNLIMITED POSSIBILITIES & RESOURCES**

**I WILL BE GOD TO SOMEONE, TODAY**

**LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK**

Memorization

Application

Meditation

Share from  
last week

# Defining Your Identity

## We are a Triune Being

I am a Spirit

Before the foundation of the World  
We are One Spirit with the Lord  
We are Seated in Heavenly Places  
Governs the Soul

I AM a Spirit

I am a Soul

God breathed His breath of life and we became a living soul  
Our Will (chooser) resides here  
Our Emotions reside here  
Our Actions reside here  
Governs the Body

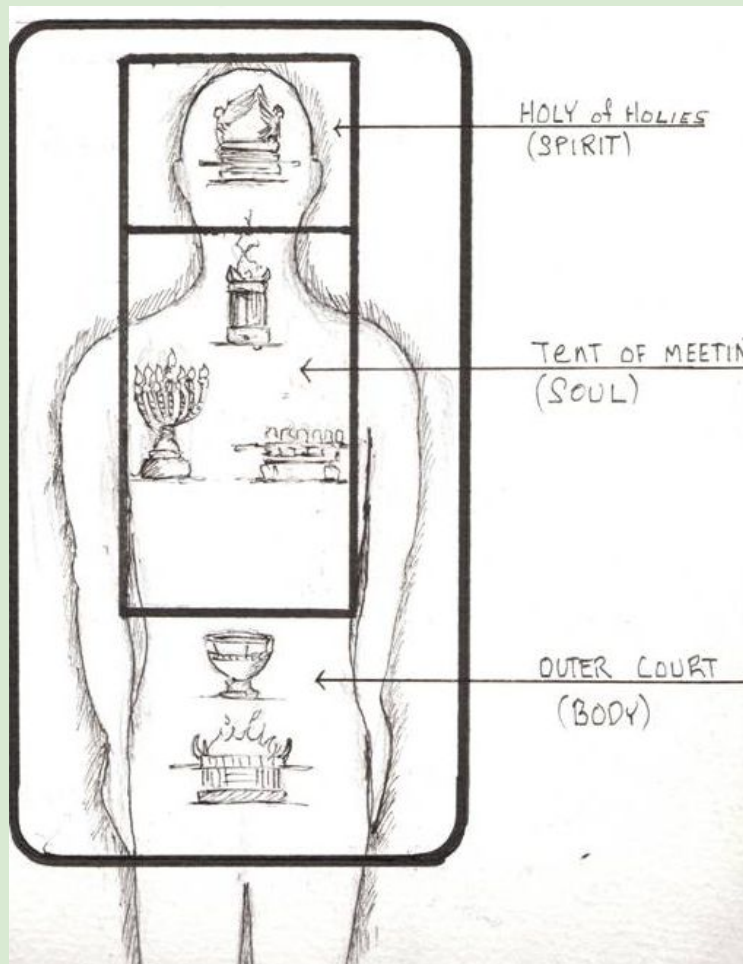
Who is a Soul

I have a Body

God made from the dust of the ground  
God's dwelling place  
5 physical senses  
External Input

Who lives in a Body

# I AM - Heaven on Earth - The Dwelling Place of God



I AM Spirit

Who is a Soul

Who lives in a Body





Life

Giving

Spirit

John 7:38  
He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”

This is how we are to view ourselves - revealing the true me - it was there all along, but it took some trials and tribulations to reveal who I already was - who I AM

Who can  
tell me the  
story of  
Cinderella?



Describe  
what you  
see

What is  
she  
thinking?

What is  
she  
feeling?

What is  
she doing?



Is she at  
Rest?

Why?



Describe what  
you see

What is she  
thinking?

What is she  
feeling?

What is she  
doing?



Is she at  
Rest?

Why?

