

SESSIONS

EIGHT

When Life Hurts
and Trouble Comes

NINE

Problem of Sin

TEN

Healing of
Generational Sin

ELEVEN

Mother/Father
Wounds

TWELVE

Grieving Loss

THIRTEEN

Inner Healing

FOURTEEN

Sexual Wholeness

PRAYING WITH OTHERS

LEVEL TWO

TEACH AND
RESOURCE
prayer



THIRD
CHURCH





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The prayer training videos are on available online at:
trcpella.com/prayertraining



Notes

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SESSION EIGHT

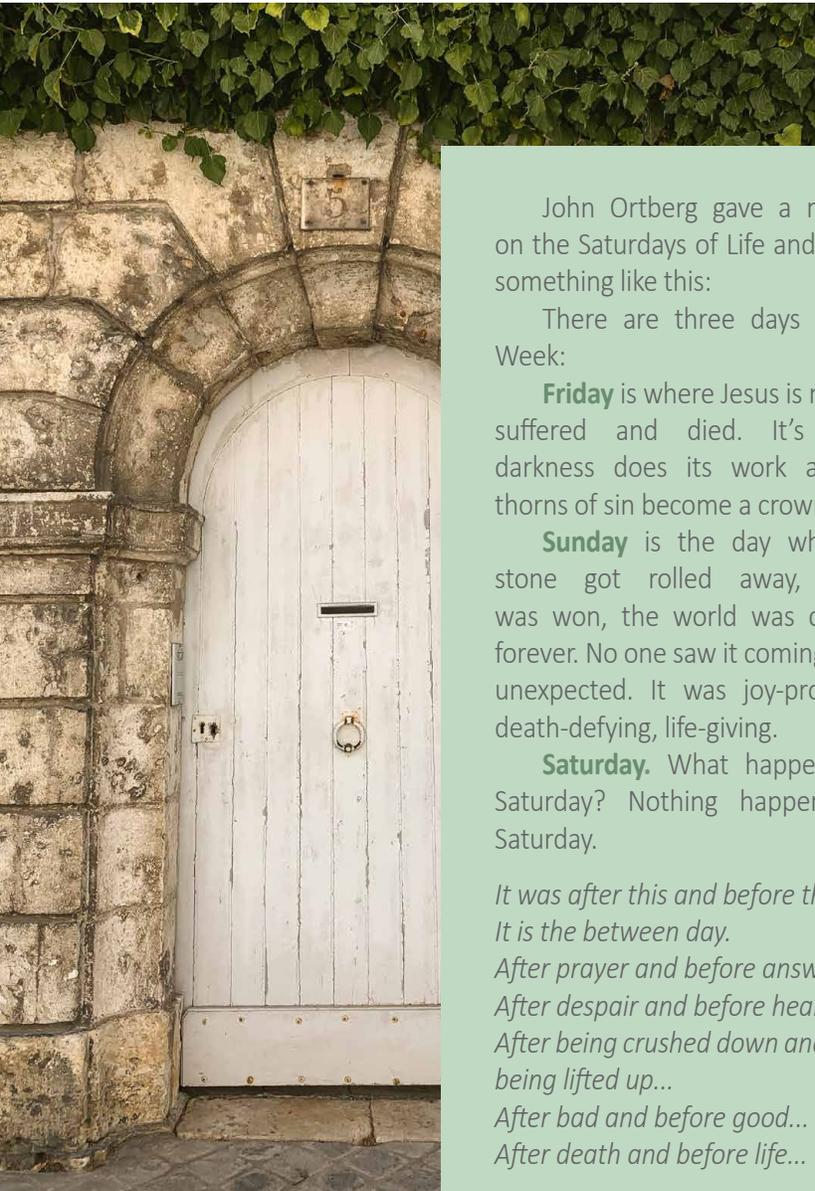
When Life Hurts and Trouble Comes

PRAYING WITH OTHERS | LEVEL TWO



When Life Hurts and Trouble Comes

THE DOORWAY



John Ortberg gave a message on the Saturdays of Life and it went something like this:

There are three days of Holy Week:

Friday is where Jesus is mocked, suffered and died. It's where darkness does its work and the thorns of sin become a crown.

Sunday is the day when the stone got rolled away, victory was won, the world was changed forever. No one saw it coming. It was unexpected. It was joy-producing, death-defying, life-giving.

Saturday. What happened on Saturday? Nothing happened on Saturday.

It was after this and before that.

It is the between day.

After prayer and before answers...

After despair and before healing...

After being crushed down and before being lifted up...

After bad and before good...

After death and before life...

It's when the best dreams have died and you have to go on. And in addition to pain, you also know the silence of God.

Some of you have prayed with people on a Saturday. You've all known them yourself because they roll around regularly. Maybe you are in a Saturday right now and trusting that Sunday will come.

Friday and Sunday are the most written about days in history. Does anyone think about Saturday?

What did the disciples do on Saturday morning when they woke up and the screaming for blood they heard on Friday is now silent?

Did they remember his teaching? The way he said, "I want you?" Did they think about what went wrong?

Friday—things got paid for

Sunday—things brought to life

Saturday—the day without a name, God's silence, when nothing happens...in addition to pain, there was the seeming absence of God.

On the Saturday of Holy Week, Jesus was dead, the crowds had disbanded, and as Ortberg said, "He didn't say the 23rd Psalm from the cross." He said, "Why have you forsaken me?"

The thing about a 3rd day story is that you don't know it's a 3rd day story until....

The Third Day

Because the pattern of a 3rd day story is:

- 1—Trouble
- 2—
- 3—Deliverance

What is your Saturday?

...illness, waiting on direction, on healing, on a plan, the person you love turn to faith, a dream yet to be realized, on comfort, truth or wisdom...

Options for Saturday

There are 3 options for Saturday:

Despair: You decide it will always be Friday

Denial: Artificial optimism, clichéd formulas

Wait: Wait on the Lord. You do Saturday with God. You learn and ask and complain. And it is not passive.

You can be with God on Saturday in a way you can't any other day; because on Saturday you know He is your only hope. Our world is a Saturday world. Now we think of Sunday as the miracle day. From heaven's standpoint, is the miracle Saturday? The day when we pray with people/ wait together/ hope unabashedly with no seen activity? Consider this: Jesus defeats death not by His invincibility, but by submitting to it. If you can find Jesus in a grave, in hell, in death, then there isn't a place you can't find Him. Wherever you are, He says he is there in your pain, hurt, disappointment, guilt, in regret.

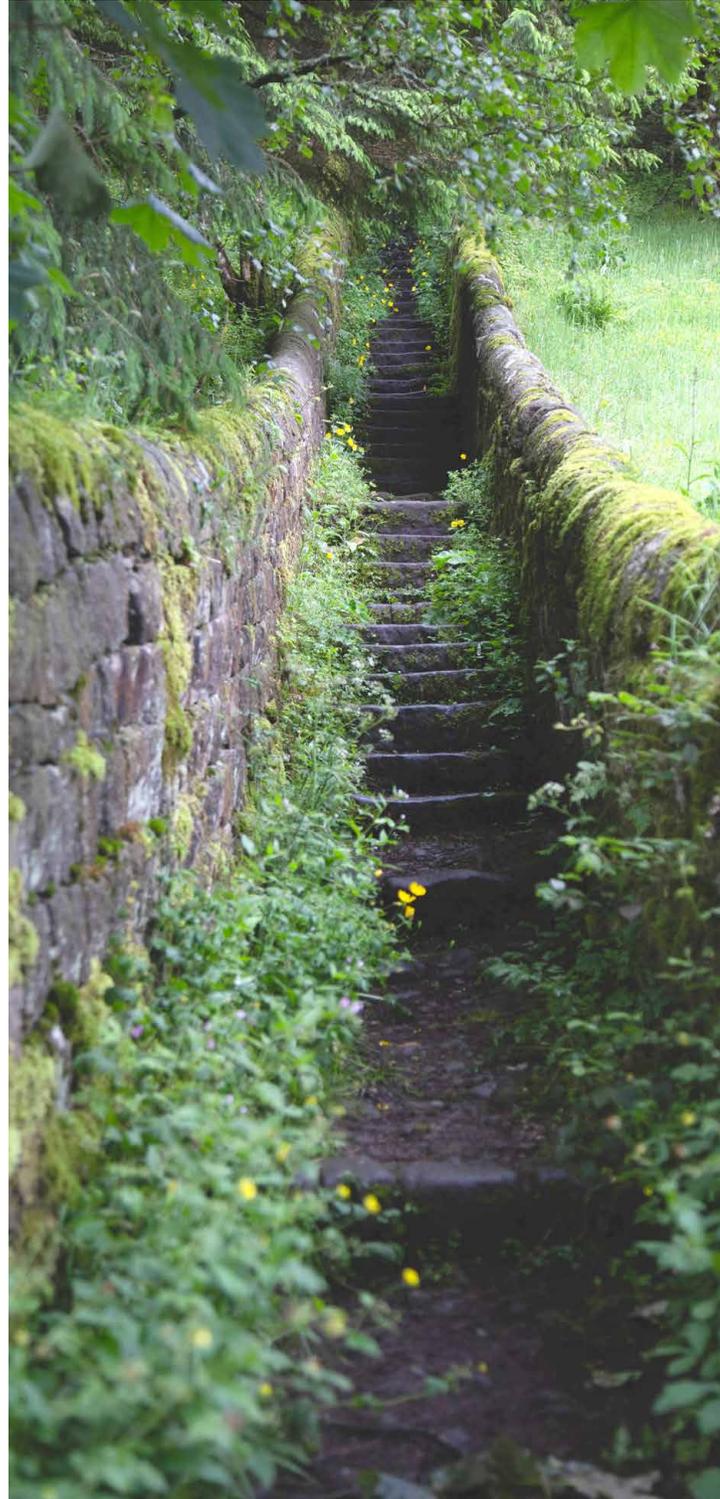
It's not the end.

It's only Saturday.

In prayer ministry we hold onto Jesus with the people we pray for and remember that:

It is a 3 day story.

The invitation is simply more—MORE of God.





STUDY

How do you feel about being with people in their "Saturdays?"

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Comment on the phrase, "You can be with God on Saturday in a way you can't any other day, because on Saturday you know He is your only hope."

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Are you in a "Saturday" right now? Name your Saturday.

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How do you "submit" to a "Saturday"?

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Jehovah–Jireh: The Lord Will Provide



Jehovah-Jireh means "The Lord will provide". It means "The Lord sees and sees to it." God revealed Himself as the Lord who would provide way back in Genesis. Abraham was about ready to sacrifice his son Isaac on an altar at the top of a desolate mountain in the land of Moriah. We know

יְהוָה יִרְאֵה

it was desolate because when they reached the base of the mountain, Abraham took with him the wood, fire, and knife that would be needed to complete the sacrifice. He must have known none of those things would be found at the top. He also took Isaac who was to BE the sacrifice and left two servants behind.

When they were near the top, Isaac said, "Behold, the fire and the wood, but where is the lamb for the burnt offering? And Abraham said, 'God will provide for Himself the lamb for the burnt offering.' Just as Abraham was about to kill his son, the Lord stopped him and showed him a ram caught in a thicket and told him to use that instead. God had placed that ram nearby in advance, knowing He was going to need a substitute for Isaac.

After the sacrifice was complete, Abraham named the place "The Lord Will Provide," which in Hebrew is YHWH-jireh. "Jireh" translates into "Provide," which is a word with wonderful Latin roots. Pro means "before" and video means "to see." So it means to see in advance or before what is needed. God is preparing an answer before we know that it is a need. See Genesis 22:1-14.

DISCUSSION



Have you experienced a time when the Lord provided what you needed before you knew you needed it?

MINISTRY

Lectio Divina—Naming Our Desires

Recall the story of Bartimaeus when Jesus asks, "What do you need?" How important is it to name our needs? Desire is an invitational word and an enticing word. It's interesting that throughout scripture Jesus asks people to name what they need even though He would know. There is something in naming our desires that is important to Him. Read the story three times.

MARK 10:46-52

Blind Bartimaeus

⁴⁶Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means "son of Timaeus"), was sitting by the roadside begging. ⁴⁷When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!"

⁴⁸Many rebuked him and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!"

⁴⁹Jesus stopped and said, "Call him."

So they called to the blind man, "Cheer up! On your feet! He's calling you."⁵⁰Throwing his cloak aside, he jumped to his feet and came to Jesus.

⁵¹"What do you want me to do for you?" Jesus asked him.

The blind man said, "Rabbi, I want to see."

⁵²"Go," said Jesus, "your faith has healed you." Immediately he received his sight and followed Jesus along the road.

