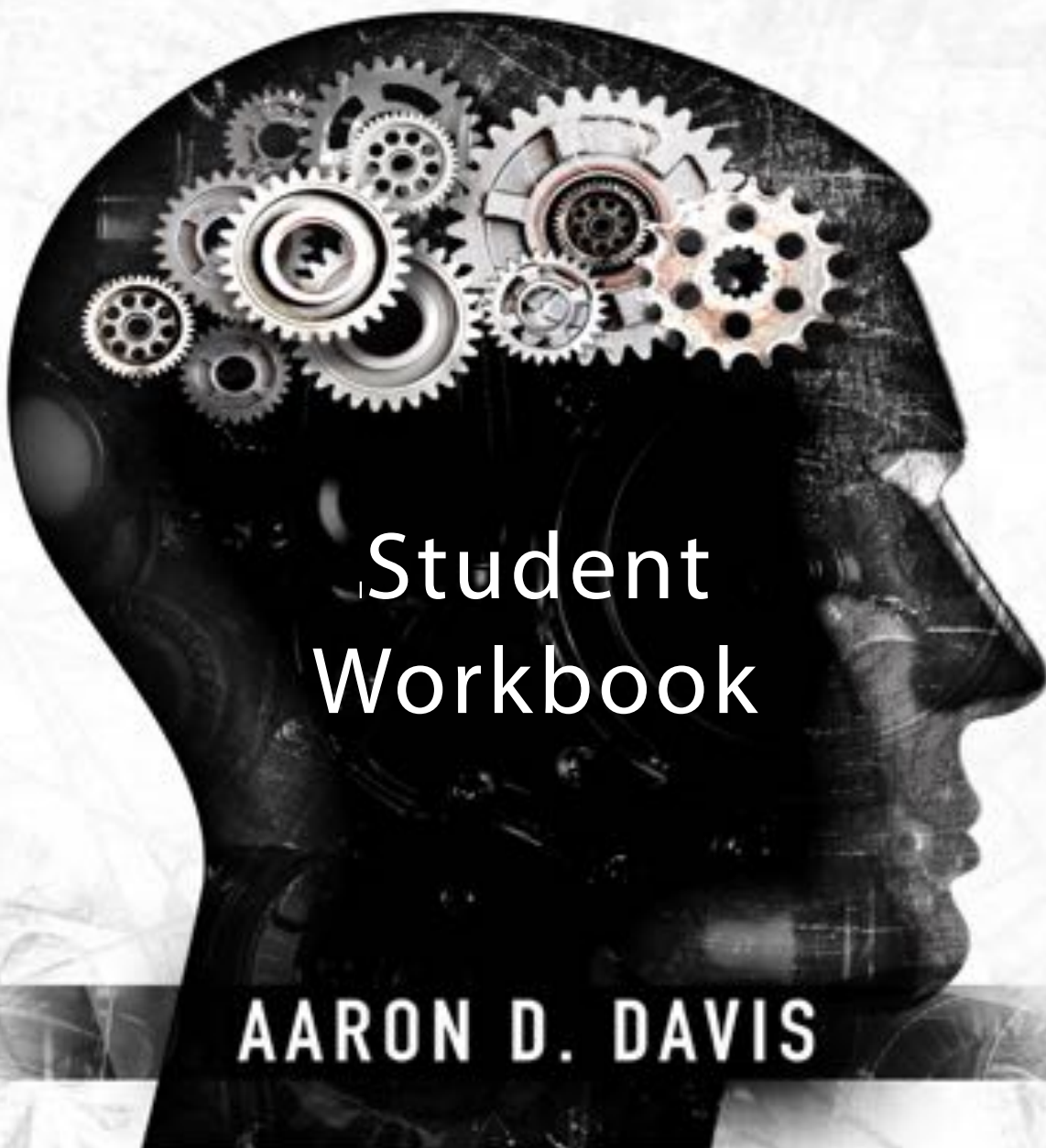


LIMITLESS

YOU CAN EXPERIENCE THE FREEDOM, POWER
AND POTENTIAL YOU WERE CREATED FOR



Student
Workbook

AARON D. DAVIS

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ABOUT THE AUTHOR

AARON D. DAVIS

Aaron Davis, has been an ordained minister for over twenty years. *Limitless* is his fourth book, following *The Spirit of Religion* (2006), *Love Thy Neighbor* (2006), and best-selling *Quantum Christianity: Believe Again* (2015).

