

Week 8 Heart Wholeness / Healing

Card: As God brings any memories from your past to mind, jot them down on a card.

Look at this verse, observing how God views your identity, what He called you out of and into what He calls you:

1 Peter 2:9-10

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

From the Circle Illustration that we did in Week 4, God wants us to live in His inner Circle *all the time*. The reality is that each of us have areas of wounding in our past which keep us from living within that Circle, where we have believed lies from the enemy. Lies believed from these painful events hinder us from experiencing God's freedom found in His Presence. They can range from minor events to traumatic abuse. Regardless of the degree of the offense, the enemy's intent to enslave a person and keep him/her from experiencing God's truth and life is the same.

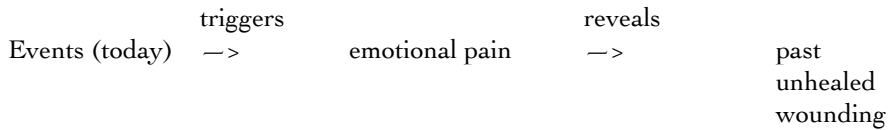
Note the values and intent of the enemy and contrast this to Jesus' will for His people.

John 10:10

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

There are some important principles about emotional pain and healing:

The present is a reflection of the past. Just as a plant has roots and produces fruit, our current responses are often reflections of past experiences.



God wants His TRUTH to bear on our root wounding events.

Wounding comes in 2 forms:

- active: sin done to me
- passive: someone's failure toward me

Emotional wounds are usually a result of:

- our own sin
- another's sin (2 Sam 13:19-20 Absalom, Amnon and Tamar)
- a combination of our sin and another's (Gen 16 Hagar and Sarah)

On the whiteboard:

(Left: "FROM")

Think of emotional struggles that you wrestle with most often. God wants you to give Him these:

- painful emotions
- anxiety, fear, depression, hopelessness
- past wounds
- a broken heart
- enslaving habits

(Middle: "Triangle change symbol")

Through these things, God wants to help you.

- good news
- healing
- truth
- ministry of the Holy Spirit
- release

(Right: "TO")

God wants to change your experience from these things on this left column and give you these, in exchange:

- comfort from Him
- wholeness and healing (in your areas of wounding)
- freedom (from captivity)
- beauty
- joy
- praise
- life
- hope

Though people may face painful trauma from Satan, nothing is too difficult for God to heal. God's arm is not too short to save. The power that raised Jesus from the dead, that breathed life back into His deceased body, lives in us. God's goodness is toward us and He offers hope and healing for His people; God's name is Healer. As we meet the Great Physician in these areas of pain, it is for the purpose of moving us toward living in the fullness of God that He has made available to us in Christ. Since only God knows what we truly need in order to receive His life-giving healing, we must depend upon the Holy Spirit to minister to us. Where we have experienced death, devastation and great loss, God wants us to experience His abundant life and wholeness breathed through His Spirit.

Remember how the traveling Samaritan finds the man on the road who was robbed, stripped and left for dead? YOU are that man and God Himself comes to you, ready to lift you up onto His animal, to bring you to an inn and bring you back to health with great care. God wants you to live with a whole, healed heart, to be secure in His love and to be fully alive. As He progressively heals these areas of your hearts, whether miraculously in one fell swoop or in an ongoing process like healing layers of an onion, His goal is to bring you into the abundant life that Jesus came to give. This is meant to describe your daily experience of Him. Wholeness of heart is God's will for you throughout the course of your lifetime.

Often when the wounding we experience is caused by the sin of another, bitterness sets in. Satan intended to harm you when the event in the past occurred. Satan is still at work in your life, even if the event is no longer occurring or reoccurring. His will is to keep you in bondage through bitterness, hardness of heart and other sins that come out of your pain and indicate your need for God's healing.

On the Resources page of my blog, I posted a pdf of an illustration called [My Heart—Christ's Home](#). In it, Munger uses the rooms of a house as an analogy to our lives. Each room represents a different aspect of your relationship with God. At the end, it speaks of a locked closet that has painful, hidden things stuffed in it. Christ, with utmost care and gentleness, wants to clean out this closet so that His healing and freeing truth permeates every part of us, even to the most difficult experiences.