Imagine yourself in the story...

Sitting on a dusty road...

Calling out to Jesus from the noisy crowd...

Hearing voices trying to silence you...

Being called by Jesus...

Throwing off your cloak and running to Jesus...

Read Mark 10:46-52 again.

Where do you find yourself in the story of Bart? In the crowd? Sitting by the road? Able to cry out?

What words do you cry out? Does anyone try to silence you?

When Jesus asks, "What do you want me to do for you?" what do you say in response?

What do you need to throw off in order to come to Jesus?

Read Mark 10:46-52 again.

What does Jesus say to you in response to your desire?

How does it feel to be asked and invited to pay attention to desire?

What about "throwing off his cloak? Is there anything you need to "throw off?"

What part of the story do you relate to most strongly or even resist most strongly?



O God, you alone know the depths of each human heart;
Grant us the grace to know our heart's truest desire.
Grant that we may take delight in you, oh Lord,
Trusting you with all our hearts,
As we hold our desires openly in your presence
And in each other's presence,
Grant us the courage to cry out to you;
Grant us the faith to be still
And know that you are God
That we might wait patiently for you to act,
in our own lives and in each others' lives.
We ask this through Jesus Christ, our Lord.
Amen

RESOURCES

Books

Prayer Toolbox

The Question That Never Goes Away: Why?

Philip Yancey

When Life Hurts: Finding Hope and Healing from the Pain You Carry

by Jimmy Evans

The Problem of Pain

by C. S. Lewis

Trusting God: Even When Life Hurts

by Jerry Bridges

Videos

**Louie Giglio-Hope:
When Life Hurts Most**

by Louie Giglio [GodTube]

**John Ortberg 12/9 AM-
Staff Conference 2014**

by John Ortberg [Vimeo]

Prayer Invitation

by Third Church [YouTube]

(also found at trcpella.com/prayer)

Holy Saturday April 15 2017

(teaching by Jon Hietbrink)

by Third Church [YouTube]



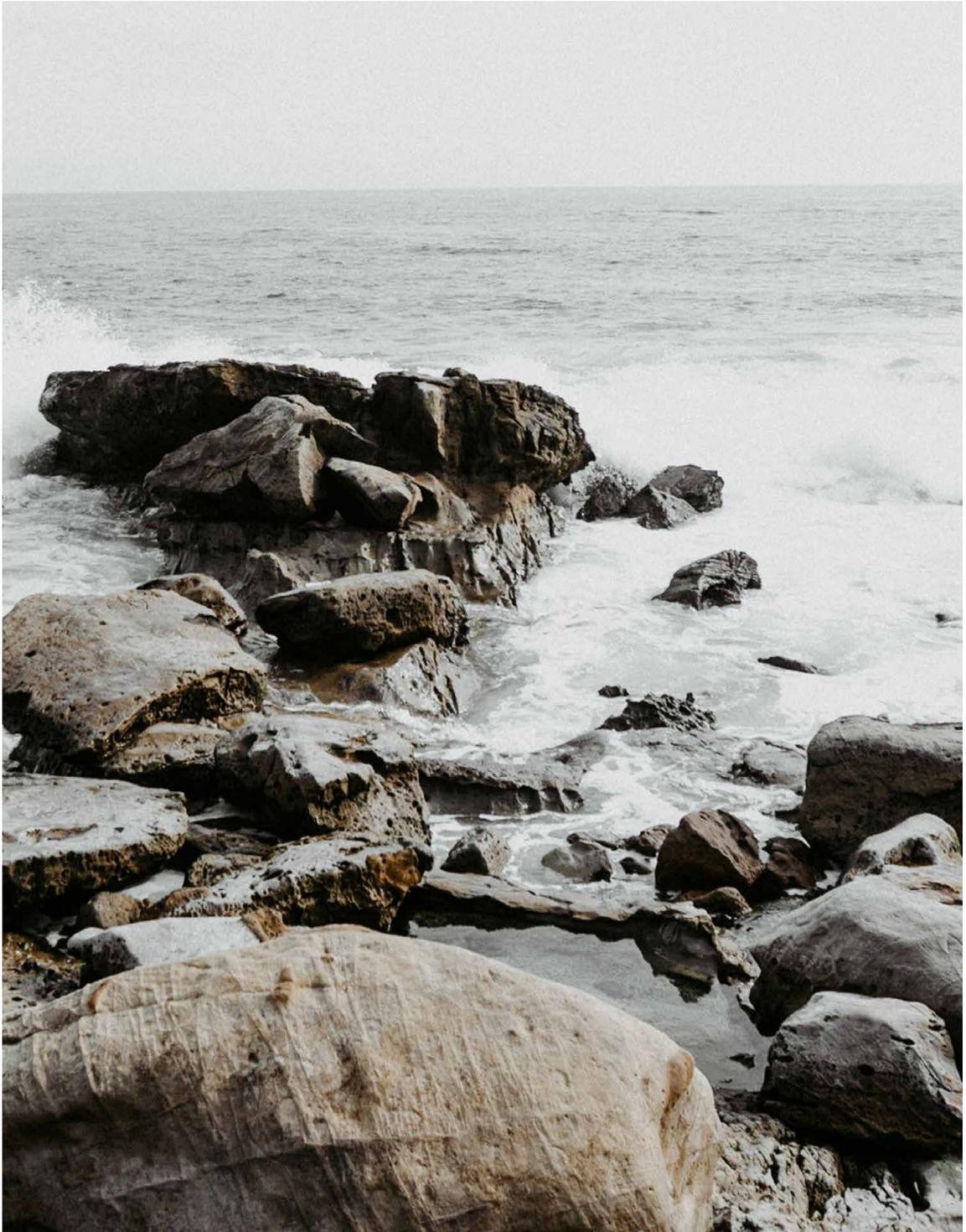
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SESSION NINE

Problem of Sin

PRAYING WITH OTHERS | LEVEL TWO



SESSION NINE

Problem of Sin

THE DOORWAY



Sin is the problem Jesus came to solve. "The reason Christians are not different is because we have never been taught that when Jesus came to free us from our sins, it is not just for past actions. He forgives us of the guilt of our past—but in the present he frees us, through the power of the Spirit, from those fallen aspects of our humanity that draw us into sin: the sickness and weakness in our minds, our wills, our emotions, and our bodies."

All of these addictive inclinations are made worse by demonic influences.

What would be different in your life if you lived not only free from past guilt BUT free in the present from fallen aspects of your humanity?

This week we will explore the terrible, horrible problem of sin, its effect on us, those around us, and what to do with it.

Reflecting on the Words of C. S. Lewis

"We have a strange illusion that mere time cancels sin. I have heard others, and I have heard myself, recounting cruelties and falsehoods committed in boyhood as if they were no concern of the present speaker's, and even with laughter. But mere time does nothing either to the fact or to the guilt of a sin. The guilt is washed out not by time but by repentance and the blood of Christ: if we have repented these early sins we should remember the price of our forgiveness and be humble."

— *The Problem of Pain*

"When a man is getting better he understands more and more clearly the evil that is still left in him. When a man is getting worse he understands his own badness less and less. A moderately bad man knows he is not very good: a thoroughly bad man thinks he is all right. This is common sense, really. You understand sleep when you are awake, not while you are sleeping. You can see mistakes in arithmetic when your mind is working properly: while you are making them you cannot see them. You can understand the nature of drunkenness when you are sober, not when you are drunk. Good people know about both good and evil: bad people do not know about either."

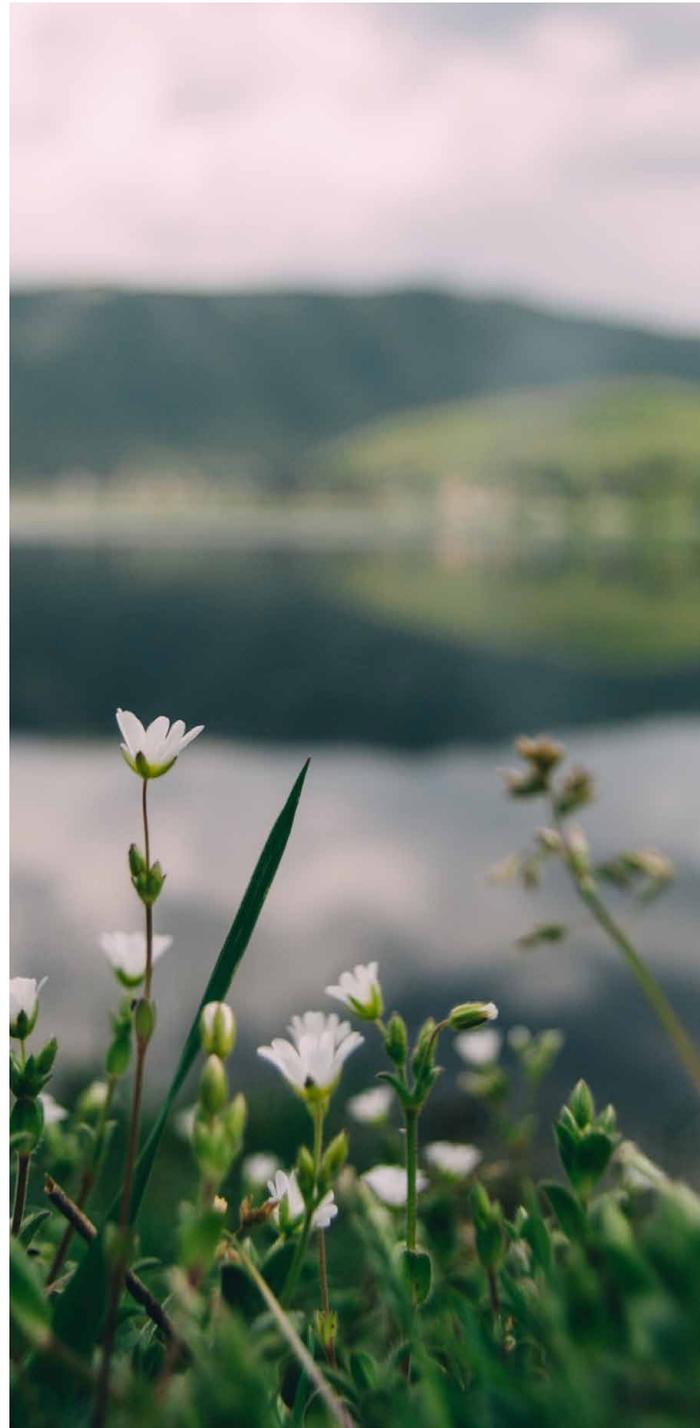
— *Mere Christianity*



Think. Reflect.

Who in your past do you have yet to forgive?

What in your sinful nature do you need to wake up to?



How Sin Enters

Just how does sin enter our lives ... and what does it have to do with abiding?



Ways That Sin Enters Our Lives

- Intrusion of the Enemy
- Disobedience
- Inner Vows and Judgements
- Curses
- Emotional Trauma
- Unforgiveness

Supporting Scriptures

If the part of the dough offered as firstfruits is holy, then the whole batch is holy; if the root is holy, so are the branches.

—Romans 11:16

But you know that he appeared so that he might take away our sins. And in him is no sin. No one who lives in him keeps on sinning. No one who continues to sin has either seen him or known him.

—1 John 3:5-6

Sin & Abiding

When abiding in Christ becomes close and unbroken, so that the soul lives from moment to moment in perfect union with the Lord his keeper, He does, indeed, keep down the power of the old nature to such an extent that it does not regain dominion over him.

Ignorance of the promise, unbelief, or carelessness, however, opens the door for sin to reign. And so the life of many believers is a course of continual stumbling and sinning. But when a believer seeks full admission into a life of continual, permanent abiding in Jesus, the sinless one, then the life of Christ can keep him from yielding to it.

—From "Abiding in Christ" by Andrew Murray



Lordship Prayer

Jesus, because my life is my life, I can do whatever I choose with it. I thank you that You loved me when I was your enemy. You have bought me with a price. You redeemed me from the slave market of sin. You desire to give me an abundant life. You desire to have intimate fellowship with me.

Forgive me for resisting you. Forgive me for going my own way, for making my own decisions. I confess I have often not followed you with my whole heart. I confess I have often not trusted you with my whole life. But right here, right now, I give you my whole

heart. I give you my whole life. I give you all that I am. I give you the known and the unknown. I give you my past, my present and my future. With some fear and trembling, but without reservation, I abandon myself to you.

I now choose to surrender every area of my life to You and I choose to put You on the throne as the Lord of my life. I ask that you fill me with your Holy Spirit to empower me to walk in Your ways. Open my ears to hear your voice as you lead me and guide me all the days of my life. Amen.



