



COURSE II

INNER HEALING



Amanda Buys' Spiritual Covering

This is a product by Kanaan Ministries, a non-profit ministry under the covering of:

- El Shaddai Christian Church, Durbanville
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- Biblisches Glaubenszentrum Ludwigsburg
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Published by:
Kanaan Ministries

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INTRODUCTION

INNER HEALING

INTRODUCTION

A. EMOTIONAL WOUNDS AND SPIRITUAL ABUSE

The preacher was expounding on **Phil 3:13(b)**, *“Forgetting those things that are behind...”* He had connected that verse with **2 Cor 5:17**, *“If anyone is in Christ, he is a new creature. Old things are passed away, behold, all things have become new.”*

With enthusiasm, as if debating with someone who disagreed, he emphasized his main point, that once a person has accepted Christ as personal Saviour, the past is gone, all things have become new. So, he contended, we are **not to look back** but to **forge ahead** in our new life in Christ, **just as if the past hadn't happened at all**. **“Nothing from the past can affect our present lives”**, he said, **“for Jesus took care of all of it at conversion”**. Though most of the audience listened without betraying what they were thinking, a few shifted position in their seats after the last remark.

THE LIE:

The preacher was particularly disturbed over the increasing number of Christians who go to psychologists. “Christians do not need psychologists”, he thundered, “the Bible is the only therapy we need! **Jesus never took people back through their past experiences to find out what their parents and others did to them to cause them to be messed up. All we need to do is admit our sins, confess them and be done with the past!**”

As the preacher continued his diatribe, I grew increasingly embarrassed for the hurting ones in the audience. I could not ignore the fact that research has shown that at least forty percent of the women, plus a fair percentage of the men, in an audience such as this would have experienced **some kind of abuse** early in life, be it physical or sexual. Would these people recognize that the preacher was wrong? **Or would they heap more condemnation on themselves, feeling that there was something wrong with them spiritually**, since they were not finding it possible to dismiss the past? Though I did not take a poll, I suspect that many in the congregation left church that morning feeling **very guilty** and **spiritually condemned** because they didn't have the victory over the past the preacher had promised them in Christ.

THE TRUTH:

How were they to know that the preacher was misusing his text? The text in context is referring to the good things Paul had accomplished – the “medals” he had won in the race of life. He's saying that **unless he puts those accomplishments behind him and bends all his efforts to winning the present race**, he will not make it to the finish line. It's the **victories**, not the **defeats**, we are to forget, lest we glory in them and lose the next race. **The Bible never tells us to ignore or bury past pain. NB!!**

Unfortunately, many of those sitting in the congregation that Sunday morning found themselves among the captives Jesus came to free. They had come to Christ but were **still prisoners of war** in the conflict between God and Satan, many through no fault of their own. And the preacher was only making their captivity worse. Though they had survived abuse of some sort, **they still lived with the pain of the memories**. Now they were being subjected to a kind of spiritual abuse.

THE DIFFERENCE BETWEEN WOUNDS AND SIN

Sin and woundedness are different things and have very different sources and remedies. The source of our **personal sin** is **CHOICE**.

Isaiah 53:6: *“All we like sheep have gone astray, we have turned every one to his own way; and the Lord has made to light upon Him the guilt and iniquity of us all.”*



Wounds were inflicted apart from our choice.

Sin is an act of “self-affliction” while a wound is “inflicted by others”.

We did not choose to be hurt, rejected or violated, nevertheless the wound is present. **Sinful acts of others** against and upon us result in a state of **emotional woundedness** due to the **misinterpretation** made about the act.

As the cross is the cure for sin through the death of Jesus, healing comes from the touch of a risen Lord. There is nothing in our power we can do to overcome, put away, or deal with either of these two conditions, as both require a divine intervention. **Sin** must be dealt with through **death**.

Romans 6:7: *“For when a man dies, he is freed (loosed, delivered) from [the power of] sin [among men].”*

Woundedness must be healed by an experiential reality of the presence of the Lord Jesus in the historical moment.

You do not heal from sin; you go to the cross of Jesus with confession and repentance.

John 1:8-9: *“8 He was not the Light himself, but came that he might bear witness regarding the Light.
9 There it was—the true Light [was then] coming into the world [the genuine, perfect, steadfast Light] that illumines every person.”*

Our wounds are not dealt with by the death of the Lord but through the pain **He** endured for *“by His stripes we are healed”*. The payment and remission of sin requires His death while our afflictions and emotional woundedness require His suffering.

He suffered **death** to free us of our **sin** but He suffered **pain** in order to heal our emotional woundedness.

The Scripture declares that we share presently in the suffering of Christ. These sufferings are not ours alone but rather we are sharing His.

Jesus was alive when He received His stripes; therefore He understands the injustice of wounding. Our sins were not forgiven until He took His last breath, declared it finished, and died.

Romans 5:10: *“For if while we were enemies we were reconciled to God through the death of His Son, it is much more [certain], now that we are reconciled, that we shall be saved (daily delivered from sin’s dominion) through His [resurrection] life.”*

We **were** (past tense) reconciled and **shall be** (future and ongoing) saved (not salvation as being born-again, but deeper and deeper levels of freedom emotionally.)

Throughout the Word there is a clear distinction between being **saved spiritually** (born-again, made new) and the process of healing or salvation of the **soul**.

Some Bible teachers present the idea that we should not look back or focus on our past. If we do not embrace our wounded past and present our wounds to a present living risen Lord, we will never experience healing.

When seeking to find healing for a person’s wounded memory, we look first for the original memory that contains the lie/stronghold. If the painful emotion is not rooted in a lie, it may be coming from personal sin. A person’s sin will produce negative emotions in the same manner as a lie but of a different type.

Sin will produce one of two types of emotion which will be either **guilt** and **revenge**. Sin is a deliberate wilful act – guilt and shame.

The guilt which results when a person sins is different from the false shame and guilt which comes from believing a lie of shame that has been planted in the childhood state of innocence.

The source of the shame and guilt is found in the **choices** made by the one suffering from the guilt. Choice-deliberate act of disobedience – shame and guilt is righteous. The sinner must confess and be cleansed. When we have been unjustly acted upon (apart from our choice), manipulated, or controlled, the guilt we feel is misplaced and false.

The second type of emotion found in personal sin is the feeling of **revenge**. When a person is acted upon unjustly then revengeful emotion results. The initial emotion of revenge had righteous beginnings – a righteous reaction to the wound inflicted. But over time it has festered with infection and has become bitterness, wrath, resentment, or anger.

The reaction of anger experienced during the wounding was normal. As it is harboured over time, this righteous anger has now become sin. This same anger becomes a deep seated bitterness and malice.

Ephesians 4:26: *“When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.”*

This must be put away:

Ephesians 4:31: *“Let all bitterness and indignation and wrath (passion, rage, bad temper) and resentment (anger, animosity) and quarreling (brawling, clamor, contention) and slander (evil-speaking, abusive or blasphemous language) be banished from you, with all malice (spite, ill will, or baseness of any kind).”*

Revenge manifests itself in several different levels of emotional intensity from resentment to anger, bitterness, wrath, rage, hatred, murderous thinking, etc.

Before any **inner healing** can occur, these **sinful reactionary emotions** must be dealt with. These emotions will often keep a person from hearing the voice of God.

B. THE DANCE OF THE TWO CAMPS

Is 30:15: *“For thus said the Lord God, the Holy One of Israel: In returning [to Me] and **resting [in Me]** you shall be saved; in **quietness** and in [trusting] **confidence** shall be your **strength**.”*

Paradox: quietness and confidence

Okay Lord, do You want me to rise up in faith and confidence or settle down into a place of restful quietness? Which on Lord? Rise up, or settle down?

The Lord’s answer is, “Yes”. He wants us to do both.

Hebrews 4:11: *“Let us therefore be **zealous** and **exert** ourselves and **strive diligently** to **enter that rest [of God, to know and experience it for ourselves]**, that no one may fall or perish by the same kind of unbelief and disobedience [into which those in the wilderness fell].”*

Expanded Version: *Let us therefore give ourselves **energetically** and **intensely**, rising up with **diligent resolve** and **earnest application, working and labouring** assiduously – in order to **kick back, chill out, settle down, shut up, sit down, relax and rest peacefully**.*

QUIETNESS CAMP: emphasizes the necessity of surrender to the sovereignty of God.

CONFIDENCE CAMP: emphasizes the availability of God’s promises and power to those who believe.



GOD AS FATHER

- God has done it all
- No warfare is needed – just claim your promises
- “Who are you in Christ.”
- No deliverance of bloodline sins.



Results:

- Produces self-aware Christians – “How to get what you want from God.”
- Causes limited maturity.

JESUS ON QUIETNESS AND CONFIDENCE:

Luke 18:17: *“Truly I say to you, whoever does not **accept** and **receive** and welcome the kingdom of God like a little child [does] shall not in any way enter it [at all].”*

The kingdom must be **received**.

Luke 12:32: “Do not be seized with alarm and struck with fear, little flock, for it is your Father’s good pleasure to give you the kingdom!”

The Father gives the Kingdom – we **receive** it as little children.

BUT

Matthew 11:12: *“...violent men seize it by force [as a precious prize—a share in the heavenly kingdom is sought with most ardent zeal and intense exertion].”*

The Kingdom is **taken**.

“taken” [Gr. Hapardzo] means “to seize, snatch away, catch up, take by force.”

Luke 11:9: *“So I say to you, Ask and keep on asking and it shall be given you; seek and keep on seeking and you shall find; knock and keep on knocking and the door shall be opened to you.”*

So which is it? RECEIVE or TAKE?

Jesus says “Yes” to both.



GOD AS JUDGE

- I have a responsibility
- Fight for your freedom
- “Who Christ is in you.”
- Old and New Testament principles apply. There is only ONE COVENANT

1 John 2:12-14: *“I am writing to you, **little children**, because for His name’s sake your sins are forgiven [pardoned through His name and on account of confessing His name]. 13 I am writing to you, **fathers**, because you have come to know (recognize, be aware of, and understand) Him Who [has existed] from the beginning. I am writing to you, **young men**, because you have been **victorious** over the wicked [one]. I write to you, **boys** (lads), because you have **come to know** (recognize and be aware) of **the Father**. 14 I write to you, **fathers**, because you have **come to know** (recognize, be conscious of, and understand) **Him** Who [has existed] from the beginning. I write to you, **young men**, because you **are strong and vigorous**, and the Word of God is [always] abiding in you (in your hearts), and you have been victorious over the wicked one.”*

3. GENERAL LEVELS OF SPIRITUAL MATURITY

1. Spiritual childhood
2. Spiritual adolescence / young adulthood
 - “Young men” - They have overcome the wicked
 - They are strong
 - The Word of God abides in them

- They are strong in the grace of Christ
- They have learned spiritual warfare
- They have experienced great spiritual victories
- They know the Word
- They live in the Word
- They can teach the Word in profound and compelling ways

3. **Spiritual Fatherhood** – “knowing Him Who is from the beginning”

Not only gaining victory **OVER** pain, but also gaining victory **THROUGH** pain.

C. THE IMPORTANCE OF COUNSELLING IN THE CHRISTIAN COMMUNITY

The Church of Jesus Christ is full of wounded people who hide their problems behind masks.

If the deep problems with which people wrestle are not dealt with, the following will be evident:

- * No desire for spiritual things
- * None / very little prayer life
- * No desire for fellowship
- * A legalistic lifestyle
- * No desire to witness
- * No spiritual encouragement

These people are declared “unfit for service”.



Paul challenges us in **Rom. 15:14** (Amp) *“I am satisfied about you, my brethren, that you are rich in goodness, amply filled with all knowledge, and **competent to counsel one another**”.*

Although Jesus was a wonderful preacher, He was very often seen sharing the gospel on a personal basis with people and dealing with their problems (no less than 19 personal conversations).

A few of these well known incidents:

- * The woman of Samaria
- * Nicodemus
- * The rich young ruler
- * Simon Peter
- * The man at the Spring of Bethesda.

A good counselling example is found in **Luke 24** where Jesus shares with the two on **the road to Emmaus**. He asks questions and opens their eyes to the Biblical perspective.

It is obvious that Jesus placed much value on interpersonal relationships. (Close and intimate).

In this study we will learn how important inner healing is and how important it is to be set free from the wounds of the past; so that every child of God can **give** of himself in the Body of Christ to building up meaningful relationships. **Our goal must be that others will be glad that we exist** – that we are there **for** them.

THE BIBLICAL THEORY ON PERSONALITY

Children of God have a distinct advantage over unbelievers, as our theory is not based on speculation, but on the Word of the Creator Himself.

The Word teaches us that we are made in the Image of God. (Gen. 1:26,27)

To be made in His image means that each person has the ability within himself to have a relationship with God as well as to represent Him.

The greatest commandment: *To love God and to love others as I love myself.*

During counselling we should follow **the Creator’s plan** e.g. cave men with a Rolls Royce.

Any other psychological approach will do more damage, because the counsellor has no knowledge of why man was actually created.



WHO IS GOD ?

God is:

- A Personal Being (He builds relationships)
- A Rational Being (He thinks)
- A Decision-making Being (He chooses)
- An Emotional Being (He feels)

WHO AM I ?

I am:

- A personal being
- A rational being
- A decision-making being
- An emotional being
- A physical being

“We learn from the Trinity that relationship is the essence of reality and therefore is the essence of our existence. The way this relationship should be expressed is by concern for others. Within the Trinity itself there is concern by the Persons of the Trinity for one another. Relationships are the essence of reality”.

We must learn to find our identity in the Lord. God exists, therefore so do I. I must so live that **others** are glad I am there. To be self-centred damages the Person of the Trinity. WE MUST LEARN TO PUT OTHERS FIRST.

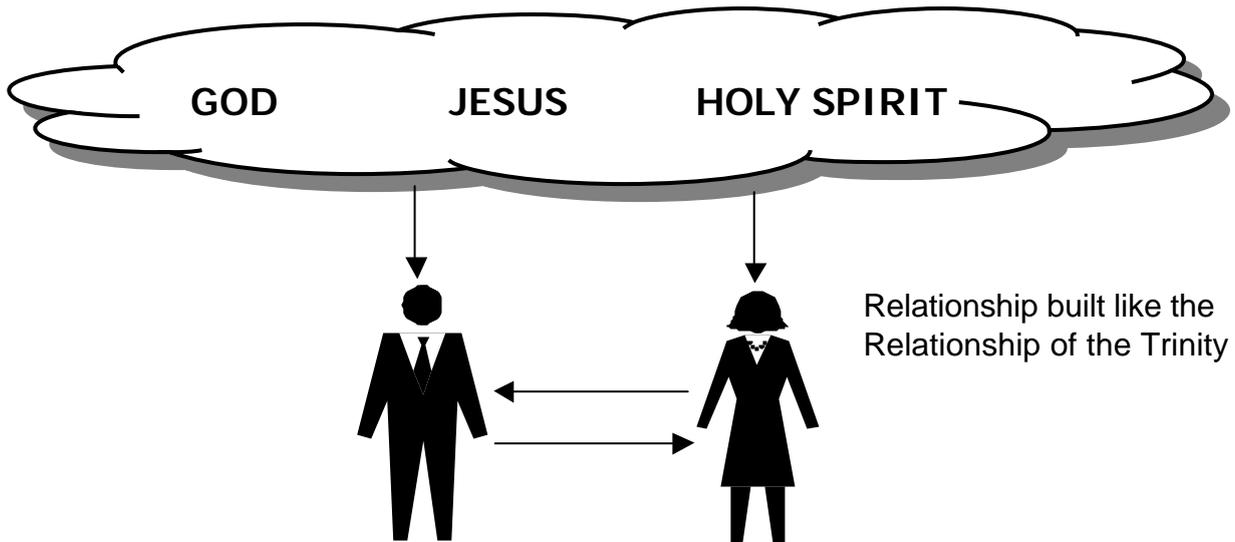
As we look at the Holy Trinity, we see perfect relationships out of which a dynamic energy flows.

Adam was made in God’s image and had a perfect relationship with Him. According to **Gen. 1:10,12,18,21,25** we see the plan of creation and each time “*it was good*” in God’s eyes. **v31** “*it was very good*” when man was created.

Gen. 2:18 “*It is not good for man to be alone. I will make him a helpmate*”.

From this we learn that **Eve was created for a relationship with Adam**. Adam needed Eve to help him build a relationship so that he would not remain self-centred.

Adam and Eve had the example of the Trinity which showed them how to live. They also drew strength from the relationship between the Trinity on how they should conduct their lives.



A child draws strength for living from the relationship between his parents. Quarrelling, arguments, fighting between parents result in insecurity, anxiousness and tension in the child.

THREE CONVINCING SCRIPTURES

1. MAN IS MADE IN GOD'S IMAGE

We are made to have a relationship with God and to represent Him in the world.

Ps. 8:3-6 *“when I consider your heavens, the work of Your fingers, the moon and the stars, which You have set in place, **what is man that You are mindful of him, the son of man that You care for him? You made him a little lower than the heavenly beings and crowned him with glory and honour. You made him ruler over the works of Your hands, You put everything under his feet.**”*

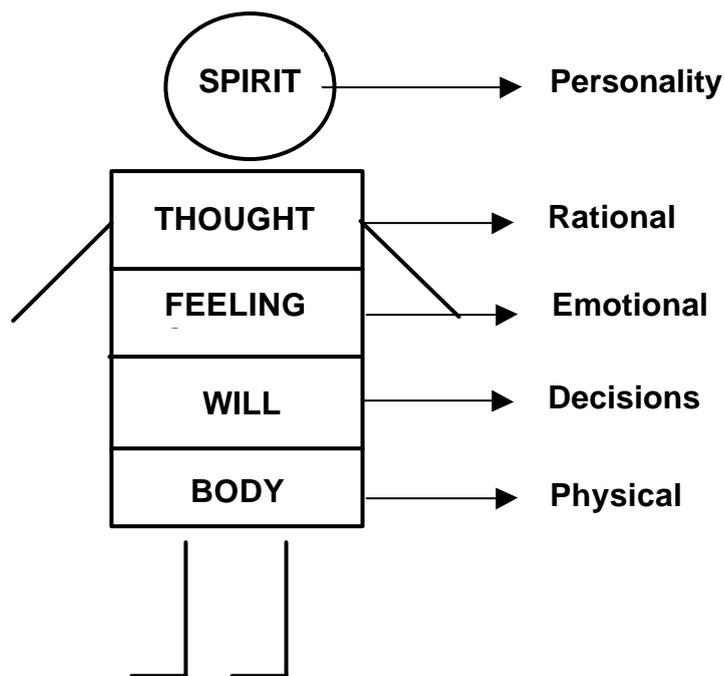
2. SIN DESTROYED AND DISTORTED THIS IMAGE

As a result of Adam's sin, man has become both elevated and corrupted. (Corruption because of Adam's sin – self-centeredness.)
(Shrink in horror or tempted to worship.)

3. COUNSELLING MEANS TO WORK WITH GOD TO RESTORE THIS BROKEN IMAGE

Is there anything more wonderful and a greater privilege than to work with God to help people to function according to the original plan of creation?

Your idea of man's nature will determine your approach to counselling.



HOW PROBLEMS DEVELOP

Before you can begin to help anyone, **you must understand him or her**. The Word gives us the framework to understand people and their problems. We will now look at five areas of the personality.

1. MAN IS A PHYSICAL BEING

As a counsellor you should bear in mind man is a physical being and is a combination of genes, glands, muscles, organs, chemicals etc. It is important to acknowledge that physical dysfunction can exist (because of the Fall) and that it can influence a person's moods, thoughts and conduct.

2. MAN IS A SPIRITUAL BEING

Ps. 63:2 *"God, You are my God, earnestly I seek You. My soul thirsts for You, my body longs for You in a dry and weary land where there is no water."*

When Adam and Eve were created they were physically and spiritually dependent upon God. Their relationship with each other did not satisfy the deepest needs of their personality – **a relationship with God was necessary**.

In that relationship they experienced three important things:

SECURITY

SELF WORTH
MEANING

Unconditional **acceptance**

Unfailing **Love**

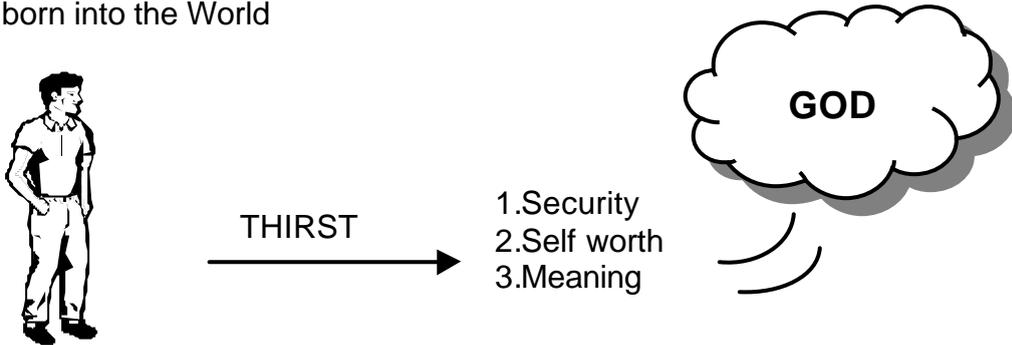
Valuable, recognition, special
Purpose, importance, **identity**

Before the fall Adam and Eve experienced no need. They were satisfied and complete.

After the Fall their intimate relationship with God was broken and this affected their relationship with one another. They turned on each other. (**Gen. 3:12, 3:16**). From that time on relationships have been tainted with disappointments and discouragements. Although relationships were cut off in the Garden of Eden, there remains in each person a deep longing and desire for a perfect relationship. We long to return to that which was lost.

The Word describes this longing as “**thirst**”. Everyone is **thirsty** and is strongly motivated to quench that thirst. People experience problems to the degree that the thirst is not quenched.

