

“Whole Healing” Presentation-Part 2

The “Whole Healing” Process

- What We Learned About the Deep Healing of Sanctification -

- - Rob & Dena Corry - -



Salvation Journey

- Sanctification is the “*rough patch*” of road in the “*path of progression*” from justification to glorification

1 Thessalonians 5:23

And the very God of peace **sanctify you wholly**; and *I pray God* your **whole spirit** and **soul** and **body** be preserved blameless unto the coming of our Lord Jesus Christ.

- Paul was praying for our threefold salvation ... the healing of our spirit, soul and body
- ‘Preserved’: from Greek 5083 tereo
 - To attend to, take care of

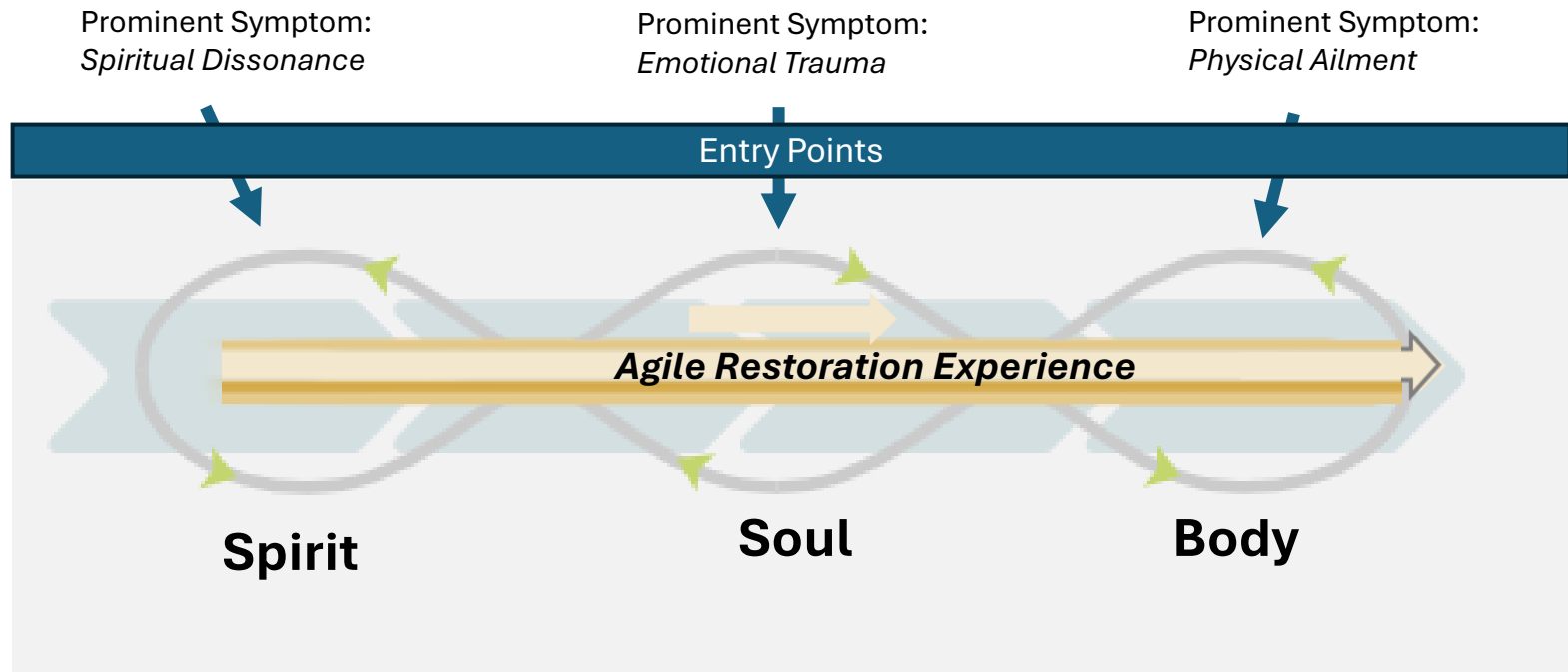
Justification => salvation of our spirit

Sanctification => salvation of our soul

Glorification => salvation of our body



It's All Connected!!



To be “whole,” our spirit, and soul, and body must all be healed as they are all connected.