Emotional wounding in our childhood often profoundly affects our belief systems about:

- our identity
- our view of life (how to live, life strategies we adopt to avoid pain)
- our view of God
- our view of people / relationships (trust issues) / roles
- difficult situations (our responses, our coping mechanisms)

Have you ever noticed how children are incredible observers? We are wired to seek understanding and interpret our situations. We make conclusions from what we experience. If our thinking is based on faulty understanding, we will make wrong conclusions about ourselves, about God, about life and about relationships with people.

I see now the important role which godly parents play in the lives of their children, or perhaps a godly mentor. When you face a painful situation, it is good to go to the Lord and to those who know the Lord well. They can help you interpret your situation in a healthy, God-oriented way. My friend, Glendys, told me of an imaginary suitcase that everyone carries into adulthood from their childhood. When difficult situations happen in life, if children don't process and heal from these situations, they can then stuff these into their suitcases and carry them into adulthood. Let's say a wounding event happens to you as a child. If truth is believed, then freedom fills that memory and healing occurs. If lies are believed, then the pain of that event sort of leaves you emotionally stuck and your emotional development through that event gets hindered; imprisonment sets in. Often you will find an adult who had a wounding event, did not overcome it with truth, and now lives in the falsehood of those beliefs that they believed as a child. As you look that this person's life, you can see the fruits of that false belief in their lives. Maybe it looks like the inability to trust men or authority figures or difficulty to receive feedback or inability to express one's feelings. God wants to bring freedom into every area of our heart so that we can experience the healing, freedom and life that He intended for people.

For personal growth, we find that it is important to go to the root wounding event. As we seek God in that event, we can ask Him questions to invite Him to speak life into those areas of pain. (See worksheet at end.)

- 1) What did I come to believe about myself, about You, about life? These lies are like heavy burden packs that we carry around. When they get aggravated, we pull out our strategies for coping. Often we see unhealthy symptoms of brokenness that indicate that we are under bondage to something deeper.
- 2) What truth do You want me to believe instead of this lie? Let the Holy Spirit bring to mind something infused with life, understanding and truth. It might help to write down whatever comes to your mind. He might give you a picture or a Scripture. As His sheep, seek God to speak to you (John 10, John 8:31-36, Gal 5:1, Mt 11:29-30, Luke 4:16-21).
- 3) Reject believing any lies and from living under the enemy's bondage. Let the Holy Spirit minister to you as you surrender and renounce believing that lie and receive God's life-giving word/picture/verse into that painful area of our life. A new sense of freedom will come as He heals you. (If you sense that bondage remains, ask Him if there is another lie you have believed.)
- 4) Address any other areas that might be blocking you from receiving His ministry of healing such as needing to forgive someone or receive God's forgiveness of you, needing to renounce a vow you made or pronouncement made over you, etc. (see Spiritual Warfare section of worksheet).

Sin done to me

Several years ago, God brought a painful wounding event from my life back to mind. I was in my 30s. The memory was from when I was a little girl, back in the 2nd grade. I remember getting off the school bus and a big 6th grader started to spew evil, unkind, bullying words at me. All I recall now is that he called me a "chink." He was white.

As a young child, I came to believe the lie that I was abnormal because I was Asian. I believed that I was inferior to white people. I came to believe that I was ugly because I was Asian. I lived with that belief for decades, despising that I was Asian. This was in direct rejection of God's choosing and His design of me. He made me Asian and this is His good will.

When I sought Him in prayer one day to bring healing to me in that painful memory, this is what He brought to mind. I saw arrows coming through the words of that 6th grader. These arrows came from satan, aimed directly at me to enslave me in lies through this boy's sinful words against me. As I prayed, though the words were spoken into the air at me, in the Spirit, I saw these arrows change direction and go up into the clouds and disappear. I asked my mentor friend, Val, whether I was imagining this or if God gave me this picture which I received as I was seeking Him. She said it was good to evaluate whether something was of God by its fruit and whether it aligned with Scripture. She believed that the arrows going into the clouds represented God absorbing

the arrows for me, to protect me from satan's attack. We both concluded that it was from God since it pictured Christ taking my infirmities and all the effects of sin and death for me at the Cross (Is 53). God brought healing to me by giving me this picture, freeing me from believing these enslaving lies. I had new found freedom to believe that God Himself chose to make me Asian and to embrace it.