We are born into the World



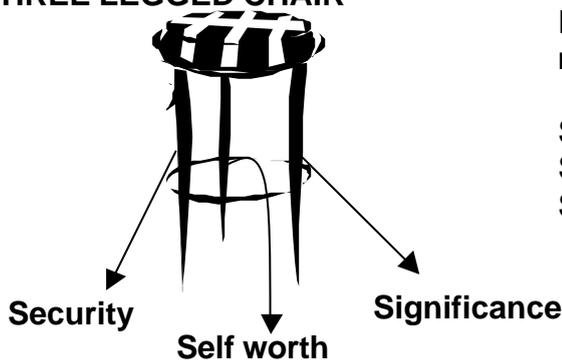
THIS FORMS THE BASIS OF EVERY PSYCHOLOGICAL PROBLEM

If you do not allow the Lord to satisfy your needs, you will manipulate others to satisfy your needs.

You are also very vulnerable to using other methods to experience fulfilment.

A person like that always focuses the attention on himself. He tries to obtain from others what only God should provide.

THREE LEGGED CHAIR



Problems arise when legs are missing:

- Security - Insecurity
- Self worth - Inferiority
- Significance - Insignificance

3. MAN IS A THINKING BEING

Prov. 23:7 *“As a man thinketh, so is he”*

As a result of sin, we have thoughts which are in conflict to the Word. Some of these thoughts and ideas are so deep that we tend to overlook them.

Heb. 4:12 tell us *“For the Word of God is **living** and **active**. **Sharper** than any double edged sword, it penetrates even to **dividing soul and spirit**, joints and marrow, it **judges the thoughts and attitudes of the heart.**”*

What we believe has a great influence upon the direction we take. E.g.

Jer.2: 13, 14, 17: *“13 For My people have committed two evils: they have forsaken Me, the Fountain of living waters, and they have hewn for themselves cisterns, broken cisterns which cannot hold water.*

14 Is Israel a servant? Is he a home born slave? Why has he become a captive and a prey?

17 Have you not brought this upon yourself by forsaking the Lord your God when He led you in the way?”

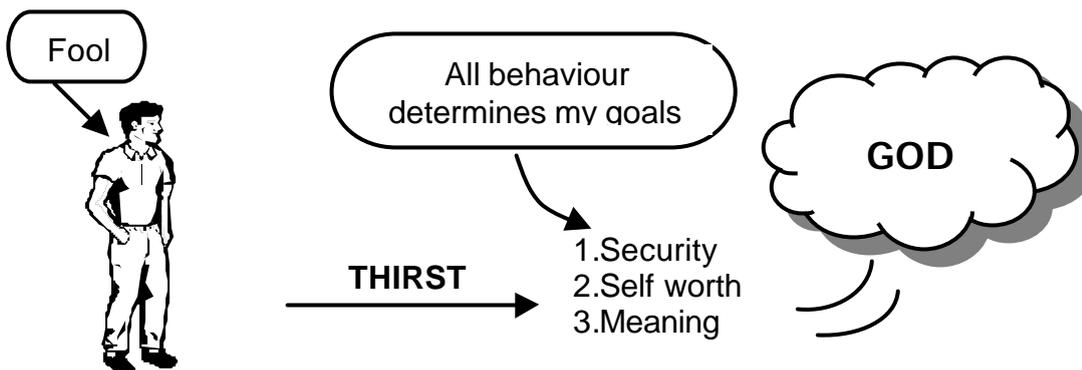
THROUGH THIS WE LEARN THAT MAN WANTS TO BE IN CONTROL OF THE WATER HE DRINKS.

A child becomes a student of human nature from birth.

In the beginning he does not understand his thought processes – he only observes. At this stage, images are being formed, thought patterns of what is happening in the world. Then words are put to the images. Established ideas follow later, beliefs about life in general – how to make your way in the world – how to fulfil your needs – or how to avoid the pain when your needs are not met.

It does not take a child long to come to the conclusion that life is dependent upon confidence in your own resources.

Unwise strategies are developed to maintain personal integrity.



Our worth is not determined by **WHAT** we **DO** but by **WHO** we **ARE**.

WHO I am is determined by what I **DO**.

Your authority lies in **WHO** you are and not in **WHAT** you do (*Acts 19*).

4. MAN IS A DECISION MAKER

Prov. 19:21 “many are the plans in a man’s heart, but it is the Lord’s purpose that prevails”.

All behaviour is planned. People react in ways that give them satisfaction. Any behaviour will make sense when the **motive** behind it is understood.

God has given us the ability to choose. Our choices are made in specific areas based on what we believe will preserve our souls.

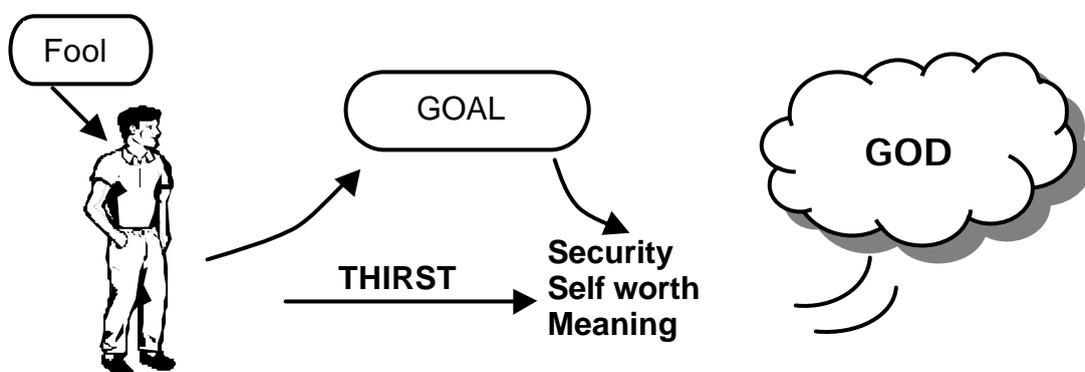
To understand that **all behaviour moves towards a goal** is a **key** to understanding why people react the way they do.

One of the most enlightening moments that one can experience happens when the goal hidden behind the behaviour pattern is discovered.

Some people will resist this revelation as it will make demands upon them which they may find very hard to work through.

In general we go through life unaware of the fact that we make choices. We are hardly aware of our real aims.

Jer. 17:9-10: “The heart is deceitful above all things and beyond cure. Who can understand it?”



I believe in that which fulfils my needs and will set myself in action to get what I want. Our goals are influenced by what we believe.

If the Lord does not satisfy our needs, we are very open then to seek other ways in which to fulfil them.

5. MAN IS AN EMOTIONAL BEING

Ps. 42:4 “My tears have been my food day and night, while men say to me all day long, “Where is your God?”

Everyone has feelings. We are made in God’s image. God experiences feelings, so we do too. Because of the Fall we experience some emotions which we should not experience. We experience emotions which are unhealthy and unhelpful.

These wrong emotions can be described as God's warning system – (Red light on a motor car's dashboard).



THE FIRST SET OF DISTRESS SIGNALS

Anger, irritation, hostility, grudges, frustration, contempt, etc.

These emotions are experienced when the person's goal or plan is thwarted.

In other words, each time our goals / aims are blocked by other people or circumstances beyond our control we experience some of the above emotions.



THE SECOND SET OF DISTRESS SIGNALS

Anxiety, fear, worry, concern etc.

These emotions are experienced when a person is uncertain that he will reach the goal he has set himself. (Blockages within the person).

These feelings are an indication that these people have placed their trust in something or someone, but they are uncertain whether they can trust that something or someone. When these distress signals flash (red lights) it is a sure sign that we are relying on an unreasonable plan and that our goal is foolish.



THE THIRD SET OF DISTRESS SIGNALS

Guilt, shame, self-pity, embarrassment, self-contempt etc.

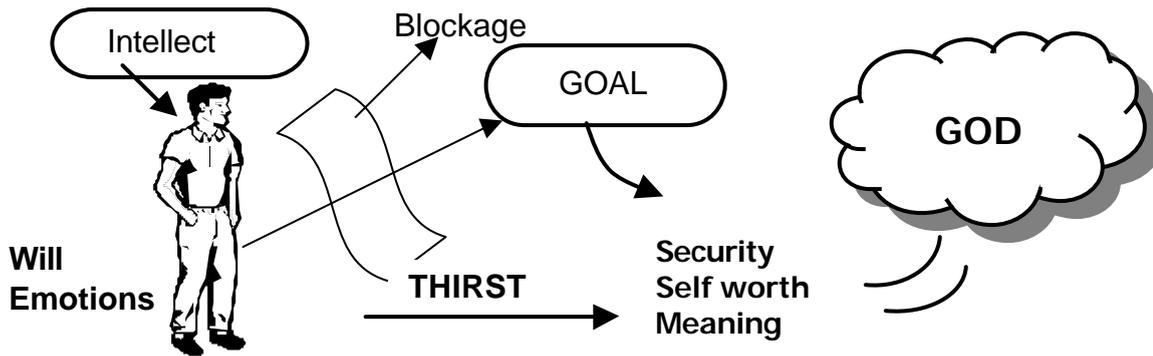
These emotions are a sign that the **person has given himself an unreachable goal** (e.g. **perfectionist**).

When we are under the misconception that reaching a certain goal will bring fulfilment, and that the goal is attainable, **the failure of not reaching the goal** will result in guilt, shame, and despair. The guilt and shame are the result of mistakenly believing that we did not achieve the goal we tried to reach.

When we recognise these distress signals, we must realise that our goals are in danger / are a risk.

We **can react by changing our goals**, or by making a greater effort to reach the goal.

Wise people will realise that these distress signals indicate that a change based on the Word of God is needed.



The more important your goal is, the more angry you become when blocked.

1. Anger & Revenge

When something blocks you in reaching your goal.

2. Anxiety & Fear

Fear of failure in not reaching
The goal

3. Guilt and Shame

Goal is not reached

DIAGNOSING THE PROBLEM

1. Begin by identifying the **problem emotions**. (Dominant emotion). It gives an indication of the goal for which the person is striving.
2. Examine the **behavioural** problems.
3. Expose the wrong thought patterns.

Remember: There is a misconception that exists through the lie of fallen man that fulfilment is found in **independence**. This misconception (the lie) protects the person from helplessness. Expose the strategy of **self-protection** and **self-sufficiency**.

4. Expose **unfulfilled desires and needs**.

The real problem in man is **idolatry**. We want to make use of our own resources to satisfy our souls.

5. **Lead the person to Jesus**. Real confession and repentance.
6. Healing of emotions and teach the person how to handle his emotions further.

LECTURE 1

HEALED AND WHOLE

HEALED AND WHOLE

Scriptures:

Luke 4:18: *“The Spirit of the Lord [is] upon Me, because He has anointed Me [the Anointed One, the Messiah] to preach the good news (the Gospel) to the poor; He has sent Me to announce release to the captives and recovery of sight to the blind, to send forth as delivered those who are oppressed [who are downtrodden, bruised, crushed, and broken down by calamity],”*

Matthew 4:16: *“The people who sat (dwelt enveloped) in darkness have seen a great Light, and for those who sat in the land and shadow of death Light has dawned.”*

Isaiah 42:1-4: *“BEHOLD MY Servant, Whom I uphold, My elect in Whom My soul delights! I have put My Spirit upon Him; He will bring forth justice and right and reveal truth to the nations.
2 He will not cry or shout aloud or cause His voice to be heard in the street.
3 A bruised reed He will not break, and a dimly burning wick He will not quench; He will bring forth justice in truth.
4 He will not fail or become weak or be crushed and discouraged till He has established justice in the earth; and the islands and coastal regions shall wait hopefully for Him and expect His direction and law.”*

INTRODUCTION

Man is a spirit, has a soul and lives in a body.

The physical is very much emphasised but we are really spirit beings.

We are created for **relationships** – with our Heavenly Father and with others.

Before we are born again, we act as the world does.

After we are born again, - our spirits are alive to God and His Word – translated from darkness into light. You relate to other people with your soul.

God has made everyone unique and special through whom He wants to shine His Glory. E.g. a child is usually born without fear. **Fear is learned.** First smack on the hand of a child – no effort to protect himself – will soon learn to retaliate – because he has been hurt.

Electric kettle is made to boil water. If it is misused – handle broken, cord broken etc. – then it is no longer the article that it was made to be.

Man is the same. God created us for a relationship with Himself and others in three separate areas.

1. **LOVE** (Give and receive)

You must be in a relationship to give and receive love. When you isolate yourself from others, you are denying yourself love.



2. **TRUST**

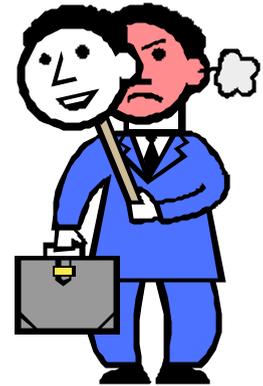
Adam trusted God until he sinned. Many people cannot trust because of hurts in the past and therefore they cannot give themselves any more. They are distorted in that area now.

3. **FELLOWSHIP** (To enjoy God and others)

Life has so bruised and damaged people that they are not what they were originally created to be.

If you are bound in a certain area, then that area will control you e.g. trust – action and reaction. Are controlled through distrust.

As a result of hurts in life, you develop a mask. (Conversion plus repentance – “Face lift”). Jesus paid the full price – physically, mentally, emotionally, and spiritually.



Isaiah 53:2-4: *“For [the Servant of God] grew up before Him like a tender plant, and like a root out of dry ground; He has no form or comeliness [royal, kingly pomp], that we should look at Him, and no beauty that we should desire Him.
3 He was despised and rejected and forsaken by men, a Man of sorrows and pains, and acquainted with grief and sickness; and like One from Whom men hide their faces He was despised, and we did not appreciate His worth or have any esteem for Him.
4 Surely He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains [of punishment], yet we [ignorantly] considered Him stricken, smitten, and afflicted by God [as if with leprosy].”*

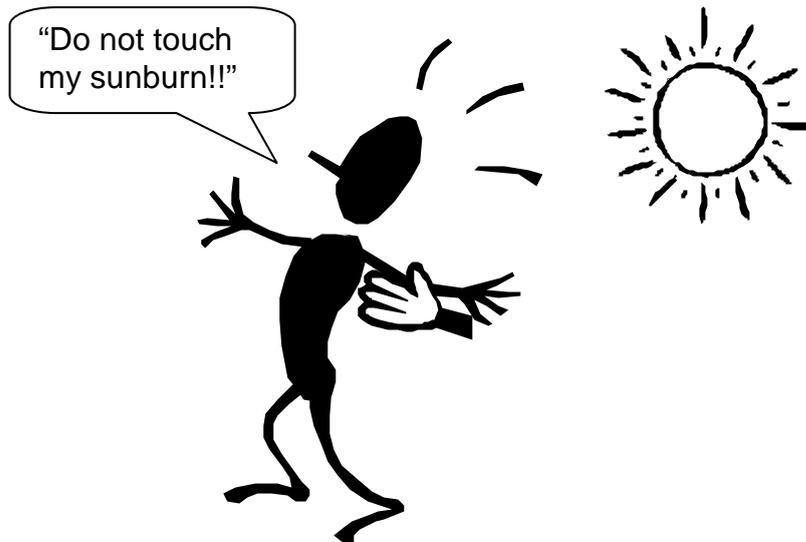
Isaiah 52:14: *“For many the Servant of God became an object of horror; many were astonished at Him.] His face and His whole appearance were marred more than any man’s, and His form beyond that of the sons of men—but just as many were astonished at Him,”*

There is so much emphasis put on the outward and many people feel rejected because they are not beautiful / attractive enough.

It is a lie of the enemy because “ugly” is something that is formed within you if you believe that lie.

We must concentrate on the inner and build relationships with others as whole people.

WHAT IS INNER HEALING? (SPIRIT, SOUL AND BODY)



* A touch that does not hurt you will hurt his sunburnt back.

Questions

Why are there certain areas in your life to which you over react?



Why are you so touchy in those areas?

1. A hurt that is not dealt with makes you react out of fear. Emotional hurts are not as visible as physical hurts.

E.g. Give someone (unknowingly) a friendly tap on his sunburnt back and he will react with pain and fear.

The same happens with emotional hurts; a friendly remark and the person will over react.

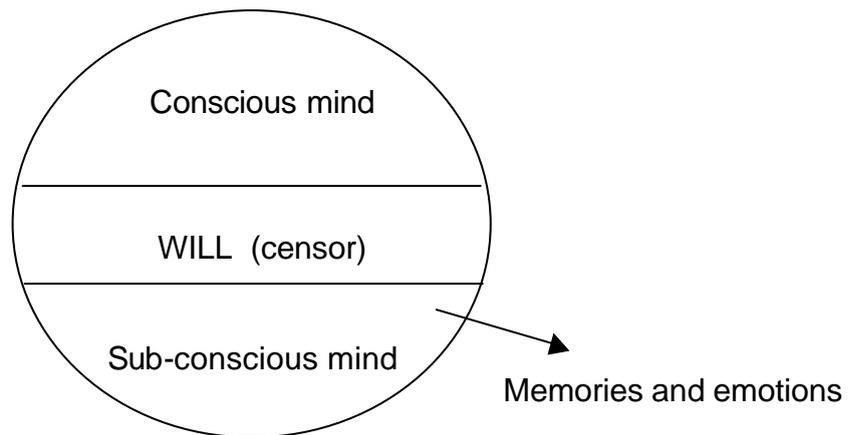
2. Experience well-intentioned things negatively (very touchy).

E.g. In the past a person has been criticised and because of that hurt is suspicious when people are seen talking together, thinking that they are gossiping about him.

3. It causes you to want to **take revenge** and **retaliate** to hurt others. (Family and others).

Cause divisions in relationships.

HOW THESE BRUISES OF SATAN AFFECT YOU



E.g. Lock a child up in a dark cupboard – fear – a bruise. Satan will use that hurt. An open cupboard door will remind you of that – your will is like a muscle that must suppress these thoughts and emotions – if your will is weak it cannot control or dismiss the fear.

WHAT CAUSES THESE BRUISES

1. Broken parent relationship.

Result: Insecurity, fear

Symptoms: Fear, tension, depression, striving



2. Rejection – Belittle / mock

Result: Self rejection

Symptoms: Thoughts of worthlessness



3. Unfairly treated – e.g. teachers, brothers, sisters

Result: Helplessness, anger

Symptoms: Anger – rage; revengeful; inner confusion



4. Spoken words

Words once spoken cannot be withdrawn – control your tongue.

“Always / never” – avoid these words.

“You are lazy, clumsy, stupid, wish you were never born, go away” etc. cause tremendous hurts.

5. Inner Vows

I will never ...

- allow anyone to love me
- be weak
- trust anyone
- need anyone in my life
- let anyone take anything away from me
- allow anything to touch me
- share anything that is mine
- allow anyone to give me money
- read, write, understand
- go out at night
- let you see who I am
- let anyone know that I am hurting
- tell a woman anything
- let my husband control me
- receive a compliment
- open my heart again
- be sick
- let anything be worth the trouble
- grow up

I will always ...

- stay apart
- be logical
- be in control of my life

Inner vows confine us to a prison of thinking and behaving in a pre-cast form.

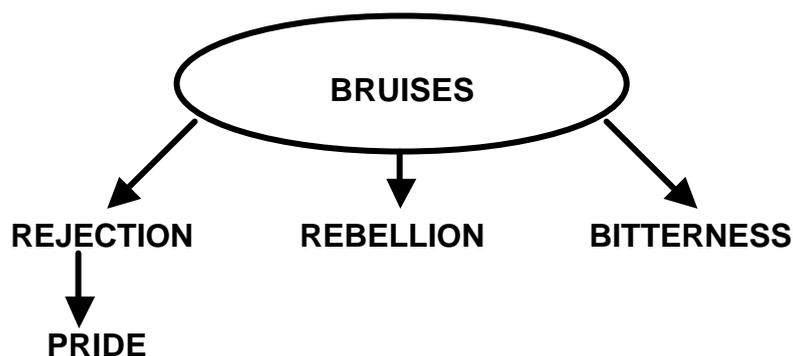
6. Abuse

Especially sexual. Refer to *Course 1 Lecture 9*

7. Violence

Result: Fear

Symptoms: Withdrawal; anger; hardness



Inner healing is **not** the removal of the memories of what happened. You will never forget but the pain is removed. Therefore no pain is experienced with the memory.

2 Corinthians 10:4-5: *“For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,
5 [Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),”*

Because it happened, it is truth. Truth cannot be removed or changed. Truth is reality. **Lies** and **false interpretations** can be changed since they are false and merely perceived realities.

When a person is genuinely recovered, the memory is still in the same place it was before recovery, the difference being the **absence of the lie**. Before recovery, this same lie **dictated, controlled, and victimized** the person. What was in need of change was the **interpretation** given the event. The lie must be expelled and the truth implanted. When this occurs, the person can access the memory without the disturbing emotions.

Painful, negative emotions are coming from the lie embedded in the memory, not from the memory of the event.

Once the truth is in place and the lie removed, the truth will produce its own appropriate and matching emotion of peace and resolve.

THE ORIGIN OF STRONGHOLDS/LIES

It has its origin in early childhood. It often comes from the child's own thinking and interpretation of what happened. Children will almost always misinterpret life. Many times the original lie is implanted by another person such as an adult telling the child he was somehow to blame.

Another source of misinterpretation could be from a demonic influence.

“You are shameful for letting this happen. / You are weak and powerless.”

IMPORTANT: The abuse itself is not the problem. The trouble is the lie or interpretation given to the event.