Describe what  
you see

This is your  
Higher Self

Your Spirit

God in you  
Guiding  
Directing  
Encouraging  
Loving you

You have the  
Mind of Christ



You have been  
raised and are  
seated in  
heavenly  
places with  
Him

In all your  
ways know  
Him and your  
paths will be  
made straight

Describe what you see

Life at Rest

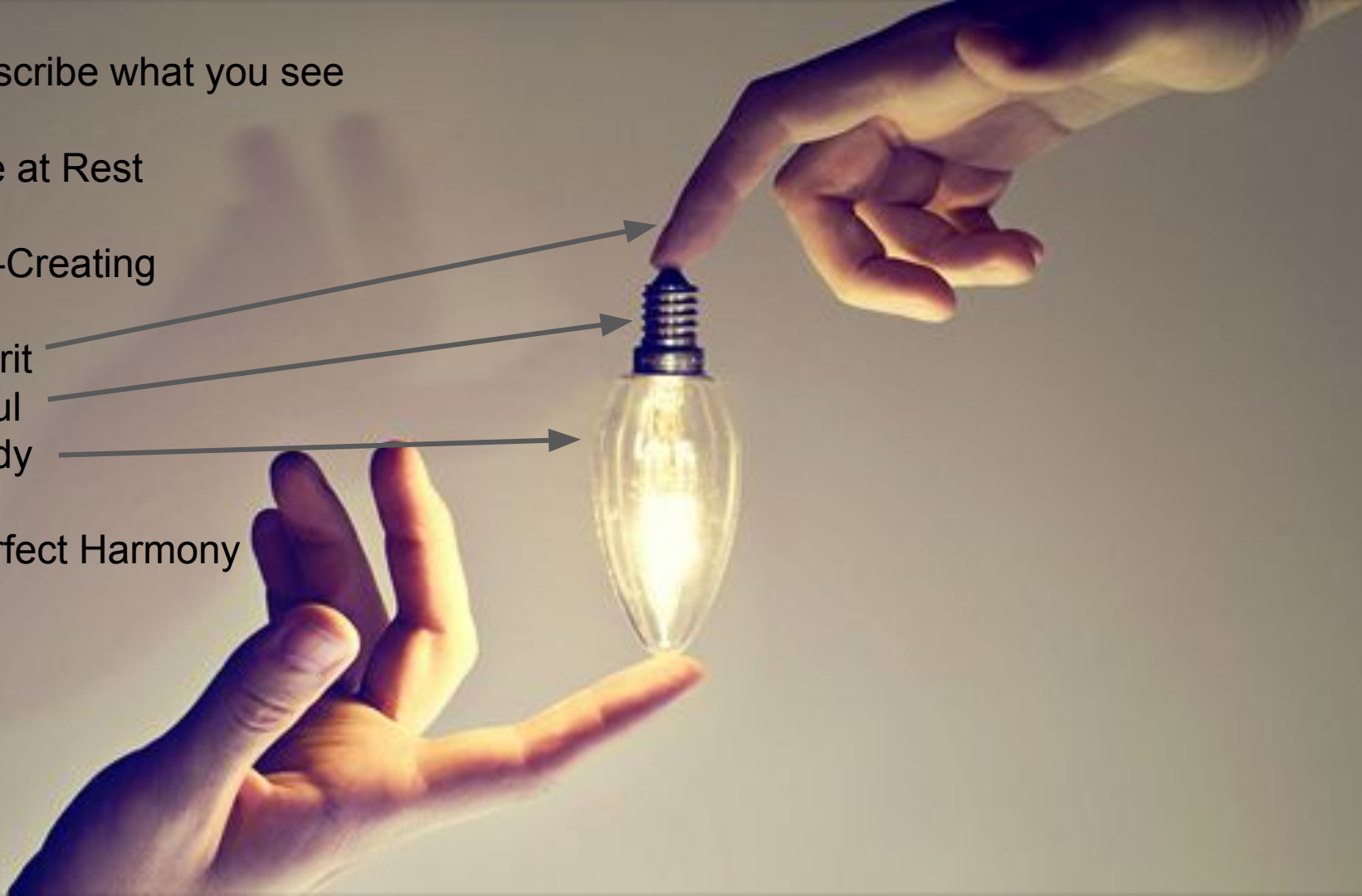
Co-Creating

Spirit

Soul

Body

Perfect Harmony





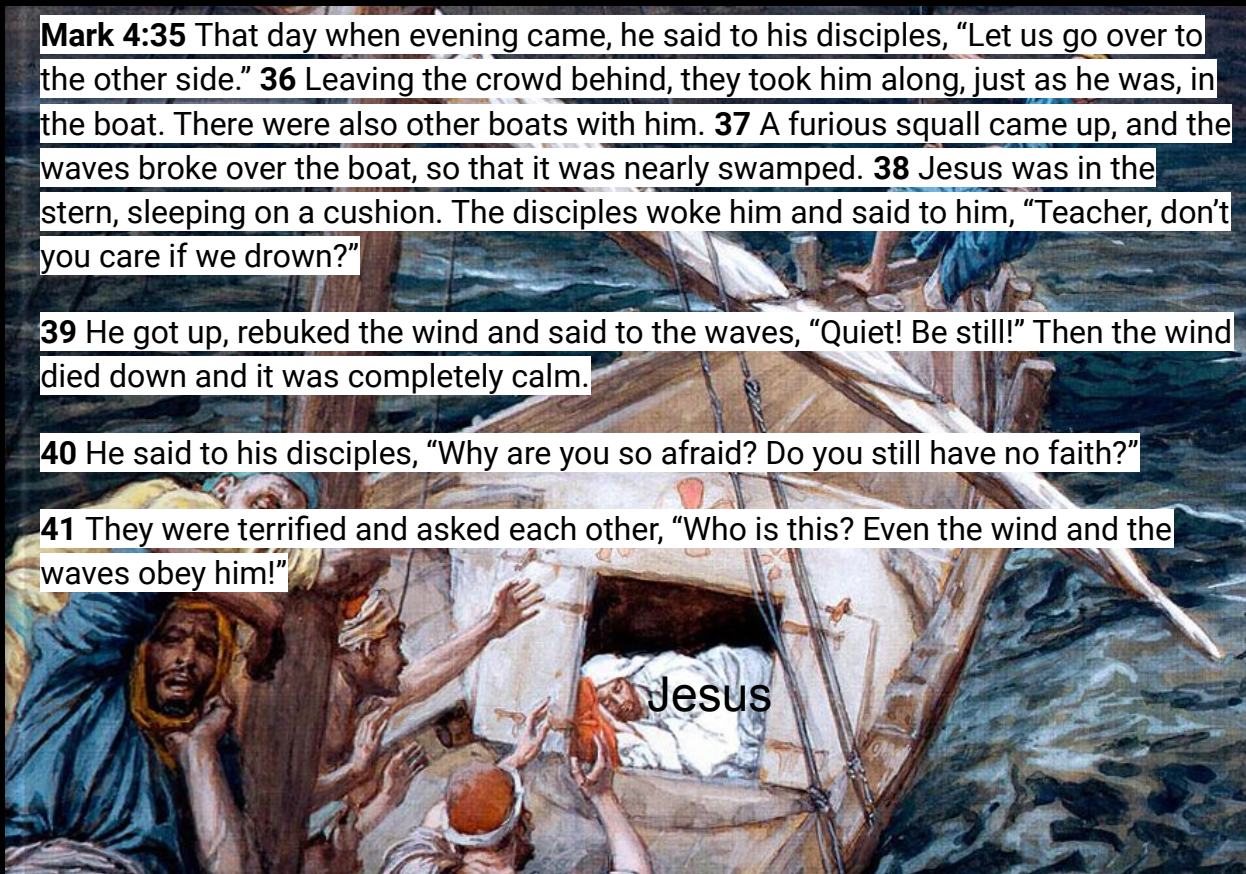
What  
allowed  
Jesus to  
rest?

**Mark 4:35** That day when evening came, he said to his disciples, "Let us go over to the other side." **36** Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. **37** A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. **38** Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

**39** He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

**40** He said to his disciples, "Why are you so afraid? Do you still have no faith?"

**41** They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"





A tropical beach scene at sunset. Two palm trees stand on the left, their silhouettes against a sky filled with orange and yellow clouds. A hammock is strung between the trees, and a person is lying in it. The ocean is visible in the background.

# REST

Not something you do...

Rest comes out of

Knowing Who Already Are.

# The 10 Truths

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE**

**ALL MY NEEDS ARE CONSTANTLY MET**

**I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME**

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME**

**EVERYTHING MY HAND TOUCHES, PROSPERS**

**I HAVE AN ATTITUDE OF GRATITUDE**

**CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS**

**I HAVE UNLIMITED POSSIBILITIES & RESOURCES**

**I WILL BE GOD TO SOMEONE, TODAY**

**LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK**

Memorization

Application

Meditation

Look for these  
and share next  
week!!