Aaron has served in ministry as a youth pastor, an associate pastor, a traveling evangelist, a street evangelist, a church elder, an online technology pastor, a worship pastor, a freedom/deliverance ministries pastor, and has served on the board of trustees in one of the most respected ministries in the United States. He has worked with and ministered to the homeless, inner-city youth, gang members, and drug addicts. He has had multiple opportunities to work privately in a mentoring and service capacity with celebrities, their families, and their staff. He travels internationally as a keynote speaker on the subjects of leadership and team development, referencing his extensive leadership experience in many arenas including law enforcement, SWAT, conflict resolution, crisis emergency plan development, being a man, husband, and father, and experiencing personal freedom, in both corporate and faith-based seminars and workshops.

Most recently, Aaron launched the new website www.LimitlessSolutions.org for the growing library of resources related to this book, including video coaching, personal coaching, curriculum implementation, freedom coach training, and ministry staff development. In the near future he intends to extend the Limitless name and principles into corporate training and coaching as well.

Aaron was a law enforcement officer from 1999 until 2008, serving as a DARE officer, a school resource officer, a detective sergeant (criminal investigations division), and a SWAT team member, and was awarded Officer of the Year in 2002. An attempt was made on his life in the line of duty, forcing a medical retirement.

Aaron is originally from Detroit, Michigan, and lives with his wife of twenty years, Lisa, and his son, Rocky, in Nashville, Tennessee.

When he's not researching, writing, speaking in leadership events, coaching, and serving others, Aaron enjoys riding his Harley-Davidson motorcycle, scuba diving, skateboarding with Rocky, and being an intentional husband and father.

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Chapter 1



God's Not Mad At You

How do you believe God feels about you and why?

Why do you think that so many people believe that God feels negatively toward them?

What are some reasons that Satan might try to convince you that God is mad at you?

It's often stated, "God hates sin." What does this mean to you? Did your perspective change after reading this chapter?

Notes:





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Chapter 2



Balancing God's Will & Tragedy

Is everything that happens to you God's will for your life? Why or why not?

Has God ever taken a tragic event in your life and turned it around for your good? Write two paragraphs about it on this page and the next.



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Chapter 3



Believe The Lie Or Embrace The Truth

**“When you believe the lie, you empower the liar.”
Are there any areas in your life where you may
have bought into a lie about yourself or God?**

**When you make a mistake or sin, how does this
impact how God feels about you? Why?**

After reading this chapter, did anything stand out that you didn't know before? If not, did the content spark any additional thoughts about your relationship with God? Explain.

Notes:





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Chapter 4



Diverted Focus

List a positive time in your life when what you believed impacted what you experienced.

Can you think of a time when you lost in your mind long before you lost in your experience?

Is it possible that what you believe about God and how He feels about you can impact your experience with Him? Explain.

After reading this section is there any area that comes to mind where your focus has been diverted and is impacting your relationship with God?

Notes:





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Chapter 5



Grace Is Truth

Recall an instance where your recent sin influenced how/if you approached God? Why did it impact you that way?

Look up Ephesians 2:8-9 in the Bible. What does this scripture mean to you?



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Chapter 6



Jesus Is The Truth

Jesus said, "If you've seen me, you've seen my Father." What do you think that means?

From a biblical perspective, how many instances are listed where Jesus inflicted a disease upon someone to teach them a lesson? How many times did he refuse to meet their needs or give them forgiveness? How many times did Jesus condemn or curse someone's life to make them submit to His will?



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Chapter 7



Jesus Restored What Sin Destroyed

Luke 19:10 states that Jesus came to restore that which was lost. What is that referring to?

Hosea 4:6 states that the people of God perish for a lack of knowledge. What examples can you give for this scripture in today's culture?