Revival in my life

I had given my life to Jesus. Eighteen years later, this is what my life looked like:

I was living in a foreign country as a missionary, devoted to sharing Jesus with non-believers. My whole worldview was oriented around the Bible, as best I knew how. I had left my country, my childhood family, the comforts of America and the privilege of being literate in my environment. I was no longer highly functional in a country that had a different language, foreign customs and a new set of what was considered common sense. My growing close to the Lord was functional, somewhat stagnant, and definitely not very intimate. Experiencing His love personally was never my strong point. Though I observed others experience God's love, I never knew how to bridge the gap between my head and heart. I had tried to memorize Scripture and read books about His love, but tasting and seeing that the Lord was good was so far from me. This was my longing.

Enter: Amy. Amy was a young college girl from Nebraska, who came to Japan to serve our partnering missionary family with their newborn baby. I was going to offer to help disciple her, but God had such different plans!

Everyone who interacted with Amy sensed that she had LIFE oozing out of her pores. She walked around with unusual joy. She had a delight in the Lord and a love for others that was supernatural. She knew the nearness of God, sensed His pleasure and delighted in His love for her. We were all attracted by this abundant life that she lived before us. If you've read Max Lucida's children's picture book, You are Special, then you will understand meaning that she was my Lucia.

I longed for what she had with God and so I asked for her help to know God like she did! We began to pray daily together and God started to reveal Himself to me, too. This began a season of revival in my own heart. My hunger for Him and desire for greater intimacy, she said, was a response to Him initiating toward me! He was drawing me closer because He wanted a deeper relationship with me! I understand now that this is what He wants for every believer. The human heart does not naturally seek God and since God first loved us, our desire of Him is a response to His initiating, pursuing love.

1 John 4:9-10

In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

At that time, I had just finished leading an inductive Bible study of the book of Galatians for the 3rd time. While I understood that a major theme of the book is that our righteousness is from Christ alone, there was much of the book that I didn't understand or even notice much until the end of the third study! It was in a conversation with my husband, *after* the study's completion, that God turned on a light bulb in my spirit.

Galatians 1:3-5

Grace to you and peace from God our Father and the Lord Jesus Christ, who gave himself for our sins to deliver us from the present evil age, according to the will of our God and Father, to whom be the glory forever and ever. Amen.

I asked my husband about this evil age. As we discussed this verse, it was as if the Holy Spirit said to me, Christ gave Himself for you to deliver you from this present evil age. Through this verse, God radically changed my life. As He showed me that my view of His love for me was based on my own view of myself, not of based on His love and what is true from Scripture, I knew that I had to put away my broken view of His love and adopt His view

of how much He loved me. This was true light for me that blazed into a fire in my spirit. Immediately, I started to sense His personal love for me daily, which grew into an ongoing experience. God breathed in me a new season of joy.

At that time, we lived in Tokyo and we had three living children and I was nursing my baby in the middle of the night. Mothers know that this is a season of endurance due to sleep deprivation. But since God was working so powerfully in showing me how much He loved me and I finally understood that He wanted to spend time with me, sleep was not what I wanted. Experiencing more of God's personal love was all I craved. My time with Him became life and breath to me. Since having solitary time with God was difficult to obtain with having 3 little children, I would wake up early before everyone else woke up, to slip out of the house to head to Denny's. There, I would get the cheapest order — a roll and green tea, to sit at His feet with my Bible, journal and pen, questions and a listening heart. I filled notebooks.