Disobedience

Definition

Failure or refusal to obey rules or someone in authority.

Root

Can be pride or unbelief

Examples

Directly disobeying the word of God by doing what God has told us NOT to do or not doing what God has told us to do. This is rebellion.

Finding Freedom

Confess sins and know that He will forgive and cleanse all unrighteousness. —1 John 1:9



Repentance Prayer

Either read this yourself or repeat the words after the prayer minister.

Heavenly Father, I confess and repent that I have willfully chosen to rebel against You and Your Word. Please forgive me and cleanse me. Today, I choose to agree with You, that no sin will have dominion over me. I turn away from the sin of [name of sin].

By Your grace, I am dead to this sin. From this day forward, with Your help, I will walk in Your freedom. I receive Your forgiveness and cleansing by the blood of Jesus, and I declare that I am free from this sin in Jesus' name. Amen.

Harvest House

Disobedience in my life that I choose to address either past or present—things that have not yet been confessed:

Inner Vows and Judgments



Breaking Inner Vows Prayer

Have prayer recipient repeat after you.

Heavenly Father, I confess that my judgments of [name of person] are sin. I now repent and turn from the judgments and from the making of inner vows. Please forgive me and cleanse me. I renounce these ungodly vows.

I repent from my heart for the lies I have believed about you, about others and about myself based on these judgments. In Jesus' name I break the vow of [repeat whatever you vowed]. I speak to my spirit and I withdraw the thoughts, the decisions made and any words spoken to create these vows. I call back the assignment in the heavenlies and cancel their effects. I cast the judgments and vows at my feet and break their power over my spirit, my health, my finances, my ancestry, my marriage, my relationships, my thoughts, my emotions, my decisions, and my body. Any demonic spirits assigned to enforce these vows are now sent to Jesus' feet for Him to deal with. Thank you, Lord Jesus, for breaking these vows and restoring my relationship with You, Heavenly Father, and [name of person]. Praise You, Lord Jesus, that I am free from all the effects of these inner vows and judgments as I pray right now. Amen.

Material largely influenced by Dr. Henry Malone and Harvest House

Definition

A determination set by the mind and heart into all the being in early life. It is not a vow to God but to self and relies on a person's efforts and not God's power.

Root

Based on judgments about another, ourselves or God.

Examples

Judgment: It's not safe to have feelings.

Vow: I will never feel or I will always be in control of myself or I won't remember.

Judgment: I can't trust anyone.

Vow: I will always take care of myself.

Judgment: It's not OK to be me.

Vow: I'll never be important.

Finding Freedom

Name vow and judgment and by the power of the Holy Spirit, break the sin patterns of thought and behavior that have resulted. The lies upon which the vows were based must be replaced with the truth.

Inner Vows and Judgments I've made and want to find freedom from:

.....
.....

Emotional Trauma

Definition

Wounds and bruises to the heart that have occurred as a result of a severely distressing event.

Root

Based on judgments about another, ourselves or God.

More

Wounds or bruises to the heart can lay us open to the enemy's lies and keep us in bondage to the past.

Examples

Abuse, violence, abandonment, accidents, rape rejection, fearful experiences, domination, molestation, divorce, death of close family member, near-death experiences, betrayal.

Finding Freedom

We are responsible for how we respond to what has happened to us. In prayer and in counseling, we can open our heart and bring the pain to Jesus. Joel 2:25 says that God will restore what has been lost.



Prayer for Emotional Healing (Pain & Trauma)

Prayer Recipient

Lord Jesus, I open my heart to You. I open every room, every closet, and every hidden place. I thank you that You love me and that You went to the cross so that I could be whole in spirit, soul and body. Jesus, please invade every dark place and shed your light deep within my heart. Lord, all the pain I have experienced, I give to You.

All the rejection, the hurt, the betrayal, every abuse, every wounding, I give to You. I speak to the pain deep within—even that which is so repressed I no longer am aware of it. I say pain come up—come up and be healed. I give the pain to You, Lord, and I ask You to take it now. I release it all to You, Lord. Pour Your healing love into every bruised place. You carried my shame and my defilement. You carried my rejection so I could be free. I don't want to live with this pain any longer, Lord. I let it all go. I give it to You. I hold nothing back. I pour it all out. Amen.

Prayer minister

Place your hand near their heart and pray for the Lord to lift all the pain and trauma from their spirit, soul and body. Pull out the pain and replace it with the love of Jesus and the fruit of the Spirit.

Traumatic experiences in my life:

Curses



Curses in My Life

Circle the curses that may exist in my life or my family.

- | | |
|---|--|
| <input type="radio"/> Prejudice | <input type="radio"/> Gambling |
| <input type="radio"/> Alcoholism | <input type="radio"/> Depression |
| <input type="radio"/> Bitterness | <input type="radio"/> Drug Use |
| <input type="radio"/> Sexual abuse | <input type="radio"/> Chronic Sickness |
| <input type="radio"/> Chauvinism | <input type="radio"/> Witchcraft |
| <input type="radio"/> Gossip | <input type="radio"/> Manipulation |
| <input type="radio"/> Anger | <input type="radio"/> Immorality |
| <input type="radio"/> Divorce | <input type="radio"/> Pride |
| <input type="radio"/> Lying | <input type="radio"/> Division |
| <input type="radio"/> Stealing | <input type="radio"/> |
| <input type="radio"/> Criminal Activity | <input type="radio"/> |

Material largely influenced by Dr. Henry Malone and Harvest House

Definition

The calling down of evil on someone. Curses need to be broken.

Root

Result of previous generation, or our own choices. Curses result from not obeying God.

Examples

Work, relationships, health, finances, personal purpose.

Finding Freedom

Renounce the curse and pray for the blessing of the opposite spirit.

Unforgiveness

Definition

The refusal to let go or excuse the debt owed by another; to hold onto an offense.

Things to know:

- Forgiveness is a command.
- God has forgiven us completely.
- Unforgiveness brings bondage.
- Forgiveness is not humanly possible; it is only possible through Christ.
- There is a difference between forgiveness and restoration.
- We need to understand what forgiveness is and what it is not.

Finding Freedom

We must forgive the person who has wronged us and bless them.



Think. Reflect.

Because I want to experience freedom and be obedient to Christ, I want to approach forgiveness. These are the people I need God's help to forgive. (We will have a more complete lesson coming up).

STUDY

Read through the passage from Romans.

ROMANS 8:1-17

Life Through the Spirit

¹Therefore, there is now no condemnation for those who are in Christ Jesus, ²because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, ⁴in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

⁵Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸Those who are in the realm of the flesh cannot please God.

⁹You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.

¹⁰But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.

¹¹And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

¹²Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. ¹³For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

¹⁴For those who are led by the Spirit of God are the children of God. ¹⁵The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." ¹⁶The Spirit himself testifies with our spirit that we are God's children. ¹⁷Now if we are children, then we are heirs— heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Write down characteristics of those who follow the Spirit.

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Write down characteristics of those who are led by the flesh.

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DISCUSSION



How has sin entered into your life?

Do you have a rhythm of confessing?

Are there unconfessed sins that are blocking blessings?

How much freedom have you experienced through confession?

How would you explain the role of confession in freedom?

MINISTRY



Today in Ministry

Begin with the Lordship prayer and then choose from the prayers of repentance, breaking inner vows and/or forgiveness.

Take an inventory of your life using the ten commandments and ask God to show you unconfessed sins. Write them down on pieces of paper. Ask God to forgive you and then destroy the paper.

The Jesus Prayer as a Breath Prayer

[BREATHE IN]
Lord Jesus Christ, Son of God,

[BREATHE OUT]
have mercy on me, a sinner.



The Ten Commandments

You shall have no other gods before Me.

You shall not make idols.

You shall not take the name of the LORD your God in vain.

Remember the Sabbath day, to keep it holy.

Honor your father and your mother.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet.

Garden of the Heart



A Group Time Exercise

We may do an exercise during group time based on a teaching from Conlee and Signa Bodishbaugh in their book, *Journey to Wholeness* (pg. 152-155). One person should use the below as only a guide. Let the Spirit lead you.

Use your imagination, your senses to approach the garden of your heart. Visualize the garden. Enjoy being there.

Hear, see, smell, feel, taste what is around you.

Notice the size, the colors, the air—are there trees? What season is it?

Walk along the garden and ask God what needs to be done in the garden. Do you see Him there?

Are there any weeds of sin?

Notice anything in the garden that needs to be pulled out.

Lord, help [name of person] to see any plant/weed that does not belong here.

As you see any weeds of sin, name them. Clasp your hand around them and pull them up and out.

What are the weeds names? (These might be named unforgiveness, idols, critical spirit, omission, lying, covetness, not attending to Sabbath, breaking of 10 commandments, adultery, dishonoring someone, etc.)

Take the weeds one by one and give them to Jesus. What does he say? Can you see His face? What does HE do with your weeds? Lord, would you make a lasting impression on [name of person's] heart by showing him/her what you do with the weeds of sin. Holy Spirit, fill, wash and renew [name of person] as she/he stands close to You. Speak to [name of person's] heart in its own language.

RESOURCES

Books

Victory Over the Darkness:

***Realizing the Power of
Your Identity in Christ***

Neil T. Anderson

The Bondage Breaker®:

***Overcoming *Negative Thoughts
*Irrational Feelings *Habitual Sins***

Neil T. Anderson

The Steps to Freedom in Christ:

***A Biblical Guide to Help You
Resolve Personal and Spiritual
Conflicts and Become a
Fruitful Disciple of Jesus***

Neil T. Anderson

Videos

The Gospel

by Matt Chandler [YouTube]

Forgiveness

Matt Chandler Sermon Jam

by Matt Chandler [YouTube]

When Sin Looks More Enjoyable Than God

by Francis Chan [YouTube]

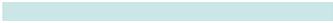
Does God Hate Sin, But Love the Sinner?

by David Platt [YouTube]

Opportunities at Third

Freedom

Consider taking a Freedom class or small group offered each semester at Third Church.



Notes

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SESSION TEN

Healing of Generational Sin

PRAYING WITH OTHERS | LEVEL TWO



Healing of Generational Sin

THE DOORWAY



Is there a 'Generational Curse' for Sin?

Ezekiel 18 assures us God doesn't punish children for their parents' sins. God clearly says, "I will judge you, each one according to his ways" (v. 30). I believe God is numbering or reviewing those who have been adversely affected by the sins of their parents and grandparents. For instance, if a pollster took a census of the number of alcoholics in three generations of an alcoholic patriarch's family, the head count likely would be very high. Why? Because alcoholism was deposited in the family line. It came calling, and an unfortunate number of children and grandchildren answered the door. Can you think of any negative traits or habits in your life that have been in your family line for generations? Perhaps you can identify negative patterns such as alcoholism, verbal or physical abuse, pornography, racism, bitterness, or fear. These areas of bondage are anything you may have learned environmentally, anything to which you may be genetically predisposed,

or any binding influence passed down through other means. Whatever the bondage may be, the Lord wants to rebuild, restore, and renew these areas of devastation.

We must face generational strongholds head-on. If we don't, they can remain almost unrecognizable—but they don't remain benign. Family strongholds continue to be the seedbed for all sorts of destruction. Oftentimes we've grown up with these chains and they feel completely natural. We consider them part of our personality rather than a strangling yoke.

Thankfully, Christians aren't doomed to live with our families' sins. The Cross of Calvary is enough to set us free from every yoke; God's Word is enough to make liberty a practical reality, no matter what those before us left as an "inheritance."

Before we parents die of fright, let's remember God is the only perfect parent. He's not cursing three or four generations over a



little parental irritability. In fact, I don't believe he's calling a curse down on anyone. As believers under the New Covenant who have been cleansed by Christ's blood, I think the concept of generational sin applies to us through its powerful repercussions instead. I believe God is referring to a natural phenomenon described poignantly in Hosea 8:7, "They sow the wind and reap the whirlwind." Parents and grandparents must be

very careful what they sow because it may reap the wind in their own lives and a whirlwind in the lives that follow.

Never underestimate, however, God's power to redirect and bless an entire family line for generations to come when we humble ourselves before him, confess our sins, and petition him for full redemption.

—Beth Moore, *Today's Christian Woman*, May 2004

Sins, Curses and Patterns



Generational Sins, Curses and Patterns

Circle the generational sins, curses or patterns which may be a struggle for you. Write in additional things from last week's survey.