The Role of “Truth” in the Healing Process

2 Thessalonians 2:13 But we are bound to give thanks always to God for you, brethren beloved of the Lord, because God has from the beginning **chosen you to salvation through** sanctification of the Spirit and **belief of the truth:**

3

Believing Lies Enslaves Us

When we believe lies, our hearts / minds become corrupted. (**2 Corinthians 11:3**)

We become slaves to whomever we obey. (**Romans 6:16**)

... By what a man is overcome, by this he is enslaved. (**2 Peter 2:19**)

2

Through Lies, the Enemy Will Try Us

Paul warned of that the adversary, will try to deceive us to corrupt our mind from the simplicity that is the truth in Christ. (**2 Corinthians 11:3**)

The devil, as a roaring lion, walketh about, seeking whom he may devour: (**1 Peter 5:8 KJV**)

1

Deceivers Are in the World

The devil is the father of lies. (**John 8:44**)

Many deceivers have entered the world. (**2 John 1:7**)

By their smooth and fair speech, they beguile the hearts of the innocent. (**Romans 16:18**)

4

Holy Spirit Will Reveal Truth to Us

... When **the Spirit of truth**, is come, He **will guide you into all truth:** for He shall not speak of Himself; but whatsoever He shall hear, *that* shall he speak: and He will show you things to come. (**John 16:13**)

5

Truth Will Deliver Us From Bondage

... And the Truth shall make us free. (**John 8:32**)

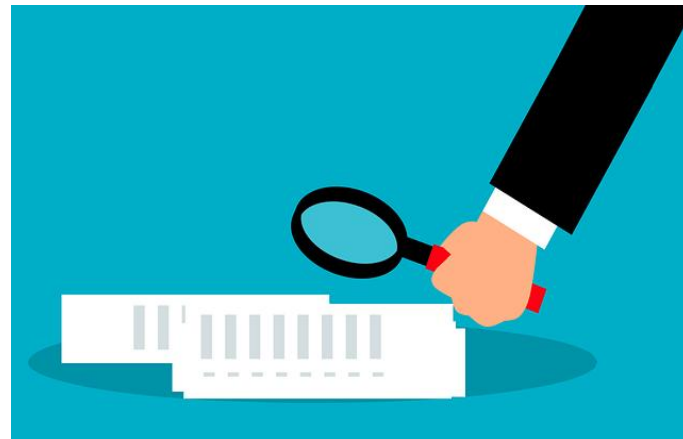
... the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God. (**Romans 8:21**)

God's revelation of **TRUTH is the Key** to every step of the healing process!!

Quick Review of Terms Shared Earlier

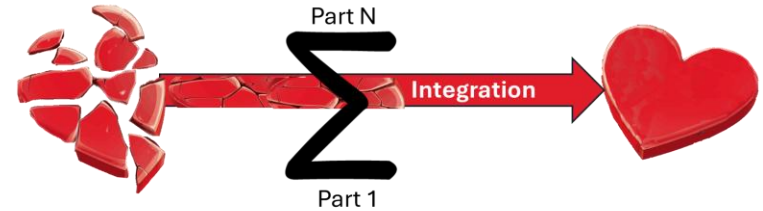
- **Soul:**

- Our conscious awareness of self in both the natural and spiritual and holder of subconscious memories and beliefs
- Seat of our emotions
- Capable of thoughts based upon all information received from both our natural and spiritual senses, shaped by deeply held beliefs and memories of life experiences
 - **Note:** The bible uses the word “**heart**” translated from the Hebrew 03820 לֵב leb and the Greek 2588 καρδιά kardia, which have definitions very similar to the functions described above for the soul.



- **Parts:** The compartmented segments of our soul / mind’s identity that have “broken away” from “the whole” because of trauma / wounds.
 - By separating into our subconscious, we are protected from the accumulated feelings and emotions that would be debilitating if present in our conscious mind all the time.
- **Guardian Behaviors:** Subconscious defense mechanisms aimed at preventing or reducing uncomfortable thoughts and feelings to protect “our parts” from being wounded again
 - Guardian behaviors lead to sins (actions that “miss the mark” of loving God, loving ourselves and loving our neighbors as ourselves).