Later, God gave me a picture of what He was doing. It was as if I lived in a clear, glass heart. With closer evaluation, one could see in various places that I had mud caked on the surface in various places. Though I could see truth in many ways (e.g. God is supreme, the Biblical worldview is the only true view of life, the greatness of God, Jesus is the only means for salvation), I didn't know God's personal nature, His nearness, His love for me. Then, I saw Jesus handle my delicate heart with utmost care. As He dipped my heart into a stream of warm, flowing waters, He washed off the old mud, removing the lies that kept me from seeing His personal love and who He fully is. I began to sense His nearness and personal love. I could finally say with the psalmist that I, too, could taste and see that the Lord is good. This truth, the truth that was always so far beyond my reach, was finally mine. I was catapulted out of where I lived, and now lived in the center of this truth. This ushered in a season of incredible ministry that the Holy Spirit began doing in my heart, His teaching me more of Himself.

I hope these stories illustrate several lessons:

Lessons

1) satan's lies enslave us in falsehood

Do you remember how we talked about the Old Self originating from satan's deception/lies (see Week 3 notes)? Thoughts/beliefs which are contrary to God's truth keep us away from the abundant life that is our inheritance in Christ, the blessings that He has given us because we are His beloved ones. God wants us to know Him in His fullness, in ever-increasing measure, in every area of our hearts. Being willing to let go of these painful areas, where deeply rooted lies reside, is an important part of our healing and experiencing the fullness of life that is God's wonderful will for us.

2) The vital role of the Holy Spirit to enlighten truth

Look at how Luke 4 is a fulfillment of Isaiah 61. It is the *Spirit of the Lord* that came upon Jesus and He fulfilled this prophecy in their hearing and has never revoked this ministry! Is there any area in your heart, your past, your memories, your current experiences where you feel poor, captive, blind, oppressed or in need of the Lord's favor?

Experiencing the ministry of the third Person in the Trinity is vital in order to experience lasting healing. The Holy Spirit wants to expose and uncover the lies that enslave us. While we sin in them, rather than come at us with condemnation, He wants to expose the falsehoods that we believe and live under in order to bring us into a transformation. He desires for our lives to align with His truth and for us to experience His good news, liberty, sight and favor!

The lies we live under are idols to us; they are hard taskmasters who do not deliver in their promises. Remember how we need to cultivate being sensitive to the Holy Spirit (see Week 5)? It is like a person born with sight, who gets into an accident and becomes permanently blind. Initially, she do not know how to read Braille. The raised bumps on the page are simply that, just raised bumps. She is insensitive to the letters, words, sentences and meaning under her fingers. But with practice, effort and desire, she can become proficient in reading Braille and

even devour books in Braille, if she is willing to train herself. We, too, need to undergo such training. We must cultivate our hearts to be sensitive to the Holy Spirit. We want to become so sensitive that when God speaks, it has meaning. It is through growing in this sensitivity to the Holy Spirit that we can enter into the full blessing of our inheritance in Christ. Through the power of the Holy Spirit working in our lives, God will give us understanding and breathe life where we need it the most.

Through Christ, God has made so much available to us. He wants us to experience more of Him everyday. Do you remember how we talked about the New Self being a product of God's Word, which the Spirit enlightens? It is as Matt 4:4 teaches, where Jesus said that we are to live by every continually, proceeding word that comes from His mouth. Remember the parable of Abraham, Isaac, Rebekah and the unnamed servant? It is the servant, the Holy Spirit, who brought to Rebekah all that Abraham and Isaac offered to her in marriage. God has so much to give us, too, and it is by being yielded to the ministry of the Holy Spirit that we, too, can receive all that He has for us. Through the Spirit, the Lord has freedom, transformation and glory waiting for us as we behold Him.

2 Corinthians 3:17-18

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

Freedom is where God wants us to live. It is the Holy Spirit Who brings this freedom. He wants us to behold His glory and be transformed to be more like Him. As we do, we will move to another degree of glory as we behold Him. This is what the Holy Spirit wants to do in our lives.

3) Jesus' ministry through the Holy Spirit

Note the role of the Spirit on Jesus and His ministry:

Luke 4:14-22

And Jesus returned **in the power of the Spirit** to Galilee, and a report about him went out through all the surrounding country. And he taught in their synagogues, being glorified by all. And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day, and he stood up to read. And the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written,

"The Spirit of the Lord is upon me,
because he has anointed me
to proclaim good news to the poor.
He has sent me to proclaim liberty to the captives
and recovering of sight to the blind,
to set at liberty those who are oppressed,
to proclaim the year of the Lord's favor."