- | | |
|--|--|
| <input type="radio"/> Abandonment | <input type="radio"/> Physical infirmities |
| <input type="radio"/> Abuse: emotional, physical, mental, sexual | <input type="radio"/> Pride, Rebellion |
| <input type="radio"/> Addictions | <input type="radio"/> Rejection, Insecurity |
| <input type="radio"/> Anger, rage, violence | <input type="radio"/> Religious bondage, Cults |
| <input type="radio"/> Control, possessiveness, manipulation | <input type="radio"/> Sexual sin and perversion |
| <input type="radio"/> Emotional dependency | <input type="radio"/> Unbelief |
| <input type="radio"/> Fears (all kinds) | <input type="radio"/> Unworthiness, Low self-esteem, Inferiority |
| <input type="radio"/> Idolatry | <input type="radio"/> Satanism, Witchcraft, Occult |
| <input type="radio"/> Money extremes (greed, lack) | <input type="radio"/> |
| <input type="radio"/> Not caring for children | <input type="radio"/> |
| <input type="radio"/> Parents and children exchange roles | <input type="radio"/> |
| | <input type="radio"/> |

What is a generational sin, curse or a generational pattern?

Generational sins, curses and patterns are attitudes, actions, beliefs, behaviors, and/or habits that we have inherited from our family or relatives. We then "enter into" the same sin pattern and make it our own. It is usually repeated throughout our life as well as by individuals in successive generations.

Generational curses do not make us sin, but they can cause us to be drawn to particular types of sins. The enemy seems to know our weaknesses and those areas where we have not yet received God's healing and freedom in our lives. He also knows when we sin. Satan willingly takes advantages of any openings we give him to come against us.

What is the difference between sin and iniquity?

STUDY



EXODUS 20:5

⁵You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me...

The word **punishing** in this verse proves a stumbling block for some people. The King James Version translates this as **visiting**, which is more reflective of the original Hebrew word *paqadh*, meaning to inspect, review, number, deposit, or visit in the sense of making a call. It's also used for taking a census.

—Beth Moore, *Today's Christian Woman*, May 2004

How does this scripture change for you if you substitute the word *visiting* for *punishing*?

How do you feel about God being jealous?



Personal Responsibility

People frequently ask, "Why do we have to suffer for what our relatives did?" The answer is that we don't have to if we deal with sin God's way. We will suffer only if we enter into the same sins. Although our ancestors caused us to be "set up," we are now held accountable by God for our own sins. We cannot shift the blame. The bad news is that we are affected by our parents' sins. The good news is that God has provided the way for our freedom from all the effects of their sin as well as ours.

DISCUSSION



Do you believe that there are patterns in past generations that have positively or negatively affected you?

Have you ever thought about a sin as specific to your heritage?

Do you believe there are generational sins or patterns that you can't break out of?

List generational blessings and patterns that you have experienced (abilities, character traits).

Generational Sins Survey



Know therefore that the LORD your God is God;
he is the faithful God, keeping his covenant of love to a thousand
generations of those who love him and keep his commands.
—Deuteronomy 7:9

Before you start your personal inventory, take some time to ask the Lord to bring to mind some specific unhealthy patterns that have existed in your family for generations. We ALL struggle with these patterns! Pray for breakthrough in your own life and in your family. Be desperate for freedom....not only for yourself, but for your children and their children. You can start new patterns of blessing today by bringing these unhealthy old patterns before the Lord! Read through the following lists and check all that apply to your family of origin.

Passivity

- Withholding words of blessings**
[parent to child]
- Withholding affection**
[parent to child]
- Lack of discipline from parents**
[caused turmoil physically/ spiritually because discipline was not done right]
- Pattern of backsliding into sin**
- Hesitation in obedience to God or other authority**
- Laziness/procrastination**
- Sloth/apathy**
- Irresponsible**
- Self-focused**
- Lack of male leadership in the home**
- Female dominated home**
- Other:**

Worldly Values

- Love of money and possessions**
- More concerned with physical comfort than godly obedience**
- Parents more concerned with self and positions or possessions than their children**
- Children not honored, seen as a burden**
- Little concern for God's truth**
- Value of people based on income/ education/position**
- Poverty**
- Greed**
- Materialism**
- Lack of contentment/ always looking for more**
- Other:**

Unbelief

- A general distrust in God which leads to distrust in authority
- Ignoring God completely saying, "There is no God"
- Blaming God saying, "Where was God when..."
- Love of knowledge [dependence on human reason and ingenuity vs. the truth of God]
- Cult activity [Witchcraft, Wicca, voodoo, secret societies such as Masons]
- Non-Christian religious practices [Islam, Buddhism, etc.]
- New age activities [yoga, astrology, fortune telling, Ouija boards]
- Self-hatred; self-criticism
- Feelings of unworthiness
- Control, manipulation, domination
- Competitive in order to prove significance
- Other:

Rebellion

- Overt disregard of conscience and/or knowledge of Christ
- Critical heart/speech
- Adultery/sex outside of marriage
- Illegitimate pregnancy/Abortion
- Divorce
- Blaming
- Any sexual immorality
- Drug addiction
- Alcoholism
- Pornography
- Gambling
- Murder [not just the physical act, but a heart of hatred]
- Hatred of authority [parental authority, civil authority]
- Overt disobedience
- Other:

Pride

- Argumentative
- Boastful/arrogant
- Self-sufficient/self-reliant/aggressively independent
- Inflexible
- Comparing
- Competitive
- Religious prejudice
- Selfishness
- Judgments
- Other:

Illness

- Mental health issues
- Physical illnesses [patterns of cancer, heart disease, headaches, diabetes, etc.]
- Obsession over physical problems
- Untimely deaths
- Miscarriages
- History of obesity
- Spirit of Infirmity
- Other:

Anger

- Verbal abuse
- Physical abuse
- Sexual abuse/incest
- Fits of rage/violence
- Hatred/bitterness
- Unforgiveness/revenge
- Prejudice [racial, gender, cultural, age]
- Biting sarcasm, tearing down, gossip
- Withdrawal because of inverted anger
- Blaming, finding fault, being critical of others
- Other:

Fear

- Anxiety/Worried state of mind
- Perfectionism/fear of failure
- Restlessness
- Skeptical/lack of trust
- Negative attitudes
- Fear of not being provided for [not having enough money, food, etc.]
- Need to control
- Keeping unhealthy family secrets
- Obsessive compulsive behaviors
- Lying and deceit
- Other:

Insignificance/Rejection

- Loneliness, despair, sorrow, and depression
- Patterns of abandonment
- Being born as an illegitimate child
- History of suicide
- Value based on performance
- Other:

Shame

- Self-condemnation
- Comparison to others
- Withdrawal
- Secrecy
- Avoidances
- Feelings of inferiority/insecurity
- Other:

Unhealthy family "mottos"

- "What happens here stays here."
- "That's just the way we are."
- "Just do your own thing."
- "We just don't talk about such things."
- "Never let anyone see you cry."
- "Keep the peace at all cost."
- "Never let anyone see you cry"
- Healthy mottos taken to excess [i.e. "If it's worth doing it's worth doing well."]
- Other:

Generational Healing Prayers & Declarations

Before beginning, the prayer minister helps the prayer seeker name what is to be addressed in prayer by having them fill out the Generational Sins Survey (p. 32-34). Additional copies can be found in the Generational Sin Resource Box outside the Place of Prayer.

Repent & Renounce

Lord Jesus Christ, I ask for your forgiveness for any and all sin that has been a part of my family through all generations. I acknowledge the patterns of sin in which I or my ancestors have participated.

I repent of and renounce each of the following:

- Passivity
- Worldly Values
- Unbelief
- Rebellion
- Pride
- Illness
- Anger
- Fear
- Insignificance & Rejection
- Shame
- Unhealthy family mottos

Declare

By the full authority of Jesus Christ, I here and now reject and disown all the sins of my ancestors. I sever every ungodly tie to these sins and cancel out all demonic working that has been passed down through my family. I renounce every curse associated with these sins and declare to Satan and all his forces that Christ became a curse for me when He died for my sins on the cross (Galatians 3:13). I declare myself to be fully and eternally signed over and committed to the Lord Jesus Christ. By the authority I have in Christ, I now command every familial spirit and every enemy of the Lord Jesus Christ to leave my presence. I declare that I and my children and my children's children and all future generations will no longer be bound by these curses.

Receive

Lord I thank You and I receive your free gift of forgiveness. Thank You for releasing me and the generations to follow from these sins and the effects of these sins in my family. I am so grateful. Lord, I ask that by the power of your Holy Spirit you would now help me and my family to walk in the freedom which You have granted. I rejoice in You Lord Jesus! Thank You Lord!

MINISTRY



Give thanks for Generational Blessings. Using your own Generational Survey, write in the section below.

I repent and renounce the sin of (topic of generational sin or pattern):

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Read Your Prayer

Then read aloud all three parts.

- 1—**Repent and Renounce** (from above)
- 2—**Declare** (page 29)
- 3—**Receive** (page 29)

RESOURCES

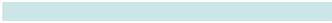
Books

Blessing or Curse: You Can Choose

by Derek Prince

The Blessing: Giving the Gift of Unconditional Love and Acceptance

by John Trent and Gary Smalley



Notes

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SESSION ELEVEN

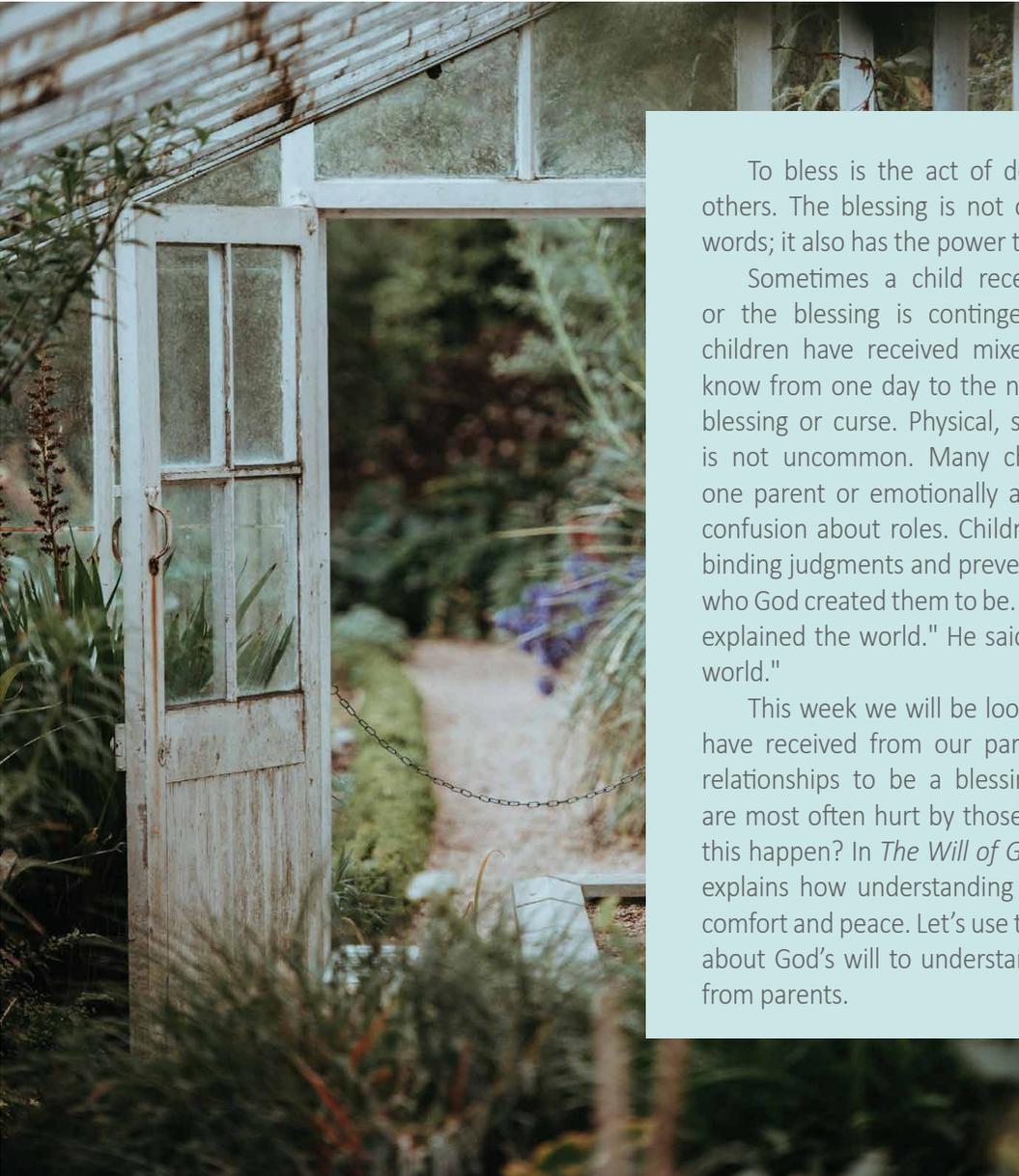
Mother/Father Wounds

PRAYING WITH OTHERS | LEVEL TWO



Mother/Father Wounds

THE DOORWAY



To bless is the act of declaring God's favor on others. The blessing is not only the good effect of words; it also has the power to bring them to pass.

