

VIDEO BASED
8 SESSION STUDY

FATHER'S *house*

THE PATH THAT LEADS HOME



KAREN MCADAMS

RACHEL FAULKNER BROWN

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special thanks

We always say, “We are better together!” and each of you are living proof!

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To all of the past participants of Father’s House, if it wasn’t for you saying, “You’ve got to film this! This message has got to get out!”, I’m pretty sure we would still be schlepping our binders, props and notes all over the state of Georgia.

To our families who supported us emotionally, financially and prayerfully through the process because you believe like we believe – that He is worthy of your time, talent and resources.

And finally and most importantly, to Jesus, Papa God and Holy Spirit who believed in us when we didn’t quite believe in ourselves. YOU alone are the reason we can know beyond a shadow of a doubt that we truly belong in Father’s House! YOU alone are the reason we want to get up and continue to shout the message of just how GOOD you truly are! We won’t stop singing your praises until there’s no air left in our lungs - YOU alone are worthy!



Hi there!



Karen McAdams

Encountering Abba Father and His relentless pursuit of my heart when I was so lost and broken changed everything for me. My greatest passion now is to see other women encounter our incredible Father and His powerful redeeming Grace.



Rachel Faulkner Brown

I love freedom more than anything else on earth and find myself saying at least once a day, "It is for FREEDOM that Christ has set us free." Walking out of the bondage of my secret unlocked a life I never knew was possible.

our promise

OVER THE COURSE OF
THE NEXT EIGHT WEEKS,
WE WANT TO JOIN YOU
ON THE JOURNEY HOME.

WE BELIEVE YOU WILL
DISCOVER THAT THERE
IS MORE FOR YOU THAN
YOU HAVE EVER DARED
TO DREAM!

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Hey friends!

Wow! We couldn't be more honored that you are joining us on this 8 week encounter-driven journey! To be sure, all of us are at different places in our journey. Between the two of us, we have been in enough ditches and hit enough potholes to know that none of us come through this life unscathed. But one thing we have learned is this: we are not alone! Jesus is right here with us, pointing the way home to our Father's House!

Over the course of the next 8 weeks, we want to join you as you embark on the path that leads Home. And guess what? We are fellow travelers with you! We certainly don't have it all figured out. But we want to open our lives to you and share some keys that we have discovered that have led us to find our seat at His table - all because we have discovered just how deeply loved and adored we are by the One we have come to call Papa God!

After taking hundreds of women through this course, we are certain of one thing: your life will not be the same on the other side! In fact, we believe that Papa, Jesus and Holy Spirit have drawn you to this very moment in time. Your breakthrough is just on the other side of the turning of these pages! We believe that in just eight short weeks, you will become what we call a "Go-To Girl" for the rest of your life all for His glory and for His beautiful renown!

We can't wait...see you on the path!

♡ Karen + Rachel



HOW TO USE THIS *Study Guide*

The Father's House Study Guide has been designed as a companion guide to the eight week Father's House video-based series. We believe that using this guide will greatly enrich your experience and help take your relationship with Papa God to a deeper, more intimate place.

Each session comes with:

Video Teaching

Each session is approximately 35 minute long.

Activation

An activation is a facilitated prayer time designed to help connect your head to your heart.

Listening Guide

The Listening Guide can be used to capture important points while watching the session video and to journal your experience during the Activation.

Daily reflections

Each week has 5 daily reflections that will take approximately 5-10 minutes to complete. Reflections include things such as crafted healing prayers, journal prompts, personal declarations, scripture reflections and our personal favorite... the letters from Papa God on Day 5.

Blueprint for Your Beliefs

Key scriptures from the content are provided in a variety of translations. We have intentionally used a number of translations to give your heart an opportunity to hear what perhaps has become overly familiar to you in a fresh new way. However, feel free to use whatever translation you are most comfortable with. Ideally you will want to meditate on one or two of these scriptures in the coming week, allowing them to engage you in a conversation with Holy Spirit. You may want to post these in a visible location as a daily reminder of what your Heavenly Father thinks about you!