And he rolled up the scroll and gave it back to the attendant and sat down. And the eyes of all in the synagogue were fixed on him. And he began to say to them, **"Today this Scripture has been fulfilled in your hearing."** And all spoke well of him and marveled at the gracious words that were coming from his mouth.

List observations from this passage under these categories: (whiteboard:)

BEFORE (what state are we in)- what brings about change - AFTER (the result in God's people)

Let's expand this list by going directly to Isaiah 61. This is the will and continued ministry of the Holy Spirit in the lives of His people. You never see God revoke this ministry of the Holy Spirit!

Isaiah 61:1-7

The Spirit of the Lord GOD is upon me,

because the LORD has anointed me
to bring good news to the poor;
he has sent me to bind up the brokenhearted,
to proclaim liberty to the captives,
and the opening of the prison to those who are bound;
to proclaim the year of the LORD's favor,
and the day of vengeance of our God;
to comfort all who mourn;
to grant to those who mourn in Zion —
to give them a beautiful headdress instead of ashes,
the oil of gladness instead of mourning,
the garment of praise instead of a faint spirit;
that they may be called oaks of righteousness,
the planting of the LORD, that he may be glorified.
They shall build up the ancient ruins;
they shall raise up the former devastations;
they shall repair the ruined cities,
the devastations of many generations.
Strangers shall stand and tend your flocks;
foreigners shall be your plowmen and vinedressers;
but you shall be called the priests of the LORD;
they shall speak of you as the ministers of our God;
you shall eat the wealth of the nations,
and in their glory you shall boast.
Instead of your shame there shall be a double portion;
instead of dishonor they shall rejoice in their lot;
therefore in their land they shall possess a double portion;
they shall have everlasting joy.

Again we see God's heart for people:

Psalm 147:3

He heals the brokenhearted
and binds up their wounds.

Listen to God's goal/aim for His people.

Ephesians 4:13-15

...until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ...

Note the power of the word of the LORD and what it is able to accomplish:

Ezekiel 37

The hand of the LORD was upon me, and he brought me out in the Spirit of the LORD and set me down in the middle of the valley; it was full of bones. And he led me around among them, and behold, there were very many on the surface of the valley, and behold, they were very dry. And he said to me, "Son of man, can these bones live?" And I answered, "O Lord GOD, you know." Then he said to me, "Prophecy over these bones, and say to them, O dry bones, hear the word of the LORD. Thus says the Lord GOD to these bones: Behold, I will cause breath to enter you, and you shall live. And I will lay sinews upon you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live, and you shall know that I am the LORD."

I love how it says, "Can these bones live?" and then God says, "I will cause breath to enter you, and you shall live." See how God's heart is for life, living...so that we would know He is LORD.

Ezekiel 37 continued:

So I prophesied as I was commanded. And as I prophesied, there was a sound, and behold, a rattling, and the bones came together, bone to its bone. And I looked, and behold, there were sinews on them, and flesh had come upon them, and skin had covered them. But there was no breath in them. Then he said to me, "Prophesy to the breath; prophesy, son of man, and say to the breath, Thus says the Lord GOD: Come from the four winds, O breath, and breathe on these slain, that they may live." So I prophesied as he commanded me, and the breath came into them, and they lived and stood on their feet, an exceedingly great army.

Then he said to me, "Son of man, these bones are the whole house of Israel. Behold, they say, 'Our bones are dried up, and our hope is lost; we are indeed cut off.' Therefore prophesy, and say to them, Thus says the Lord GOD: Behold, I will open your graves and raise you from your graves, O my people. And I will bring you into the land of Israel. And you shall know that I am the LORD, when I open your graves, and raise you from your graves, O my people. And I will put my Spirit within you, and you shall live, and I will place you in your own land. Then you shall know that I am the LORD; I have spoken, and I will do it, declares the LORD."