Might knowing or not knowing something is possible impact your pursuit of it? Explain.

What could be the impact of you assuming or believing that something was impossible that God said is possible and provided for you?

List three ways that someone might better learn or discover things that they don't know about God's will and desires for their life.

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Chapter 8



How You See You Matters

Being honest with yourself, do you ever look in the mirror and entertain negative thoughts about who you are? List some examples.

Why is it important to control and arrest negative thinking?

Do you believe that your past disqualifies you from representing God? Explain.

Are there any arguments you could present for why your past mistakes and experiences could actually benefit the kingdom of God or ministry through you?

How might focusing on and believing God's Word about you more than the voices you hear when looking in the mirror impact your experience?

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Chapter 9



As A Man Thinks...

How can what you believe about yourself contribute to you remaining bound by strongholds or sin?

What is the significance between saying , "I am a sinner saved by grace" and "I was a sinner who's now saved by grace?"

The label you adopt often influences the lifestyle you condone. Can you think of an example where this might be true?

What is righteousness and what do you think "Awake to righteousness" in 1 Corinthians 15:34 means?

When the Bible says, "Sin Not" does this imply that sin is actually a choice? Why or why not?



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Chapter 10



I Will Remember Their Sin
No More

Many believe that sin separates you from God. After reading this chapter, what do you think and why?

The Bible says in regard to believers, "I will remember their sin no more," "Nothing can separate us from the love of God" and that we in no way can earn God's forgiveness because it's a gift. But this seems to contradict what many of us have been taught about our relationship with God being contingent upon us not sinning. Why do you think this this is so emphatically taught in the church?

**The Bible says, "The truth will make your free."
What could this imply if instead of the truth you
believe a lie or partial truth?**

Notes:





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Chapter 11



No Condemnation

Is it possible to hide our sin from God? Why do you think people try?

What is the definition of condemnation?

Under what circumstances do believers experience condemnation from God? Why?

Understanding the difference between experiencing condemnation vs no condemnation from God, how might your perspective change how you approach Him?

Notes:





LIMITLESS

Chapter 12



Spirit, Soul & Body

What is the difference between the Spirit and the Soul?

Have you ever walked into an environment where you had no prior knowledge of what happened but discerned that something was not right? Is this an example of your Spirit or Soul at work?

When your soul is more influenced by your physical man than your spirit, what might be some repercussions?

Have you ever tried to respond to a spiritual issue with a physical response? What was the outcome?

Notes:





LIMITLESS

Chapter 13



God's Provision & The Wages Of Sin

What stood out to you the most about this chapter?

Can we choose how close our relationship with God becomes? Explain.

Is it possible for us to make choices that would be outside of God’s will for our lives? If so, is it possible that the consequences of those choices could produce outcomes that God would have never planned or desired for us? Explain.

The bible says that as long as the earth remains, there will be seed, time and harvest. Is it possible that our choices (positive or negative) still have the power to influence our lives even though we are believers? Explain.



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Chapter 14



You Are Who He Says You Are

The Bible says, the old has passed away & all things have become new in Christ. Why do you think we have such difficulty accepting what the Bible says God feels about us?

Surely there must be a Satanic strategy behind deceiving you into fear, condemnation, self-loathing...etc. What does he gain from this deception?

**“Jesus didn’t become sin by *doing* sin, and you don’t become righteous by *doing* righteousness.”
What does this quote mean?**

Why do you think it might be important to discover who God says you really are and intentionally adopt that image of yourself?

**Finish this scripture from Proverbs 23:7 and explain what it means to you.
As a man thinks in his heart...**

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Chapter 15



Open Doors Part I - Permission

Can you think of areas where your willfull, permissive choices have created an environment for strongholds to take root and grow in your life?

Are there occasions where choosing to not address issues that you know are outside of God's will for you actually give them permission to grow by default? Explain.



LIMITLESS

Chapter 16



Open Doors Part II - Intrusion,
Trespassing, & Invasion

What are some examples of circumstances that might open doors in people's lives for strongholds to be established through intrusion, trespass or invasion?

