

SESSION 3 EMOTIONAL WHOLENESS: Healing Life's Hurts



Reading: Psalm 139.1-4 & 13-16 and Ephesians 3.14-21

3.1 Categories of Healing

- I. Emotional
 - Cause: Others
 - Remedy: Healing of memories, Prayer, Counselling
 - Aim: Freedom to live today without the negative effects of past hurts and harmful relationships

3.2 Healing of the Memories

- Confusion of terms: Healing of Memories or Inner Healing
- This is not:
 - Amateur psychology
 - Visualisation or hypnosis
 - Changing the past – it is changing how we respond to the past
 - A quick fix or alternative to hard work and discipline

A definition:

The basic idea of inner healing is simply this:

Jesus, who is the same yesterday, today and forever, can take the memories of our past and:

- 1) heal them from the wounds that still remain and affect our present lives, and*
- 2) fill with His love all those places in us that have so long been empty, once they have been healed and drained of the poison of past hurts and resentment.*

Francis MacNutt, *Healing* p.185

Parents should be able to:

listen	share
laugh	decide
love	discipline
work	worship
study	comfort
protect	play
set boundaries	cry

3.3 Biblical Examples

Simon Peter:	Luke 5.1-11 Luke 22.31-34; 54-62 John 21.3, 6, 15-19	Miraculous catch and call to follow Affirmation of loyalty; then denial Return to fishing; miraculous catch; then reinstated as disciple and leader
commissioned as		
Woman with issue of blood:	Luke 8.42-48	Public acceptance
Woman at the well:	John 4.1-42	Identity
Woman caught in adultery:	John 8.1-11	Respect
The "manifesto" of Jesus:	Isaiah 61.1-2 Matthew 12.20 Psalm 34.18	He has sent me ... to bind up the broken-hearted He will not break a bruised reed or quench a smouldering wick The LORD is near to the broken hearted, and saves the crushed in spirit

3.4 Some Causes of Emotional Damage

a. The Family

Basic needs:

- Communication
- Love
- Being there

Dysfunctional Families or "Good enough" parenting

Key Issues in Human Development:

- Security/belonging - “I’m wanted”
- Identity - “Who am I?”
- Self-Worth - “It’s OK to be me”
- Achievement - “I am useful”
- Puberty - Sexual, physical and emotional security

A healthy cycle begins with acceptance. For example, Jesus was accepted at his baptism, sustained by the Spirit, gained significance (=identity) as God’s Son and achieved in his ministry and death. This is the cycle of grace and peace.

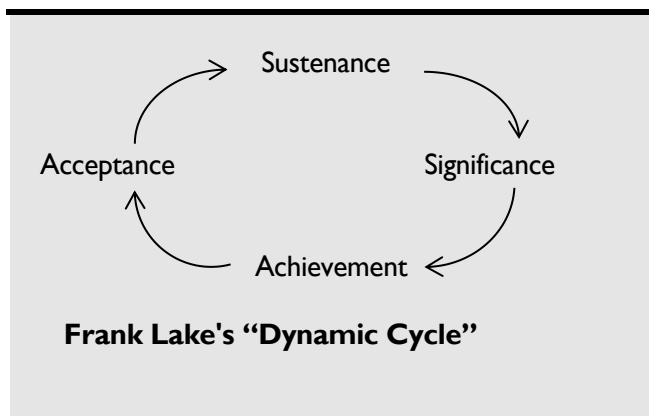
An unhealthy cycle goes in reverse and is driven by the false hope that achievement will be the way to find identity and acceptance. This never leads to peace.

b. Abuse

Abuse means we have been taken advantage of by someone stronger **(we all have been!)**

- Domination affects:

- self worth
- trust of others
- trust of God



- Healing comes through:
 - love
 - forgiveness
 - acceptance
 - specialist help may be

needed

- Different people have different reactions to the same events.

c. Human Control

Physical, emotional and spiritual influences that arise from strong relationships with other people, eg family, business, sexual (these are sometimes referred to as Soul Ties)

- Can be godly and/or ungodly
- Right relationships lead to freedom not control
- Ungodly influence can imprison us in the past

d. Pronouncements (other people's opinions that we choose, or are forced, to believe)

- Negative statements made about us can become curses
- Corruption of "The Word" (John 1.1). God's words are always creative and redemptive.
- Beware of the words: never, always, can't or won't

e. Inner Vows (Negative statements we make about ourselves)

- I'll never/always ...
- I can't/am ...

3.5 Some Symptoms of Emotional Damage

- Coping Mechanisms (Irrational beliefs)
 - Scapegoating or blaming others
 - Always being the victim
 - It's my fault
 - "Never", "always", "can't"
- Emotional imbalance
 - Lack of peace
 - Mood swings
 - Avoidance of anger
- Physical symptoms
 - Psychosomatic illness
- Addictions (behaviour over which an individual has impaired control with harmful consequences)
 - Activities - work, sport, caring, sex
 - Substances - alcohol, drugs, chocolate
 - Self-gratification
- Problems with Relationships
 - Resentments
 - Jealousy
 - Lack of trust

- Guilt
 - Persistent false guilt
- Low self-esteem
- Irrational fears
- Decision making difficulty

Note: Some symptoms can also be caused by mental and/or physical illnesses. Do not jump to conclusions on the basis of too little knowledge. Be open to those with other professional insights.