In this part I see that the people of Israel had lost their hope. They felt cut off; they were in graves. God came to raise them from their graves. Why? So they would know that God is the LORD! This reminds me of how I was once taught that we see the meaning of "LORD" in Exodus 3. He is the One who hears the cry of His people, the One who sees their oppression and delivers them from slavery!

Exodus 3:7-9

Then the LORD said, "I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hives, and the Jesuits. And now, behold, the cry of the people of Israel has come to me, and I have also seen the oppression with which the Egyptians oppress them.

Oh how I love how He brought them up out of that land to a good and broad land, a land flowing with milk and honey.

Back to the end of Ezekiel 37:

"My servant David shall be king over them, and they shall all have one shepherd. They shall walk in my rules and be careful to obey my statutes. They shall dwell in the land that I gave to my servant Jacob, where your fathers lived. They and their children and their children's children shall dwell there forever, and David my servant shall be their prince forever. I will make a covenant of peace with them. It shall be an everlasting covenant with them. And I will set them in their land and multiply them, and will set my sanctuary in their midst forevermore. My dwelling place shall be with them, and I will be their God, and they shall be my people. Then the nations will know that I am the LORD who sanctifies Israel, when my sanctuary is in their midst forevermore."

"My dwelling place shall be with them, and I will be their God and they shall be my people." You see this passage echoed at the end of time in Revelation, where He reveals that all of human history will culminate in this glorious place of union with God, where man will be the dwelling place of God. May God's Spirit bring life to the dead areas of our lives and bring us into greater unity with God, our final purpose!

My Pain and Healing Story

Here is a story from my life where I lived outside of the Circle (see Week 4) for about 5 years in a very painful area of my life. I didn't know until this experience that God can rewrite and heal the past. Previously, I had thought that the past is closed and we are left with those memories set in stone. Now I know that His healing hand can go deep into the past and far beyond.

We were living in Japan as new missionaries, still in language school. Our oldest was about 2 1/2 when tragedy hit our home. I was already exhausted everyday, having previously climbed out of depression and now trying to figure out how I was going to care for 2 children, being 19 weeks pregnant. I was barely surviving in a new land with its different language, different customs and various hardships. One day, I realized that something was wrong with my pregnancy. I immediately laid down, filled with terror, calling out to my husband to get an ambulance. I was rushed to the hospital. After an agonizing day of pain and meds, the doctor could not stop my pre-term labor and I delivered our first daughter, Natalie. I watched Natalie struggle to live for 30 minutes, holding her in the palms of my hands through an incubator, watching her slowly die.

I felt so alone. I had not known grief at all before. Now, grief's cold blade pierced the deep recesses of my heart. It remained lodged in my heart for the next 5 years. On a daily basis, my painful grief was still overwhelming and raw.

I attended a conference and after it was over, I sat in the room where the worship team was still playing music for fun. I saw this as my long awaited opportunity to seek the Lord about my grief. Living so hard for me; I was so broken. In prayer, I asked God about His healing and comfort, honestly saying, "Is this all the healing I can expect this side of heaven? I don't feel that I have experienced healing at all. The pain is still so real."

The Holy Spirit came upon me as I was praying. Vividly, my mind went back to the events that led to Natalie's premature birth and death, as if I was reliving the events. As God took me back to that time, I saw it differently than I had experienced it 5 years ago. The Spirit began to rewrite my memories to show me what was true with spiritually appraised eyes. This time, I relived them with an incredible sense of God's Presence with me, at every turn. Unlike how I experienced things 5 years ago, this time, I felt God was with me when I realized that something was wrong. He was with me as I laid down and desperately called for my husband to get help. He was with me in the ambulance to the ER. He provided an English speaking Japanese doctor (rare) to greet and treat me. He was with me as I suffered in bed as the medical team was unable to stop my contractions with drugs. He was with me in the operating room as I delivered Natalie. I sensed His real Presence as I held Natalie in my hands. As my husband stood by my side, we wept with unimaginable pain, watching her life slip through my fingers. She gasped sporadically for air with her tiny, incomplete lungs. Then God showed me an incredible picture: the three of us, my husband, Natalie and I, were all in the center of the palm of God's large hand. Just as I held Natalie in my hands with great love, God held us in His hand with great love. Seeing us from His vantage point, I was undone. He loved us. He shared in our sufferings. He bore my burdens. He knew my pain. In fact, He was holding us in our pain. I had known that verse by heart, that "I will never leave nor forsake you," but as I was praying, God made it real to me. I experienced the supernatural power of this verse where I needed Him the most, in my darkest area of pain. Experiencing God's personal love for us through the Holy Spirit brought the healing that evaded me for so many years. God, the Holy Spirit, healed my raw wounds and made me whole again, with only a scar. What a wonderful God we have. I could not imagine Him better.