New Term: “*Integration*”

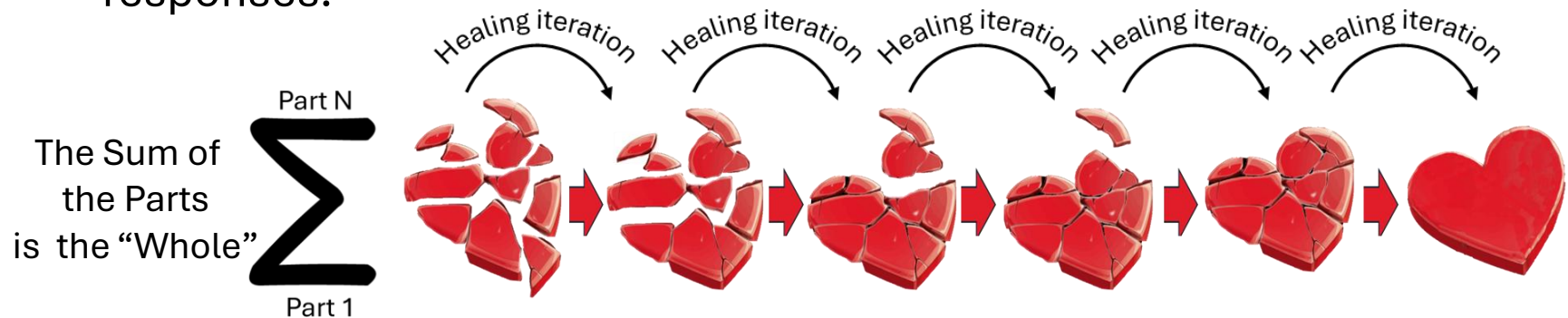


- Integration

- The “binding together” of the healed parts of us that, in their previously wounded state, had been isolated in our subconscious

- Purpose of Integration

- Bringing these healed parts together, as “a whole,” allows our true-identity “in Christ” to emerge so that, when we are exposed to events that remind us of past trauma, we no longer have the trauma-based responses.



Luke 4:18 - "The Spirit of the LORD is upon Me (*i.e., Jesus*), because He has anointed Me to preach the gospel to the poor; **He has sent Me to heal the brokenhearted**, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed.

Another New Term: “*Healing Space*”



Real World

- The Real World is where we walk out our life experiences, interacting with both the natural and the spiritual realms.

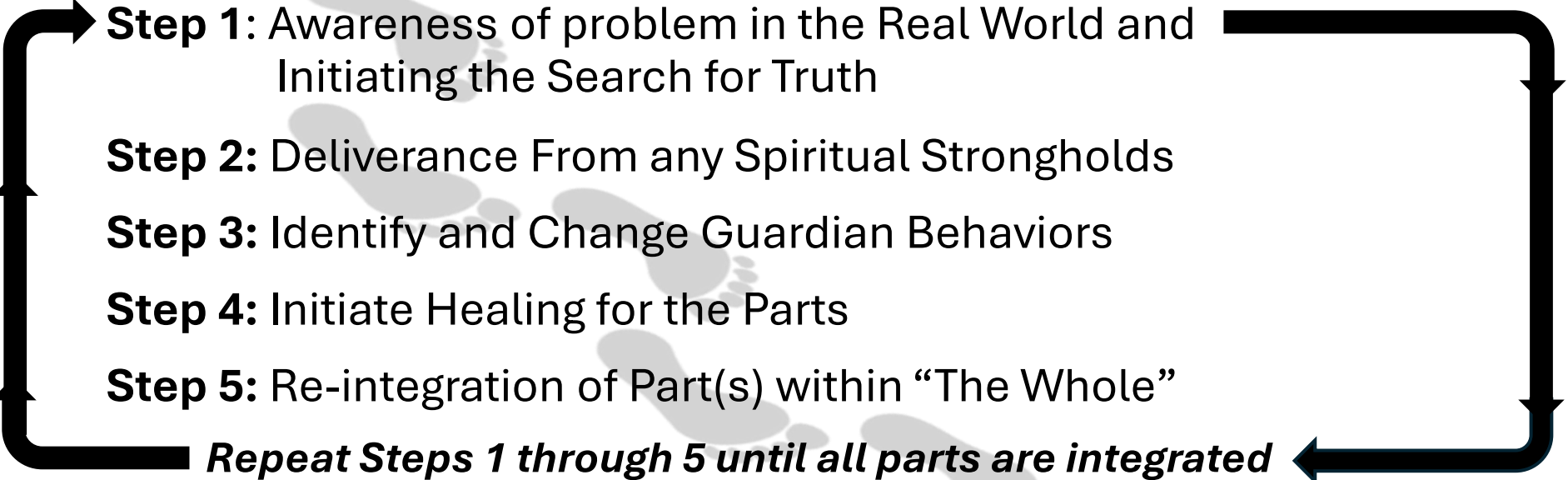


Healing Space

- The Healing Space is where we can prayerfully go to:
 - Seek the Lord in truth and in faith
 - Receive truth from the Lord
 - Be ministered to for healing

The “Healing Space” experience will be different for everyone ...
... it is unique to the way God reveals truth to you
(Visions, dreams, prayerful thoughts, etc.).