Emotional feelings can be used to lead us to the hidden memory. The emotions that the person is feeling are a form of memory. A person can experience memory at several different levels. **Memory is encoded in the brain in at least three different ways:**

- 1) **Memory of senses** – smell-, audio-, taste-, visual-, touch-memories.
- 2) **Emotional or feeling memory** – every “feeling” moment is helping me to try to connect with where I have already been. I am now able to find the original wound and discern the original lie. Now I am able to receive God's redeeming truth.

Negative emotions	The Word
Fear	1 Joh. 4: 18
Abandonment	Mat. 28: 20
Shame	Rom. 8: 1
Helplessness	Phil. 4: 3
Invalidation	2 Cor. 5: 21
Powerlessness	Eph. 3: 20
Confusion	2 Tim 1: 7

3) **Physical memory** – we smell, see, ear, and taste with our brains. The body remembers through:

- Headaches
- Muscle tension
- Physical sensations
- Inner aches and pains
- Nausea and cramping
- Breathing difficulty

HOW DO STRONGHOLDS/LIES AFFECT OUR PRESENT LIFE?

1. It affects the way we interpret life around us.
2. Lies/strongholds affect the way we choose relationships. E.g. those who embrace the lies of co-dependency often choose someone whom they can organize themselves around, care for and rescue, in hopes of being loved in return.
3. Lies/strongholds create perpetual life themes that replay over and over every time the memory is accessed either consciously or unconsciously.
4. The lie will cause the pain, shame, guilt, fear, etc. to be transferred into present relationships, hindering intimacy. (The part of our brain which stores traumatic memory has great difficulty discerning the difference between the “here and now” and “the there and then”, e.g., Marital conflict has little to do with the marriage.)
5. The lie/stronghold will create an insatiable void which the person will seek to fill with other things, such as people, money, careers, sex, food, pleasure, etc.

PAIN SEEKS PLEASURE

COUNTERFEIT AFFECTIONS (EI Shaddai teaching – Kanaan Ministries)

PRAYER:

Lord Jesus,

Thank You for choosing to live a life of rejection, being misunderstood, despised – so that we might receive total healing in You. Thank You that You are going to untwist and heal every broken person – restore us Lord, and change us from glory to glory into the Image of Jesus Christ

AMEN!

LECTURE 2

SEPARATION OF MAN FROM GOD

THE SEPARATION OF MAN FROM GOD

STARTING POINT

God is a God of relationships and we as humans are dependant upon relationships.

All of man's problems from the beginning of time are because of a broken relationship with God, carried over into broken relationships with others.

NB. We must have a restored relationship with God as Father, otherwise the rest of the teaching will be of no value.

Trinity: Father, Son, Holy Spirit. Perfect and Total Unity. There is such a great LOVE between Them, that it makes Them One. (*John 17*)

They are transparent and trust Each Other completely. No competition.

God created us to have fellowship with Him. God instituted marriage so that people could be joined together in unity. (Trust, communication, love etc.) (Angels do not marry).

Before Adam and Eve sinned, they were completely open with God. Communication and fellowship were complete.

PROBLEMS RESULTING FROM A BROKEN RELATIONSHIP WITH GOD

1. GUILT

Weight on your spirit. You are not transparent anymore – cannot look God in the eyes – shame – hide away.

As a result of guilt, communication and fellowship with God are broken off. We try to compensate for the guilt feelings within, by good works. ("*perform*") e.g. religion, legalism, etc.

What happens to us when we carry guilt?

- We become **doers** (earn forgiveness)
- We try cover our guilt through **earning** acceptance. (experience that you have wronged the other party.)

2. CONDEMNATION

Makes you feel that you are judged for every word, thought, every movement and YOU are the judge (Self-condemnation). This judgement is much more severe than that of God or any other person.

3. REJECTION

Causes you to withdraw. Inside you are lonely and yet you build up walls of isolation so that no one is able to come close to you.

4. FEAR

After the first sin – fear – hide away from God. **Fig leaves:** fear, insecurity, guilt, loneliness, alienation, anxiety; frustration.

If we are afraid to be transparent in relationships then we clothe ourselves with the same “fig leaves”. **All fear is a result of insecurity.**

Remember: Security does not depend upon what you possess. It flows out of a love relationship (give and receive). When a relationship is broken, insecurity and fear develop in spite of possessions, knowledge, etc.

Fear that is not controlled will lead to sickness and phobias, for example:

- i) Fear of becoming fat, will drive a person to abstain from eating – lead to anorexia.
- ii) Fear of death, etc.

5. FEELING OF BEING LOST

What am I doing on earth?

Where do I come from and where am I going? No purpose.

Answer: Restored relationship with God.

Man’s basic problem began with a broken relationship. Basic problems are resolved with restored relationships.

2 Cor. 5:19 *“19 It was God [personally present] in Christ, reconciling and restoring the world to favor with Himself, not counting up and holding against [men] their trespasses [but cancelling them], and committing to us the message of reconciliation (of the restoration to favor).”*

God did not break the relationship – man did. He willingly chose to separate himself from God. God loves us so much that He made a plan to restore the relationship, which He did not break. He gave His all.



FIVE BASIC INGREDIENTS WHICH GOD GIVES US

1. LOVE

2. ACCEPTANCE

You cannot earn God's love, e.g. **prodigal son**

- God restores completely
- Your guilt is completely removed (Problem: not everybody knows it!)
- No further condemnation

Rom. 8:1 *"1 THEREFORE, [there is] now no condemnation (no adjudging guilty of wrong) for those who are in Christ Jesus, who live [and] walk not after the dictates of the flesh, but after the dictates of the Spirit."*

3. RECOGNITION

You are a child of God (*John 1:12*) : (He makes you a King's son/daughter in spite of your background).

4. SECURITY

God loves you – Perfect love casts out all fear.

5. RIGHT OF EXISTENCE/PURPOSE FOR BEING

You have been created for a specific reason. You are part of the Heavenly Family because of the Blood of Jesus and not because of what you have done.

What changes rebellion against God?

When you realise how much God loves you, a desire is born in your heart to change. You cannot change yourself. He places that willingness to change within you and then gives you the ability to carry it out.

True motivation and the desire to live, is based on relationships with those you love. If you live to make money or to be a success, then you are living for the wrong reasons.

You must live for God as well as for those you love.

These are the five basic needs of people. If these needs are not met, then there is a vacuum out of which problems stem.

Rom. 8:15 *"Received the Spirit of adoption whereby we cry "Abba Father"'"*



LECTURE 3

**SEPARATION
ONE FROM
ANOTHER**

**HEALING OF
HATRED**

SEPARATION ONE FROM ANOTHER

HEALING FROM HATRED

INTRODUCTION

OUR PROBLEMS ARE EXPOSED IN RELATIONSHIPS

Problems arise as a result of broken relationships: therefore problems will be overcome through restored relationships.

We are created to receive love and acceptance from the Lord and from those round about us.

It is much easier to restore our relationship with the Lord than with other people because **GOD IS LOVE**.

His love is **unconditional** – He accepts us just as we are, we do not even have to be perfect! His love will change us into His image and likeness.

We are born into a family where we develop our own identity through relationship with our parents. As these relationships develop, our inner beings are formed. (You learn who you are through the manner in which your parents act towards you, e.g. ugly duckling).

As a baby, all your needs are met. Later, more is expected of you and you learn to give.

If a child is deprived of love and acceptance, an element comes in that destroys and divides his inner being.

If **physical** and **emotional** contact is withdrawn, the child will be scarred. (Teaching on El Shaddai – Available from Kanaan Ministries)

Many of us are emotionally handicapped – immature. Your life is distorted, and you develop an opinion of yourself based on how others treat you.



In your relationship with others, you are actually showing them who you really are.

Perhaps you are totally unaware that you have problems, but in relationships your weaknesses are revealed – e.g. – insecurity, distrust; these are revealed in the way you treat others.

Ask the Lord to show you the pattern that you have developed in relationships over the past years. If you notice that there is a problem that is repeated, then the problem is yours and not the other person's.

The purpose of this course is to reveal the problems and to rectify them.

MAN HAS A HATEFUL NATURE

The first **emotion** found in the Word was LOVE between God and man.

The first negative emotion was FEAR after Adam and Eve sinned and hid themselves from God.

Gen. 4:1-8: "...5 But for Cain and his offering He had no respect or regard. So Cain was exceedingly angry and indignant, and he looked sad and depressed.
6 And the Lord said to Cain, Why are you angry? And why do you look sad and depressed and dejected?
7 If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; its desire is for you, but you must master it..."

1. Verse 8: Discord + jealousy + bitterness = hatred.

Prov. 27:4 "*Wrath is cruel and anger is an overwhelming flood; but who is able to stand before jealousy?*" (Living Bible)

2. First instance where brother comes against brother "Am I my brother's keeper?" People do not take responsibility for each other. Jesus said "Carry each other's burdens and so fulfil the law of Christ".

It is only in the Body of Christ where relationships can be restored.

3. **Hatred is a disintegrating factor that will always destroy.** The root of hatred is **bitterness**. It is used to cover over the hurts.

WHAT IS THE DIFFERENCE BETWEEN HATRED AND BITTERNESS?

Bitterness is a poison that causes you to become cynical and always expect the worst – always breaking down the other. Hatred is worse, e.g.:

- a) **Absolom and Tammar** – Love and hatred are so close.
- b) **Rejection** is always a form of hatred, e.g. to punish a person by ignoring him. If it is a child, he will develop **distrust** because he cannot bridge the gap, and it will result in his inability to open up to others.

An emotionally immature adult is unable to build relationships with his own children. He evaluates a child by making remarks, such as "you are stupid" etc. The child then also begins to hate. **Hatred will always degrade a person.**

Matt. 5:21: "You have heard that it was said to the men of old, You shall not kill, and whoever kills shall be liable to and unable to escape the punishment imposed by the court."

Anger: insults, breaks a person down – **inner murder:** destroys a person.

LOVE VERSUS HATRED

1. **Love** will always reproduce **acceptance**. **Hatred** will always reproduce **rejection**.

Hatred rejects a person, **you do not care whether the other lives** – he could just as well be dead – you cut him off.

Hatred results in **a rift and isolation**. Such a person has a history of broken relationships.

A whole person can maintain relationships.

2. Love heals and is life giving. **Hatred cuts people off, bruises, brings death.**
3. Love builds up – gives **self worth** to others.

Hatred destroys others round-about you.

1 John 2:8-11: “8 Yet I am writing you a new commandment, which is true (is realized) in Him and in you, because the darkness (moral blindness) is clearing away and the true Light (the revelation of God in Christ) is already shining.
9 Whoever says he is in the Light and [yet] hates his brother [Christian, born-again child of God his Father] is in darkness even until now.
10 Whoever loves his brother [believer] abides (lives) in the Light, and in It or in him there is no occasion for stumbling or cause for error or sin.
11 But he who hates (detests, despises) his brother [in Christ] is in darkness and walking (living) in the dark; he is straying and does not perceive or know where he is going, because the darkness has blinded his eyes.”

Love brings you into the light. Hatred puts you in darkness and leads you astray.

HOW TO OVERCOME THE SEPARATION THAT RESULTS FROM HATRED

1. COMMUNICATION

Begin to communicate – not just talking.

Just talking, only gives an impression and covers up how you really feel.

Communication reveals your true self – you are willing to be vulnerable and open.

2. FELLOWSHIP

Make time. Share thoughts / ideas. Accept and trust others.

3. LOVE

You are open to accept others just as they are. You do not project an image / expectation / requirement on others.

HOW TO BE DELIVERED FROM HATRED

FORGIVENESS

Recognise the areas of hatred within yourself. Choose to love and accept others. Make your heart right before the Lord. Be prepared to be reconciled and to restore relationships.

CONCLUSIONS

Relationships are essential for our spiritual well being.

A test of how deep our Christianity goes, is not based on what we know, but how we live and treat others.

PRAYER

Lord we want to thank You for Your Love which always leads us onto new and higher levels. You will not leave us bound by the pain of those who hate us, and where we received this pain in our spirits when we were only children.

We choose to be delivered from any areas of hatred that we harboured. Father, in Jesus Name, I choose to love because You love me.

You accept me unconditionally and I now ask that You give me Your kind of love so that I can reach out in love to those who have hurt me. I ask that You would show me any areas in my life where I still experience hatred, also in my childhood, and even someone who has already passed away, so that I can forgive and be totally free in Jesus Name.

Thank you Father!

AMEN!!

LECTURE 4

HEALING OF BITTERNESS

HEALING OF BITTERNESS

(REFER TO COURSE 1, LECTURE 10)

INTRODUCTION

Love and forgiveness are spiritual principles. (Matt. 18)

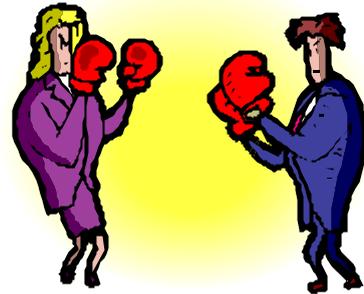
We forgive on the basis of our own forgiveness.

Our Christian walk begins with the **Spirit of forgiveness**. It is supported and maintained by the same Spirit.

There are **two types of hurts**:

1. **Unintentional** – tactless, insensitive.
2. **Wilfully** – open attack.

e.g. When you are wrongly judged, it hurts.



The Lord has laid down certain principles which cannot be changed. Within relationships you grow to maturity. (Give and receive).

As you learn to **give** you grow.

We are not made to break relationships when things get tough, and then to have a relationship with someone else.

You will never mature if you are not prepared to **persevere** in a relationship.

No one is ever immune against hurts – we must learn to **persevere**.

Characteristics of love:

1 Cor. 13:4: *“Love endures long and is patient and kind; love never is envious nor boils over with jealousy, is not boastful or vainglorious, does not display itself haughtily.”*

You can only truly love when you are mature.

THE DAMAGE OF BROKEN RELATIONSHIPS

1. Bitterness and broken relationships result in blind spots that prevent us from seeing others or ourselves as we really are.

1 John 2:9-11: *“Whoever says he is in the Light and [yet] hates his brother [Christian, born-again child of God his Father] is in darkness even until now.
10 Whoever loves his brother [believer] abides (lives) in the Light, and in It or in him there is no occasion for stumbling or cause for error or sin.
11 But he who hates (detests, despises) his brother [in Christ] is in darkness and walking (living) in the dark; he is straying and does not perceive or know where he is going, because the darkness has blinded his eyes.”*

2. **It causes insensitivity. Self-centredness** – no concern for the needs of others. You concentrate only on your own hurts.

3. **Causes immaturity (Mature love: lay your own desires down for others.)**

- Want your own way
- Withdrawal
- Tantrums
- Boasting
- Jealousy
- Selfishness
- Say things on purpose to hurt (when angry – bring up things of the past).



SOLUTION

You must bridge the gap – reach out and give to the person what God has given you – the love and acceptance that helped you grow. Keep on reaching out.



HOW TO BE DELIVERED FROM BITTERNESS

FORGIVENESS – It brings healing

Release:

Luke 6:37: *“Judge not [neither pronouncing judgment nor subjecting to censure], and you will not be judged; do not condemn and pronounce guilty, and you will not be condemned and pronounced guilty; acquit and forgive and release (give up resentment, let it drop), and you will be acquitted and forgiven and released.”*

Bitterness is not always a feeling within, but it is revealed as a reaction when **you see or think of that person**. You are **bound to the past and cannot grow**. You are obsessed with the thoughts of your hurts.

CHOOSE to forgive.

Causes of Bitterness:

- Makes you physically sick.
- Draws demonic oppression.
- Depression.
- Spiritual death – can't grow, can't pray – no contact.
- Bound to the past.
- Not forgiving yourself – you stay immature!
- Bitterness against others can become an obsession – you think, sleep and eat this problem.
- When you pray you think about this person.
- When visiting friends, that all you can talk about.

LECTURE 5

HEALING OF REJECTION

HEALING OF REJECTION

(MAN SEPARATED FROM HIMSELF)
(REFER TO COURSE 1, LECTURE 11)

INTRODUCTION

Today man **has lost his identity**. He does not know who he is anymore. We see this in the increase of **homosexuality**. Homosexuality is the **loss of identity in its worst form**.

There is also an increase in all sorts of sicknesses.

What caused these tendencies?

When a child does not **experience love and acceptance especially from his father**, a **vacuum** is created from which rejection stems.

The child has a **loss of identity and self-worth**. He sells himself easily and can end in suicide.

Homosexuality is so far removed from who he / she really is, that their **sexuality is totally distorted**. They react in an opposite and perverse manner to how they were originally created. Man is thus totally separated from himself.

Every child has a vacuum in his heart that can only be filled through love and acceptance by his parents. Father's love is very important.

God's principle – He is our Father and so our earthly fathers must give us our own identity.

WHAT IS REJECTION?

1. Unacceptance from a person

Love must be **communicated** in a manner that a child can understand. As an adult, you can look back and know that your earthly father loved you by the things he did for you. But a child cannot know this – he does not have the insight, and experiences lack of communication as rejection of himself as a person.

2. Emotional immaturity

Low self image and low self-worth.
Poor self identity.

3. Love is not communicated

ROOTS OF REJECTION

1. **Parent** – Child relationships
2. **Peer group** e.g. School girl – fat, pimples
boy – awkward, tall, pimples
Develop too fast or too slow.
Sport – try to achieve but fail
Cliques / gangs – you are excluded
3. **Society**
 - a) Minority groups are rejected
 - b) People feel inferior – **girls dance topless or naked / sell themselves cheaply** – sleep around because of low self image.

Like costume jewellery – form of worth – only glitters.

God says **we are diamonds as a result of the worth** that He has placed on us.
(Priceless)

4. **Marriage relationships**

Example – adultery

Do not ever place any expectations on marriage, friendships, etc.

When you start to expect and claim things as your right, e.g., the other person must perform in a certain way, then you will destroy the relationship. You should always have an attitude of thankfulness towards the other person. Appreciate what he / she does.

5. **Parents and children**

Before birth - Rejection can be experienced, as a result of:

- Unwanted pregnancy
- Wrong sex
- Any disability / looks

CONSEQUENCES

1. Emotional immaturity
Emotional, social, and spiritual maturity is reached when love and acceptance is communicated.
Looks to the marriage to fulfil unmet emotional needs, e.g. – a girl marries a man like her father and looks to the husband to give her what she missed in her childhood. She is never satisfied.
2. Love vacuum (Try to fill it with money, “good things”, work, sport, sex, friends, spouse, etc.– Counterfeit affections – PAIN SEEKS PLEASURE)
3. Loneliness and fear
4. Self-rejection
5. Loss of self-identification
6. Unstable relationship with God
7. Looks for position / status or respect.

Rejection

When we feel rejected (the opposite of love and acceptance), we instinctively fight to regain our emotional balance. We process and rehearse the experience repeatedly in our minds, trying to find a way to cope and insulate ourselves from the pain.

Rejection wounds cause us to **distance** ourselves from others and we then struggle to find full satisfaction in **relationships**. We can respond to rejection with an **inner vow**: "That's the last time I'll let anyone hurt me like that."

We are **trapping** ourselves in a pattern of behaviour that only **binds us** to the bitterness of the past.

Relationships become a **great risk**. Even marriage can be a gamble.

The Reward of Rejection

Earthly rejection, properly embraced, is an opportunity to gain heavenly treasure eg. Pearl – gritty grain of sand inside an oyster. Jesus intends that we turn our pains into pearls.

Rev 21: 21 *"21 And the twelve gates were twelve pearls, each separate gate being built of one solid pearl...."*

Acts 14: 22 *"We must through many tribulations enter the Kingdom of God."*

Rejection: God's Special Tool

When God destines a saint for extraordinary influence in the Body of Christ, He prepares him through the rejection of people. This will tenderize him to handle God's people with exceptional care and tenderness.

Although men are rejecting us, God is allowing it in His sovereign plan for a divine purpose.

If we respond properly to it, then God will use our rejections to shape and conform us into the image of Christ.

As long as we perceive men as the **source** of the rejection, we will struggle in our **attitudes** towards them.

Freedom comes when we **give thanks** to God who allows it for a higher purpose.

NB! Rejection is a vital ingredient in the training up of endtime leaders – and it will continue to maintain and guard our hearts in humility.

When people reject you, but you are set on fire with the love of your Father for you, then you are able to give yourself to your fellowman in love regardless of how he treats you.

You can love again, knowing that eventually man will fail you. Your security is in God's love. **Rejection builds character!!!**

Answer – Forgiveness

2 steps:

1. “I forgive you”
2. “Father, not only do I forgive them, but I’m asking You to forgive them as well. I’m asking you to blot out of Your records in heaven this sin that they have committed against me. When they stand before you, may this sin not even appear against them.”

Acts 7: 60 “Lord, do not charge them with this sin.” (Stephen)

Now, accept your Father’s love!

He accepts you because of **who He is**, not because of who you are! Until you are established on the inside in the love of God, you will always be susceptible to rejection’s woundings.

Healing from Rejection

To whom are you looking as the **source** of your acceptance?

We suffer rejection when we look for someone’s acceptance but do not get it.

Our Prayer:

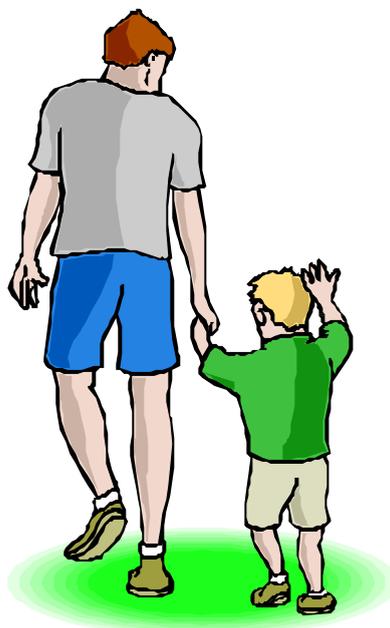
“Lord, Your acceptance in my life is all I need. When You accept me, I need acceptance from no one else. I am complete in Your love.”