Final thought...

Throughout the study, we have come to refer to Father God as Abba & Papa God. This simply reflects the heart change that we have gone through in how we now see Him. If you find this offensive, please substitute what feels more natural to you!

SELF ASSESSMENT

Questionnaire

Father God loves me as much as He loves Jesus. TRUE / FALSE

Fellowship with Father God is broken until I confess and repent. TRUE / FALSE

God answers my prayers on the basis of my obedience to Him. TRUE / FALSE

I am as righteous as Jesus Christ. TRUE / FALSE

I should work hard to live according to the Ten Commandments. TRUE / FALSE

My righteousness before God is dependent on whether I am living right before God. TRUE / FALSE

The Holy Spirit's primary role is to convict me of sin. TRUE / FALSE

Everything that Jesus said applies to my life. TRUE / FALSE

My identity is a sinner who is saved by Grace. TRUE / FALSE

God will sometimes cause accidents or sickness to test people or grow them in their faith. TRUE / FALSE

*Answer Key begins on page 147

FRIENDS & FAMILY

Commitment Letter

Dear _____ ,

You are so very important to me and so I'm asking for your support and encouragement as I take a journey over the next 8 weeks. I am participating in a study called Father's House. It is a journey to understand and experience that there is more for me than I knew. I am going to be expanding how I see myself, how I understand God's love for me and how I view what is possible for my life.

I'll be very focused over the next few weeks on leaning into some new beliefs and possibly undoing some lies that have limited my walk with the Lord. This study may forever change my life and the way I see Jesus, Father God and the Holy Spirit. But of course, this isn't just about me. As a fellow sojourner in my life, your support means the world to me. Thank you for praying for me, for allowing me to process with you and for supporting me on the path Home.

Love,

(Your Signature)

We have written this letter for you to share with your family and/or friends who know you are taking this study. This is an INVITATION for them to pray for you and partner with you in processing your journey. Please have them read this as you begin. We pray this letter brings connection, clarity and peace to you and the ones you love.

“I SAW MYSELF AS A LITTLE GIRL
RUNNING TO FATHER’S HOUSE. AS
I RAN, I GREW OLDER AND OLDER
UNTIL I WAS MY CURRENT AGE. AS
I ARRIVED AT THE HOUSE, HE WAS
STANDING IN THE DOORWAY READY
TO GREET ME WITH OPEN ARMS AND
A BIG HUG. I FELT SUCH JOY AND
PEACE TO BE FULLY ACCEPTED &
LOVED BY MY FATHER.”

♥ *Robyn*



SESSION ONE

The Journey Home



THIS RESURRECTION LIFE YOU RECEIVED FROM GOD IS NOT A TIMID, GRAVE-TENDING LIFE. IT'S ADVENTUROUSLY EXPECTANT, GREETING GOD WITH A CHILDLIKE "WHAT'S NEXT, PAPA?" GOD'S SPIRIT TOUCHES OUR SPIRITS AND CONFIRMS WHO WE REALLY ARE. WE KNOW WHO HE IS, AND WE KNOW WHO WE ARE: FATHER AND CHILDREN. AND WE KNOW WE ARE GOING TO GET WHAT'S COMING TO US - AN UNBELIEVABLE INHERITANCE!

ROMANS 8:15-17 MSG

The journey starts here...

You are invited to come on a journey unlike any other. This journey will transform every aspect of life as you know it. It is the journey Home.

A journey, by definition, is the act of traveling from one place to another. The starting point for this sojourn is your “home” - the very life you are now living. What does your “home” look like? Its foundation is built on the beliefs, mindsets and behaviors you’ve cultivated all these years. You may feel really comfortable in the home you’ve created. The sounds are familiar and the smells are well known. Some cracks may appear in the foundation from time to time, but you know exactly how to cover them. Though, if truth were to be told, you find it hard to rest here. Repairs, renovations and upgrades are constantly needed to make your home measure up. The upkeep can be exhausting.

