

## CHAPTER SEVEN

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# Inner Healing

### *Healing the Pain That Is Blocking My Maturing*

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- 1 – At some point, living as Christ’s disciple, I am likely to become aware of wounded areas within that are hindering or blocking my maturing.
- 2 – Crazyness began when I turned from God and went my own way. Sanity is gradually being restored as I learn how to rely on Jesus to teach me how life works.
- 3 – My destructive behaviors are rooted in:
  - my own sin
  - sin done against me
  - my sinful responses to sin done against me
  - sin all around me in family and society
- 4 – I am wounded by inability to accept myself. I am out of touch with the person I truly am, created in the likeness of a magnificent God.
- 5 – I am wounded by expecting or demanding that other people meet my needs. I am looking to the wrong person. Only God can meet my needs.
- 6 – I am wounded by self-centeredness (introspection, narcissism). I am looking at the wrong person. Jesus leads me into a God-centered life.
- 7 – I am wounded by dishonoring my parents. If I am unable to relate well with them, I will tend to relate in unhealthy ways with other authorities. This can further damage me. (see Chapter 22)
- 8 – I am wounded by anger, contempt and bitterness. These are violent behaviors; they trigger violence in return. People don’t enjoy being around an angry person.
- 9 – I am wounded by sexual violation—what I may have committed or what I may have suffered. God created sexuality to express a unique intimacy. (see Chapter 19)
- 10 – I am wounded by shame. Shame keeps me from being honest about my need and seeking help. It expresses a distorted understanding of myself.
- 11 – I am wounded by inability to forgive—to commit my enemy to God and leave payback to him. God is Judge—a role he has not assigned to me. (see Chapter 20)

12 – I am wounded by inability to receive forgiveness. I cannot deserve forgiveness; it is a gift God, and others, offer me. I just need to gratefully receive it. I may need to forgive myself.

13 – I am wounded by assuming a victim role. If I am a child of God I am never a victim. Why? I have a Heavenly Father—all-powerful, all-knowing, all-compassionate. I choose to trust him.

14 – My Heavenly Father has allowed what happened to me for reasons only he fully understands. I may gain more insight as time goes by—or maybe never.

15 – Could it be that my own behavior and responses played a role in the wrong done? What is the objective truth? Do I see all this accurately?

16 – God is good, always with me, always protecting me, working all things for my good. To respond correctly to what I can't understand is crucial for my healing. (see Psalm 23:6)

17 – Unhealed places within trap me in immature thinking and reacting. Unresolved childhood pain easily erupts in childish adult behavior—the experience of the adult child.

18 – Unhealed places within me energize addictions—deeply entrenched habits I use to block out or escape pain. I soon find myself in bondage to them.

19 – Unhealed places within me lead to wounding other people. When anger lies near the surface, it is easily triggered. Wounded people wound people.

20 – Unhealed places within me hinder ministry. I lack insight as to why I, and others, behave as we do. I have a log in my eye. (see Matthew 7:1-5) Self-control eludes me.

21 – I am healed by coming present to God and remaining there (see Chapter 5). I hear my Father say “I love you”. I come to believe him. Healing goes deeper.

22 – I am healed by listening for words of healing insight my Father is always ready to speak. I hear loving, specific correction. I obey.

23 – I am healed by bringing my sins to Jesus on the cross. Guilt and habitual sin block healing and wound anew. The cross has broken sin's power.

24 – I am healed by bringing my past wounding to Jesus on the cross. I bring him the painful memories. I ask him to step into them with me and heal them.

25 – I am healed by forgiving those who have wronged me. I do not deny or minimize the wrong. I own what is true. But I leave “pay back”—judgment—to God.

26 – I am healed by living daily as Jesus' apprentice. He teaches me how to avoid harmful behaviors and follow ways that lead to wholeness.

27 – Jesus is the most skilled therapist in all of history. His teachings show:

- how we are made
- what went wrong
- how we can be healed, redeemed, transformed

28 – As I mature in the life of God, I come to see that I have been wounded more by my own wrong responses than by the actions of others.

29 – I have no control over the actions of others. They are not my responsibility. My well-being cannot depend on what is not my responsibility—the actions and choices of others.

30 – My well-being depends on my own actions and choices. Someone else chooses to harm me. Now it is my turn to choose how I am going to respond. Jesus teaches me how.

31 – We are not healed by analytical thinking—even analyzing the Bible. Living in our heads is not enough. We are healed by living in the Presence.

32 – We are not healed by counseling, though godly counsellors can be a great help. We are healed by living in the Presence.

33 – Jesus:

- announced the gospel of the kingdom
- taught the characteristics of the kingdom
- revealed the presence of the kingdom by healing (Matthew 9:35-36)