Sometimes a child receives a partial blessing or the blessing is contingent on behavior. Many children have received mixed messages and don't know from one day to the next if it will be a day of blessing or curse. Physical, sexual, emotional abuse is not uncommon. Many children are raised with one parent or emotionally absent parents. There is confusion about roles. Children hear things that are binding judgments and prevent them from thriving in who God created them to be. Jesus did not say, "I have explained the world." He said, "I have overcome the world."

This week we will be looking at wounds we may have received from our parents. The Lord created relationships to be a blessing to us. However, we are most often hurt by those closest to us. How can this happen? In *The Will of God*, Leslie Weatherhead explains how understanding God's will can bring us comfort and peace. Let's use the thoughts in this book about God's will to understand blessings (or lack of) from parents.

About God's Will

God's Intentional Will

God's intent is for every child to have unconditional love, nurture, meaningful touch, affirmation, edification, assurance they are highly valued, physical needs met in a safe and stable home environment and parents who picture a special future for their children—to nurture the God-given gifts and usher them into the future of blessing.

Write one thing or more that was God's intended will for you.

God's Circumstantial Will

Although it's possible for a child to receive many rich blessings growing up, no child has received the fullness of blessing. Parents cannot give what they have not had themselves.

Write one thing or more that was your reality due to realities of this world/your parents brokenness.

God's Ultimate Will

Because Jesus overcame the world we can see ourselves as valued, loved, worthy, able to bless, able to be intimate, able to forgive. Regardless of our past, God does redeem and restore and is not bound by time or place. He does transform memories and sets us free by transforming places in our hearts. Inner healing brings the power of God to do the things we cannot do ourselves. The Lord wants to heal and pour his love into us and bless us as the only perfect parent. He can bring us the fullness of blessing and bring us peace.

Write one thing or more that indicates how you believe the Lord could restore, redeem, reform, recreate your childhood circumstances so that you see yourself as God sees you.

Assessing Your Mother/Father Wounds

To begin the healing process, it's important for you to recognize how you were wounded. Ask the Holy Spirit to help you take an honest look at how your parents cared for you. For each statement indicate if it is true of your relationship with any of your parents by marking an "M" for mother, "F" for father, "SM" for step-mother, and "SD" for step-father in the circle before the statement.

PART ONE

Identifying How I Was Wounded

Things I needed that I didn't get:

- I was not cherished and celebrated by my parents simply by virtue of my existence. I thought I had to be different or perform to be accepted.
- I did not have the experience of being a "delight" to my parents and those around me.
- I did not hear affirmation—words of acceptance and validation.
- I did not hear my mom or dad say, "I love you."
- I did not have a parent that took time to understand me or encourage me to share who I was: what I felt, what I needed and what I wanted.
- I did not receive any significant physical nurturing: laps to sit on, hugs, arms to hold me or a willingness to let me go when I had enough.
- I was not given adequate food, clothing, shelter, or medical or dental care.
- I was not taught healthy boundaries in my actions or relationships with others.
- I did not receive constructive discipline, but rather was disciplined in a manner that made me feel shame and condemnation.
- I was not taught how to do hard things—to problem solve and develop persistence.
- I was not given the freedom to make mistakes and learn from them.
- I was not given opportunities to develop my personal gifts and talents.
- I was not allowed to make age-appropriate choices and decisions for my life.
- I did not have a home where my mom and dad loved each other and stayed together.
- I was not taught the truth about God and his love for me.
- Other things I needed that I didn't get:

Things I got that I didn't need:

- I experienced physical abuse: such as violent spankings that left marks, face-slapping, hair-pulling, shaking, punching, or tickling me into hysteria.
- I experienced verbal abuse: name calling and words that made me question my value.
- I experienced sexual abuse, inappropriate touching.
- I witnessed or was within hearing range of someone being abused.
- I was exposed to pornography at a young age.
- I was physically abandoned by one or both of my parents.
- I was emotionally abandoned by one or both of my parents.
- I experienced torture or satanic ritual abuse.
- My parents were too hard on me.
- My parents were too easy on me.
- I received a distorted view of God, which characterized him as a God of judgment rather than a God of love.
- My parents did not practice what they preached.
- Other things I got that I didn't need:

PART TWO

Identifying How My Woundedness Has Played Out in My Life

When we are wounded by our parents, there is emotional pain that produces consequences within you. The effect of the wounding can include the the following statements on the next page. Read through the statements and check the ones that resonate with you.

A Mother's Blessing affects our sense of being and well-being at our core. Their role is particularly crucial the first 10 years of life when a foundation for a healthy identity is being laid. ***Wounding in my relationship with my mother has resulted in:***

- Feelings of abandonment and dread of aloneness
- Feeling empty and insignificant
- Feeling invisible/not present
- Loss of self and sense of being
- Emotional detachment – fear the pain of attachment/build protective walls to hide behind/commitment avoidance
- Emotional dependency- clinging to others in an attempt to fill the void
- Low self-confidence
- Fear/anxiety/ insecurity
- Deep loneliness
- Feeling unworthy of love
- Deep fear of rejection
- Confusion about self-worth
- Sexual confusion related to touch/ powerful hunger for feminine touch that can be eroticized
- Separation anxiety that leads to striving, passivity and depression

Pleasure seeking behavior:

- Addictions—food, alcohol, shopping
- Fantasy bonding – attaching to fantasies-- pornography
- Fetish bonding – attaching to things, clothing, hair
- Attachment to self – fantasy image of self
- Emotional incest – meeting emotional needs of your mother
- Weak sense of identity and of being

Implications specifically for women:

- Internalize a low view of women
- Addictive, emotional and romantic dependencies
- Infantile desire for union with women

Implications specifically for men:

- Ambivalence towards women – need them but very wary
- Fixate on feminine objects of desire to fill the deprivation of mother love
- Either detach or remain in toxic grip of an unhealthy reliance with mother

A Father's blessing affects our sense of competence and gender identity. It is especially important ages 10-20. ***Wounding in my relationship with my father has resulted in:***

- Fear of aggression due to violated boundaries
- Fear of failure and unhealthy driven-ness due to lack of affirmation of competence
- Gender confusion or insecurity due to lack of gender identity affirmation
- Ambivalence towards authority and power due to a father who is unsafe and not affirming
- Sexual brokenness...LGBT community, pornography, women seeking affirmation through sex with men

- Feeling stupid/incompetent/not good enough
- Feeling like I am unloved or unlovable
- Feeling angry inside
- Feeling I need to continually prove myself/ work harder to justify myself
- Seeking to perform and prove my worth through perfectionism and materialism

Addressing Your Mother/Father Wounds

Though my father and mother forsake me, the Lord will receive me. —Psalm 27:10

STEP ONE

Invite Jesus Into Your Initial Memories and Emotions

Knowing that Jesus wants to heal all who are broken-hearted, invite Jesus to enter into the place of your brokenness—into the specific memories—at birth, early in life, wherever it happens to be. Ask Jesus to reveal His truth to you and receive His truth about who you are. **Write out a prayer asking Jesus to heal you.**

STEP TWO

Release Your Pain to Jesus and Stop Living From the Center of Your Wounded Child

Ask Jesus to take away the pain in each painful memory and replace it with His love. Pay attention to whether there is a particular lie that you have agreed with in this place of pain. Pray the Lord will remove the pain and then transform the memory and any lies you have believed with His love and truth. Check all that apply in the list below.

These are the things done by my parents that cause me pain and anger:

- Not giving me the attention I needed
- Abandoning me
- Judging me harshly
- Making me doubt my self-worth
- Not providing meaningful touch
- Being too busy to care for me
- Playing favorites with siblings
- Not speaking words of blessing and love to me
- Not protecting me
- Making me feel I wasn't good enough
- Not loving me
- Making me feel stupid
- Not nurturing me
- Love based on performance
- Making me keep family secrets

Write out a prayer to ask God to release this pain and anger.

STEP THREE

Strengthen Your Sense of Identity and Knowledge of Your True Self in Christ

Ask Jesus to reveal the truth about who you are. As Jesus affirms your sense of being, He provides an assurance of worth and helps you know the True Self that He created. Then, look to your success stories to see the outworking of your True Self in real life.

As you connect with Jesus' profound love for you, the need for other attachments reduces your need to be loved and allows you to look outward at loving relationships with others. Living with your new self and being open to affirmation will free you to grow in your own story instead of constantly striving to attach to your mother or the substitute for your mother.

- I am accepted
- I am chosen
- I am loved
- I am God's creation
- I am precious in His sight
- I am forgiven
- I have been redeemed
- I will never be left or forsaken
- I have an eternal inheritance
- Nothing can separate me from the love of God

As you understand the truth about God's love and come to know your True Self in Christ, it will free you to let go of the pain and forgive your birth father/mother. This new perspective created in you will now enable you to see your parents through different eyes, and allow you to live in freedom and forgiveness.

STEP FOUR

Forgive Your Father and Mother

Choose, as an act of your free will, to forgive your mother/father and let go of all the resentment, bitterness and anger. Jesus' transforming love will change the perspective of the trauma and free you to accept the circumstances with grace and mercy.

Write out a prayer of forgiveness for the ways your mother/father hurt you through words, actions, not blessing you, or affecting your image of God.

STEP FIVE

Remember the Ways Your Mother and Father Loved You Well

Take some time to think of the ways your parents did love and bless you well and brought wholeness to your life. Check all that apply below.

The thoughts that identify the positive things your parents did:

- You spoke words of love/blessing to me
- You held me
- You told me you were proud of me
- You came to my activities
- You showed genuine interest in me
- You didn't play favorites
- You encouraged my independence
- You recognized and valued my gifting
- You made me feel good about myself
- You were always there for me
- You nurtured me
- You protected me
- You encouraged open communication
- You gave me love that was unconditional

Write a prayer of thankfulness for the ways your mother/father cared for you well.

This inventory and steps toward healing is based on an article written by Alfred C.W. Davis is founder of Agape Healing International and Lovehealstv.com. Used with permission.

STUDY

Read through the passages below. Circle the parts you fully believe.



PSALM 139:13-14

¹³For you created my inmost being; you knit me together in my mother's womb.

¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

ISAIAH 43: 1, 4

^{1b}Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

⁴Since you are precious and honored in my sight, and because I love you...

I JOHN 3:1

¹See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

ZEPHANIAH 3:17

¹⁷The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

2 COR. 1:21-22

²¹Now it is God who makes both us and you stand firm in Christ. He anointed us, ²²set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

I JOHN 4:16

¹⁶And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

DISCUSSION



How has your parenting been different than what you received?

How has your parenting been the same?

Name a good gift you received from your father.

Name a good gift you received from your mother:

MINISTRY



Music

Soaking prayer CD

Goodbye Letter

Consider writing a goodbye letter as described in the lesson on grief/ loss. Name the gap in what you needed from a parent and what was received. Accept it as a loss and express that emotion in a letter. Leave goodbye letters at the cross.

Good Questions

1. Tell me about your story.
2. What defines you as a child/ adolescent/ adult?
3. Who told you who you were?
4. Introduce me as your family.
5. How was conflict handled in your family? How do you handle conflict?
6. How have you experienced love?
7. What do you know/ think about the love of God?
Or what do you believe/feel about the love of God?
8. Is there room for grace and forgiveness in your life?

Letting Go of the Past

Listen to Christine Caine talk about the courage to let go of your past. The video can be found online by searching for the title below at YouTube:

The Courage To Let Go Of Your Past | Christine Caine at Saddleback Church

Jot down couple of things you will remember about this talk:

.....

.....

.....

.....

RESOURCES

Books

The Blessing: Giving the Gift of Unconditional Love and Acceptance

by John Trent, Gary Smalley, Kari Trent Stageberg

The Power of a Parent's Blessing: See Your Children Prosper and Fulfill Their Destinies in Christ

by Craig Hill

Healing for the Father Wound

by H. Norman Wright

Abba's Heart: Finding Our Way Back to the Father's Delight

by Neal Lozano and Matthew Lozano

The Will of God

by Leslie D. Weatherhead

Safe in the Father's Heart: Finding the Father's Love You Always Wanted

by Sylvia Gunter, Elizabeth Gunter

Fathered by God: Learning What Your Dad Could Never Teach You

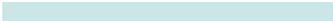
by John Eldredge

Prayer Toolbox

Video

Healing the Orphaned Spirit - Leif Hetland

by Pure Passion Media [YouTube]



Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.