Steps in the Healing Process as We Have Experienced it Over the Last Few Years



Step 1: Awareness of problem in the Real World and Initiating the Search for Truth

Step 2: Deliverance From any Spiritual Strongholds

Step 3: Identify and Change Guardian Behaviors

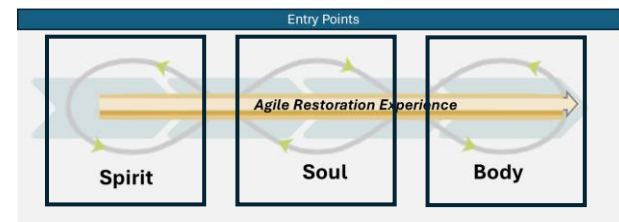
Step 4: Initiate Healing for the Parts

Step 5: Re-integration of Part(s) within “The Whole”

Repeat Steps 1 through 5 until all parts are integrated

Step 6: The Healing Phase

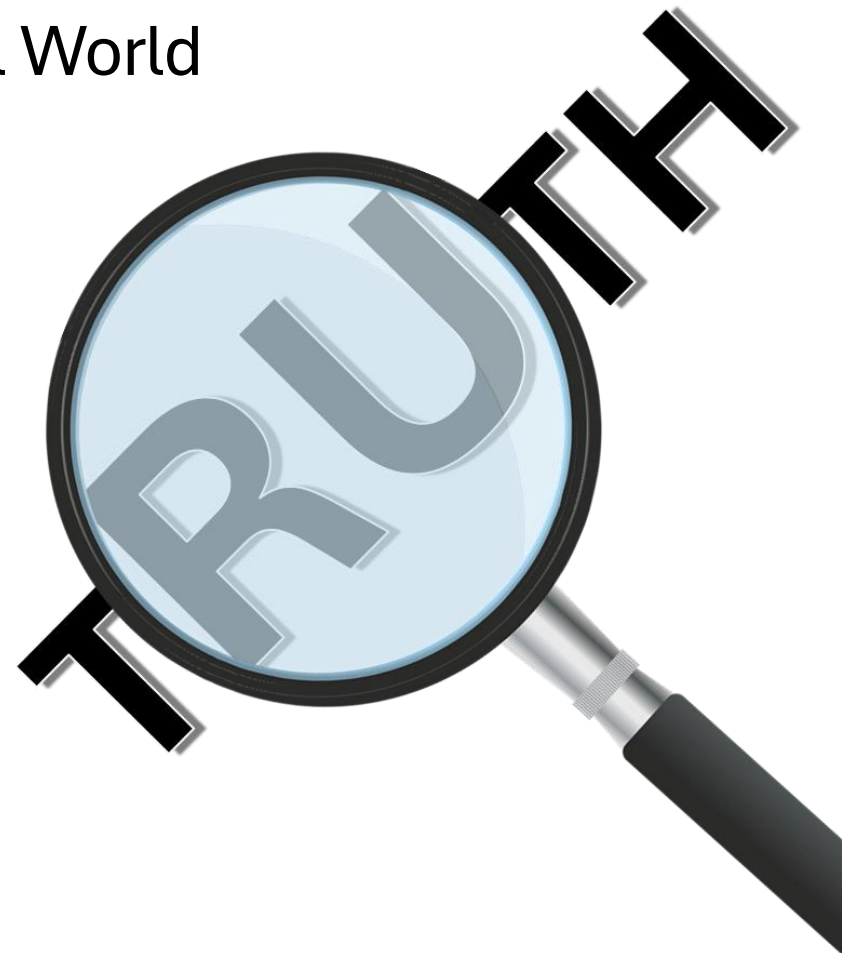
Step 7: Moving Forward After Healing is Complete



Step 1:

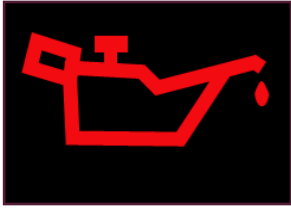
Awareness of Problem in the Real World
and Initiating the Search for Truth

The first step is about recognizing that “*something is off*” and going to the Lord to ask for Him to reveal the truth of “what’s going on” below the symptom level.