What if you could set the worries and responsibilities of tending to your home aside? What if you could pick up a yoke that is light and easy instead? The good news is the journey ahead requires nothing but a heart open to experiencing more - more freedom, more intimacy, more joy, more peace and more love.

Can you see up ahead? The path marked Home is littered with what’s been released from daughters who are journeying with you. These are the masks torn off the faces who no longer must hide. These are the shoes taken off feet running the race of perfectionism. Here are the bottles of those finished self-medicating their pain. There is the make-up removed from the ones done with managing appearances, and here are the gloves thrown off hands giving up control.

Can you hear the singing? The voice of a daughter coming alive under the love and acceptance of her Papa is breathtaking. Did you catch a glimpse of her face? It’s radiant with the joy of knowing who she is in her Papa’s eyes.

Do you see Him? Papa is running towards you as He absolutely cannot wait for you to experience the extravagance of His love for you. His Home is built on the rock-solid foundation of the Gospel of His AMAZING GRACE. This gospel is rooted in three powerful truths: You are Lavishly Loved, Fully Forgiven and Radically Righteous. It is a foundation that never cracks... it stands the test of time!

Come and join your hands with ours as we journey together to Father’s House. If you feel a little lost on the path, it’s OK. You are never lost to Him. Your seat at His table is waiting. See the banner over Papa’s front door? It simply reads, “It is finished.” Together, let’s discover exactly what was finished so you can live the adventurously expectant life your Father prepared for you!



Listening Guide

[KEY #1]

IT'S NOT ABOUT HOW GOOD I AM
BUT ABOUT HOW GOOD MY GOD IS.

Journal



Write down any impressions, pictures or feelings you experienced during the activation exercise. Ask Papa the following, “Papa, what are you saying to me?”



Daily Reflections

“IT IS FINISHED”
IS THE STARTING POINT FOR EXPERIENCING
AN ADVENTUROUSLY EXPECTANT LIFE.



Day One

Please review your notes from this week’s lesson. What is God highlighting for you?

Up until now, how would you describe the journey that you have been on with the Lord?
What has the path looked like?

How would you describe your family home (for example: nurturing, unpredictable, performance oriented)? What made you feel valued, worthy and loved?

Karen and Rachel described the influence that their family of origin and denominations/religious teachings had on what they believed about God. The result was that they built their lives on a foundation of achieving, perfecting and trying to please God, rather than the foundation of God’s amazing **GRACE**.

How would you describe the foundation that you have built your life upon?

“Up until now” are key words for you because we believe that your life is about to change! If you could leave one thing behind and never pick it back up, what would it be?

For example: shame, performance, feeling unworthy, fear of failing, never feeling enough, etc.

No matter what your journey has looked like *up until now*, in His home there is:

- | | | | | | |
|---------|-----------|-----------|--------|------------|----------|
| Freedom | Intimacy | Peace | Joy | Love | Rest |
| Vision | Purpose | Abundance | Health | Wholeness | Victory |
| Hope | Provision | Power | Worth | Confidence | Security |

Circle the words that resonate most with your desires for this season or pick your own!

Write a prayer to your Father about your hopes for the next 8 weeks.

Dear Father God,



Day Two

While your new address is with Father in His house, your beliefs might have some catching up to do! Karen mentioned that her gospel wasn't exactly good news - it was a "Jesus plus" gospel. The result was that she was never quite sure whether all her efforts were truly enough. **Her mind had not been renewed to this week's key: "It's not about how good I am, but about how good God is."**

Imagine for a moment that you have decided to build a new home. The first thing the builder asks is for your blueprints. The blueprints determine the size of the foundation and ultimately how the house will be framed.