Col 2: 10 “And you are complete in Him.”

Many people are touched by people’s acceptance, and thus they are touched by their rejection. Their lives become like an **emotional roller coaster**.

Jesus found His complete identity in His Father’s acceptance, and so can you and I. Remember, it is a growing process.

**TAKE HIS HAND, AND WALK THE ROAD OF HEALING OUT OF REJECTION.
IT’S WORTH IT!!**



LECTURE 6

HEALING OF PRIDE

HEALING OF PRIDE

(REFER TO COURSE 1, LECTURE 15)

Pride builds an image to **hide all rejection**. The **foundation of this is worthlessness**. This image has no life, no breath, and no personality – in reality it is an idol.

This idol of the **heart demands active worship**. **You cannot be yourself because you have to be obedient to the image you are portraying.**

FACTORS

1. **Performance is high** but there is an emptiness inside you that cannot relate to other people.
2. **Perfectionism – standards are higher than normal** – you are better than others!! e.g. **sewing** – unpick work and re-doing it until it is perfect in your own eyes – bondage.
3. Self righteousness.
4. Competition.
5. Unforgiveness – mostly towards **yourself**.
6. Critical, self-centred, demanding.
7. Unbelief grows from pride.

Faith grows from humility.

HOW CAN I CUT THIS ROOT?

Know that you have already been accepted in the Beloved – regardless of your background. Your worth / value comes from the fact that you are a child of God. Just be yourself – you do not have to prove yourself anymore. Rid yourself of all masks and let God demolish this image that you have built up.

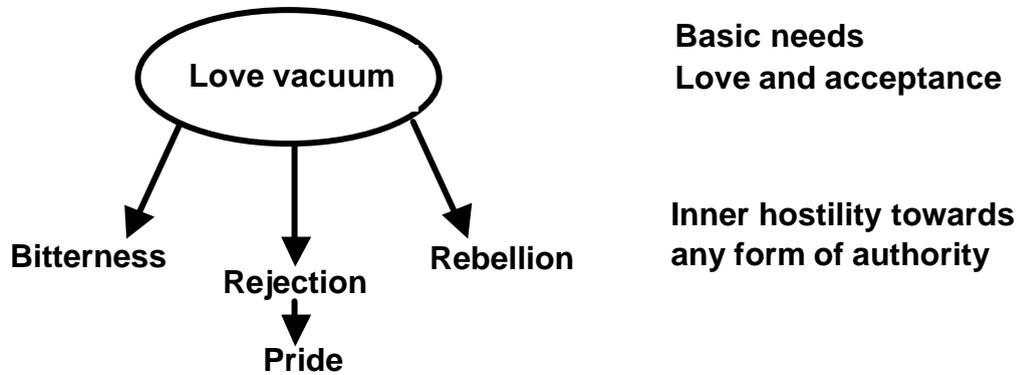
Confess all pride.

LECTURE 7

HEALING OF REBELLION

HEALING OF REBELLION

(REFER TO COURSE 1, LECTURE 13)



Rebellion is an **addictive process** where you do not need other people; you want to be left alone to **do your own thing**.

You think that you are independent but in reality you are bound by your own emotional instability.

1 Samuel 15:22, 23: *“22 Samuel said, Has the Lord as great a delight in burnt offerings and sacrifices as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.
23 For rebellion is as the sin of witchcraft, and stubbornness is as idolatry and teraphim (household good luck images). Because you have rejected the word of the Lord, He also has rejected you from being king.”*

You can dance and praise the Lord but if you walk in disobedience God has no pleasure in your offerings.

Rebellion = witchcraft

Exalt your own desires above God’s word.

THREE AREAS OF REBELLION

1. **Parents** – it starts at home (discipline without love)
2. **Government;** employer; teacher; army; laws; etc.
NB:

Romans 13:1-7: *“1 LET EVERY person be loyally subject to the governing (civil) authorities. For there is no authority except from God [by His permission, His sanction], and those that exist do so by God’s appointment.
2 Therefore he who resists and sets himself up against the authorities resists what God has appointed and arranged [in divine order]. And those who resist will bring down judgment upon themselves [receiving the penalty due them].*

3 For civil authorities are not a terror to [people of] good conduct, but to [those of] bad behavior. Would you have no dread of him who is in authority? Then do what is right and you will receive his approval and commendation.

4 For he is God's servant for your good. But if you do wrong, [you should dread him and] be afraid, for he does not bear and wear the sword for nothing. He is God's servant to execute His wrath (punishment, vengeance) on the wrongdoer.

5 Therefore one must be subject, not only to avoid God's wrath and escape punishment, but also as a matter of principle and for the sake of conscience.

6 For this same reason you pay taxes, for [the civil authorities] are official servants under God, devoting themselves to attending to this very service.

7 Render to all men their dues. [Pay] taxes to whom taxes are due, revenue to whom revenue is due, respect to whom respect is due, and honor to whom honor is due."

3. The Lord

CHARACTERISTICS

1. Certain types of music promote rebellion.
2. Rebellion binds you to your own fleshly desires e.g. uncontrolled appetites, lust, gluttony, sexual desires, etc.
3. Anorexia – rebellion against food.

Psalm 107:17,18: "Some are fools [made ill] because of the way of their transgressions and are afflicted because of their iniquities.

18 They loathe every kind of food, and they draw near to the gates of death."

4. Self centred – no self control.

JEZEBEL

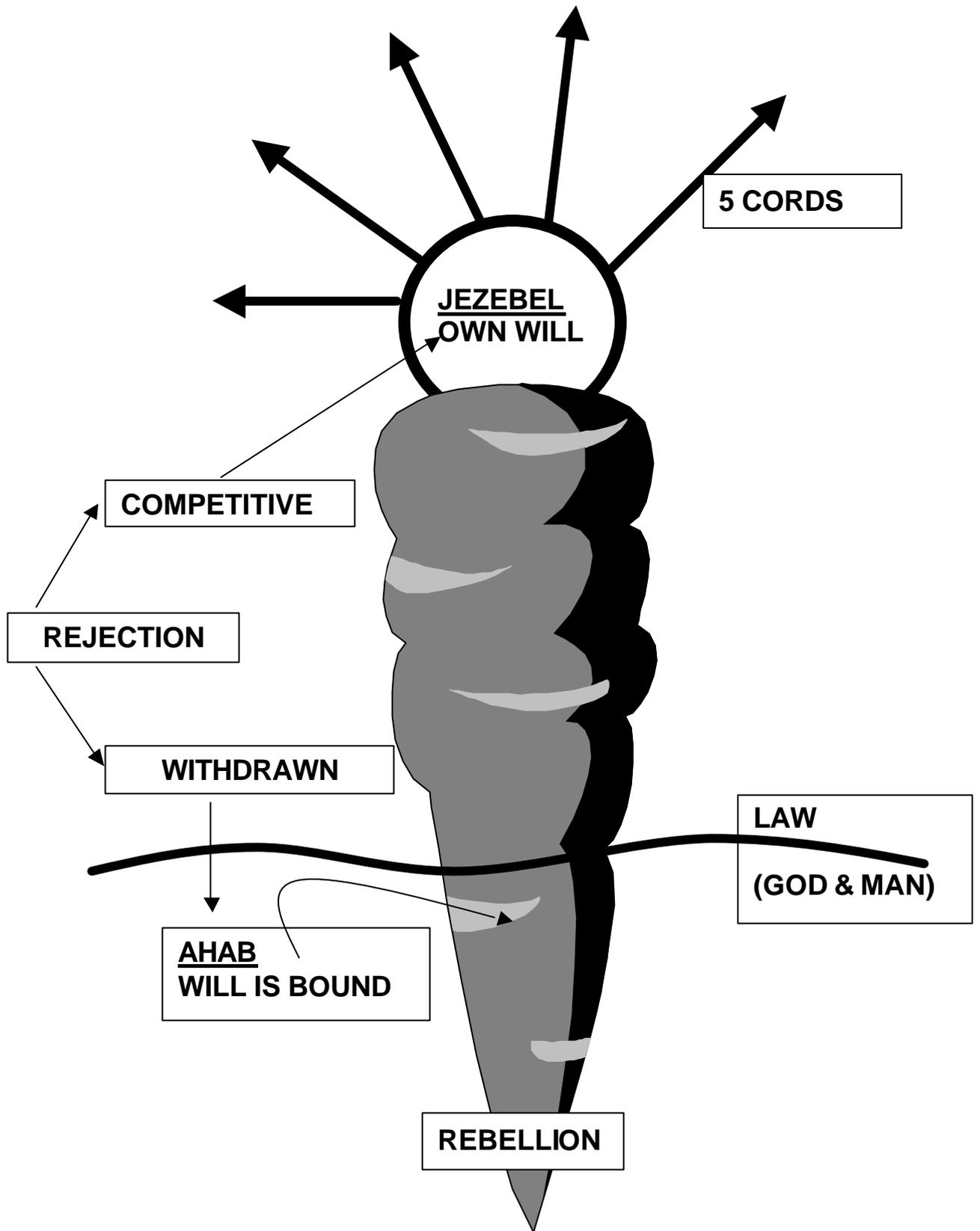


Rev. 2: 18 – 25

The queen Jezebel holds 5 reigns.

Rev. 17 – She rides on a beast.

1. verse 24 – Controls occultic demons
2. verse 20 – Food offered to idols – compromise – waters down God's discipline.
3. verse 20 – Immorality – controls lust and perversity.
4. verse 20 – Teaches and misleads; manipulates, dominates, intimidates
5. Prophetess, controls religious spirits.



LECTURE 8

HEALING OF SEXUAL ABUSE

HEALING OF SEXUAL ABUSE

SEXUAL SINS

TWO PASSAGES

DEATH



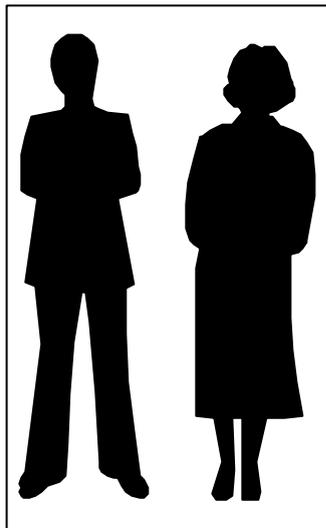
Toilet

LIFE



Baby

Inside every person there is a male and a female pole.



In men the male pole is dominant and in women the female pole is dominant

Male penetration → passage of death → covenant with the spirit of death → AIDS.



Homosexuals' male and female poles are twisted → confusion.



SYMPTOMS OF SEXUAL ABUSE IN:

A. PRE SCHOOL CHILDREN

1. **Tension and fear** in the presence of certain people. Withdraw from men and boys.
2. A sudden **fear of bathrooms, will not undress.**
3. **Masturbation** – all forms (rub against chairs; cushions; dolls; doctor-doctor; insert objects into vagina / anus; pull down pants; etc.
4. **Insomnia, nightmares** – raped by demons/human spirits – sleep with the light on.
5. **Cry a lot**, cling to parents and do not want to stay with other people.
6. **Personality changes** – a quiet child will become hyperactive.
7. **Tender / itchy** genitals.

B. PRIMARY SCHOOL CHILDREN

1. **School work deteriorates** – lack of concentration
2. **Insomnia** – dresses in many layers of clothes.
3. **Listlessness** – no energy.
4. **Scared to be alone** with men and boys.
5. **Poor appetite / over eating for comfort.**
6. **Poor personal hygiene** – wants to look ugly.
7. **Scared of public toilets.**
8. **Bed wetting** (previously no problem with that) – suppress any thoughts about his/her genitals.
9. **Does not interact with friends.**
10. **Aggressive and temper tantrums.**
11. **Runs away from home.**

C. ADOLESCENCE

1. **Runs away from home.**
2. **Drug and alcohol abuse.**
3. **Insomnia; nightmares; exhaustion** – Read books until late at night. Loud music – want to “loose” themselves.
4. **School marks** deteriorate – sleep in class.
5. **Loses respect** for authority.
6. **Licentiousness** – no morals.
7. **Sleeps with clothes on** – does not undress.
8. **Obesity.**
9. **Anxiety.**
10. **Talks of suicide and attempts to do it – self-torture.**

CHILDREN AND ADULTS

1. Always feels different to others.
2. Feels dead inside.
3. *"I wish I could feel again."*
4. Trusts no one.
6. Cannot remember anything from her childhood.
7. Avoids hugs, does not want to sit on a lap, lock bedroom door

Foundation: Confusion and fear

Child is taught that he/she can never say "no" to an adult.

CHARACTERISTICS OF WOMEN WHO HAVE HAD THE TRAUMA OF BEING SEXUALLY ABUSED DURING THEIR CHILDHOOD

1. **Continuous dreams / reliving** of bad experiences.
2. **General anxiety, distrust,** and / or social isolation.
3. **Difficulty to attain and maintain lasting relationships.**
4. **Sexual dysfunction** (aversion; vaginal cramps; no orgasm.)
5. **Chronic depression; poor self-image;** self-reproach.
6. **Poor memory; confusion; no personality.**
7. **Identity focused on a feeling of 'bad; cheap'.**
8. **No respect for women including self.** (Intense self-hatred – can cut or burn herself.)
9. **Inclined to fear men but also to idealise them.**
10. **Mixed-up adolescent life** – (early pregnancy; runaway; drugs; etc.)
11. **Very concerned.** ("parent like") Acts like a child. Inconsistent.
12. **Passive and defenceless.**
13. A history of **licentiousness** and **prostitution.**
14. **Suicide attempts; self torture;** drug abuse.
15. **Impulsive behaviour.**
16. **Misplaced guilt feelings; underlying grudges.**
17. **Abuse of own children or will marry a man who abuses children.**
18. **Drift from family beliefs.**

19. **History of learning problems in childhood.**
20. **Chronic post-traumatic stress disorder.** (lack of feeling / apathy; extra careful)

A. THE SEXUALLY ABUSED GIRL

1. CONFUSED FEELINGS

If her **own father** abused her she feels **totally betrayed**.

(Someone else – a small amount of trust.) She feels that her parents and the Lord did not protect her and that she was left alone with her pain and distress. As a counsellor you have to understand her confused feelings and counsel her accordingly.

In relationships she has three ways of behaving:

1. **Good girl:** always wants to do good to others.
2. **Tough girl:** tends to be hard and manipulative.
3. **Party girl:** seeks pleasure – loose living.

2. DISTRUST OF AUTHORITY

Her positive memories were shattered when a person in authority betrayed her trust.

Because authority can no longer be accepted **as hope or reliable direction**, there are no eternal truths to support her.

This is **a root of fear** and **the inability to trust** any authority figure even if you minister with sincerity, sensitivity and confidentiality. Such a person will continually run away, especially when love and caring start to heal her.

When love starts to penetrate the walls that she has built around her, she will be able to trust again. She is now opening herself again and is **very vulnerable** and **overcome by fear**. She is inclined to find fault with the person who is trying to help her – safety mechanism – counsellor, have patience!

3. CONFUSED IDENTITY

Her perception of who she is, created a female, (girl, woman and mother) is **shattered and twisted to the roots**.

She feels **betrayed, dishonoured, used, dirty, caged in, manipulated** and robbed.

Her **honour, pride** and **dignity** are stolen from her. She feels as if she is worthless and will never be accepted by anyone if they know what happened to her.

The **friends** with whom she associates are themselves **weak** and **emotionally crippled** because they tell her that she is acceptable to them.

4. GUILT FEELINGS

She struggles with tremendous guilt feelings and somehow feels responsible for everything that happened. She feels something is wrong with her. Sexual feelings awoken too early in life: thinks it's wrong/dirty!

Song of Solomon 2:7: *"[He said] I charge you, O you daughters of Jerusalem, by the gazelles or by the hinds of the field [which are free to follow their own instincts] that you not try to stir up or awaken [my] love until it pleases."*

She thinks that she should have resisted more and told somebody about what happened immediately after the first time she was abused. Unconditional love will heal and change this person.

SHAME: fears it will come out. To make the pain go away – rather hate yourself – to get away from self-hatred – hurt yourself. These people feel this way all day long! **Also:** "I enjoyed it. I asked for more, I'm so ashamed! Now I hate myself."

5. ANGER AND THE NECESSITY TO PUNISH

She experiences **continuous anger** and it is often aimed at her **mother**. (Why did she allow it to happen? Why is she married to such a man?) She is sometimes angry with the Lord and other people. She expects abuse and feels she deserves it.

6. CRY FOR HELP – FEELING OF HELPLESSNESS

To deal with deep painful despair, she becomes dead inside. Emotions are switched off. Child sees itself as weak, stupid, incompetent. Rage / anger outbursts are common. "Where was mom/dad/God when it happened to me?"

Jeremiah 13:17: *"But if you will not hear and obey, I will weep in secret for your pride; my eyes will weep bitterly and run down with tears, because the Lord's flock has been taken captive."*

Jeremiah 14:17: *"Therefore [Jeremiah] you shall say to them, Let my eyes run down with tears night and day, and let them not cease; for the virgin daughter of my people has been smitten with a great wound, with a very grievous blow."*

Result: Pleasure is wrong

7. DOUBLE - MINDEDNESS

Love / hate feelings are not sorted out easily. They are chronic. "It felt good but it was not supposed to. I should've said "no"."

8. DESPERATE NEED FOR LOVE

She becomes promiscuous, because she feels that she has lost **everything**.
(Purity, worthiness)

Fear of pregnancy; fatigue; would rather die; open to abuse of alcohol and drugs; are the feelings that control her.

9. SUBSTITUTES FOR LOVE

a) **Gluttony** – comforts and she uses her obesity as a shield for her protection.

b) **Fantatising** – pretends that she is **someone** or **somewhere else** especially during intercourse.

Forgiveness is not genuine until the person learns to deal with their **deepest desire/longing – acknowledging** how they **feel** – **desperate desire for love** (to acknowledge this they will experience **pain** and **anger**). Her **shame** will **decrease**. She was wronged.

Confess your **painful, sinful reactions** to what happened to you. **Renounce self-defence mechanisms**. Confess hurt you did to others because of your own hurt.

B. SUPPRESION, WITHDRAWAL, FRIGIDITY

1. VOWS

“Never again will I put myself in a position where things start well and clean and end up ugly and destructive.” Can be made or said intentionally or unintentionally.

Such a vow is registered and becomes a **strong controlling and blocking influence** that results in sexual dysfunction.

Even though she is married, she **cannot give herself completely** to her husband – every time he **seeks affection she switches off**. Although intercourse takes place, she experiences no sexual pleasure and / or climax. **Intercourse becomes a duty** that she would avoid at all costs. (Husband can struggle with feelings of rejection, anger, loneliness, and frustration. She knows that and feels guilty.)

2. FRIGIDITY

Frigidity can also be the result of wrong sex education or physical disability etc.

3. SUPPRESSION

It often happens that traumatic experiences are suppressed so that the person is **unable to recall the events**. Such a person is controlled by **unseen, unidentified forces**.

He / she does not understand why they feel or act the way they do and neither do others. They are therefore open to confusion regarding their identity, the price of being rejected, loneliness and more hurt.

The Lord is a real gentleman. He will never quicken something during a prayer for inner healing if He knows that the person is not prepared / ready to deal with the problem.

He will never overrule our free will.

This is why we so **strongly oppose hypnosis** that is used to expose what is hidden in the unconscious mind. Hypnosis is no 'gentleman' and is clearly forbidden in the Word of God. **(Deut. 18: 10,11)**

The Truth about sexual abuse in your own life **can surface in different ways**: You seem to identify with these cases. Big burden for them. You feel sick on the stomach when these things are spoken about. Holy Spirit will recall that which you need to remember to be healed. It is not necessary to remember all the detail. It's **very** traumatic.

AN EXAMPLE OF A PRAYER FOR INNER HEALING

1. Rejoice over God's love for her and invite Jesus to communicate that love to her innermost being where she was left as a confused little girl.

Thank You Father that You love _____ and that You desire to set her free. You have cried for her when she was molested and You have carried her pain and hurt in Your heart all these years. We invite You now Father, to enter into her innermost heart where that little girl was so afraid, felt so dirty and used, and felt so ashamed. Pour out Your perfect love to remove all her fear, speak into her heart and cause her to know that You have accepted her and **love her just as she is** and that there is no way in which she can lose that love. Take all her hurt and shame on You now Lord, and fill her wounds with Your healing balm.

2. Help her to forgive the man who has abused her (both as an adult and inwardly as a child)

"Father we ask You to enable the heart of this little girl to forgive"

Question to the person: "Can you put your willingness to forgive in your own words?"

God gives you the choice.

3. Give assurance of forgiveness.

"Thank You Father that Your word is the truth and that Your forgiveness is assured" (Matt. 6:14, 1 John 1:9). I forgive you in the Name of Jesus Christ according to His promises (John 20:23). Jesus please lift her sense of worthlessness.

4. Ask for cleansing.

“Father, thank You that You are cleansing _____ now. Let Your Living Water flow over and through her and take away all filthiness. Continually let your cleansing streams flow through her so that she becomes clean, pure and fresh.”

5. Cut her spirit from the abuser.

“Father take Your sword of truth and separate her spirit from the man who has abused her. In Jesus Christ’s authority we cut the soul ties with that man. Lord, through Your grace and power we ask that You will remove the pain from the memory of this experience so that it will no longer be a bondage. Please change this Father and let it rather become part of her wisdom and empathy with others.”

6. Crucify habit patterns break her inner vows and set her free so that she may walk in total freedom.

“We ask You Father to crucify _____’s negative habits / thought patterns towards her fellowman.

(The negative habit patterns were her escape / safeguarding)

In the Powerful Name of Jesus we break this inner pledge not to let herself be open to other relationships.

Soften her heart and give her a strong inner being.

We release you now in the Name of Jesus so that you can be free to come to the fullness that God has intended for you.