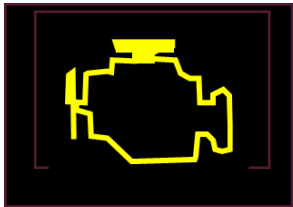


Dashboard Analogy

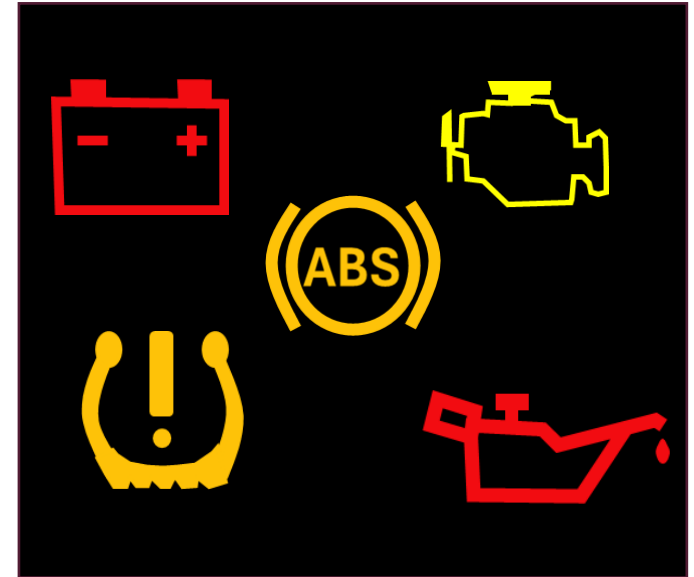
- What is the purpose of the dashboard warning lights in our cars?



- “Low Oil Pressure” light is on
 - Something is off
 - What to do:
 - Check oil level
 - Check if pump is working



- “Check Engine” light is on
- Broader range of issues than for “Oil Pressure” light
 - Need to get technician to scan diagnostic codes to determine the problem



Dashboard indicator lights provide a warning that “*something is off.*”

If ignored, bigger problems might arise.

We need to go to the “master technician” who can read the car’s codes and tell us “*what’s going on*” inside the car.

Dashboard Analogy :

Applicable to Physical, Emotional or Spiritual Symptoms

• Example: Emotions



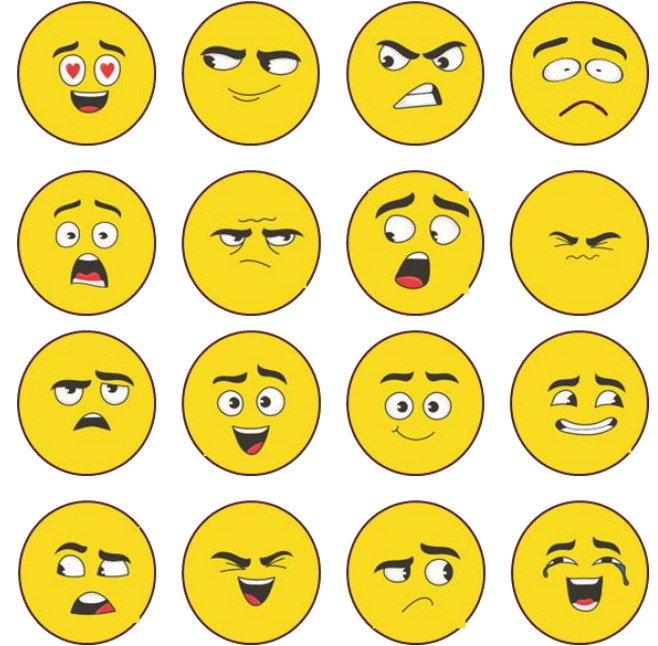
Feeling Anxious?

- Something is off.
- Is there a real/present threat?
- What's the trigger?



Feeling Sad ?

- Something is off.
- Is there a real/current source of sadness?
- Is some current event triggering a sadness that is rooted in the past?