God always wants wholeness for us. He always wants you to live in the inner circle of His Presence. Press in until you can move freely in this circle. Let Him into the painful areas of your life. Instead of brokenness and devastation, God is holding out LIFE for you so that you might thrive in Him.

4) God wants you to experience heart wholeness and healing

Find a solitary place and seek the Lord about any area of healing He has brought or will bring to mind. Perhaps He brought something to mind during this teaching time. Write this down. Now would be a good time to seek Him about this by going through the following worksheets.

My blog: AnEternalPlace.weebly.com

See [Resources](#) page - see Wk 8

See [Songs](#) page - see Wk 8

LISTENING TO GOD Worksheet

*Posture your heart in quiet surrender to God.
Start with small questions.
Practicing this skill will bring growth to hearing God.*

Quiet your soul in stillness before God. (Ps 131:2)

Silence the enemy. (Lu 10:17-20, Ja 4:7)

In Jesus' authority,

- bind and forbid the enemy from speaking and
- interfering with your time alone with God.

Praise God that you are always in His very Presence and love. (Ps 16)

Ask God to search your heart. (Ps 139:23-24)

Ask Him to speak to you. (Samuel: Speak Lord, for Your servant is listening. 1 Sam 3:10)

Believe that it is His will to speak to His sheep. (John 10:16)

Wait in silence before God, with pen and paper in hand, ready to record what He says to you.

Write down impressions that come your way.

- Scriptures
- a word / phrases
- pictures / images
- memories
- songs

Talk to Him about what He brings to you. With abandon, let go of whatever He calls you to surrender. Take up His truth and life to fill that void and walk in His love.

SEEKING GOD FOR HEALING Worksheet

A) LISTENING TO GOD Worksheet - Prepare your heart by starting with this sheet.

B) BELIEVE - God is eager to help you and wants LIFE for you

I used to wonder if it was presumptuous, assuming too much, to ask for God's healing and help when I was desperate. Now, from these passages, I see that it is the very heart of God to bring healing! It is His very NAME. He is truly the Great Physician. He is our Healer. He's been waiting to heal you and wants this more than you!

(Psalm 147:3, John 10:10, Gal 1:3-5, 2 Cor 3:17-18, Luke 4:14-27, Is 61:1-7, Ez 37, Eph 4:13-15, Jer 8:22)

C) RECURRING EMOTION - Identify & Returning

Lord, is there a recurring negative emotion that I have struggled with recently? Is there a recent event that You would bring to my mind that You want to give me understanding? Help me to feel those emotions again.

D) ROOT EVENT - Discover

Lord, when was the first time I experienced these emotions? Help me to be sensitive to Your Spirit.

E) LIES BELIEVED - Discern

Painful emotions are like lights on a dashboard to show you that there is something deeper. Do you have negative thoughts that run in your head like a loop? Spiritual warfare happens in your thoughts for sure.

Lord, what did I come to believe in that painful event?

F) TRUTH - Seek the Lord

Ask God to speak His TRUTH to you. Listen for His voice. God alone knows what to say to you to speak healing over you. Ask Him to guide your mind. Wait upon the Lord and listen for His manna, that proceeding word from His mouth from which you are to have life. You will recognize the Holy Spirit when He quickens something in your spirit. It might be a Scripture, a word, a picture. Write down what He gives to you. Here's an encouraging verse to know about the heart of the Lord.