SESSION TWELVE

Grieving Loss

PRAYING WITH OTHERS | LEVEL TWO



Grieving Loss

THE DOORWAY



I remember standing on the stage at our wedding next to Jonathan, worshiping that day to the song "I Surrender All" — the gravity of those words sinking in, in a whole new way. My life was not my own, I was not authoring this story, but I was surrendering my life and the life of those I loved over to Jesus, who I was choosing to believe was good and trust-worthy. One of the great graces of suffering and loss for me, is that I have learned so much about relinquishment. All the facades of control that we have built our lives get stripped away when our dreams die. They get stripped away when our life is turned upside down, and suddenly, often for the first time, we begin to learn what it looks like to cling to Jesus, and to stand with Him. And I'll be perfectly honest; the process of relinquishment and clinging to Jesus is a battle. It's a battle for hope over despair, for faith over fear, and for belief, when doubt about God's goodness and faithfulness creep in. But in the battle, God's grace to us is that we have the opportunity to learn to cling. And I would much rather be clinging to Christ who is unshakeable, than striving to hold onto control of things that were never mine to hold.



Nancy Guthrie, author of the book *Holding on to Hope* who lost, not one, but two, infant children says this: "Our task is not to decipher exactly how all of life's pieces fit and what they all mean but to remain faithful and obedient to God, who knows all mysteries." In loss, we learn to cling.

Right in the midst of some hard days, I prayed with a friend of mine and God led her to Isaiah 40:28-31.

She got done reading that and said to me, "I think the Lord just wants you to walk and not faint. Don't worry about soaring, don't worry about running, I think the invitation is to simply walk." And that was such a helpful word to me, because the journey through loss is not a fast one. I believe that Jesus invites us to grab his hand, and simply take one more step with him.

Do you not know?
Have you not heard?
The Lord is the everlasting God,
the Creator of
the ends of the earth.
He will not grow tired or
weary, and his understanding
no one can fathom.
He gives strength to the weary
and increases the
power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the Lord will
renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

—Isaiah 40:28-31



Your Losses



Name Your Losses

Check all that apply.

- Death of Mother**
- Death of Father**
- Death of a grandparent**
- Death of a child**
- Death of a sibling**
- Death of a friend**
- Health**
- Job**
- Home**
- Finances**
- Relationship**
- Dream for:**
- Travel**
- Relationship with:**
- Success in:**
- Education in:**
- Place to live**
- The way I wanted my family to be**
- The way I wanted my marriage to be**
-
-
-
-

Space

Make space to welcome the emotion of grief.

Forgiveness

Is forgiveness needed? See Session Five (*Praying with Others-Level One*) for help with working through forgiveness.

Remembrance

The following are ways to mark or remember loss:

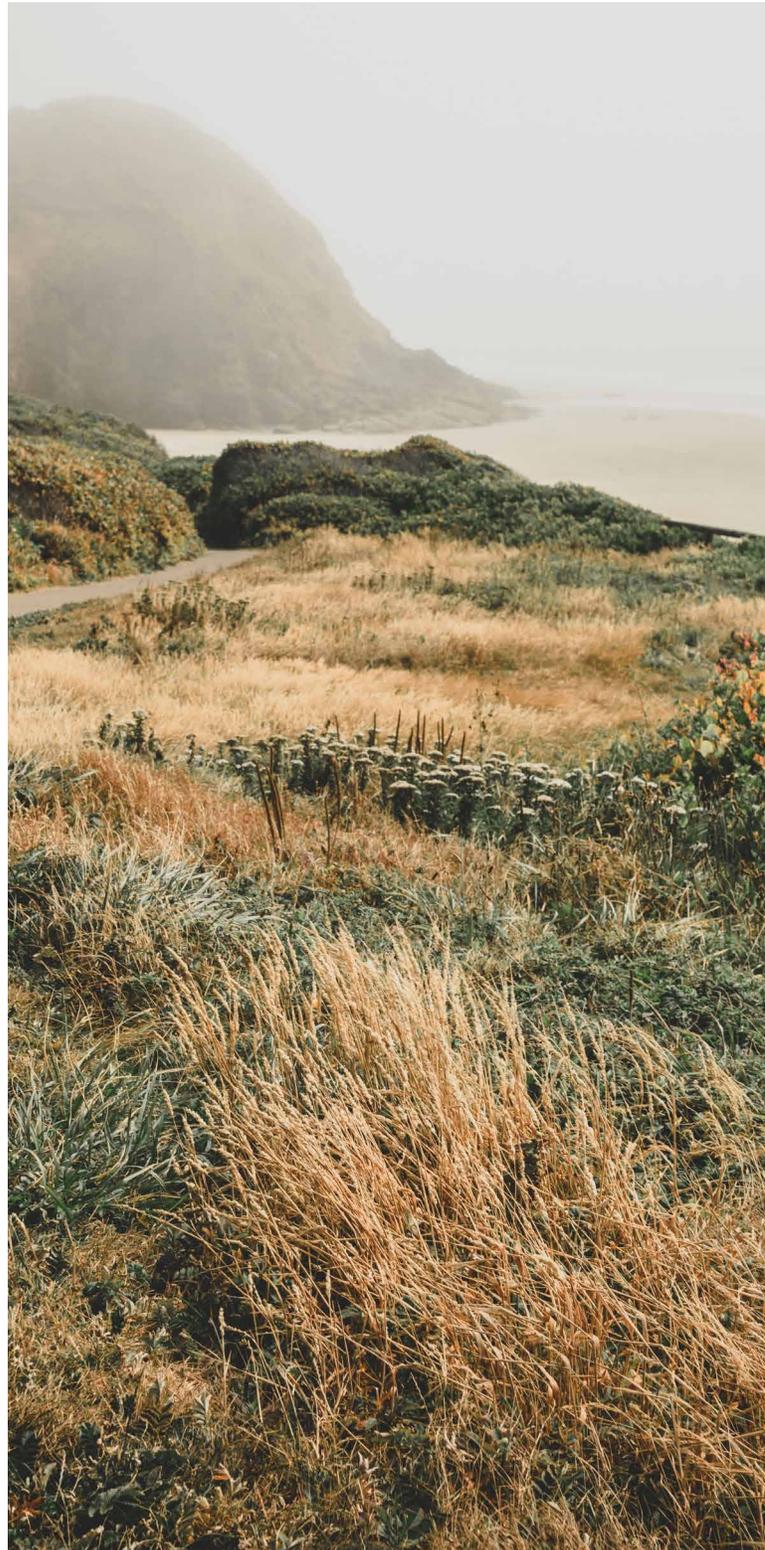
- Plant flowers or a tree in your garden or a local garden of remembrance.
- Write a goodbye letter (instructions on following pages).
- Consider naming a child that you may have lost as result of miscarriage, abortion, or adoption.
- Light a candle on anniversaries and other special days to mark your loss and remember.
- Create a memory box—place in it things that are meaningful to your journey of loss and healing.
- Buy something special in memory of your loss—a piece of jewelry, a painting, a garden stone.
- Write a letter or poem about your loss.
- Make a donation to a favorite charity or do some fundraising.
- Take a day of vacation on the anniversary of your loss, and do things that bring you joy.
- Begin a gratitude journal asking God to show you His graces in the midst of your loss.
- Make a pilgrimage—visit specific places connected to your loss, feel the emotions that arise in those places and let Jesus speak to your there.
- Run or walk in a race with people who have suffered losses similar to yours.
- Consider seeking out a support group to find community with others who have suffered in similar ways.

Goodbye Letter

Everyone has experienced some kind of loss, and it is appropriate and important to feel the hurt and grieve the loss of what you experienced. It is important to talk with God and others about loss so that you can process it in a healthy way. Grief over loss is natural and right. Sometimes, we know that our grief is holding us in a way that is unhealthy long term. The act of writing a goodbye letter can sometimes be a very healing thing. It is one tool to bring closure when the time is right to let go.

When it is Time to Write a Goodbye Letter

- You carry bitterness, resentment and anger that hold you down in an unhealthy way, preventing you from moving forward into more wholeness.
- You feel like it's just time to move on from this stage of grief/loss and want to mark it by writing a letter.
- You sense that your loss has an unhealthy hold on you.
- The hold of grief feels stronger than the fruit of His Spirit (love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self-control).
- You feel a lot of pain from the wounds you experienced and feel like the time is right to let go. Your life as you once knew it may no longer exist and it can be scary to be in new territory. Even so, you want God to show you what's next.



MINISTRY



A Prayer of Relinquishment

**Today, O Lord, I yield myself to you.
May your will be my delight today.
May your way have perfect sway in me.
May your love be the pattern of my living.
I surrender to you
 my hopes, my dreams, my ambitions.
Do with them what you will,
 when you will, as you will.
I place into your loving care
 my family, my friends, my future.
Care for them with a care that I can never give.
I release into your hands
 my need to control,
 my craving for status,
 my fear of obscurity.
Eradicate the evil, purify the good,
and establish your kingdom on earth.
For Jesus' sake,
Amen.**

-Richard Foster

People will be invited to read their goodbye letter aloud and the group will be honored to be witness. A blessing will be offered after the letter is read.

Then there will be an invitation to read the Relinquishment Prayer.

Writing a Goodbye Letter

Choosing a title could be a good way to start a goodbye letter. There are several examples below.

Thank You for What You Gave Me

...significant people who have died or who will never be a part of your life again... a grandparent, spouse, sibling, a child, close friend, significant relative, ex-spouses, girlfriends, boyfriends, first love's, adulterous relationships

I'll Always Remember You

See above... List out the gifts you will always carry.

I'm Declaring Independence

...from a childhood system, unhealthy patterns of living, abusers

I'm Cutting the Cord

...to take responsibility for your adult life... you might share things with your mom and dad that have hurt you as well as helped you

I Declare Freedom

...from unhealthy ways of living in fear, anger, prejudice, paranoia, being a victim, an abusive system, eating disorders, alcoholism, perfectionism, people pleasing, workaholism, sexual addiction, co-dependency, pornography—Things that have prevented you from joyful living

I'm Living in the Truth

...letting go of lies about who you are ... too much, too little, not significant, not loved, not valued

Goodbye Expectations: You've Not Been a Good Friend

...say good-bye to thoughts about how your life would be: unfulfilled dreams or regrets—then say hello to living expectantly for the Spirit rather than living with expectations

Goodbye Unforgiveness: I Didn't See You There

...ask God to show you areas of unforgiveness—then, ask for forgiveness or forgive in this letter

I'm Changing: You Won't Recognize Me

...When you are entangled in a bad relationship with someone in your present; you can't realistically say good-bye to that person, but you can say goodbye to the current system that relationship is following by refusing to participate in it as you have. You may be playing a new role or designing healthy boundaries or unhealthy patterns of behavior.



How to Write a Goodbye Letter

If you ask God to write a goodbye letter to a loss that He wants to bring restoration and freedom to, He will show you how. Maybe it will be a song, a poem, a walk. He's very creative about these things. Here is one format for a letter you might want to consider:

Say directly: Today I am saying good-bye to

Say what you are saying goodbye to, how it has caused you pain, hurt, confusion, separation. You say things you couldn't say when the events were happening. Be truthful and expressive. Name feelings, people and places, lies, expectations.

Very likely this portion of your letter will address forgiveness: State who you are forgiving, believing that forgiveness doesn't mean it's okay or that you will entirely forget or that you now trust this person. It doesn't necessarily mean reconciliation. Forgiveness sets you free and allows the Holy Spirit to be active in you and the other person.

Say what you are saying hello to. What does God want to replace your loss with? Does He want to replace your loss with something of His character or a fruit of the Spirit? Does God want to give you truth, wisdom, healing or comfort? Ask God what to say hello to, because He is a Giver of good things.

Read this letter to a trusted person if you feel like this would aid in accountability or will mark this day of saying goodbye. Do you keep this letter as a reminder of this day or is it more appropriate to destroy it?



Blessing for Goodbye Letters

In the name of and by the authority of the Lord Jesus Christ, I accept the love and affection of the Father, the Son and the Holy Spirit. I receive the blood of the Lamb of God so that I may abide always under his protection, peace and grace. I abide in God's wisdom, strength, healing, well-being and fruitfulness. May these God-given attributes always be evident in me. I desire to be conformed and transformed into the perfect image and likeness of the beloved risen Son of God. I claim God's goodness and receive His blessings, healing and hope.