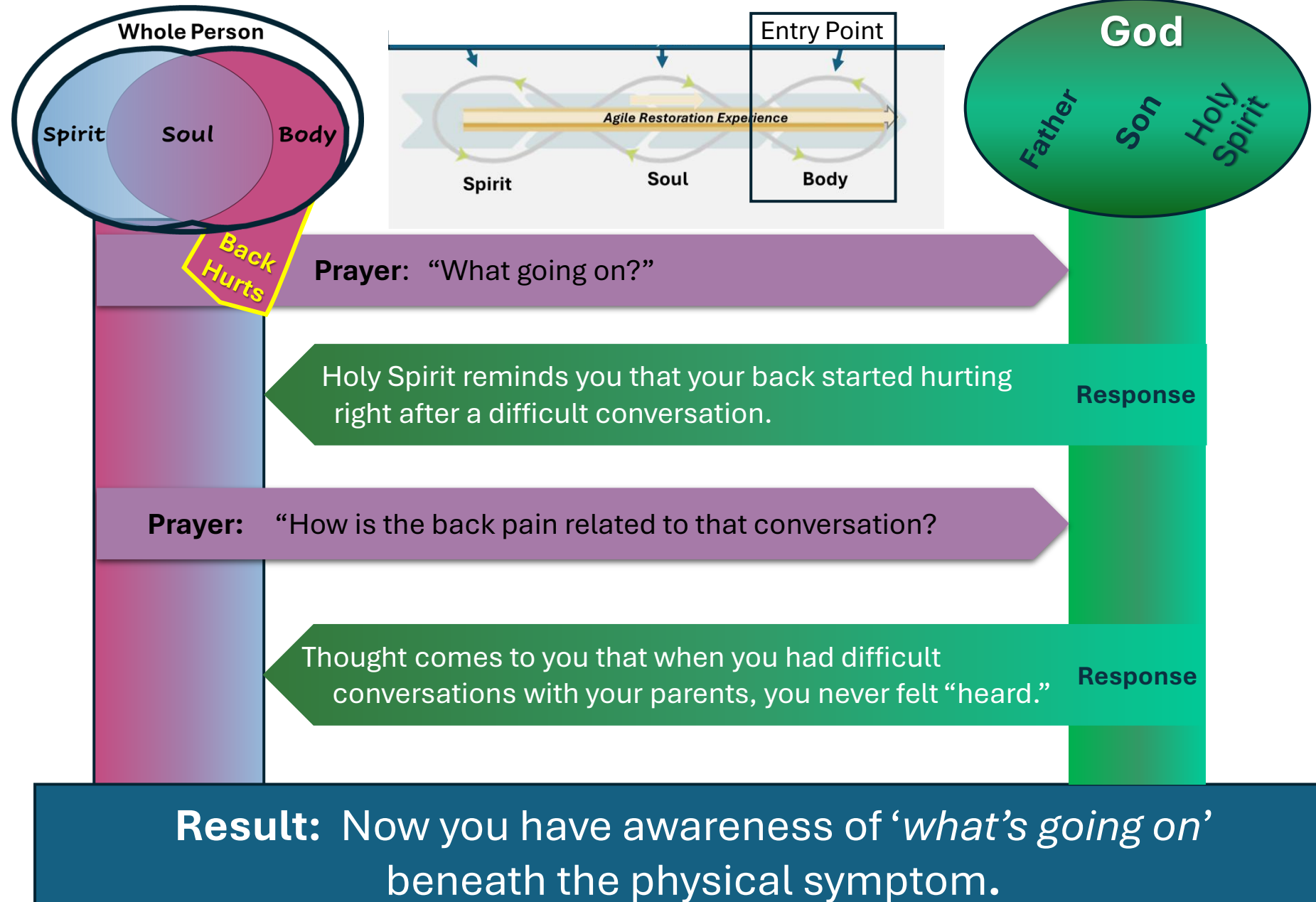


What if feelings / emotions provide a warning that something is “off?”