What are some things that you can do to take back the power in your life from a stronghold established by events happening to you and outside of your control?



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Chapter 17



The Infection Of Rejection

List some ways that rejection (the #1 fear of some personality types) can be the catalyst for strongholds to be established in the lives of believers.

Looking at your life, are there any areas where rejection has played a part in how you make decisions or interact with people?



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Chapter 18



Processing The Pain

What is the difference between being *victimized* and taking on the label of being a *victim*?

How can what you believe about yourself or what label you adopt regarding an experience influence your future?



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Chapter 19



100 Percent

What is the chapter title, "100 Percent" referring to?

Why do you think that positive thinking has the power to influence your realities?



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Chapter 20



The Power Of Words

How important do you think the words that you speak actually are? Explain.

What are some examples of how your words might impact your realites?



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Chapter 21



Curse Consciousness

What does "Curse Consciousness" mean?

2 Corinthians 5:17 states, "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." What does this scripture mean to you?



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Chapter 22



Punching Puppets

What is the metaphor in the title, Punching Puppets?

Explain Ephesians 6:12 – For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.



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Chapter 23



Suit Up For Battle

What are the six pieces of God's armor listed in the Bible?

Are there any areas that that you know you have failed to cover yourself with God's armor?

How has failing to equip that area with God's armor influenced your experience?

What could you do to equip yourself today so that tomorrow you do not find yourself in the same "uncovered" position?

Notes:





LIMITLESS

Chapter 24



You Don't Have To Walk In
Fear Anymore

In your life there are likely one or two specific strongholds that repeatedly set you back. What event(s) initiated that stronghold?

What fear did you develop as a result of that event? Rejection, abandonment, public perception, loss of control, change, being taken advantage of, pain...?

What lie is it necessary for you to continue to believe in order for that stronghold to continue to hold power over you?

What scriptures would be good for you to be declaring over your life in order to combat the stronghold at it's root and overcome it?

Notes:





LIMITLESS

Chapter 25



Fruit Is A Byproduct

If fruit is a natural occurrence for a fruit tree, what may be some reasons that Godly fruit is not being produced on the scale that you desire it in your life?

What things can you intentionally feed your spirit in order to strengthen yourself spiritually?

What choices are you making in your life that may be and robbing your fruit tree of spiritual fruit and fulfillment?

What can you do today change your experience tomorrow?

Notes:





LIMITLESS

Chapter 26



What Happens In The Mind
Will Happen In Time

Is an ungodly thought a sin immediately? If so, why? If not, when does it become a sin?

Do you think that your actions are influenced by things that you have imagined or meditated upon?



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Chapter 27



Forgive and Forget?

What does it mean to you to forgive?

Searching your own heart, are there any people in your life that you have not forgiven?

Many assume that if you have not “forgotten” you have not really “forgiven” is this true? Explain.

Because forgiveness is not a feeling but a choice, there may be times when you chose to forgive but negative feelings about that person arise again. What should you do in those moments?

Notes:





LIMITLESS

Chapter 28



Four Hundred Ninety

What does the title Four Hundred Ninety mean?

Why is it important to release forgiveness?

Why do you think it is so difficult for people to forgive those who have hurt them?

If choices produces specific fruit in our lives, list three fruits produced in your life when you choose to forgive people, and three fruits produced as a result of choosing to not forgive.

What might be a first step for someone who is trying to learn to forgive himself?

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Chapter 29



Teach Us To Pray

What does it mean to pray to God? Is there a right or wrong way to pray? Explain.

When Jesus gave us the example of The Lord's Prayer, what do you believe His intentions were for the words He modeled?

Why do you think that people find themselves conflicted on the subject of prayer and how to pray?

What advice would you give to someone who came to you struggling with the issue of praying properly?

Notes:





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Chapter 30



Believe That You Shall Receive

Where is God in proximity to you?

How might your perception of God's proximity to you influence your relationship with Him?

Based upon what you have learned about releasing faith, focusing upon the good things of God's word and speaking positive declarations over your life, how important might it be for you to actually believe that God wants to do good things for you in order for you to pursue those good things and ultimately experience them? Explain.