Goodbye Letter

A series of 20 horizontal dotted lines for writing a goodbye letter.



Prayer

We recognize there are many among us who have only just crossed the invisible boundary marking their own before and after, who are looking at calendars today saying this time last week, things were still normal.

For those who have witnessed the kind of scenes that could haunt for a lifetime, we pray for a sanctified memory and a holy imagination. Release them from the haunting, we pray.

For those who begin to shake when the low light of evening sends shadows long across the yard, we pray for comfort.

For those whose sadness feels sharp like fear, soothe the jagged edges and bring relief.

For those who wait in the darkness groping for answers and finding only more questions, we pray for peace.

For those who have experienced loss but carry an odd-placed sense of responsibility, who can't shake the unexplained guilt that lingers in the air around them, we pray You might calm the chaos and awaken their heart to Your love.

One day in the future, some may begin to feel like they should be over it by now; they may grow tired of going through the whole thing again, or feel pressure to heal already; for these we pray for the courage to let grief do her sacred, invisible work.

We recognize the many layers of sadness present among us, both the kind that settles like a cloud over a nation after terrible loss and the kind that bursts unwelcome into our homes.

May Your presence fill up and overflow the gaping holes that are left in the wake of tragedy.

Live out Your Name among us, Emmanuel. Remind us you haven't left us alone. Amen.

RESOURCES

Books

***Holding On to Hope: A Pathway
Through Suffering to the Heart of God***
by Nancy Guthrie

***A Grace Disguised: How the Soul
Grows through Loss***
by Jerry L. Sittser

***A Grace Revealed: How God
Redeems the Story of Your Life***
by Jerry L. Sittser

***Don't Take My Grief Away From Me:
How to Walk Through Grief
and Learn to Live Again***
by Doug Manning

***The Gift of Significance:
Walking People Through a Loss***
by Doug Manning

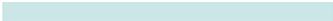
***God Loves Broken People:
And Those Who Pretend They're Not***
by Sheila Walsh

***When God Interrupts: Finding New
Life Through Unwanted Change***
by M. Craig Barnes

***Imagine Heaven: Near-Death Experiences,
God's Promises, and the Exhilarating
Future That Awaits You***
by John Burke

Videos

Healing Our Losses
by Third Church [YouTube]



Notes

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SESSION THIRTEEN

Inner Healing

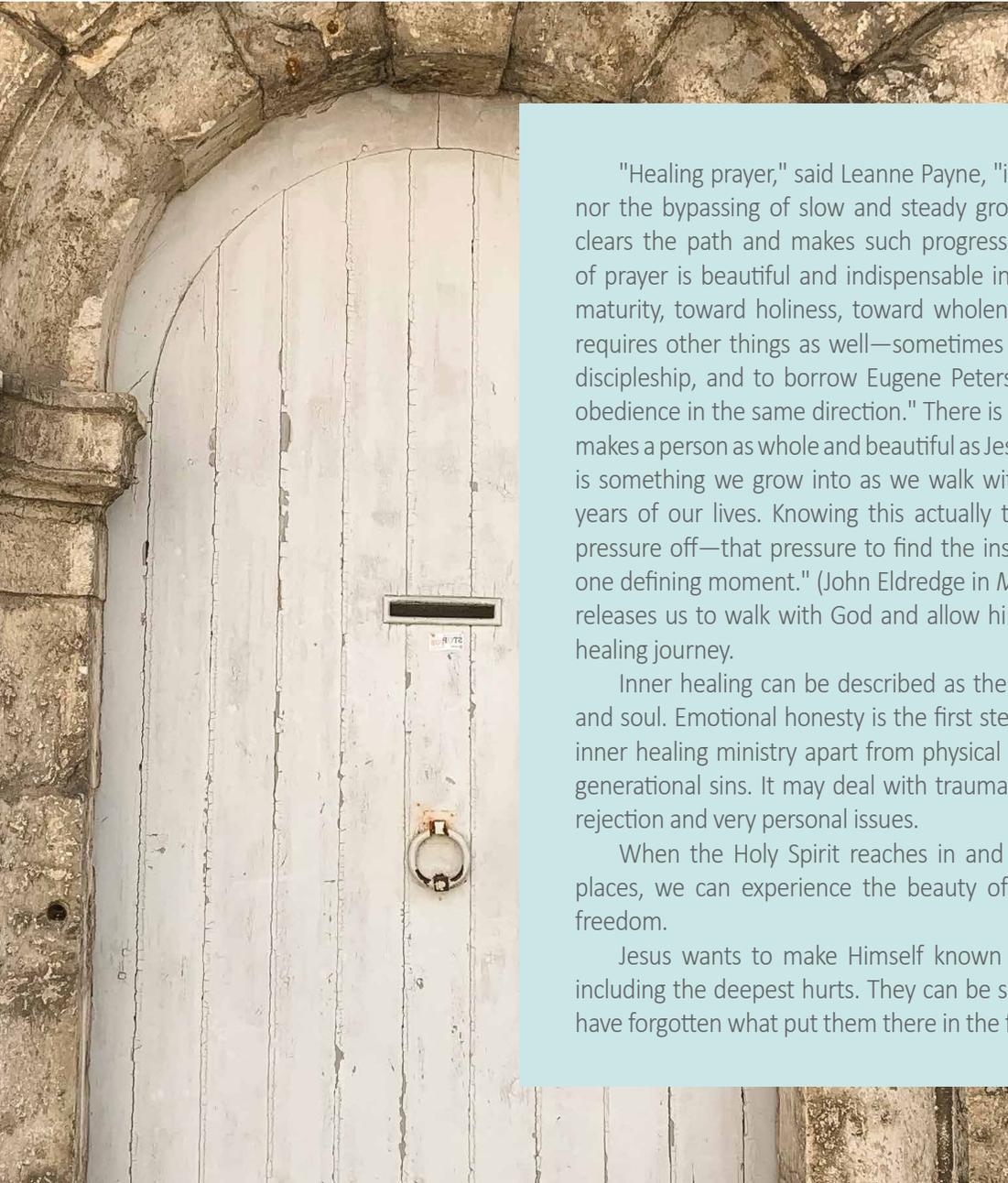
PRAYING WITH OTHERS | LEVEL TWO



SESSION THIRTEEN

Inner Healing

THE DOORWAY



"Healing prayer," said Leanne Payne, "is not the 'instant fix,' nor the bypassing of slow and steady growth. It is that which clears the path and makes such progress possible." This type of prayer is beautiful and indispensable in our journey toward maturity, toward holiness, toward wholeness. But the journey requires other things as well—sometimes counseling, certainly discipleship, and to borrow Eugene Peterson's phrase, "a long obedience in the same direction." There is no zap that suddenly makes a person as whole and beautiful as Jesus Christ. Wholeness is something we grow into as we walk with Jesus through the years of our lives. Knowing this actually takes a great deal of pressure off—that pressure to find the instant fix or have "the one defining moment." (John Eldredge in *Moving Mountains*). It releases us to walk with God and allow him to personalize our healing journey.

Inner healing can be described as the healing of the heart and soul. Emotional honesty is the first step in healing and sets inner healing ministry apart from physical healing or healing of generational sins. It may deal with trauma, shame, abuse, fear, rejection and very personal issues.

When the Holy Spirit reaches in and touches the hurting places, we can experience the beauty of God's intimacy and freedom.

Jesus wants to make Himself known to every part of us, including the deepest hurts. They can be so deep, that we may have forgotten what put them there in the first place.

Things That Block Healing



At the very back of my basement is a door that leads to a storage room. In that room accumulates old Christmas decorations, things that have been saved from my parents' house, my old teaching supplies, bulletin boards—and basically anything I didn't know what to do with. It's been awhile since I've cleaned out the back part of the closet, and in the meantime, boxes are piling up in front. It's hard to see what's in there. There are treasures in there, but there are also broken, ugly things not worth saving and just taking space.

In a similar way, there are things in the "back closets" of our emotions and our memories. It takes some courage to want to get to the "back closet." Sometimes we forget (and want to forget) harmful memories, but they still take up space. There are things hindering our movements. Healing does not mean that we forget hurt & pain. It means that when Jesus touches it, we no longer have the intense pain we once did. We can give Jesus the key to the closet and ask that He sort it out, throw out things and get rid of "bad smells" that affect the rest of the house. He can also take what is broken and remodel it. Do you have memories that you would like Jesus to touch?

We need to listen sensitively to things that may be blocking healing. Jesus, of course, can heal memories in a moment. It often is experienced as a journey with Him.

Common blocks inner healing/freedom:

- Unforgiveness
- Lost dreams, disappointments, failures
- Guilt & Shame
- Interference from the enemy
- Judgments & Vows
- Extreme emotion or too little emotion
- Soul ties

STUDY

Read and reflect on the following scripture and how they relate to healing.



I THESS 5:23

²³May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

PSALM 69:18-20

¹⁸Come near and rescue me; deliver me because of my foes. ¹⁹You know how I am scorned, disgraced and shamed; all my enemies are before you. ²⁰Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none.

PSALM 31:7-9

⁷I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. ⁸You have not given me into the hands of the enemy but have set my feet in a spacious place. ⁹Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.

PSALM 25:17

¹⁷Relieve the troubles of my heart and free me from my anguish.

PSALM 23:1,3

*¹The Lord is my shepherd...
³He refreshes my soul. He guides me along the right paths for his name's sake.*

LEVITICUS 26:11

¹¹ I will put my dwelling place among you, and I will not abhor you.

Soul Keeping:

The Practice of Grace, Growth & Gratitude

What is Soul Keeping?

It has to do with tending. It is an intentional choice to live in blessing. It is, as Eugene Peterson says, "a long obedience in the same direction".

It is living in the grace of forgiveness and being free of things from the past that block us from freedom. It is living in intimacy with the One who made us. It is knowing grace, seeing gratitude and longing for MORE of Christ

It is a matter of our will to choose grace, gratitude and growth. These choices are made everyday.

The Practice of Grace

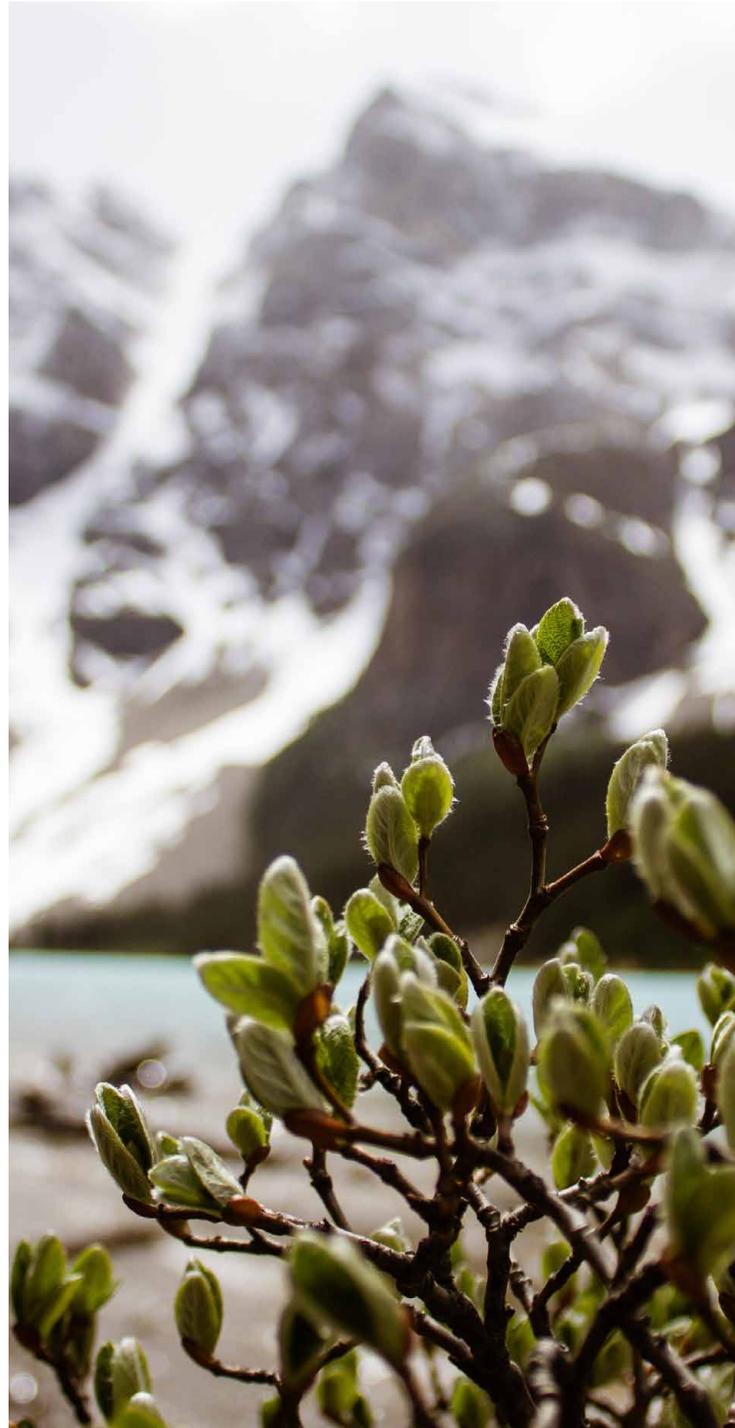
How are you practicing grace?

