

## **Introduction to Healing Life's Hurts**

This Material has been gathered, experienced and practiced over the last 30+ years. It is the result of years of ministry to restoring and healing hurting people. And equipping them to give away what they have received.

Our ministry is the blending of information received from the following (and many more):

- ⇒ TACF Encounter Courses under the oversight of John Arnott
- ⇒ David Seamands                      Healing Damaged Emotions, etc.
- ⇒ John & Paula Sanford              Transformation of the Inner Man, Healing the Wounded Spirit, Elijah House Prayer Counseling course, etc.
- ⇒ Mark Virkler                          Communion With God, Counseled by God, Prayers that Heal, etc.
- ⇒ Chester & Betsy Kylstra          Restoring the Foundations
- ⇒ Ed Smith                                Thephostic Prayer Counseling
- ⇒ Jack Frost                              Shiloh Place Ministries, Father's Healing Love, etc.
- ⇒ Craig Hill                                The Ancient Paths Prayer Counseling, etc.
- ⇒ 100's of hours in seminars, workshops, and various Inner Healing type classes.

### **We will attempt to cover, but not limited to:**

- Importance of Forgiveness
- Soul Ties
- Ungodly Beliefs
- Bitter Roots Judgments and Expectancies
- Hearts of Stone & Inner Vows
- Nurture and Trust
- Control, Rebellion & Rejection
- Shame, Fear & Control Cycle
- Sins of the Fathers and Curses (Generational Iniquity)
- Soul, Spirit Hurts
- Deliverance

## Why do we need healing for the hurts of this life?

### Jesus gave us TWO commandments of which the entire Law and Prophets is summed up:

Matthew 22:37-40 Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

### Jesus also gave us ONE commission, our purpose while on the earth:

Matthew 28:18-20 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, ....."

These two passages have the KEYS to growing in our relationship with God, each other and doing His will while we are here on earth. The question then is, "What stops me from fulfilling my God given destiny?" -> The **contents of our heart!** **What's in our heart is what motivates us.**

- Prov. 27:19 "As water reflects a face so a man's heart reflects the man."
- Prov. 23:7 "For as he thinks in his heart, so is he ..."
- Mal 2:13 "... and you shall break through the gate and go out ..."
- Prov. 4: 23 "... guard your heart, for it is the well spring of life .."
- Matt. 12:34 "... For out of the overflow of the heart the mouth speaks."
- Col. 3:1 "... set your hearts on things above ..."
- 1 Sam. 16:7 "... but the Lord looks at the heart."
- Matt. 6:21 "For where your treasure is there your heart will be also."

It is what we truly believe in our hearts that will manifest itself in our lives. That's why the scripture tells us to "**Repent**" and "**Believe**."

- Matthew 4:17 From that time on Jesus began to preach, "**Repent**, for the kingdom of heaven is near." **To REPENT is "to think differently..."**
- Romans 10:9-10 That if you confess with your mouth, "Jesus is Lord," and **believe in your heart** that God raised him from the dead, you will be saved. For it is **with your heart that you believe** and are justified, and it is with your mouth that you confess and are saved.

**The sin in our hearts hold us in bondage.** We sin in our hearts when we think or respond to any situation that is not godly.

These bondages come from:

- Beliefs about life and our character that is formed before we even reach the age of six.
- Experiences when left to fester and sometimes be reinforced by other occurrences lead to ungodly patterns of behavior and thinking.

**Healing life's hurts is the process of allowing the Holy Spirit to reveal Jesus to all the areas of our heart so that we can be in closer relationship with God and others.**

**We are wounded by negative experiences with primary people in our life:**

- Father and mother
- Brothers and Sisters
- Teachers and Pastors
- Coaches and Close Friends

**In these area of wounding we may have:**

- Sinned in our reaction to the wounding
- Believed a lie about our selves
- Believed a lie about the one who wounded us
- Or all the above

**Healing of the heart** is about bringing the light of God's truth into these areas of our hearts that do not believe the truth and have sinned.

John 8:32 "... Then they will know the truth and the truth will set you free."

What does the **Bad Fruit** of this sin look like:

- Root of Rejection - loneliness, anger, jealousy, comparison, depression,
- Root of Pride - criticism, closed, isolation, opinionated, feeling superior
  - At the Root of Rejection or Pride will be a part of our heart that believes a lie and not the truth.
  - That lie has caused us to respond in an ungodly way producing sin.

**The KEY to FREEDOM .... Forgiveness (*cleansing*) and Repentance (*think differently*).**

- **Forgiveness is the principal thing needed to pave the way for FREEDOM.**

**The TRAP of Self-Justification:**

- Sometimes the pain in our lives is so severe that we feel entitled to hold to our anger and hurt.
- Unforgiveness and judgment is the very thing that keeps the pain and anger alive.
- Repentance and forgiveness are the KEYS to unlock the prison we find ourselves in.
- Loosing others through Forgiveness
- Forgiveness of others releases them into freedom as well. *Forgiveness is not the same as acceptance.*

**The GOAL:**

1. To be able to fulfill the TWO most important commandments, Love the Lord your God with ALL your heart and to love your neighbor as yourself.
2. Deepen the intimacy of your relationship with God and each other **and then** be able to give it away to others by evangelize the lost with the Gospel, Good News of Father's love.

John 13:35 "By this all men will know that you are my disciples, if you love one another."