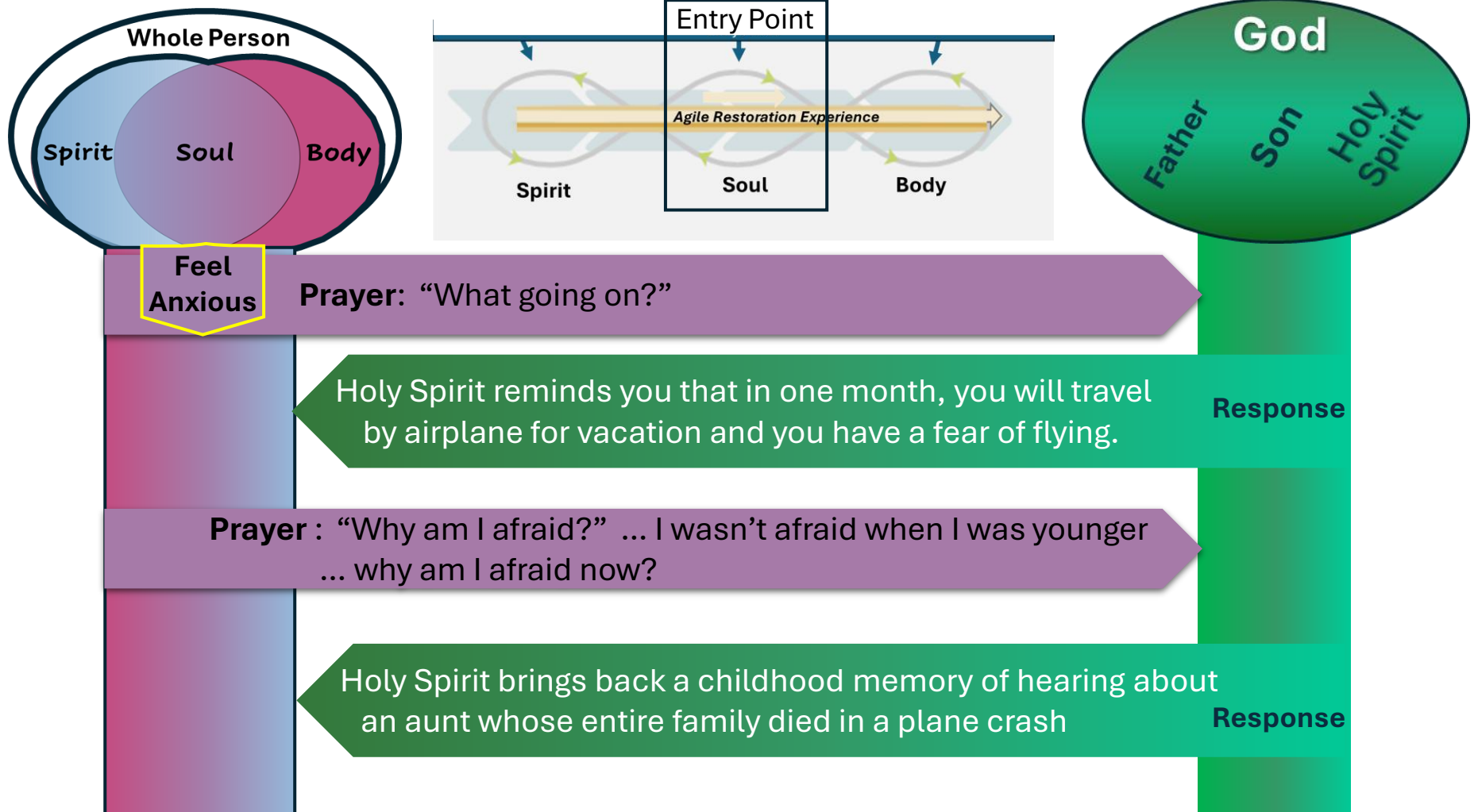
If ignored, bigger problems might arise!

We need to go to God ... “the Master” who can “read our heart codes”
and tell us (by the Holy Spirit) “what’s going on.”

Step 1: Physical Symptom Example

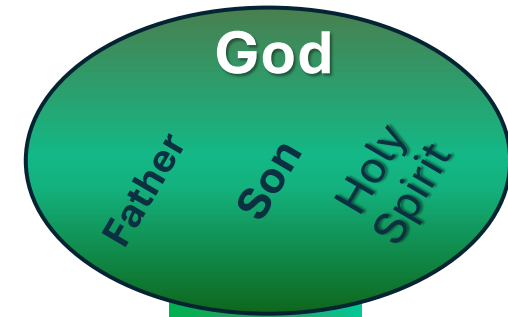
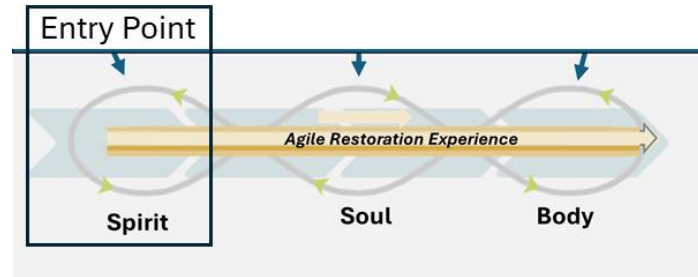
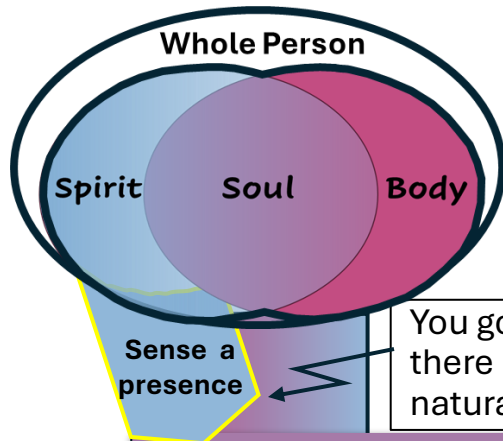


Step 1: Emotional Symptom Example



Result: You realize that a part of you has become afraid of flying now that you have a family of your own. You now have awareness of what's behind the feeling of anxiety.