2 Corinthians 3:17-18

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

James 4:3-9 teaches that God wants to increase grace toward you. Humble yourself before Him. Draw near and submit yourself to Him. He yearns jealously over the spirit that He made to dwell in you. God will draw near to you.

(The other day, I was seeking Him to heal me about my childhood experience of being emotionally neglected. During a fellowship time on the Lord's Prayer in Matthew 6, the Holy Spirit quickened the first phrase, "Our Father in heaven." The Spirit ministered to my spirit and I could see, saying, "I have a Father in heaven!! My King Papa is in heaven and cares for me! He has a Kingdom and I am His daughter!" His healing came in an unexpected moment. Romans 8:11-17 echoes what God did in my spirit that night.

G) FREEDOM - Experience

With His Truth comes a new sense of *FREEDOM*, an ability to live in that wide circle of His Presence. Rejoice in it. Skip around in it! Live like those in Isaiah 35. Praise Him and rejoice...

Thank Jesus that He died for you to be released from these lies.

Col 2:15 teaches us that He triumphed over the enemy at the Cross, disarming evil powers.

Remember that God's Solution for the Old Self is execution. The idols of our lives have been disarmed, left powerless at the Cross when Jesus triumphed over them. You do not need to serve them anymore. You are dead to them. Live in the new life which God made possible for you through Christ's death and resurrection.

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*IF your bondage persists, ask the Lord:

Is there another lie that I've believed that You want to address? (see Step E)

*IF blocked, see steps 1-6.

1) JESUS - Discover

Since You were there sovereignly, for there is nothing that I have ever experienced that You were not present in, what were You doing or feeling or saying to me when my wounding took place? Write this down.

2) FORGIVENESS - Extending & Receiving

Others - Is there forgiveness I need to extend to someone who hurt me?

Self - Is there anything I need to forgive myself for?

Have I made peace with You for allowing this to happen in my life? I choose to trust Your goodness in sovereignly allowing this in my life.

3) PRONOUNCEMENTS - Break

A lie can come as a pronouncement that someone has spoken over you and you have taken it in, deep into your sense of self, your identity. Pronouncements are words such as, "You'll never be enough," "You're the smart one," "You're a failure," "You always make mistakes," "You're always so emotional," "You'll always be like this," or "You need to take control over situations."

Lord, did an authority figure or someone I respected say a pronouncement over me that was not based in TRUTH, was not what you wanted me to believe? Write down what He shows you.

Break the power of living under this pronouncement, this lie, in the name of Jesus by His authority.

Ask the Holy Spirit to bring to mind what you can repent of in this area, even the effects of this, related to your participation in believing this pronouncement.

4) VOWS - Uncovering & Renouncing

Lies we believe can come in various forms. It might be a vow you made to protect yourself, such as “I will never be found unprepared again,” “I will never be out of control again,” “I will never cry or feel my emotions again,” “I will prove that I have worth,” “I have to live for _____’s approval,” or “I need to be better than my brother.”

Lord, did I make any vows to protect myself from pain, or strategies for living? Write down what He reveals. Renounce and reject living under and by these vows in the name of Jesus, by His authority. Ask the Holy Spirit to bring to mind what you can repent of in this area, even the effects of this, related to your participation in believing this vow.

5) BURDENS - Lay at Jesus’ feet

Do you have heavy burdens that you carry? If Jesus wanted to take your heavy burden, would you be willing to give it to Him? You can ask Jesus what He would give in return. Gather your burdens and lay them at His feet. What does He do with that burden?

Matt 11:29-30

Come to me, all who labor 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.”

6) SPIRITUAL WARFARE - Recognize

Remember that satan’s native tongue is to lie. Expect that he will tell you that nothing happened after God brought healing, that you are still under bondage. Don’t believe him. Know that he will try to enslave you again with lies.

Be on your guard. When the lie loop runs again in your mind, decide to turn it off. Take it captive. You have been given authority over all the power of the enemy. Destroy everything raised up against the knowledge of God. (2 Cor 10:3-6) Know that demons are subject to you in Jesus’ name (Luke 10:17-20). Command the enemy to leave me alone in Jesus name. I silence his voice by the power of Christ.