The Practice of Growth

How are you practicing growth?

The Practice of Gratitude

How are you practicing gratitude?



MINISTRY



Consider Inner Healing Prayer

- Invite the presence of Jesus into the wound specifically
- Name shame, guilt, lost dreams, judgments/vows
- Forgive the one who wounded
- Renounce the message, the lie, breaking any agreement with it
- Invite the presence and healing love of God there

Prayer for Inner Healing

[to be prayed by the recipient]

Lord Jesus, I open my heart to You. I open every room, every closet, and every hidden place. I thank you that You love me and that You went to the cross so that I could be whole in spirit, soul and body. Jesus, please invade every dark place and shed your light deep within my heart. Lord, all the pain I have experienced, I give to You.

All the rejection, the hurt, the betrayal, every abuse, every wounding, I give to you. I speak to the pain deep within—even that which is so repressed I no longer am aware of it. I say pain come up—come up and be healed. I give the pain to You, Lord, and I ask You to take it now. I release it all to You, Lord. Pour Your healing love into every bruised place. You carried my shame and my defilement. You carried my rejection so I could be free. I don't want to live with this pain any longer, Lord. I let it all go. I give it to You. I hold nothing back. I pour it all out. Amen.

As the prayer minister, ask the recipient to place their hand on their heart... you may place your hand over theirs. Pray for the Lord to lift all the pain and trauma from their spirit, soul and body. Pull out the pain and replace it with the love of Jesus and the fruit of the Spirit.

RESOURCES

Books

Healing for Damaged Emotions

by David A. Seamands

Changes That Heal: Four Practical Steps to a Happier, Healthier You

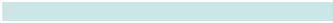
by Henry Cloud

Boundaries: When to Say Yes, How to Say No To Take Control of Your Life

by Henry Cloud, John Townsend

Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health

by Dr. Caroline Leaf



Notes

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SESSION FOURTEEN

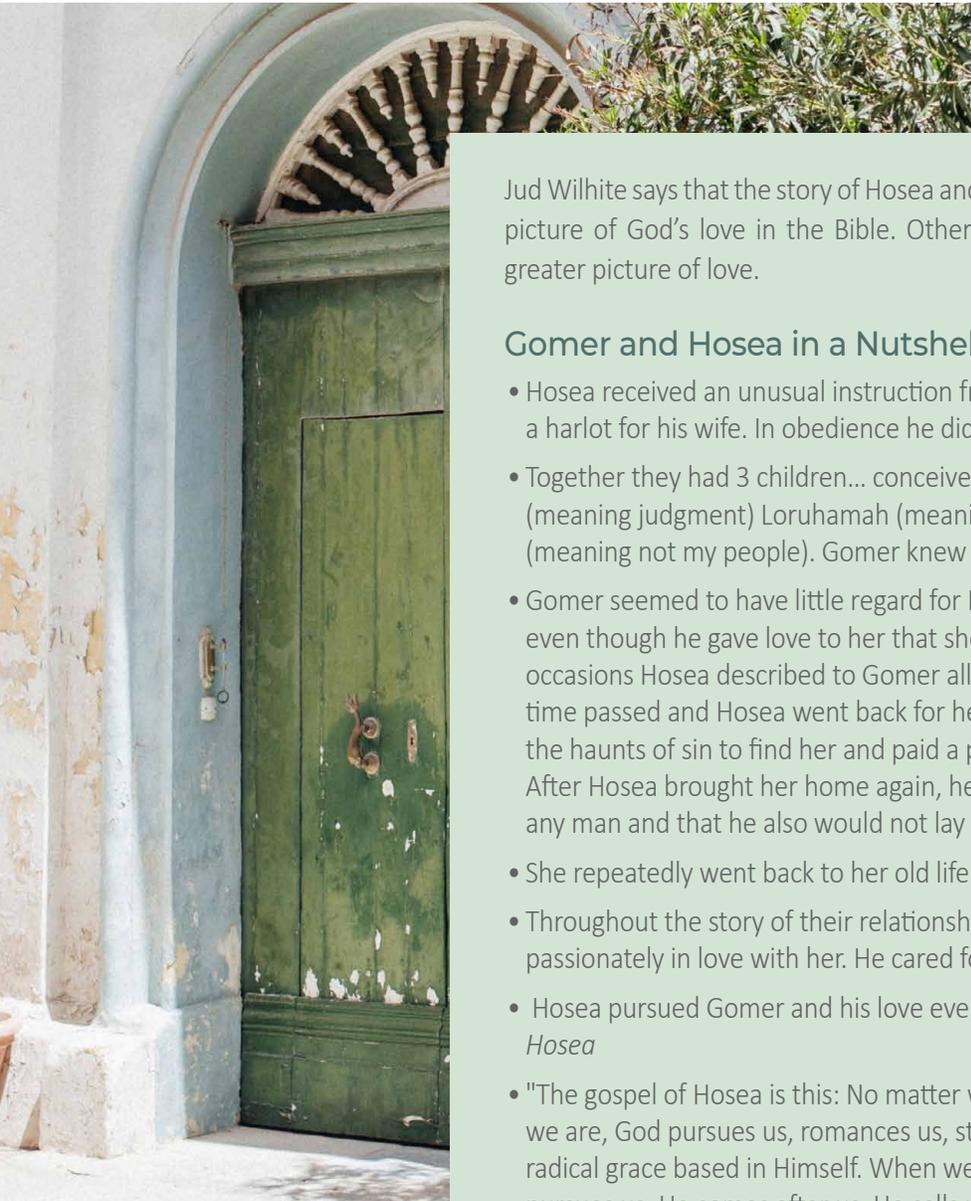
Sexual Wholeness

PRAYING WITH OTHERS | LEVEL TWO



Sexual Wholeness

THE DOORWAY



Jud Wilhite says that the story of Hosea and Gomer is the 2nd most powerful picture of God's love in the Bible. Other than Christ's death, there is no greater picture of love.

Gomer and Hosea in a Nutshell

- Hosea received an unusual instruction from God. He told him to go take a harlot for his wife. In obedience he did.
- Together they had 3 children... conceived from other men.... Jezreel (meaning judgment) Loruhamah (meaning not mercy) and Loammi (meaning not my people). Gomer knew she was not worthy of Hosea.
- Gomer seemed to have little regard for Hosea. She left him for a lover even though he gave love to her that she had not know. On several occasions Hosea described to Gomer all that he had to offer her. Some time passed and Hosea went back for her. He literally walked through the haunts of sin to find her and paid a pretty hefty price to ransom her. After Hosea brought her home again, he instructed her not to belong to any man and that he also would not lay with her either.
- She repeatedly went back to her old life many times.
- Throughout the story of their relationship he remained faithful and passionately in love with her. He cared for her in secret.
- Hosea pursued Gomer and his love eventually freed her. —*Book of Hosea*
- "The gospel of Hosea is this: No matter what we do, no matter how sinful we are, God pursues us, romances us, stalks us, and stakes us out in a radical grace based in Himself. When we run away from Him, God still pursues us. He comes after us. He calls us. And even when we are full of pain and hurt, He can still find and heal us." —*Pursued*

Reflection on who Gomer and Hosea Were

Think and reflect on who Gomer is and who Hosea is using the information below. Then you'll find some stepping stones to wholeness. What practices are you currently engaging in? What is God inviting you into?

Gomer	Hosea
Harlot/ prostitute	Servant
Child of God	Covenant
Significant	Redemption
Secure	Love
Unfaithful	Grace
Rock bottom	Pursuer
Continued to pursue old habits	Truth/ grace
Loved	
Sinner	

Sinner	Pursuer
Intrusion of Enemy	Lover
Disobedience	Emotional—devastated to see His people turning their backs on Him...The 1st chapter reads like a horrible breakup letter from God... God allows us to see His transparency. When we choose to remain a mess, we arouse profound emotions in God.
Inner Vows/ Judgments	Faithful
Emotional Trauma	He grieves—heart full of pain
Unforgiveness	Passion
Takes shortcut to fulfillment—substitutes sex for love	Holiness
	Jealous—intense care devoted to people

Being a Witness to God's Exchanges	
Lies	Truth Wisdom
Disobedience	Obedience Comforter
Wounded	Healer
Despair	Hope

Living in Blessing



Choosing Healthy Rhythms

Exchanges

- Lies/Truth
- Cleansing of memories
- Breaking soul ties
- Breaking strongholds
- Exchanging shame

Praying Blessing/ Sense of Being

- Identity in Christ
- Cleansing Imagination—
putting things "back to sleep"

Naming Sin

- Intrusion of the enemy
- Disobedience
- Soul ties
- Generational Sin
- Unforgiveness
- Curses

Allowing Emotion

- Grief
- Anger
- Fear

Support

- Marriage mentoring
- Seasons of Prayer
- Counseling/doctor
- Accountability
- Cleansing house

Forgiveness of Self and Others

- Godly sorrow
- Confession

MINISTRY



Put your "ticket" representing "SHAME" in the garbage or in a place that represents being done with shame.

You may also want to cut a strip of red cloth to use as a bookmark—marking Jesus blood paying the price for sin.

Read the prayer for sexual wholeness.

Prayer for Sexual Wholeness

Lord Jesus Christ, I confess here and now that you are my Creator and therefore the creator of my sexuality. I confess that you are also my Savior, that you have ransomed me with your blood. I have been bought with the blood of Jesus Christ; my life and my body belong to God. Jesus, I present myself to you now to be made whole and holy in every way, including my sexuality. You ask us to present our bodies to you as a living sacrifice and the parts of our bodies as instruments of righteousness. I do this now. I present my body, my sexuality, and I present my sexual nature to you.

Jesus, I ask your Holy Spirit to help me now remember, confess, and renounce my sexual sins. Lord Jesus, I ask your forgiveness for every act of sexual sin. You promised that if we confess our sins you are faithful and just to forgive our sins and cleanse us from all unrighteousness. I ask you to cleanse me of my sexual sins now, cleanse my body, soul and spirit, cleanse my heart and mind and will, cleanse my sexuality. Thank you for forgiving me and cleansing me. I receive your forgiveness and cleansing. I renounce every claim I have given Satan to my life or sexuality through my sexual sins. Those claims are now broken by the Cross and blood of Jesus Christ.

Lord Jesus, I choose to forgive myself for all my sexual wrongdoing. I also choose to forgive those who have harmed me sexually. I release them to you. I release all my anger and judgment toward them. Come Lord Jesus, into the pain they caused





me and heal me with your love. I now bring the Cross of my Lord Jesus Christ between me and every person with whom I have been sexually intimate. I break all sexual, emotional, and spiritual bonds between those I have been sexually intimate with. I keep the cross of Christ between us.

Lord Jesus, I now consecrate my sexuality to you in every way. I consecrate my sexual intimacy with my spouse to you. I ask you to cleanse and heal my sexuality and our sexual intimacy in every way. I ask your healing grace to come and free me from all consequences of sexual sin. I ask you to fill my sexuality with your healing love and goodness. Restore my sexuality in wholeness. I pray all this in the name of Jesus Christ my Lord. Amen.

Dealing with Shame



This "ticket" represents shame felt over decisions made, hurt you have caused yourself & others. Remember that guilt says, "What I've done is bad," while shame is "I am bad." Shame is not from God and is used by the evil one to destroy, distract and disorient us from who God is and who we are in Christ. Tear off "shame" from this page, lay it at the cross. Pick up a strip of red cloth, which is a symbol that we can exchange shame by the blood of Christ for HOPE.

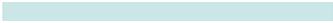
RESOURCES

Books

***Healing the Wounded Heart:
The Heartache of Sexual Abuse
and the Hope of Transformation***
by Dan B. Allender

***Wired for Intimacy: How
Pornography Hijacks the Male Brain***
by William M. Struthers

***The Soul of Shame: Retelling the
Stories We Believe About Ourselves***
by Curt Thompson



Notes

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