Notes:





LIMITLESS

Chapter 31



Kingdom Authority

Chapter 7 introduced a perspective that was reiterated in this chapter. When the Bible says that Jesus came to save *that* which was lost, what was the *that* being referred to?

If Jesus “restored that which was lost” then what is it that continues to give sin the power to control you?

The interesting thing about authority is you have to know that you have it and believe that you can exercise it in order to place a demand upon it. When people don't know if they can, most of the time they won't.

How might this statement play out as it pertains to believers exercising the authority that God has provided for them?

How might a believer better equip himself to walk in the authority that God intended for him?



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Chapter 32



It's Already In You

According to this chapter, what is an "Escapist Mentality"?

Jesus taught us to pray, "On earth as it is in heaven." What are some areas in your life that do not reflect heaven?

What are some areas in your life that you are allowing sin, or fear or attacks to steal from you?

The Bible says that He who is in you is greater than he who is in the world. What does this mean?

Just because you've not experienced something or didn't know it was possible doesn't mean it's not God's will for you. Could it be that God has more for you than you have yet discovered?

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Chapter 33



Keep On Knocking

What is the definition of hope from this chapter?

Why do you think that many people do not have a joyful anticipation of God doing something good for them?

The Bible says that faith is the substance of things hoped for. Based upon what you have learned of hope, what does this mean?

If the extension and release of faith toward the good things of God provides an environment for those good things to become a part of your reality, what might focusing your belief on negativity produce?

What is the importance of repeated asking, seeking & knocking?

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LIMITLESS

Chapter 34



The Power Of A Declaration

When confronted and tempted by Satan, how did Jesus respond? By what means did he combat the devil?

How important do you think it is to familiarize yourself with the Word of God? Explain.

What are some ways that you can use the Word of God as a weapon against your enemy?

What area(s) in your life do you need to begin speaking and declaring the Word of God over in order to see those obstacles permanently removed? List three.

What will you begin doing today to institute what you have learned this week.

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LIMITLESS

Chapter 35



It Is Finished

Taking what you have learned in this book, what practical daily steps are you going to take to change your reality?

You are not only a recipient of freedom and power, you are an ambassador of it. What does this mean to you?

Ultimately we live out our greatest desires. The determining factor for becoming who or what we really want is REALLY WANTING IT! If you want it you will make the necessary adjustments to become it. If you do what you've always done, you'll get what you've always got. What do you plan to do differently in order to change the trajectory of your life. A failure to plan is a plan to fail.

The Bible says, seek *first* the kingdom of God and His righteousness and everything else will be added to you. What things in your life are taking that first place spot right now? If you get your priorities in proper alignment, nothing will stand in your way!

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LIMITLESSSOLUTIONS.ORG COACHING

Why Coaching?

History reveals that if you continue to do what you have always done, you will get what you have always gotten. Without change your circumstances will continue to be what they have always been and coaching can help provide you some necessary insight into what those changes might look like. Some people will read *Limitless: You Can Experience the Freedom, Power and Potential You Were Created For* and be content to archive what they've learned and move on. Other's will feel the desire to continue to pursue a deeper understanding of what experiencing freedom might mean for them.

You may want to pursue coaching if you feel any of these apply to you:

- You're tired of experiencing cycles of dissatisfaction and are determined to identify and change the things that have stifled your progress, robbed you of happiness and kept you from experiencing your God-ordained destiny.
- You would like open and honest feedback, encouragement, and insight into some areas that may continue to create obstacles between where you are and where you want to be in life
- You desire intentional accountability and clarity as you pursue the freedom, power and potential you were created by God to experience.
- You are not connected with a church or ministry that has an intentional Freedom ministry that can help you.

At LimitlessSolutions.org we offer several options for coaching and training to meet every person where they are at and offer them

additional tools to help them experience freedom. From one-on-one personal mentoring, to video coaching, to online group classes. (The options continue to grow as the Limitless Solutions team grows and evolves.)