Guess what? Your beliefs are just like the blueprints! They determine the foundation you will build your life upon and "frame up" the life you will lead. Father's House is built on the **extravagant foundation of His amazing Grace**. A life lived in His house is a life of freedom, intimacy, peace and purpose! But here's the catch for most of us. We can't believe that He's actually that good and that this Grace is really that free, so we scale the foundation of our lives down to match our own small, narrow-minded beliefs! A life that is built on any other foundation than His Grace will never result in the abundant life that He longs for you to experience.

In your own words, how would you describe what the Gospel means to you?

Read the passage below:

"For I am not ashamed of the Gospel (good news), because it is the **power** of God that brings **salvation** to everyone who **believes**." (Romans 1:16)

What an incredible passage of scripture. **HIS** power brings salvation when you do one thing - simply believe! Now that's what I call good news! But just what exactly does "salvation" encompass? Salvation is so much more than a one-way ticket to heaven or something that you only benefit from in the sweet by and by! Salvation is from the Greek root word "**sozo**".

SOZO means:

To Rescue	To heal (physically, mentally, emotionally, spiritually)
To Deliver	To make whole

The following passages use the word “saved” for the Greek word “sozo.” Rewrite the following passages using your new definition. What do these passages tell you about what Jesus wants to do for you personally?

John 3:17

Romans 10:13

As a daughter in Father’s House, we believe you were intended to experience the full “sozo.” He wants you rescued, delivered into freedom, healed and made whole. In fact, this is what the abundant life is supposed to look like!

How does this belief challenge your current mindset? In what ways have you settled for “less than sozo”?

Craft a prayer to Papa below for the areas of your life that you would like to see rescued, delivered, healed and made whole.



Day Three

FOR OF HIS FULLNESS WE HAVE ALL
RECEIVED GRACE UPON GRACE.

[JOHN 1:16 NASB]

What is Grace? Grace is the Greek word “Charis” and means unmerited favor, good will and loving-kindness. Favor means to lean towards, to share a benefit, extending and reaching for, to be gracious.

Grace is so much bigger than simply unmerited favor. These words paint a deeply moving portrait of who your Father God is and what this “Grace upon Grace” looks like. You could say that GRACE looks like Papa God leaning towards you and reaching out for you to give you a bear hug, tell you how much He delights in you and taking you by the hand to show you all the treasures He has for you in His house! The problem is that we have not always believed that He is just that good! Instead, we build our lives on trying to GET His hug, MERIT His delight and QUALIFY for His treasures.

You will need a new mindset - a goodness mindset - to be able to receive all the good things Papa God has for you. The Good News is that Holy Spirit and Jesus are here with you right now to help shift our perspective.

DOES THE GOD WHO LAVISHLY PROVIDES YOU WITH HIS OWN PRESENCE, HIS
HOLY SPIRIT, WORKING THINGS IN YOUR LIVES YOU COULD NEVER DO FOR
YOURSELVES, DOES HE DO THESE THINGS BECAUSE OF YOUR STRENUOUS
MORAL STRIVING OR BECAUSE YOU TRUST HIM TO DO THEM IN YOU?

(GALATIANS 3:5 MSG)

Trust is like the key that unlocks the access to the treasure trove of “Grace upon Grace” - not striving, serving or even obeying! If **striving** lived at one end of the street and **trusting** lived at the other end, where would you say that you are? What/who do you specifically struggle to trust Him with?

In order to move from striving to trusting, you will need to frame your life with good beliefs. Let's ask Jesus, "What are you inviting me to believe about this 'Grace upon Grace'?"

Papa God, thank you for what you are doing in your daughter's heart, mind and body. Thank you that you made receiving your Grace as simple as her trusting You, leaning in for a hug and opening her hands to let go in order to receive!

What would you like to express to Him today?





THE TONGUE HAS THE POWER OF LIFE AND DEATH IN IT...

