



*FIT FOR THE BATTLE AT HAND*  
*BTWF SPIRITUAL WARFARE SERIES*

BISHOP CALVIN SCOTT, PhD

*Session 3:*  
*“Frozen In Time”*

*The objective of “Frozen In Time” is to assist every Christian in overcoming emotional wounds and traumatic events that they have experienced in their lives.*

*14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming.*

*15 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.*

*Ephesians 4:14-15, NIV*

*Nine Steps to help us recover  
from emotional wounds and  
traumatic events.*

- 1. Take responsibility for solving our problems.*
- 2. Define the problem.*
- 3. Ask God for help in overcoming our past.*

*11 Teach me how to live, O Lord.*

*Lead me along the right path,  
for my enemies are waiting for me.*

*12 Do not let me fall into their hands.*

*For they accuse me of things I've never  
done; with every breath they threaten me  
with violence.*

*Psalms 27:11-12, NLT*

4. *Find the appropriate people to help us.*
5. *Expect the fail.*
6. *Develop the habit of seeing yourself as God sees you.*

*Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;*

*Philippians 1:6-7, NKJV*

7. Overcome the need to be in control.
8. Learn to keep it real!
9. Continually invite God to be a part of your recovery process through the power of prayer.