Father help her to walk in the fullness that You have paid for.

Thank you Lord.”

AMEN.

WARNING SIGNS

(KEUR 26 June 1992)

It is not always easy for a child to tell an adult that they have been sexually molested. Therefore it is essential that we should always be on the look out to help young victims and to prevent further molestations. None of the signs listed below is proof of sexual molestation. But when a number of the signs are observed, then professional help should be sought from Child Line or your nearest social services office.

PHYSICAL

- Repeated pain in the stomach, pelvis, genitals or anus or difficulty walking for no obvious reason.
- Pain or unexplained damage to the mouth.
- Bed wetting or messing, especially in a bigger child who has passed this stage.
- Infections of the urinary tract or signs of vaginal discharge.
- Pain on urination.
- Eating disorders, such as compulsive eating, bulimia or anorexia.

BEHAVIOUR

- Rapid mood swings, problematic behaviour or a desire to be alone.
- Sexual knowledge or behaviour which is more advanced than the child's age warrants.
- **Pre-school children:** sleeping problems, nightmares, fear of the dark.
- **School children:** school work suffers, poor concentration, truancy.
- **Adolescents:** Extremes of sexual behaviour – promiscuity or a total withdrawal from physical contact, depression, running away from home, suicide attempts, drug abuse, prostitution.
- A child who is spoiled by an adult who often gives them sweets or money.
- A child who is suddenly opposed to having anything to do with a particular adult.
- A child and an adult in a very close relationship, who spend a lot of time together. It can even appear that that child has a strange hold over the adult.

HEALING VICTIMS OF SEXUAL ABUSE: PROFILE OF AN ABUSER

The following is a general description of the history and character of a potential **sexual abuser**. There may be some who fit many aspects of this profile and yet have never become abusers. If this description strikes some hearts with fear, let it be that kind of holy fear which can drive them to the cross, giving the Lord an opportunity to heal areas of vulnerability. **My prayer is that all who read this may begin to respond to the abuser with increased understanding and compassion – not to excuse sin**, but to be prepared to help him to deal with it at the root level, without condemnation.

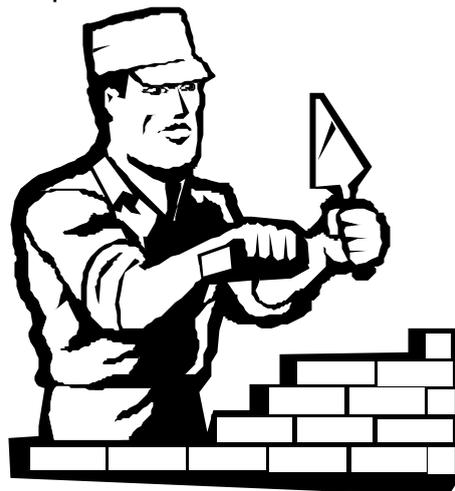
A typical molester is one who was himself wounded early in life. Perhaps he was **unwanted** – neither valued as a person, nor nurtured by affectionate love from his parents. **Perhaps he was used sexually, beaten physically, emotionally abused, or neglected.** He may have been deeply lacerated by **continual criticisms and demands.** The relationship he had with one or both parents may have **been so possessive and controlling that his own true personality and character has been smothered.** In almost every case of molestation, performance orientation was strongly built into the molester, accompanied by a powerful sense of futility. **‘I will do everything I possible can to earn the right to be, to be loved, and to belong. But I’m in a no-win position. I’ll never make it with the people who count.’**

The molester’s heart was fractured from the beginning, and the cracks deepened with each blow to his self-esteem.



He soon learned that it was often not only unaccepted, **but actually dangerous to express his true feelings, and so he began to actively suppress** what he felt to “play the game” in order to get by with as little trouble as possible.

He began to build defensive walls and develop ways to protect his heart. He withdrew from family activity as much as possible, and shared **his innermost thoughts with no one.** Though he felt protected, in that no one any longer knew accurately where to “hit” him, there was yet no resting place for him.



His inner balance has been destroyed. There is no stable base inside – only fractured pieces of his “heart of stone” (Ezek. 36:26).

His instability manifests in some or all of the following ways:

1. **Inner confusion and agitation; digestive problems; sleep cycles affected.** He feels increasing pressures of unfulfilled but unidentified needs. He is likely to find himself loaded with many tasks, but without ability to organize his time or energies. He tends to wander in circles and finally settle on one aspect of a day's work, something he enjoys, to the exclusion of the rest of his agenda. **Projects are begun, but many are never completed;** time is never sufficiently accounted for. When criticisms, or even suggestions or help are offered, he can perceive these only as personal attacks or threats to his private citadel. Because of all this, typically he has been released from a number of jobs over the years, but has never been able to accept responsibility for his fault in the matter.
2. **Perceptions are impaired.** He frequently **manifests inability to discern, to judge and reason accurately**, especially in situations where his reputation and position are involved. **If another looks him in the eye, he feels accused.** Or if someone speaks to him with eyes averted, he is sure they are not being totally honest with him. **If he is accused falsely**, and someone clearly defends him, he is inwardly so devastated by the accusation that he fails to hear the supportive word.

When he does choose to be with his family, **they must focus on him and his interests exclusively.** His wife can not be occupied with handwork while they sit to watch TV. If they are talking together, she is not allowed simultaneously to take care of a household chore. If one of the children interrupts, and she responds to the child's need, he becomes **instantaneously jealous and competitive for attention.**

He always has a need to be in control, and **is compulsively an authority on every subject**, whether he is knowledgeable or not. Yet he lives beneath a veneer of poised charm and "I have it all together"-ness which deceives many who have not lived with nor tried to work with him.

3. **Anger and judgement are combustible driving forces within him**, but are seldom directed appropriately. Rather, he tends to project his negative emotions onto whatever objects and people happen to be nearby when feelings overwhelm him. If he is angry at root level because it seems to him that his father always criticized, rather than complimenting and affirming him, he **will feel rage at his boss's corrections**, but self-defensively stifle his stormy response until at home he can **"thunder and lightning" all over his family.** If confronted about his behaviour, he projects guilt onto everyone else, and withdraws into a far corner of the house to pout, punching a hole in the wall as he leaves the room.
4. **He has a tendency to manipulate others** and to exploit flaws and weaknesses in them. Example: George knew that his wife Virginia was unhealed in relation to her father who had wounded her with harsh criticism and total lack of affection when she was a child. Because of her judgments and expectations, she found it almost impossible to discipline either her emotions or her tongue when she perceived that she was being rejected or accused again by others. Day after day George would come home from work, say little or nothing to her in greeting, make some snide remark about her choice of menu as he filled his dinner plate on his way to the TV to eat in isolation from the rest of the family. There he would remain, transfixed until after the evening news, whereupon he expected to be met by a warm and willing sex partner.

Virginia tried to control her anger, but when irritation would grow to the point that she finally exploded in ugly, uncontrollable tirades, George would use her verbal attacks as an excuse not to share with her. And then he would relate, sometimes with tears, his poor-abused-husband tale of woe to anyone who would listen.

Friends and counsellors attempted to make both George and Virginia aware of the destructive dynamic going on between the two of them, and tried to minister healing to them. Prayers were offered, and practical advice and supportive encouragement for self-discipline was given. But he needed to set her up to attack him in order to maintain his right to hide in the fortress he had built from childhood to insure protection from the destructive onslaught of “mother”.

5. **The typical molester never learned to relate corporately.** He fears intimacy because to him it means loss of control, and vulnerability to the destructive imperfections of others. **He chooses the familiar agony of loneliness** rather than risking the unpredictable kinds and measures of pain he is certain lurk “poised to get him” from the world beyond his defences.
6. **He avoids efforts necessary for real growth, and thus remains immature.** His relationships are all of a secondary nature. He may **belong to many organisations.** He may even be a working member of a prayer group or home fellowship group in the church. **But no one is allowed to know him.** Rather than invest himself with people heart to heart, sharing, learning and growing together with them, carrying other people’s burdens as if they were his own, and letting others see and minister to his spirit’s needs, he relates superficially. He may be numbered on a team, playing according to the rules of the game, yet never experiencing what it is to be part of a team, moving in one accord with others, sensing what is needed in the way of give and take, advance and retreat, to accomplish a corporate victory.

He may be keenly aware of his own inadequacies, but cannot seek any kind of counsel, for fear of discovery. He is afraid to ask questions, because he thinks he is expected to have the answers. Though he may feel guilty for transgressions, he is **terrified to confess.** He doesn’t know that he is loved just as he is, that sins are forgivable, and that most people learn more by their mistakes than by their successes. Because of fear and unwillingness to forgive those who wounded him from childhood, he has little ability to believe that others could have compassion on him and grant him forgiveness. So he exists in tension, labouring constantly to preserve his façade, tired and angry, often subject to periods of depression.

7. **The molester is burdened with a tremendous need to punish. If he hated his mother, he may be fuelled with a powerful propensity to take revenge by defiling women.** A young Christian father came to us years ago, horrified that he had succumbed to the temptation to sexually fondle his three-year-old daughter. It was a first violation, and he had caught himself before going very far. “How could I have done such a thing?” he asked, through tears. As we counselled with him, he confessed with great shame several instances of voyeurism. When we pursued his family history, he resisted, declaring that good people who truly cared for him had raised him. He couldn’t believe that he could possibly hold any animosity, especially toward his mother, whom he remembered as a very “sweet” person. As we visited further, he made repeated references to the “sweetness” of his mother.

When we asked specific questions concerning the way his mother disciplined him, we discovered that she had controlled him by sweet manipulations which put him under guilt. "Darling, sweetheart, you don't want to do that. You'll make mother feel bad. You don't want to hurt your mother, do you? Mother loves you so." As a matter of fact, he did want to do the thing she wanted him to quit doing. But somehow he never felt free to do the thing that he wanted, or to express his true feelings about anything. Sometimes he felt like he was drowning in a stream of warm maple syrup, and there was no way to get clear of the sticky stuff. But he couldn't admit even to himself that he held strong negative feelings toward this lovely fragile parent who loved him so intensely.

Suppressed animosity festered inside his heart, unconfessed for years, before it finally began to manifest as perverted curiosity and twisted affection rising to defile "woman". **Why was he drawn to defile a child? Why not a mature woman who would seem to more adequately represent his mother figure? Because with an adult female he felt overpowered and helpless. With a child he could feel in control.**

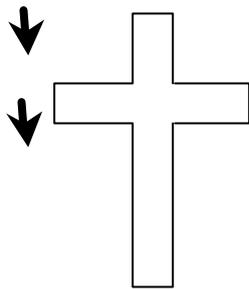
8. **The sexual abuser has no strength of spirit for self-discipline.** Strength of spirit is built on basic trust and is prerequisite to being able to say "yes" and "no" from one's own centre of decision. Such strength is essential if a person is going to be able to stand and walk according to the decisions he has made, regardless of pressure in his circumstances. **Strength of spirit is developed as one is nurtured by unconditional love and affection from his parents,** as he receives and interrelates with others, and as he matures in a vital relationship to Father God. The abuser, having no will of spiritual strength, **depends on strength of flesh and will power,** which fail him.

He **develops** private practices to **comfort** himself in **isolation.**

1. **Masturbation becomes identified with comfort** and release in safe solitude. It provides him with a **momentary sense of well-being.** If he practices this long enough, it may **become addictive,** a track to run on. In the absence of nurturing wholesome relationships with others, he has become less and less able to experience corporately. This inability expresses more dramatically in sex than in any other area of his life because of **fear of vulnerability in intimacy.** He learns more and more to **identify his sexuality with his own genital pleasure rather than in meeting another person with his entire being.**
2. **He occupies himself with private hobbies,** endless distractions and pleasures which are self-gratifying.
3. **He involves himself with much busy-ness** which exclude participation with others.
4. **Drugs, alcohol, smoking, and/or over-eating** become a serious problem as they become identified as that which dulls pain.
5. **Sexual encounters, like drugs, alcohol and over-eating, are sought after to satisfy a deep need for comfort, feeding and healing in relationship.** Since superficial sexual experiences cannot reach deep needs, but only titillate, the encounters themselves create additional hunger and vulnerability to temptation.

Suppose the potential molester:

ACCEPTS THE LORD



Love and nurture are available
From both sources (even though
He tends to marry a wife who
will fulfil his judgments).

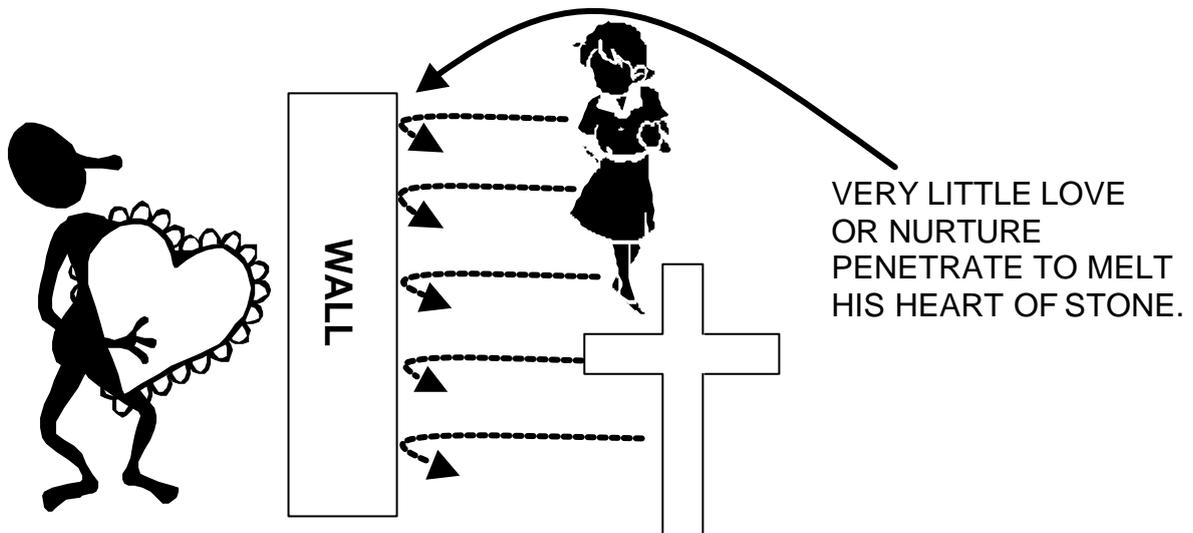
MARRIES A WIFE



Rather than relate to the person of the Lord, he relates only to the laws, forms, rules, regulations, theologies, and liturgies about the Lord.

He relates to her from a possessive and demanding bargaining base out of a need to control and be fulfilled rather than as an opportunity to share with her and bless her.

BECAUSE OF HIS STRONG DESIRE TO WIN, TO SUCCEED, TO BE RIGHT, TO BE WELL THOUGHT OF, HIS LIFE IS CHARACTERIZED BY DEFENSIVENESS AND STRIVING, WHICH BECOMES A PRISON FOR HIS HARDENED HEART.



THEREFORE HE LOOSES THE CAPACITY TO IDENTIFY PROPERLY OR TO SORT AND COORDINATE OBJECTIVELY THE REALITIES OF THOUGHT AND EMOTION WITHIN HIS HEART. HE ALSO HAS DIFFICULTY INTEGRATING NEW EXPERIENCE, THUS HE FAILS TO GROW.

The suppression of natural emotion and desire produces an increasing desperation. The misery of loneliness, fear of vulnerability and failure cause him to seek affirmation and love from his wife. **But as a lover he functions like a vacuum cleaner.** She feels drained as he demands, and pulls from her, giving almost nothing of himself. **Sex with his wife has a quality of masturbation.** He caresses her, but it is for his gratification, and he is unaware that it is not for her sake. **Gradually his wife withdraws from him,** feeling both used and depleted. That reinforces the feelings of rejection which have always existed in him, and he finds it increasingly difficult to approach her.

He has always enjoyed playing the hero figure around young girls with whom he feels less threatened than he does in the presence of his wife or other mature females. **Now he is more drawn to teenage girls** than ever, and begins to flirt with the baby-sitter and make off-colour remarks which reflect a “teeny-bopper” mentality toward sex.

His wife may be over-worked, grieved, and in need of comfort, but he ignores her in order to “help” a neighbour lady in distress. Porno may be his favourite reading matter, but he tries to keep it under cover.

When his own child reaches out to him for attention and father love, **he feels chosen, needed, and loved, but responds out of his immaturity and sickness.** A blooming daughter may remind him of his wife when she was younger and more open to him. He starts to embrace her, having no intention at first to violate her. **But suppressed emotions and desires flood up in confusion; he runs on his practiced track of self-gratification (as with masturbation), and is swept into molestation and perhaps incest.**

Horrified, he scrambles to protect himself by offering frantic excuses for his behaviour. “I love you so much, I couldn’t help myself.” “Daddy is so lonely. Mommy doesn’t love him any more.” He may threaten the victim physically if she tells, or frighten her by talking about the destructive consequences she could cause in the whole family. “This will have to be our secret.”

If he has any real sense of guilt, he is incapable of dealing with it. He has never truly forgiven those who wounded and/or abused him in his own childhood; now his present feelings trigger into ancient ones which powerfully fuel his inability to forgive himself for similar abusive acts. His practiced condemnation of others turns crushingly inward to afflict himself, and fear of discovery looms monstrous before him. If he has any thoughts of seeking help, those are fleeting because of his **longstanding mistrust of authority**, augmented now by a paralysing fear of the consequences of discovery. His mind races to rationalize and shorts out, and he sinks deeply into suppression of guilt and perhaps even conscious memory. Pressures inside of him increases in proportion to the weight of suppression. An overwhelming need for comfort then overcomes him, and he succumbs to the temptation to repeat his acts of violation. **Repetition has an increasingly powerful numbing effect on conscience.**

When exposed:

When the abuser’s offences are discovered, his reactions are likely to be all of these, in sequence:

Denial – The abuser may proclaim his innocence in the same way that a small child frantically insists, “I didn’t do it! I didn’t do it! I didn’t...somebody’s lying to get me in trouble!” when the evidence is clearly before him and his accusers. **His denial speaks of an immature and irrational belief** that if he says “not guilty” loud enough and long enough someone is bound to believe him and “let him off the hook.”

Denial may also reflect his **suppression of conscious memory** and therefore his awareness of guilt. At least for the moment, he may actually believe what he is saying.

Minimization of the seriousness of the offence – The abuser may insist, “Well, I touched her, but only a few times. It isn’t like she was raped. She’ll get over it. “Or, “We were just playing around – you know – just wrestling, having fun. I was tickling her. It was only an accident.”

Or he may admit to having approached his daughter to molest her, and says, “I don’t know why I did it. But it was only a couple of times, and I’m sorry. I didn’t mean to hurt her, and it won’t happen again. I can make it up to her.” If put into words, the prevailing attitude is, “There – now I’ve said it. It’s done. Let’s go on to other matters.

Rationalization – Rationalization is sometimes offered in the form of fragile excuses, “I couldn’t help myself,” “I was under such pressure,” “I was so lonely,” etc. But often his way of rationalization is much more deceptive and subtle. The story of Bill, Linda and Karen provides us with an excellent example.

When he eventually had to leave the house, he left protesting frantically, “I didn’t do it!” Later he officially admitted to a “once or twice” offence. Privately to Linda he confessed to “three or four times.” Before filing for divorce, she called him to say, “I don’t want to end this marriage on the basis of a confession of “three or four times.” Who is telling the truth – you or Karen?” His response was short, “You’d better listen to your daughter.”

Accusation – Often an abuser rationalizes to the point of accusing his victim of seduction. “She made me do it.” “I didn’t want to, but I couldn’t help myself.” He may abuse her with name-calling: “Slut!” “Whore!” Frequently when he begins to experience his world crumbling around him, he places blame on the victim, “I’ve lost everything because of you.” Some time later he may come to his senses and reach a true and balanced perspective in which he sees that he is reaping for his own sin, but the damage has been done. As I said earlier, the victim of sexual abuse usually tends, on her own, to assume inappropriate guilt; his accusations help to confirm that to her troubled heart.

The abuser may tumble around for quite a while in a confusion of unreality, fear, anger, remorse, and self-pity before he arrives at real repentance. HE MUST BE SEPARATED FROM THE POSSIBILITY OF REPEATED ENCOUNTER UNTIL THE IN-DEPTH COUNSELLING HAS DEALT SUFFICIENTLY WITH CAUSES, AND HE HAS BROUGHT FORTH “FRUIT IN KEEPING WITH REPENTANCE” (Matt. 3:8; Acts 26:20).

To say that one is sorry, even with tears, is not necessarily to be repentant. A person may be sorry that he has failed to be what he wanted to be, sorry that he was caught, sorry for his own loss and pain. Real repentance happens when a person becomes sorry for the pain and loss his sin has cost another. **He is wounded and grieved for their sake.** It means a change of heart and a right-about-face in motivation, attitude and action.

Such change is not accomplished overnight. The abuser’s old way must be brought to death on the cross. “...Every tree therefore that does not bear good fruit is cut down and thrown into the fire”(Matt.3: 10). A new way must be built into him, a new tree of life. **Fruit does not appear immediately on a new tree.** Too often the church has rushed in to pronounce that an abuser is repentant when his tree has begun to put forth the only leaves.

The abuser must be separated from his family as long as it takes for change. Depending on the laws of the state, prosecution and imprisonment may be inevitable. But imprisonment will not deter him from future violations.

From the church he needs:

1. Unconditional love and confrontation in love.
2. Compassion and forgiveness.
3. Support and friendship.
4. Intercessory prayer.