3.6 Finding Freedom – The Healing Process

1. Discover the causes
Identifying and listening to the stories that threaten our journey into wholeness/holiness.
2. Admit there is a problem and that we need help
Confessing the problem to God with another Christian
3. Accept the truth of the diagnosis
Listening with another to God's response and direction
4. Receive help (repentance, forgiveness, setting free)
Receiving and responding to God's word and wisdom
5. Change and begin to move out into God's freedom
Walking in newness of life

Don't rush – emotional healing takes time!

SESSION 3 PRACTICAL WORK

This is the wall that WE built

These are the hurts,
that dug the trench,
that founded the wall, that WE built

These are the broodings,
that followed the hurts,
that dug the trench,
that founded the wall, that WE built

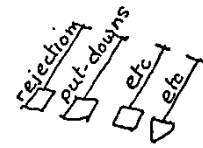
This is the spite that cemented the broodings,
that followed the hurts, that dug the trench
that founded the wall, that WE built

These are the bricks we threw at the THEY
who looked over the wall
that was built with the spite and the broodings and hurts,
that founded the wall, that WE built

This is the Man who broke down the wall,
who forgave the spite and will heal the hurts
that founded the wall we all built.

This is the WE and this is the THEY
That fear the gap that was made by the man and miss the healing of the hurts
That founded the wall be both built.

This is the faith that ...



There are many different approaches to the healing of memories.

One way to start is to write about a painful experience. If you have not done this before you may be surprised at how the very act of finding words to describe your feelings enables you to get in touch with what is really going on within you or between you and another person. Pray first for God's leading and protection, then take time to reflect on a relationship in which there is an unresolved tension or hurt, or on an experience which was painful. It may be recent or more distant. Feel free to choose what you want and to avoid what you want.

When you're ready, begin to write it out in a way that suits you. If it's a relationship, you may find it helpful to write in dialogue form - what would you like to say to the other person? What do you sense he/she might want to say to you in return? Or, you may want to write a straight account.

Do this in silence. No one will see what you have written.

At the end of the evening we will use the prayer on the following page.

A Prayer of Confession and Absolution

O Christ, in whose body was named all the violence of the world,
and in whose memory is contained our profoundest grief,

We lay open to you:
the violence done to us in time before memory;
the unremembered wounds that have misshaped our lives;
the injuries we cannot forget and have not forgiven.

The remembrance of them is grievous to us: **the burden of them is intolerable.**

We lay open to you:
the violence done in our name in time before memory;
the unremembered wounds we have inflicted;
the injuries we cannot forget and for which we have not been forgiven.

The remembrance of them is grievous to us: **the burden of them is intolerable.**

We lay open to you:
those who have pursued a violent knowledge the world cannot forget;
those caught up in violence they have refused to name;
those who have enacted violence which they have not repented.

The remembrance of them is grievous to us: **the burden of them is intolerable.**

We lay open to you:
the victims of violence whose only memorial is our anger;
those whose suffering was sustained on our behalf;
those whose continued oppression provides the ground we stand on.

The remembrance of them is grievous to us: **the burden of them is intolerable.**

Hear what comfortable words our saviour Christ says to all who truly turn to God:

Come to me, all you who labour and are heavy-laden, and I will give you rest.
Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest
for your souls. For my yoke is easy, and my burden is light.

**We wholeheartedly repent of the evil we have done, and of the evil done on our behalf;
and we look for grace to offer forgiveness, and to know ourselves forgiven.**

Silence

May the God of love and power
forgive you and free you from your sins,
heal and strengthen you by his Spirit,
and raise you to new life in Christ our Lord.

Amen.

SESSION 3 LINKWORK

Think back to when you were about 10 years old. What messages had you received about yourself at that age? What was your world like?

Thinking of the person you are today, complete the following sentences:

- I feel secure when...
- I feel a person of worth when...
- I feel useful when...

Section 3 of the Resource Section includes a list of many of the things that we should all be able to do if we are whole people. None of us are fully whole but reviewing this list may help us to identify where we are on the journey, how we have changed already and what needs to be looked at now.

As you go through this list, first ask yourself whether your parents and other key figures in your life were 'able to be' themselves. You may be able to release forgiveness to them for not being the people you needed/wanted them to be.

Go through the list again for yourself, noting any topics that may be a problem for you. Ask God to show you how he wants you to move forward. You may want to discuss this exercise with a trusted Christian friend.

Review the course so far and note any unresolved issues that need to be dealt with. Write up your journal.