[PROVERBS 18:21 NIV]

YOU WILL ALSO DECLARE A THING, AND IT WILL BE
ESTABLISHED FOR YOU; SO LIGHT WILL SHINE ON YOUR WAYS.

[JOB 22:28 NKJV]

Sometimes you have to say something new to begin to truly believe something new! We use declarations as an amazing way of partnering with what Papa is already saying about you, your life and your future.

Create your own declarations for this week around Key #1. We will get you started, and then you can add to it:

It's not about how good I am but about how good my God is.

My Father is full of Grace, and He has good things planned for my life.

He's not good to me because I am good, He is good to me because He is good!

He understands where I am on my journey. I'm not behind; I am right on time.

I am open to receive from the fullness of His Grace. I am adventurously expectant.

While this might feel a little awkward to you, we want to encourage you to say these aloud each day! Your own tongue has been created by Papa to bring healing to your mind and your emotions. Let your body feel the beauty of this new Truth. In fact, neuroscience has shown us what God has known all along- that actually visualizing the truth you are declaring aloud, seeing and feeling the truth rather than just repeating it, creates new neural pathways to experience His truth as a living, experiential reality. If you sense some resistance, simply ask: What is the lie that I am believing that you want to uproot?



Day Five

Dear daughter,

Will you take My hand and follow me? I can't wait to lead you Home. I've prepared a special place there just for you because My Home is not complete without you in it. From before the foundation of the world, I created you, my beloved one. I've counted every hair on your head and captured every tear you've ever cried. You are My beautiful daughter! Did you know that I couldn't be prouder to be your Father? I remember when you took your first steps! You were so full of excitement and anticipation. I was there cheering you on just as I am with you and for you now. As you wobbled and fell, I was there to catch you. Just as I will be there to catch your heart on this journey!

Just like I walked with Adam and Eve in the cool of the garden, my heart has always been to walk intimately with you. I long for you to know Me as I know you - to experience My glory and My extravagant love for you. Your heart is wired to connect with Me. Your ears are intricately designed to hear My voice. Trust the intentional way I've created every piece of you to relate to Me. Remain in Me, and I will remain in you. Never will there be a moment that I leave you or forsake you!

I know right where you are on your journey and the baggage that you have carried for so long. But it's time to begin unpacking those things - it's time to get unstuck! I will be with you every step of the way. In fact, I am the One who has brought you to this moment to give you a new perspective so that you can truly begin to see life through the lens of My perfect love. As you seek Me in the days to come, you will find My heart has always been turned towards you with a fierce and abiding love. There was never a moment that I turned from you. You will encounter Me if you will do just one thing... open your heart to Me. Will you take My hand my beloved daughter? Your journey Home has just begun.

Love, *Papa*



Beliefs for My Blueprint

Underline or highlight any key phrases, allowing them to engage you in conversation with Holy Spirit. Is there a scripture that He is inviting you to meditate on this coming week?

— ROMANS 8:15-17 MSG

This resurrection life you received from God is not a timid grave-tending life. It's adventurously expectant, greeting God with a child like, "What's next, Papa?" God's spirit touches our spirits and confirms who we really are. We know who He is, and we know who we are: Father and children.

— JOHN 17:3 TPT

Eternal life means to know and experience you, as the only true God, and to know and experience Jesus Christ as the Son whom you have sent.

— JOHN 10:10 NASB

The thief comes only to steal and kill and destroy; I came that you may have life, and have it abundantly.

— JOHN 3:16-17 MSG

This is how much God loved the world: He gave His Son, His one and only Son. And this is why: so that no one need be destroyed; by believing in Him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending His Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again. Anyone who trusts in Him is acquitted; anyone who refuses to trust Him has long since been under the death sentence without knowing it. And why? Because of that person's failure to believe in the one-of-a-kind Son of God when introduced to Him.

— 1 PETER 3:18 NLT

Christ suffered for our sins once for all time. He never sinned, but He died for sinners to bring you safely home to God.

[NOTES]