FROM QUALIFIED COUNSELLORS HE NEEDS COUNSELLING WHICH INCLUDES:

1. **Discovery of the ROOT CAUSES of his problems** (Eph. 5:13; Luke 6:43 – 45)
2. **Full confession of his present sins** (James 5:16). This should include asking forgiveness from the victim, the family, and others who have been injured by his actions. It should also include a clear message to the victim that he assumes full responsibility for the molestations. She is not the guilty one.
3. **Choosing to forgive those who wounded him from childhood on** (Matt. 6:4,15).
4. Repentance for his reaction to those hurts, asking forgiveness for his responses.
5. Assurances of forgiveness (1 John 1:9, John 20:23).
6. Prayers (aloud, with him) for the healing of his own wounded spirit (2 Cor. 1:1 - 16).
7. Prayers (aloud, with him) for the creation of a new and right spirit within him (Ezek. 36:26, Ps. 51).
8. Prayers (aloud, with him) for the bringing to death of the old habit structures in the “old man” (Col. 3, Eph. 4:22 ff., Rom. 8:13).
9. Disciplines to walk in the new way (Rom. 6:11 – 14, 2 Tim. 1:7).
10. **Teaching concerning the laws of God**, the sanctity of marriage, the holiness of sex, the functions of a father’s love, the blessings of self-sacrifice, the meaning of corporateness, etc.
11. Prayers that the Lord will set him free to receive teaching and nurture, that he may grow up inside to a mature man.
12. Discernment on the part of the counsellor to determine when the abuser has come to real repentance and is capable of living a new life which produces the fruit of repentance season after season.

It seems to me that the reaction of the majority of people to the abuser of little children is one of horror, disgust, and often hate. Often people unknowingly project their own unconfessed guilt onto such a one whose sin is so obvious, and punish it there.

As Christians we need to recognize the seriousness of his offence:

LUKE 17:2: *“It would be better for him if a millstone were hung around his neck and he were thrown into the sea, than that he should cause one of these little ones to stumble.”*

At the same time we need to remember that we are dealing with one who wounded others out of his own woundedness. **He needs to be disciplined** not as an object of our vengeance, but for his good:

Heb 12:10(b): *“He (God) disciplines us for our good, that we may share His holiness.”*

The abuser needs to be hauled to account and made to suffer enough of the consequences of his actions to write a lesson upon his heart. But the Christian is called not only to rebuke the brother who sins, but to forgive him also (Matt. 17:4).

We must examine our own hearts to see to it that our motivations, as we pass judgment, administer sentencing, or minister in counselling, are in tune with the motivations of God.

Rom 2:4 *“Or do you think lightly of the riches of his kindness and forbearance and patience, not knowing that the kindness of God leads you to repentance?”*

Godly kindness does not look the other way, nor make excuses. In kindness God loves the sinner, while He, **directly and through human authorities, deals with his sin.**

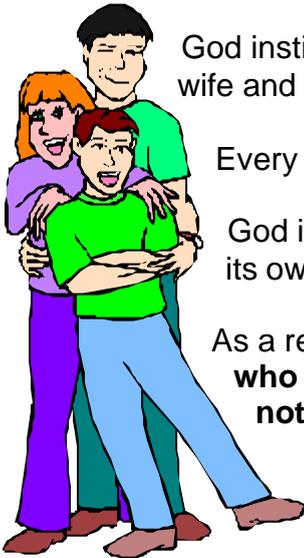
LECTURE 9

HEALING THROUGH RELATIONSHIPS

HEALING THROUGH RELATIONSHIPS

Scripture:

Malachi 4:5-6: *“5 Behold, I will send you Elijah the prophet before the great and terrible day of the Lord comes.
6 And he shall turn and reconcile the hearts of the [estranged] fathers to the [ungodly] children, and the hearts of the [rebellious] children to [the piety of] their fathers [a reconciliation produced by repentance of the ungodly], lest I come and smite the land with a curse and a ban of utter destruction. “*



God instituted the family structure. There are definite roles for the husband, the wife and the children.

Every family gets its essential character from God the Father in Heaven.

God is our Father and so the father in the family relationship gives the child its own identity and sense of worth.

As a result of **broken family relationships** in our society we have people **who are lost** who do not **know who they are or where they are going – nothing to strive for.**

They go in search of **some or other form of identity** in the dark world of the occult, sects and drugs.

God predetermined that **every need should be met within the family unit. Families determine the standards of society.** Children reject the parents who only give presents but not their time.

Love must be communicated. (Time, eyes, touch, voice)

TO SUMMARISE

People were **not created to live alone.** Our deepest problems are the result of broken relationships. A person's needs are not met within the family unit. They become adult and in their turn form a lifelong relationship with another person in marriage and start their own family unit.

Someone who has been badly hurt can **decide (inner vow/curse)** that they will never again get close to any other person. In reality, they are running away in fear from the very thing that can bring them healing, that is, a relationship.

Proverbs 18:19: *“A brother offended is harder to be won over than a strong city, and [their] contentions separate them like the bars of a castle.”*

e.g. A person can **feel closer to animals** than to their family. (Horses, dogs, cats)

What does God's picture look like?

1. HEALING FROM GOD THE FATHER

A person's deepest needs are met in their relationship with a loving Father, irrespective of any deprivation during their childhood.

God is able to **initiate** and **sustain** a relationship with us, irrespective of who we are or what we do. He came looking for us.

Joh 10: 28, 29: *"28 And I give them eternal life, and they shall never lose it or perish throughout the ages. [To all eternity they shall never by any means be destroyed.] And no one is able to snatch them out of My hand.
29 My Father, Who has given them to Me, is greater and mightier than all [else]; and no one is able to snatch [them] out of the Father's hand."*

We are inside the Hand of Jesus as well as inside God's Hand. God and Jesus are in covenant. We are included. Hidden in Christ.

Healing takes place in our relationship with God and we are built up into whole, healthy people (e.g. weak spots, rebellion, emotional instability, insecurity, etc.)

Insecurity is the cause of constant worry about the future – they want to plan everything in the finest detail so that nothing can go wrong.

Matt. 6: Live one day at a time. Insecurity is born in the family. Security is not the same as money.

God is in control of yesterday, today and tomorrow.

Psalm 127: 2 *"It is vain for you to rise up early, to take rest late, to eat the bread of [anxious] toil—for He gives [blessings] to His beloved in sleep."*

A. EMOTION

It is difficult to sustain a stable relationship with another person because our emotions get in the way. E.g. Do not always feel friendly, etc. God's emotions are always stable.

Jeremiah 31:3: *"The Lord appeared from of old to me [Israel], saying, Yes, I have loved you with an everlasting love; therefore with loving-kindness have I drawn you and continued My faithfulness to you."*

Isaiah 54:10: *"For though the mountains should depart and the hills be shaken or removed, yet My love and kindness shall not depart from you, nor shall My covenant of peace and completeness be removed, says the Lord, Who has compassion on you."*

B. COMMUNICATION

6 Levels, viz:

1. What I actually say.
2. What I mean to say.
3. What the other person thinks I said.

Receiving side:

1. What he thinks he heard.
2. What he actually heard.
3. His interpretation of what he heard.



In relationships with people the above lines can cross, but never with God.

Psalm 139:4: *“For there is not a word in my tongue [still unuttered], but, behold, O Lord, You know it altogether.”*

God always understands us! Praise the Lord!

C. WRONG JUDGEMENT

We are inclined to judge the other person's motives and intentions according to the way in which we think and react and also according to outward appearances. No one knows another's heart, and yet we are all guilty of wrong judgements and misunderstandings of those nearest to us. God knows our hearts and will never judge us wrongly.

1 Sam. 16:7: *“7 But the Lord said to Samuel, Look not on his appearance or at the height of his stature, for I have rejected him. For the Lord sees not as man sees; for man looks on the outward appearance, but the Lord looks on the heart.”*

Proverbs 24:12: *“If you [profess ignorance and] say, Behold, we did not know this, does not He Who weighs and ponders the heart perceive and consider it? And He Who guards your life, does not He know it? And shall not He render to [you and] every man according to his works?”*

D. FORGIVENESS

Ps. 32:1: *“BLESSED (HAPPY, fortunate, to be envied) is he who has forgiveness of his transgression continually exercised upon him, whose sin is covered.”*

Ps. 103:12-14: *“12 As far as the east is from the west, so far has He removed our transgressions from us.
13 As a father loves and pities his children, so the Lord loves and pities those who fear Him [with reverence, worship, and awe].
14 For He knows our frame, He [earnestly] remembers and imprints [on His heart] that we are dust.”*

God forgives immediately.

1. God did all the work required to provide forgiveness
2. He **makes it known** to us that He has forgiven us, accepted us and loves us in the person of Jesus Christ.
3. Even before your birth God forgave all your future sins. At rebirth your eyes are opened to that forgiveness.

E. EXPECTATIONS

Demands in a relationship cause problems. God does not demand anything from you that you cannot fulfil.

Ephesians 1:6: *“So that we might be] to the praise and the commendation of His glorious grace (favor and mercy), which He so freely bestowed on us in the Beloved.”*

He seeks **willing** followers.

Jesus earned that wonderful presence and approval of God in His life.

We receive it **freely** – it is GRACE!

Rom. 8:33: *“Who shall bring any charge against God’s elect [when it is] God Who justifies [that is, Who puts us in right relation to Himself? Who shall come forward and accuse or impeach those whom God has chosen? Will God, Who acquits us?”*

God has made us righteous.

2. RELATIONSHIPS IN THE BODY OF CHRIST

Eph. 4:16: *“For because of Him the whole body (the church, in all its various parts), closely joined and firmly knit together by the joints and ligaments with which it is supplied, when each part [with power adapted to its need] is working properly [in all its functions], grows to full maturity, building itself up in love.”*

Many of us enter the Body of Christ with rejection, unloved, wrong things, etc. God wants to join us to people so that we can be healed through relationships of love.

People with deep needs are self-centred. You receive love and healing from others and then you begin to reach out to others who need healing.

3. MARRIAGE

There is much hurt as a result of **wrong foundations**. People can easily destroy one another. In a healthy marriage, built on the principles of the Word, wonderful healing can take place.

The difference lies in your attitude. You can make demands or give yourself.

KEY: Enter into marriage to meet the other person's needs.

If you are not willing to draw close to your mate, to reach out, to be a **vehicle of healing**, life, love, etc., then you must not be married.



Principle: When you need something – start giving it away, e.g., love, and respect.
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LECTURE 10

HEALING THROUGH THE HOLY SPIRIT

HEALING THROUGH THE HOLY SPIRIT

A Successful person = one that is successful in relationships and can operate without fear.

The Person Jesus Christ was a revelation of God Himself. His Spirit is always with us now – from birth until eternity.

When you were fashioned in your mother's womb, He was there. He knows everything about you – things you no longer remember as well as those things that no one else knows about you.

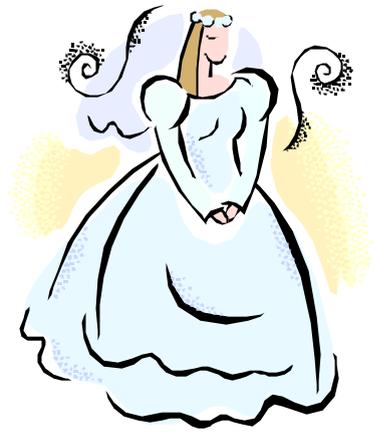
It is only recently that the deliverance ministry and inner healing have been recognised in the Body.

EXAMPLES FROM THE WORD: ESTHER

She was chosen as Queen.

During the preparation, before she could go in to the King, she first had to undergo a year of beauty preparation.

6 months - myrrh – oil
- Balm and other beauty preparations
(Healing of bruises)



The Bride of Christ must prepare herself for her Bridegroom.

Deliverance: Addresses deeply rooted problems.

Inner healing: Healing of bruises (**Song 1:3***, **Eph. 5:26**) Without spot or wrinkle.

Wrinkle: Hurts from the past that binds us and causes aging.

*Myrrh (Song 1: 3, 13):

Very expensive – Life of Jesus.

1. Sprinkled on sacrifice – sweet fragrance. You must bring sacrifice – Jesus makes it easier.
2. It preserves – Body of Jesus wrapped in it. Protects you against sicknesses, stress.
3. Disinfectant: not easily offended.
4. Beauty product: Esther 2: 12
5. Ointment – anoint priests.
6. Incense – prayer
7. Anesthetizes pain (Mark 15: 23)
8. Healing (birth, cross, burial)

Birth of Jesus:

1. Gold – King
2. Incense – Prophet
3. Myrrh - Priest

Satan wants to bruise every child that is born. Many people who are saved are like crushed flowers whom only Jesus can make whole.

Some memories are too painful to recall and so the conscious mind blocks them. The Holy Spirit reveals these deep hurts.

Is. 61:1-3: "... 3 To grant [consolation and joy] to those who mourn in Zion—to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened, and failing spirit—that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified."

People are broken, imprisoned, bound, mourning, etc.

Verse 3:

Those who mourn (depression)	-	Joy – oil
Beauty for ashes	-	Happiness
Ashes	-	Death
Spirit of heaviness	-	Cannot keep up
Trees of righteousness	-	Stable

Ps. 139:23: "Search me [thoroughly], O God, and know my heart! Try me and know my thoughts!"

Ps. 23:3: "He refreshes and restores my life (my self); He leads me in the paths of righteousness [uprightness and right standing with Him—not for my earning it, but] for His name's sake."

Is. 43:18 – 19: "18 Do not [earnestly] remember the former things; neither considers the things of old.
19 Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert."

You are cut free from your past and planted anew.

Hebrews 13:8: "Jesus Christ (the Messiah) is [always] the same, yesterday, today, [yes] and forever (to the ages)."

Jesus is not bound by time – He is beyond all time. He can be in your yesterdays and your today's simultaneously.

CONTENT OF INNER HEALING

Presence and Person of the Lord in the time that you suffered the hurt.

e.g. When a child falls, the mother's presence brings calmness and healing of the pain.

The worst things that happen to us usually happen when we are alone.

No one shared it with them. During counselling people share things that they have never told anyone before.

They reveal deep matters that they never wanted to think about – which they always wanted to hide – even from themselves. Pray with the person about the bruise and ask the Lord to be there through the painful experience to calm and comfort him / her.



Key to inner healing – FORGIVENESS

Test:

1. Do not think about it continually.
 2. Do not talk about it.
 3. Do not use it against them.
-
1. It is a **decision of the will**.
 2. **Release** the hurt and give it to Jesus.
 3. **Replace** hatred with love.

Ask the Holy Spirit to **reveal the areas** where there are bruises that He wants to heal.

EXAMPLE OF PRAYER

Father, You have been with _____ through all her pain since her conception until today – every time that she has been afraid, through every form of violence, every time that her mother and father fought, every time that they were drunk. Lord Jesus, I ask You to take her by the hand, and go back with her through that time in her childhood home, in the bedrooms, and hold and protect her, Your arms like a shield and that the light of Your presence will fill that childhood home.

Lord, You know how ashamed and embarrassed she was by poverty. Father, I ask You that You will be with her in the school playground where she felt so inferior compared to her friends, her clothes and shoes. I pray that Your presence will embrace her now in her child's heart and that You will lift the anxiety and shame from her, in Jesus Name.

Lord, I pray for the times of abuse where she was beaten by both her mother and her father, the scars on her body and the unreasonable treatment she had to endure. Lord, I pray in the Name of Jesus that You will now be with her in that situation where she experienced only hatred. Let Your love ease that pain now, thank You Jesus.

Father, now I pray for her marriage. She has had so much pain, all the way to the divorce courts. I pray for a miracle, Lord, that all the ugly things that were done and the harsh words that were spoken, threats of suicide, I ask that You by Your presence will intercede and that You will cleanse and heal by Your Blood.

Where her husband was unfaithful to her, I pray for the pain of rejection, the raw hurt in her inner being. Lord, set her free of it, let the oppression and rejection now lift and go in the Name of Jesus.

Thank You, Father. To You be all the honour.

PRAYER
FOR HEALING
FROM
MEMORIES

PRAYER FOR HEALING FROM MEMORIES

(Make this your PERSONAL prayer)

Father, I thank You for Your Son Jesus, who died on the cross, not only for my sins, but also for my heart ache (bruises) and fears. I thank You that Jesus is the same, yesterday, today and forever and that He wants me to be completely whole: mind, soul, body and spirit. Lord Jesus, I ask that You will go back, every second of my life and that You will heal me and make me whole. I pray that You will go back to the third and fourth generations and break all harmful **genetic ties** in Jesus Name.

Jesus, You knew me even before my birth. Thank you that You were there when my life began. Free me of **fear** or any other negative force which could have been transferred to me in my mother's womb. Thank You, Lord Jesus, that You were there when I was born and that You loved me. (Some people were born into this world unwanted and unloved – they have experienced so much rejection. Lord Jesus, fill everyone, from their first moments with Your precious love.)

Lord, walk back through every second of those first years of my life. (Some people were separated from their parents by divorce, sickness or death, others were born into families who did not give them the love they needed.) Lord Jesus, go back and fill all emptiness and give the love that was never received. Remove every area of hurt, every feeling of rejection. Remove all fear: fear of the dark, fear of failing, fear of animals, fears of getting lost. I thank You, Jesus that You deliver and heal me.

I pray Lord that You will take my hand, and go back in time with me to school. Sometimes I was so shy and afraid to leave the house and to face new situations. Jesus, there were times that I was afraid of failure at school. Will You please free me of those memories? When a teacher chided or a classmate hurt, please heal the hurt. Some fears started in those first years at school: fear of public speaking, fear of failure. Thank You that You heal those wounds and deliver me from the fears. I thank and praise You.

Lord Jesus, I thank You for my mother. (For those who did not know the love of a mother, fill that emptiness and give them the love they need.) I pray that You will stand in between me and my mother and that Your divine love will flow between us.

I ask for forgiveness for my mother, for any way in which I might have hurt or failed her. I forgive her for any way in which she hurt or failed me.

Lord Jesus, thank You for my father. (For those who did not know the love of an earthly father, give them all the love that they never received.) Stand between me and my father. I pray that Your divine love will heal every broken relationship. I ask for forgiveness for my father, for any way in which I might have hurt or failed him. I also forgive my father for any way in which he hurt or failed me.

I lift my brothers and sisters up before You. Where there was any rivalry, jealousy or bitterness, I ask for Your healing power and love to heal every broken relationship.

I forgive every brother and sister who hurt or failed me and I ask for forgiveness for the way in which I hurt or failed them.

Thank You Lord, that You were also there during my teenage years and when I was in high school. There were new emotions and new fears. As each painful memory is brought to mind, wipe the pain from my mind and heal me.

I thank You for Your Hand of protection when I did dangerous things. Take away all feelings of humiliation, embarrassment, guilt, fear of failure. (Some have been taunted because of race, appearance, build or poverty and are deeply wounded.)

Show me that You loved me and that You were there in every situation. (For the young people who have experimented with drugs and so damaged their minds, Lord Jesus we pray that You will repair the damage. Let them be able to think clearly and grant them healing. Also let each of us realise that You love us and that You can wipe out the past.)

As each of us started to leave home, there were new fears, frustrations, or hurts. (Some wanted to go on to college and were not able to, others were not able to enter the profession they dreamed of and they felt such disappointment.) Jesus, heal every disappointment and every hurt.

Thank You for being there as we entered marriage. (For some it was such a beautiful new beginning. For others it was a nightmare.) Jesus, please take away every hurt. I pray that You will stand in between me and my mate and heal every hurt. I am saying to my mate, I forgive you for hurting me and I ask your forgiveness for hurting you.

Lord Jesus, through Your divine love, I thank You for mending every broken relationship, and wiping away every painful memory. (Where there has been bitterness and loneliness, take away all those negative feelings. Heal the deep wounds and erase painful memories. Jesus, fill each friend with forgiveness, Your divine love and healing power.)

Thank You, Lord for my children. Take away any feeling I have of failure or guilt as a parent. When I punished unwisely or was too possessive with my love, when words were spoken in criticism or anger, I pray You will heal any hurt that was caused. I ask their forgiveness and I forgive them for hurting me.

Lord, I thank You for being there during those terrifying times of accidents, those times of sickness or surgery. I ask you now to take away the horror, the fear and the memory of the pain. Set me free from the trauma I felt. Thank You for being there during times of sorrow. I thank You for taking my hand and walking through the valley with me. I thank You for lifting the burden, I thank You for taking away my sorrow, my grief, and my mourning. I thank You for giving me Your joy and Your peace.

Now, Lord Jesus, thank You for walking back through every second of my life up to this exact moment. Thank You for healing me of all my hurts, my fears, my painful memories, and my guilt, for setting me free. Thank You for filling me with Your love. Help me to love myself. Help me to love others. But most of all, Jesus, help me to love You as I should.

I thank You for giving me joy. I thank You for giving me peace. Thank You, Jesus !!

I thank You for going way down deep into the darkest recesses of my mind and cleansing me. I thank You for healing my mind, my emotions, and my memories. I thank You, Jesus for making me whole; and I give You all the praise and all the glory.

AMEN !!

SUMMARY

THE BUILDING OF RELATIONSHIPS

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Man is created in the image of God. He is created as a reflection of God on earth. God is a **God of communication, fellowship and love.**

We are created to have fellowship with one another, to love each other and to **communicate**. We ought to demonstrate the life of God in our daily lives. (What He is actually like.)

God wants us **all to be successful**. A **successful person** is one who can enjoy loving relationships with others, one who walks in favour and enjoys being a **person**.

The enemy has succeeded in isolating us by fear, distrust, hurts, bitterness and hatred. We cannot develop to our full potential if we do not walk in relationship with others.



Spiritual maturity is not achieved by acquiring and storing knowledge. Spiritual and emotional maturity is achieved as we live out relationships based on the principles set out by God in His Word.

God reveals Himself through relationships and not preachers.

God **commands** us to love one another. It has nothing to do with feelings – love is a choice. Characteristics of love **1 Cor. 13**.

Some people have decided they will not really have a relationship with anyone because they have already been hurt.