One-On-One Mentoring

Everyone's experiences are different and that's why Aaron Davis and the Limitless Solutions coaches listen to what you need, evaluate possible pitfalls, help you set and discover paths to reach your goals, provide structure to support and offer you guidance throughout the process of overcoming strongholds in your life and ultimately help you see what will be necessary to reach the place of experiencing the meaningful victory that you desire for your life.

Note: Aaron will be personally taking on a select number of coaching clients a month and the coaching team will be available to continue to meet the needs of all additional clients.

(For options and availability, see our website for more information)

Video Coaching and Online Group Classes

The vision for this type of coaching is a continued evolution between options of live group classes (with question and answer segments taking place with our coaches) and downloadable content based video coaching sessions.

(See our website for up to date available coaching and online class options.)

Ministry Team Coaching and Curriculum Implementation

When hearing about the success of the Limitless classes and Freedom weekends that Aaron has developed and conducted, many pastors and leaders have asked him if there was any way they could implement the program for their church or ministry.

As a result, Aaron has created an entire Limitless curriculum and Limitless Young Adult curriculum for ministries, complete with digital book licensing, classroom/small group instructor's manual, student workbooks, classroom videos, a fully scripted Freedom From Strongholds weekend ministry experience, and more...

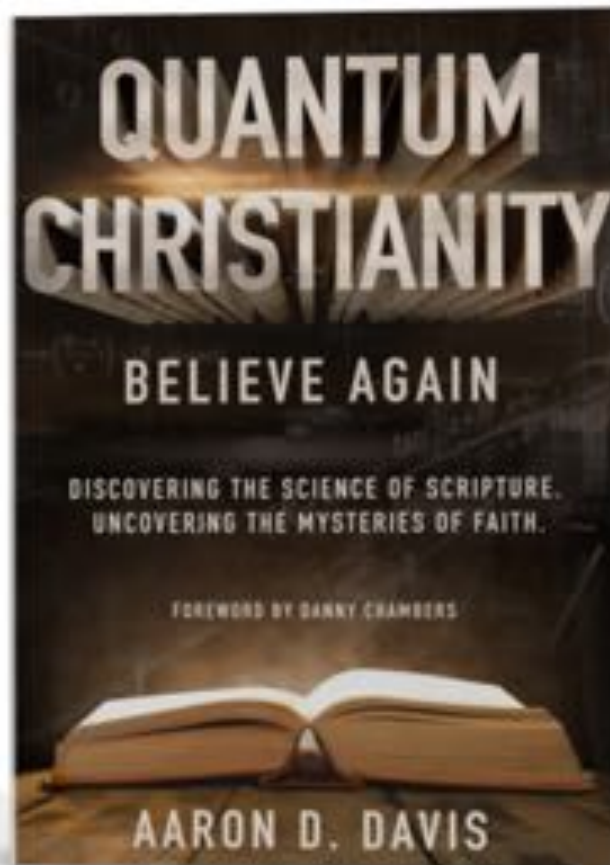
In order to help churches that may need additional information on how to implement the curriculum or would like guidance when conducting their own Freedom weekend experience, Aaron has made himself available as a consultant for your staff or to facilitate a private *Freedom From Strongholds*

weekend experience for your team or ministry in person.

Experiencing freedom from strongholds is a reality for your church, your staff or your ministry and the *Limitless/Limitless Young Adults* curriculum can be an impacting tool to help empower your people to enter their tomorrow without carrying the weight of yesterday.

For questions and up to date information on available coaches, personal coaching options, staff consulting options and curriculum implementation, check out: www.LimitlessSolutions.org





If you enjoyed *Limitless: You Can Experience the Freedom Power and Potential You Were Created For*, and would like to read more content dedicated to deeply exploring the topics of the authority of the believer, what our covenant with God through Christ entails, and the power of the Kingdom of God residing within us, while also comparing the science backing the theology presented, order your copy of Aaron D. Davis' Best Selling book, *Quantum Christianity: Discovering the Science of Scripture. Uncovering the Mysteries of Faith.* in print, digital and audiobook (narrated by the author) versions today at: www.LimitlessSolutions.org, Amazon.com, or your favorite bookseller.

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