Now they only have knowledge and they keep everyone at a distance.

Others have committed themselves solely to one person, and that is just as dangerous.

To show the love of Jesus to others you **must** become **involved in relationships** with other people. Jesus did not isolate Himself.

When people isolate themselves, distrust and fear people, they cannot build good relationships. **They hide behind walls of fear for protection. To be freed from this condition demands choices.** If they decide to move forward, they will experience **some obstacles** when trying to build good relationships. They must **expect them** and be **prepared to face them**. They must reach the place where they have built relationships of love and maturity in the Body of Christ. Satan will try to oppose this with everything available. One of the most difficult things we can experience is being hurt by the children of God. When that happens, we withdraw and go on on our own. This prevents us from becoming mature.

Everything we need is found in Jesus. The fullness of joy, etc. – yet we live as **paupers emotionally**. **All the joy that Jesus experienced** is there for us to experience.

OBSTACLES

I FEAR

Fear will drive you until you face the problem.

e.g. Fear of losing a loved one; fear the death of one of your children; fear of losing all your money; fear of never marrying; fear of losing your job; etc.

Until you face up to your fears they will drive you for the rest of your life.

When you **decide** that you are going to build relationships, your fears will begin to surface and threaten you. Fear is one of the greatest obstacles we have to overcome. **Fear that you face, is fear that you overcome.**

Fear will prevent you from living a life of abundance.

How can you overcome fear?

1. Make a definite, firm decision to get free, despite your fears. (This gives faith a chance to operate.)
2. Look fear in the eyes. **You** must be in control – not the fear.

Questions: Will the thing you fear really happen? And if it does, will you survive it? Yes, the Lord will carry you through. As you face your fear it will lose its grip on you?

3. Decide to pay the price no matter what it costs. Stand on God's Word, and keep standing.

Psalm 118:6: *"The Lord is on my side; I will not fear. What can man do to me?"*

Proverbs 29:25: *"The fear of man brings a snare, but whoever leans on, trusts in, and puts his confidence in the Lord is safe and set on high."*

II FEAR OF PEOPLE

Isaiah 51:12: *"I, even I, am He Who comforts you. Who are you, that you should be afraid of man, who shall die, and of a son of man, who shall be made [as destructible] as grass,"*

Isaiah 2:22: *"Cease to trust in [weak, frail, and dying] man, whose breath is in his nostrils [for so short a time]; in what sense can he be counted as having intrinsic worth?"*

Your self worth is determined by other people's opinions of you. You always have to put on an act to be accepted. Even if you are accepted, it is not you yourself being accepted but the image that you project.

Begin by reaching out to others and see their needs as well.

Do not compare yourself with others.

III NEGATIVE SELF IMAGE – “What do others think of me?”

You can never be yourself. E.g. you are with someone with high musical qualifications. So you try to give the impression that you also know a lot about music for fear that the person will otherwise think that you are stupid. If Mozart bores you, say so!

Proverbs 22:1: *“A GOOD name is rather to be chosen than great riches, and loving favor rather than silver and gold.”*

See yourself as God sees you. **The outward man is only a clay container.** It is the content of God’s glory that counts. We are only the containers – it does not matter if we are tall / short, fat / thin, educated / uneducated, pretty / plain, talented / untalented – the container does not have value. If you concentrate on the container you have failed.

IV IMAGINATION

You can take one word completely out of context – how someone looks, how someone does things, or does not do things.

Your imagination goes on a trip and you “pick up things” / “discern” that they do not like you, gossip about you, etc.

1. You should take your imagination captive (vain imaginations)

2 Corinthians 10:5: *“[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),”*

2. Set a guard against your thoughts. Know that satan wants to deceive you. He specialises in deception, and no matter how spiritual you are you can still be deceived.
3. **Refuse** to express your imaginations to anyone. That makes it a reality to you. Cast it down.
4. Allow time to pass and then God will reveal the truth to you.

V I DO NOT LIKE PEOPLE

“I want to be on my own”

1. You have to ask the Lord to place a desire within you for relationships, start to open your heart and to trust people. Love is an action.
2. Find someone in the same position and start to serve them and as you serve them healing will start to take place within you. To love people is a choice. Share yourself with others – give of your time.

3. **Never** reject those who reject you. Remember that as you reach out to others there will be those who will reject you. Then you are at a crossroad: Either you will repay evil with evil and reject the person (rejection = hatred) or you will choose to love them, then you are the mature one – and healing can flow from you to them.

VI LACK OF COMMUNICATION

To communicate means to say what you really feel.

If you find it difficult to communicate with people, talk to the Lord. (Psalms) as you have never been able to talk to others.

VII DISTRUST OF PEOPLE

You must suppress the fear of being betrayed. Some people will betray you, but remember that Jesus was also betrayed. As you forgive you become stronger and more mature.

VIII POSSESSIVENESS

The key to the Christian life is: be a giver and not a receiver. Do not be self centred.

Pray every day that the Lord will make you a blessing to others, an oasis for refreshing.

(Barnabas – Son of encouragement)

CONCLUSION

God wants you to be free to love Him and others.

Emotional healing and spiritual growth are dependent on relationships.

Spiritual maturity is not dependent on the amount of knowledge you possess, but on how much love you possess and your oneness with the Body of Christ.

We become mature through love as we experience healing, then His Love can flow through us to make us ONE. As we are joined to others, His love can flow through us which will bring for Love, Life and Healing.

We are dependent on each other to become mature in Christ.

ANGER MANAGEMENT

PART 1:

Remember that as a parent you have the greatest influence on your children, for good or bad.

The factor, which has the most influence on them, is the way you manage your anger. The way you manage your anger affects your children's:

- 1.self-esteem;
- 2.sense of identity;
- 3.ability to relate to other people;
- 4.perceptions of the world;
- 5.ability to manage stress and function in society.



If you mismanage your anger, you can cause your children to develop attitudes that are :

- 1.passive-aggressive;
- 2.anti-authority;
- 3.self-defeating.

When you manage your anger in a mature fashion, you give your children one of the most caring gifts there is – a potent example that will help them grow to their own maturity without the afflictions that so many adults struggle with today.

It is wonderful to see your children develop into conscientious, energetic, motivated, and well-liked adults, but this process takes time.

The way you handle your anger will have a tremendous influence on how well and how fast your children mature.

The reason that parental management of anger is so important is that children of all ages are so sensitive towards their parents' anger. It is impossible for them to pass it off or take it casually. Even one incident of mismanaged anger will cause extreme pain, just as mature handling of anger can intensify the love between parents and children.

Every day you have a choice as to how you will handle your emotions in relation to your children. If you behave in a mature way, you will strengthen your bonds in the family.

As we all know, we can be well-intentioned regarding our emotional reactions, and then be caught off guard by an unexpected turn of events.

TECHNIQUES FOR MANAGING ANGER.

Everyone gets angry on a regular basis. Therefore, the question is not whether you will become angry but how you will manage the emotion when it arises.

The following suggestions for dealing with your feelings of anger will help with your young adult children and also in other arenas of life.



1. Take responsibility.

The first step in managing anger is a willingness to be responsible for it. It is so easy to blame someone (or something) else for making you mad, and then to hold the person responsible for what the anger “made” you do or say.

Unfortunately, many people use their anger as an excuse for whatever they want to justify. Consciously or unconsciously, they seek reasons to get angry so that they may excuse their own wrong-doing!

Before you can take responsibility for your anger, you need to identify it. We often see people who feel jealous, frustrated, or hurt and who are not aware that the basis of those feelings is anger.

Although these people may not be aware of their anger, their children feel less respect for them. However, when parents identify the anger, they are then able to name it and admit, “I am angry.” Only then can they assume responsibility for it.

Blaming a child for your anger is self-defeating. It is also dangerous, because you will naturally blame her for other angers caused by totally unrelated situations.

For example, you may have had an unresolved disagreement at work which you “forgot”. When you come home, your child’s behaviour upsets you. If you blame her for your anger, you may also unconsciously blame her for your earlier encounter at work. This sets you up to dump accumulated anger on the child. This tendency to dump anger is a common problem most parents have as a child emerges from a dependent state to a more self-sufficient state.

2. Remember the Anger.

Because you do not feel proud of yourself when your anger gets out of control, it is easy to “forget” what happened. It is crucial to remember how you behaved, or you are later likely to displace your anger on someone else, or oversuppress it and become passive-aggressive.

So after your feelings subside, recall them. Remember your actions and their input on others, as painful as that may be.

The best way to handle the anger is verbally, pleasantly, and directly with the person you are angry at. If possible, you want to move towards reconciliation and greater understanding between you.

3. Use Self-talk.

When you feel you are losing it, tell yourself something like: ***“I’m losing it. I do not want to make a fool of myself and say something I will later regret and have to apologize for. I better cool it!”*** ***“I do not want my children to develop into irresponsible people. I must be a good role model.”***

4. Ask Forgiveness.



If you have said or done something that you regret, you have a great opportunity to let good appear from a bad scene. The simple but difficult act of asking your child’s forgiveness puts your relationship back on a loving basis. Regardless of the immediate response, this act enhances the child’s respect for you and teaches your child the importance of forgiving others and oneself.

PART II:

HOW TO HANDLE YOUR ANGER

We can process our anger in a productive manner. Here are the **five steps** for moving from anger to positive, loving action.

1. Consciously acknowledge to yourself that you are angry.

Say the words out loud. ***“I am angry about this! Now what am I going to do?”*** Such a statement makes you aware of your own anger and also helps you recognize both your **anger and the action you are** going to take. You have set the stage for applying reason to your anger.

2. Restrain your immediate response.

Avoid the common but destructive responses: (1) verbal or physical venting; or their opposite, (2) withdrawal and silence. Refuse to take the action that you typically take when feeling angry. Waiting can both help you avoid saying and doing things you may not mean and later will regret.

3. Locate the focus of your anger.

What words or actions by the other person have made you experience anger? Whatever the cause of your anger, locate it. If the person has truly wronged you, identify the person’s sin. How has she wronged you? Then determine how serious the offense is. Some wrongs are **minor** and some are **major**. Knowing its seriousness should affect your response.

4. Analyse your options.

Significantly, the response should be positive and loving. Ask yourself, ***“Does the action I am considering have any potential for dealing with the wrong and helping the relationship? And is it best for the person at whom I am angry?”*** The two most constructive options are (1) lovingly confront the person and (2) consciously decide to overlook the matter.

5. Take constructive action.

If you choose to “let the offence go” then express this decision to God. In prayer, confess your anger and your willingness **to turn the person over to** the Righteous and Just God. Then release your anger to Him. If you choose to lovingly confront the person who has wronged you, do so gently. Listen to any explanation; it can give you a different perspective on the person's actions and intentions. If the person admits that what he or she did was wrong and asks you to forgive, do so.

DEFINITIVE VERSUS DISTORTED ANGER

Recognizing distorted anger and dealing with it is crucial, for while definitive anger is valid, distorted anger is not and must be handled differently. The differences between definitive and distorted anger are more than just in definitions. The following chart shows several ways the two kinds of anger differ.

	DEFINITIVE ANGER	DISTORTED ANGER
Definition	Anger toward any kind of genuine wrongdoing: mistreatment, injustice, breaking of laws	Anger toward a perceived wrongdoing; the perception is inaccurate-no wrong doing occurred
Common Sources	Violation of laws or moral codes	Inanimate object (such as flat tire), people who hurt or embarrass us, stress, tiredness, unrealistic expectations
Ways to Recognize	Be able to answer yes to two questions: (1) Was a wrong committed? (2) Do I definitely have all the facts?	Feelings of frustration or disappointment are spurring the anger
Proper Responses	Either lovingly confront the person or decide to overlook the offence.	Halt the anger, and gather information to process your anger.

PROCESSING YOUR DISTORTED ANGER

Like definitive anger, distorted anger must be fully processed so that the anger does not build toward resentment. The approach is somewhat different from that for definitive anger. In both kinds of anger, however, your goal is the same: to find constructive rather than destructive methods of processing the anger.

There are **four steps** to processing possible **distorted anger**.

1. Share information.

Tell the other person about your concern in a non-condemning way, and request an opportunity to talk about it. Be sure to focus on the event that stimulated your feelings, not on the person.

2. Gather information.

When you properly gather the facts, you can determine whether the anger is definitive or actually distorted.

3. Negotiate understanding.

Express your struggles in a non-threatening manner, requesting understanding. Then listen to the other person's response. This two-part process allows you to understand the person's actions and for the other person to understand your feelings. This requires open, honest conversation.

4. Request change.

This final step is optional, but it can lead to lessening many of the irritating behaviours that stimulate anger. Many people will respond well to such a request, as long as you neither demand nor manipulate for the change. A generally positive relationship with the other person will make them more open to such a request.

CAREFUL, DO NOT IMplode!

Though **explosive responses** to anger are more dramatic (and therefore more noticeable), **implosive responses** are more common. Contrary to what many believe, implosive reactions can be as destructive as explosive reactions. Here's a summary of the impact of **implosive anger**.

Nature of Implosive Anger	Internalised anger that is never expressed
Motivation	Fear of confrontation ; belief that feeling or expressing anger is wrong
Symptoms	Denial that one is angry; withdrawal from the other person
Common Statements	<i>"I'm not angry, but I am very frustrated."</i> <i>"I'm not angry, but I am disappointed."</i>
Results	Passive-aggressive behaviour ; redirected anger toward someone else; physiological and psychological stress; can lead to resentment, bitterness, and hatred , or even to explosion in the form of a violent action .

III RECOGNIZING AND PROCESSING YOUR LONG-TERM ANGER

When anger continues for years, the consequences can be severe, either physiologically or emotionally. There are at least four and sometimes as many as six steps in processing long-term anger.

1. Make a list of wrongs perpetuated against you through the years.
2. **Look** at the list and ask yourself, **"How did I process my anger over this event?"** *This will* help you identify any unprocessed anger. Remember, no matter how long ago the event occurred, it is never too late to deal with the unresolved anger.

3. **Release your anger to God and thank God** that He will deal justly and lovingly with those who have wronged you. Take this step for those who are no longer living or available to reconcile.

4. For those still living, decide whether to seek reconciliation or to "**let the offence go**". If you choose to overlook the offence, then express this decision to God. In prayer, confess your anger and your willingness to turn the person over to the Righteous and Just God. Then release your anger to Him.

If *you* decide to proceed with reconciliation, I recommend a step 5. **Bring a compassionate third party to the meeting**. Take a trusted pastor, counsellor, or friend to your meeting. The third party can act as a mediator or facilitator during the dispute, can recognize when the dialogue is moving off track and return the two to the main issue, and, as a witness, will remind both parties of the importance and urgency of such reconciliation. With reconciliation, move also to a step 6: **Seek forgiveness**. Reconciliation almost always requires forgiveness, usually by you, but sometimes by the other party, whom you have perhaps unintentionally offended.

IV THE PATH TO FORGIVENESS

When someone has caused your anger, and that anger is valid, based on a genuine transgression, reconciliation can come through forgiveness. The path to forgiveness has **three markers**.

1. **Rebuke the offending person**, that is, bring the offence to the person's attention. The rebuke should be given in love, with the hope and willingness that forgiveness will result. Give the rebuke only after you have calmed emotionally.

2. **Wait for the person to repent of his wrongdoing**. He or she must repent. Such repentance includes confessing that the action was wrong and expressing a desire to turn from practicing that wrong in the future. When the individual does this, Jesus said we are to forgive the person.

3. **Realize that some of the results of the sin will remain**, even when forgiveness comes and the relationship is restored. The relationship may need time to heal, especially if a trust has been broken. Realize that you may be able to help the person to gradually move to a stronger relationship, but you may not fully erase the consequences. In some cases there are lasting social, emotional, or physical consequences. Among your emotions after you forgive may be disappointment or even anger every time you recall the event.

Simply remember that forgiveness is not a feeling; it is an ongoing commitment to accept the person in spite of what he or she has done. Continue to forgive when such feelings arise.

V DEALING WITH ANGER TOWARD YOUR SPOUSE

Here are **six steps** for dealing with anger you feel toward your spouse. Most of these six steps should be in place before the anger comes; that way, when it appears, an agreed-upon plan can help calm and direct the discussion.

- 1. Acknowledge the reality of anger.** Whether your anger is legitimate, definitive anger or distorted anger, do not condemn yourself for experiencing anger. Recognize and admit to it, remembering the anger itself is not sinful.
- 2. Agree to acknowledge your anger to each other.** Express clearly your feeling of anger when it arises; do not make your spouse guess based on your behaviour. Both you and your spouse deserve to know when the other is angry and what he or she is angry about.
- 3. Agree that verbal or physical explosions** against the other person are not appropriate responses to anger. Either kind of explosion will always make things worse.
- 4. Agree to seek an explanation before passing judgment.** Remember that your first impression is only tentative; at times it will be faulty. It is easy to misinterpret the words and actions of one's spouse, so seek your mate's perspective. He or she may supply valuable missing information that could change your understanding of the issue.
- 5. Agree to seek a resolution.** With more information from your spouse and the fuller perspective, you are ready to find a solution satisfactory to both of you. Resolving the angry feelings may require that you seek the person's confession and repentance – if the wrongdoing is valid and definitive – or recognize your anger as invalid and perhaps selfish – if the anger is distorted. It may require even confession and asking of forgiveness on your part, if the wrongdoing is by you. Whatever the cause, work toward reconciliation between the two of you.
- 6. Agree to affirm your love for each other.** After the anger is resolved, declare verbally your love for **each other**.

VI TEACHING YOUR CHILDREN TO DEAL WITH ANGRY FEELINGS

There are **three primary methods** whereby we can teach our children how to handle their anger positively. The **three ways** are mentioned in order of importance, though all are necessary.

1. Model proper behaviour.

Children will imitate behaviour and responses they observe in their parents. Children respond to anger in much the same way as the parent whose personality is most like their own. If a parent has destructive patterns, the adult can learn new, healthier responses to anger. When children see in their parents actual positive changes toward anger, it enhances their sense of security and will begin to have a positive impact upon their own anger management.

2. Take an active role in guiding the children through their own anger episodes.

Begin at the child's present level of development and help him take steps in growth. Be sure to listen to the child, so that you can understand what he thinks is unfair or wrong. As the parent, you have the final word on what will be done, but your child needs to feel that you think his feelings and ideas are important. Be careful not to let the child's behaviour stir your anger so that you respond to the child in an equally destructive manner. Each anger experience gives the parent an opportunity to guide the child through the anger episode, deal with the issues, and find a resolution.

3. Give instruction.

Your instruction must be founded in the soil of unconditional love, positive modelling, and loving guidance.

VII WHEN YOU ARE ANGRY WITH GOD

Anger is the normal human response when we encounter what we perceive to be injustice. When a situation brings great pain to you and you believe God could have averted it, it is often natural to think God has treated you unfairly. Therefore you feel anger toward God. It is distorted anger (based on a *perceived* injustice), but anger nonetheless. How do you handle this anger toward God? There are **three stages** to dealing responsibly with such anger.

1. Take the anger to God.

You can freely express your perception of things to God. You will not "hurt His feelings" nor will you stir up His anger. God is our compassionate Father and wants to hear our complaints. At the same time, He is also the sovereign God who does no wrong. He will either help us understand His perspective on our present situation or He will simply ask us to trust Him (as He did with His servant Job).

2. Listen to God's message.

Once we express our honest concerns to God, we are in a position to listen to His "quiet whisper" to us. This sometimes comes through a trusted Christian friend, a pastor's sermon, or a Christian book written by a believer who has walked a path similar to ours. Other times His purpose or simply His peace will come through the words of an old hymn, a contemporary chorus, or in your personal times of reading the Scriptures. Whenever God speaks, you will know it is His voice if the message you receive is consistent with Scripture.

3. Report for further duty.

As long as we are alive, God is not through with us. We will be useful tools, ready for the Master's good plans.

VII WHEN YOU ARE ANGRY AT YOURSELF

Whether the source of personal anger is an actual or a perceived wrongdoing, we must learn to process personal anger constructively. Neither explosive nor implosive responses are constructive. Here are **five healthy steps** in dealing with anger toward you.

1. Admit your anger.

Admit it to yourself and even to someone else. If you like, write the statements down. Say them aloud to yourself and say them in prayer to God.

2. Examine your anger.

Determine whether the anger is definitive or distorted. Definitive anger is based on real wrongdoing that must be dealt with, whereas distorted anger may be causing illegitimate guilt, shame, and embarrassment.

3. Confess wrongdoing to God and accept His forgiveness.

When anger toward oneself arises from one's own sin, the appropriate response is confession to God and acceptance of His forgiveness. (See 1 John 1:9). If our wrongdoing has hurt someone else, we should confess our wrong to them and ask their forgiveness.

4. Choose to forgive yourself.

We feel pained at our wrongdoing. But once we have confessed our sin to God and received His forgiveness, we must forgive ourselves. No positive purpose is served by berating ourselves explosively or implosively. All such behaviour is destructive and thus a sinful response to our anger. This too needs to be confessed to God. In prayer, we let God witness our self-forgiveness.

5. Focus on positive actions.

Learn from your failures; take positive steps to strengthen the likelihood the wrongdoing will not recur.

IX HOW TO RESPOND TO AN ANGRY PERSON

The following **seven steps** in responding to an angry person will help calm the individual, keep you calm, and bring the understanding necessary to help the person deal with his anger in a healthy manner.

1. Listen to the person. The best thing you can do for an angry person is to listen to his story. As you listen, you're becoming aware of the extent of his anger, and you are getting some basics of the person's story.

2. Listen to the person. Having heard his story, ask the angry person to repeat it. By doing this, you let the angry person know you are taking him seriously, that you really want to understand what happened. The person also senses that you are not condemning his anger.

3. Listen to the person. After listening a second time, now ask additional questions to clarify the situation. It takes at least three rounds of listening, sometimes four, for the angry person to get out all of his or her concerns.

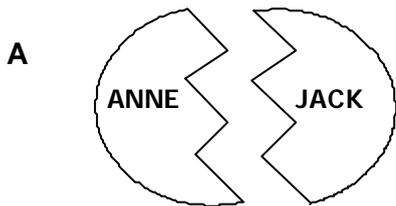
4. Seek to understand the angry person's plight. As you try to understand what stimulated the person's anger, ask yourself, "Would I be angry in the same situation?" Try to identify with the person by visualizing yourself having experienced what that person has experienced.

5. Express to the person your understanding of the situation. Your statement of understanding should be compassionate and spoken with empathy. Even if the person has some facts wrong, do not try to modify or challenge now; that can come later. Rather, affirm the person's feelings of anger.

6. Share additional information that may shed light on the subject. When you present such information at this point, you will not offend; you help the other person to let his anger subside and perhaps to realize that you have not wronged him.

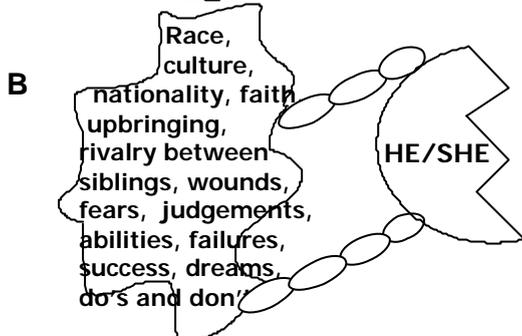
7. Confess any wrongdoing and perform restitution. If you realize that the angry person's anger is **definitive; that is, you have wronged him**, then it is time for your confession and efforts to make right the wrong you have committed.

RELATIONSHIPS – HOW THEY WORK

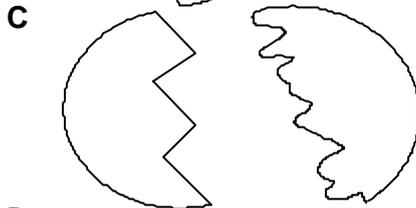


At the altar – they think they match perfectly.

Ideal image of one another.

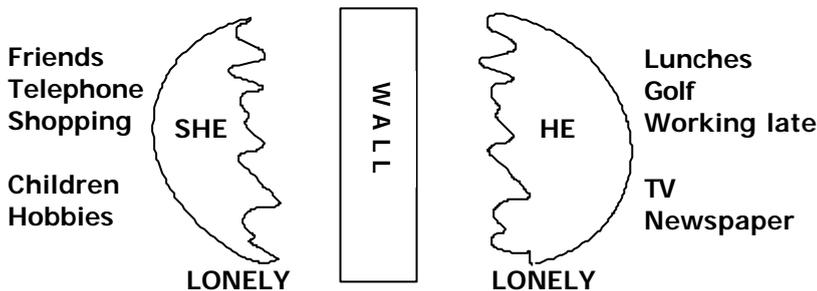


Each one brings a pile of qualities and habits. They try to build a relationship based on these attitudes and expectations.



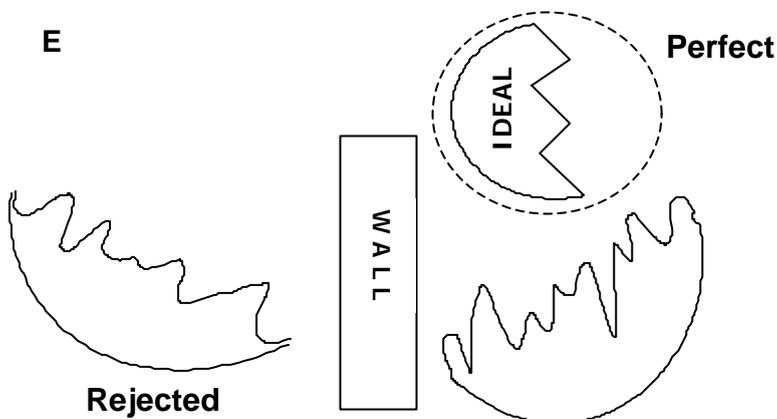
The closer they move toward each other, the more they think that the other one has all the faults, and they are perfect.

D
 “If you would only...” “Just get off your high horse...”



Instead of them admitting that neither is perfect, they withdraw because of the hurt and build a wall for protection.

Prov. 27:17: “As iron sharpens iron so a man sharpens the countenance of his friend.”



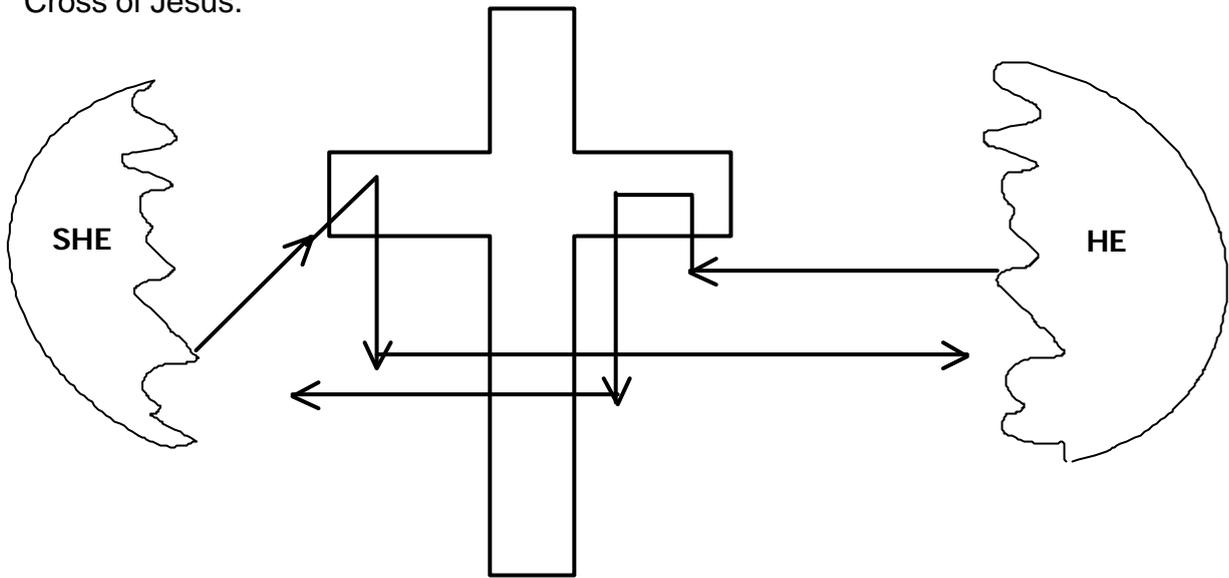
“Marriage does not feel good – I married the wrong person – God did not join us together.”

One or both begin to look for the “ideal” partner to complement them.

(If God is not allowed to change the negative attitudes in the heart, a second marriage will have the same consequences.)

F

There is only ONE answer in every relationship: exchange the wall of division for the Cross of Jesus.



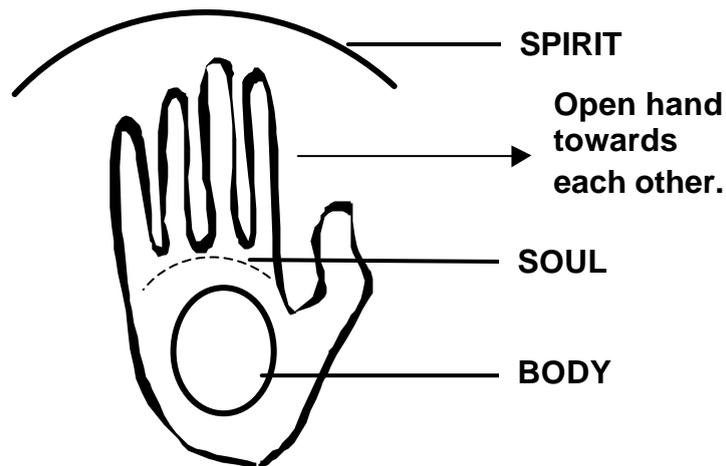
It prevents demands being placed on one another.

“Lord, what must change in me to make me like Jesus?”

Even if only one wants to be changed in the Lord, the promise is still valid that the unrighteous, one is sanctified by the believer. **1 Cor. 7:14**

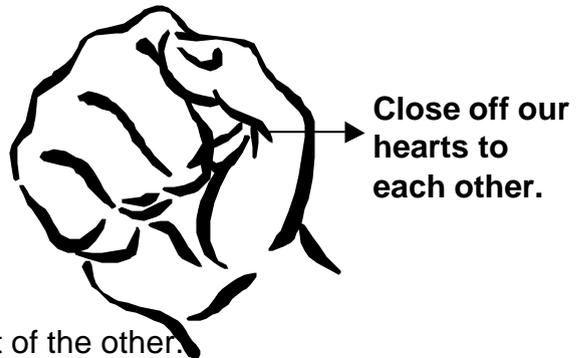
The pattern is broken when self dies so that Christ can live through us!

RELATIONSHIPS



HOW DO WE SHUT OFF EACH OTHER

- Hard words are spoken.
- Opinions are belittled.
- Unwillingness to admit to being wrong.
- Take people for granted.
- Make jokes / sarcastic remarks at the cost of the other.
- Distrust.
- Force someone to do something they are not comfortable about doing.
- To be rude to the other in front of other people.
- To regard the other's genuine needs as unimportant.



HOW CAN I KNOW THAT SOMEONE'S SPIRIT IS CLOSED TOWARDS ME?

1. A tension between the two of you that cannot be reasoned away.
2. Always ready to argue, or refuses to discuss anything. Avoids you, never asks any advice and criticises you for no reason.
3. Loss of physical intimacy. Kisses, hugs – forget it!! Romantic feelings disappear.
4. Negative non-verbal signs. Facial expressions are negative, closes bedroom door, always wants to be alone, turns back on you while you are talking, does not want to be at home, does not want to be alone with you.

HOW TO OPEN A CLOSED SPIRIT

1. Change and become soft and tender towards the person

Proverbs 15:1: *“A SOFT answer turns away wrath, but grievous words stir up anger.”*

2. Try as much as possible to understand what the other person is going through. (**Listen** to what is being said and do not react to the **words** that are used.)
3. Admit that the person has been hurt and be prepared to admit that you are guilty in that you made them angry.
4. Touch the person softly.
5. Ask for forgiveness and wait for a response.

FORGIVENESS (“TO RELEASE, SET FREE, UNTIE”)

If we do or say anything **offensive** to the other, we bind them **emotionally** and **spiritually**. (Tie in knots) Perhaps we do it because others have left knots inside of us.

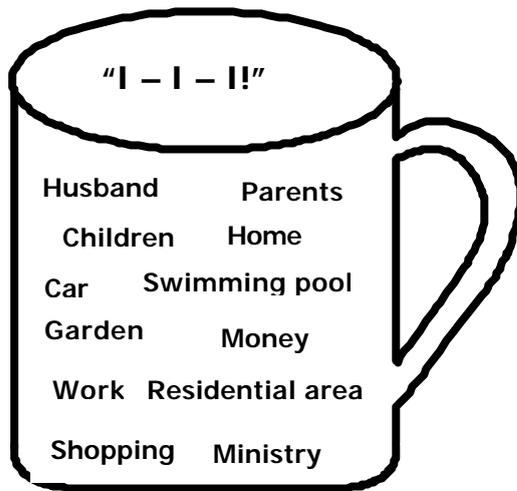
If you are prepared to loose the knots tied in you by the one who hurt you, God will untie your knots. (He will forgive you.)

Anger blocks the working of the Spirit of God.

If anyone remains angry with you, they abide in darkness, bound with knots.

Do your best to **drain** the anger of your neighbour towards you.

WHAT FILLS YOUR LIFE?



Level varies according to:
* each new day
* telephone calls
* circumstances, etc.

Expects life from the wrong source.

Result: Unfulfilled, empty life, negative emotions, anger, frustration, hurt feelings, worry, anxiety, fear, restlessness, uncertainty, confusion, envy, jealousy, comparisons.

The list above are the **gifts** of life, not the **source** of life. Therefore our cups are drained of energy and life.

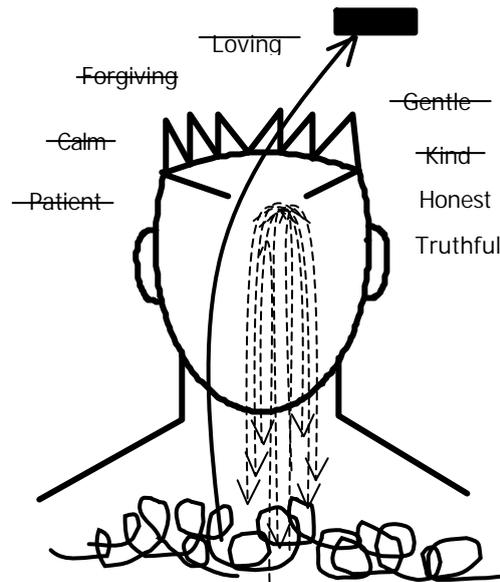
When negative emotions are experienced, use them positively. Confess that you focus on other things for life rather than focusing on God. Matt. 6:33; Ps. 62

The **higher** my **expectations** are of other people, the **more control** I give them over my emotions and spiritual condition.

The freer I am to expect less of others, and as I trust God more and more, the purer and more upright my love for others will be.



SPIRITUAL PRIDE? BEWARE!!!



We try so hard to live by the Law of the Word, to bear the fruit of the Spirit and to behave as Jesus would have us behave.

All irritations, anger, hurt feelings, etc. are suppressed and if we do not know how to get rid of them, they build up like a pressure cooker that sooner or later will explode.

As we **strive** to keep the Law, it leads to **suppression** that demands **expression**.

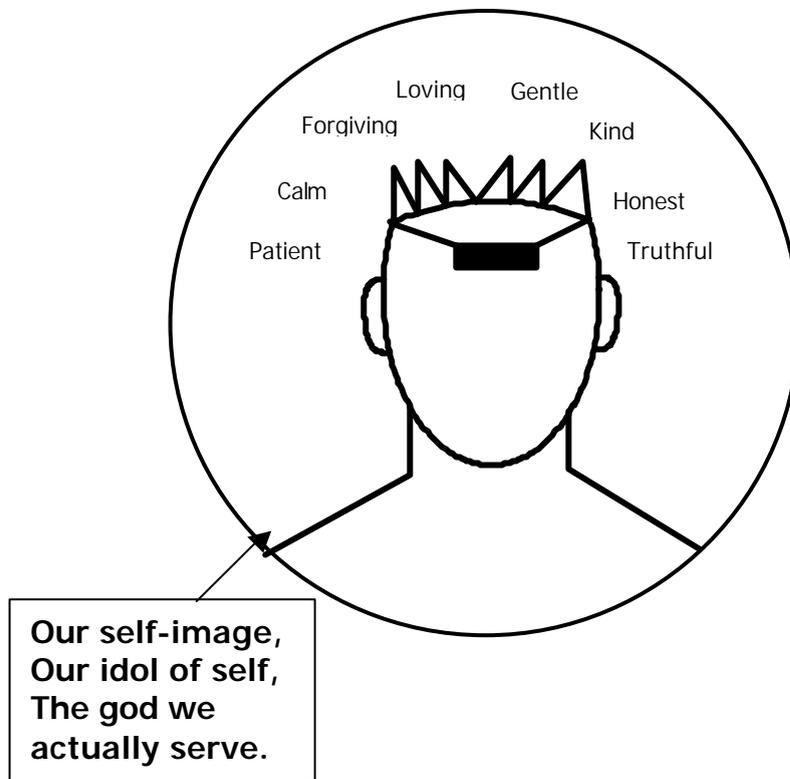
Our flesh demands revenge but our reborn spirit knows that forgiveness is essential.

Instead of going to the Cross with our problems, we suppress our true feelings and show love and forgiveness **in the flesh**. Then we are very **proud** of our effort and expect recognition from people (Religious spirit)

Unfortunately we cannot keep it up because the flesh tires.

In reality we are all liars because we are not what we say we are. No one has pure love. No one can be truly pleasant and gentle.

John 15:5: *"Without Me, you can do nothing."*



Our striving to be like Jesus becomes an idol. Fear of failure urges us on to try harder (relying more and more on the flesh).

If anyone criticises or corrects us or gossips about us we cannot cope with it, because our idol has been attacked.

“How dare they...”

“After all that I have done...”

“How can they think that of **me**...”

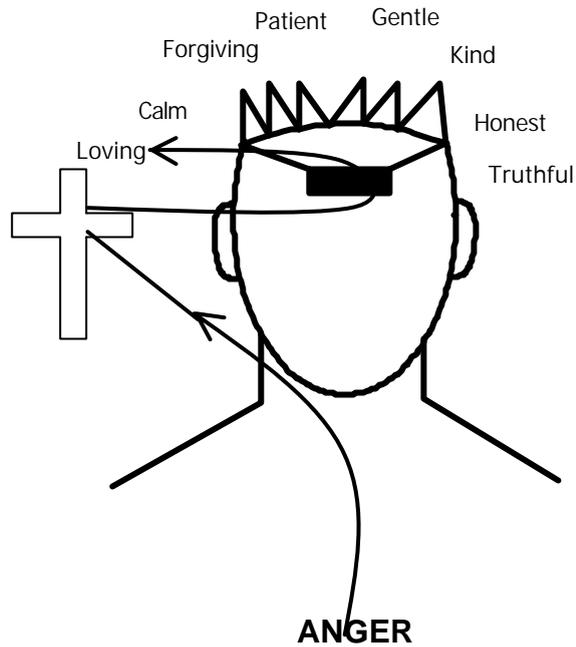
The sooner we realise that we have no righteousness of our own, the better.

Romans 7:18: “For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot perform it. [I have the intention and urge to do what is right, but no power to carry it out.]”

Then only will we be free to give the Holy Spirit the opportunity to let Jesus live through us.

If we **try** to be loving, we prove that we serve the idol of the flesh and do not serve God Himself.

THE ANSWER



Whenever something happens or is said to hurt me, make me angry, irritate or upset me, talk **honestly** to the Lord.

“Jesus, I am hurt. I am angry. I have been humiliated. I want to hit back. Please let forgiveness take place through me.”

Very Important: In that way we are **emotionally honest**.

Your pain is not just suppressed. Your heart is immediately free and light to extend Christ's Love.

Love, forgiveness, friendliness will flow freely through us and so we give all the honour to King Jesus.

WALK WITH JESUS TO COMPLETE LIBERTY

Bottled up anger is so typical and can start in early childhood. We must identify it in our lives and allow Christ to purify our hearts.

There is a **process** of true forgiveness (without short cuts)

1. Identify the facts.
2. Walk with Him to Gethsemane. Lay down your own righteousness and be united to the one who hurt you. Admit your share of the guilt and see yourselves both standing guilty at the foot of the Cross. Forget who is right and who is wrong.

Do not run directly to the Cross with your hurt – Jesus took off His own robe of righteousness in Gethsemane and identified with man’s sin.

This is the same procedure that we must follow to be truly free without feeling that forgiving made you a martyr. We can so easily think that we are better than the other one.

Rom. 12:14 – 21: *“14 Bless those who persecute you [who are cruel in their attitude toward you]; bless and do not curse them....
20 But if your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head.
21 Do not let yourself be overcome by evil, but overcome (master) evil with good.”*

“Overcome evil with good.”

“heap coals of fire on his head.”

“spreader of warmth in the community.”

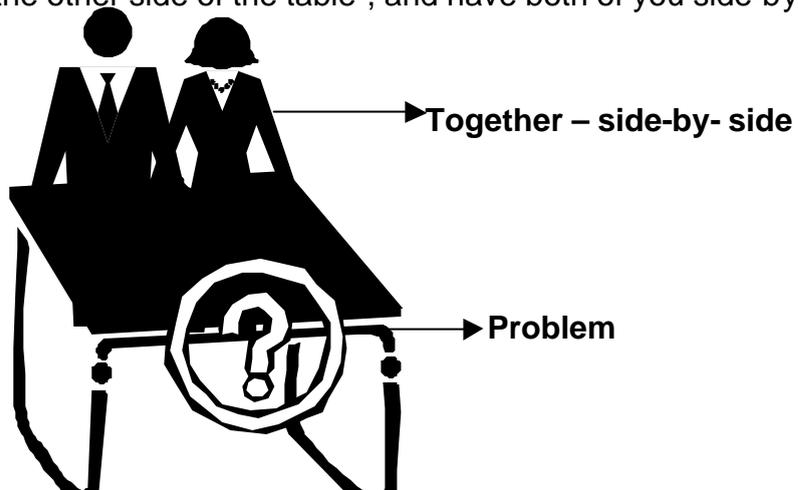
3. Bless those that hurt you – **the flesh cannot!**

After Gethsemane – you can bless from your heart. Ask for forgiveness for your part in the whole matter.

FINAL KEY

Whoever truly loves Jesus cannot bear a grudge in their heart because we know that it hurts His heart and grieves the Holy Spirit. Never see the **person** as the problem.

Take the problem, put it on “the other side of the table”, and have both of you side-by-side facing the problem together.



THE TWO SECTIONS OF THE MIND (Eph. 3: 19)

1. Logical Data Base / Truth



- Non-emotional
- Seminars
- Bible Studies
- Does not require interpretation

2. Experiential Knowledge

The belief we hold based on our experiences. Much of this is in subconscious form.

Requires us to come to a conclusion/interpretation.

In a real life situation – Experiential knowledge tends to **override** logical truth. **What we “feel” is true rather than what we “know” to be true.**

Our behaviour and emotions are directly linked to our experiential knowledge.

We can fill our brains with logical data and have some success, but **struggle will remain until the power of sin (the lie) is broken by Jesus bringing truth into our experience.**