Step 1: Spiritual Symptom Example



Prayer: "What going on?"

Holy Spirit reveals that there is a spiritual presence in your basement .

Response

Prayer: "Why is it here? ... What is it related to?
... What does it represent?"

Holy Spirit reveals that it's related to the computer in the basement.

Response

Prayer: "What does the computer have to do with it?"

Holy Spirit brings a thought to mind that you've been concerned about the amount of screen time your child has been having.

Response

Result: Now you have awareness of an issue that needs to be addressed.

All Healing Begins by “Asking God”

- **Matthew 7:7** Ask, and it will be given to you; ...
- **1 John 5:14- 15** ¹⁴Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. ¹⁵And if we know that He hears us, whatever we ask, we know that we **have (Gr. ‘ech-o’)** the petitions that we have asked of Him.
 - “**have**” = Greek, 2192 ἔχω ‘ech-o’
meaning: “to have” in the sense of “holding in your hand,” ... to wear, to possess
 - i.e., When we ask **according to His will**, we know that we receive what we’ve asked.



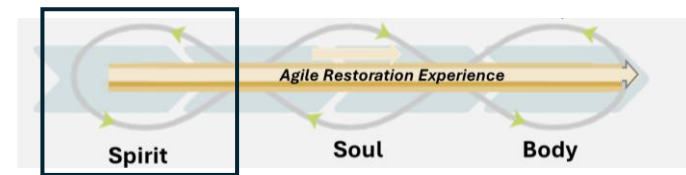
When we are going through trials in life, God wants us to come to Him and truthfully confess how we are feeling ... and **Ask Him for Help!**

Ask for truth ... ask for discernment ... ask Him “What’s goin’ on?” ...

Just go to Him and Ask ... and it will be given!

Step 2: Deliverance from Spiritual Strongholds

This step is about asking the Lord to reveal and deliver you from any spiritual adversaries that are related to this issue.





2 Corinthians 10:3-4 For though we walk in the flesh, we do not war after the flesh: ⁴ (For **the weapons of our warfare are** not carnal, but mighty **through God to the pulling down of strong holds;**)

Ephesians 6:12 For we do not wrestle against flesh and blood, **but against principalities, against powers, against the rulers of the darkness** of this age, **against spiritual hosts of wickedness in the heavenly places.**

Psalms 40:13 Be pleased, O LORD, to deliver me: O LORD, make haste to help me.

Psalms 143:9 Deliver me from my enemies, O LORD! I have fled to you for refuge.

We must ask the Lord for deliverance from any negative spiritual influences that are perpetuating the lies we are believing.

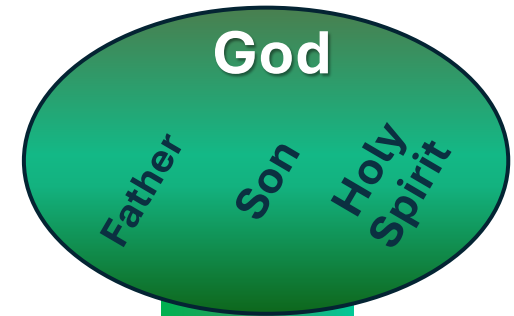
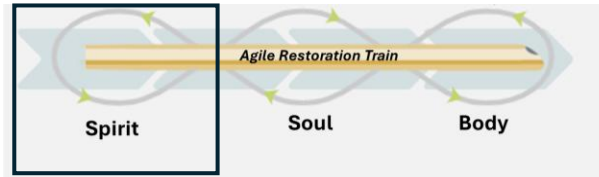
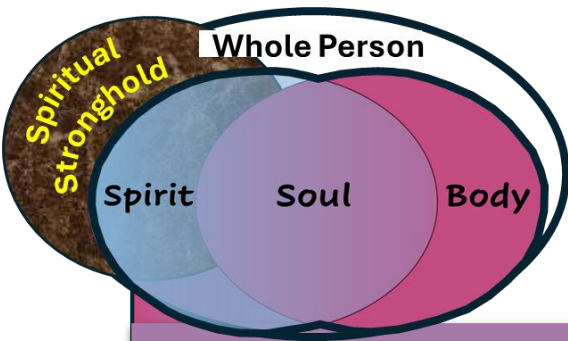
Common Destructive Spiritual Strongholds

- What is a 'Stronghold?'
 - **Dictionary:** A fortified place or a fortress; An area dominated or occupied by a special group
 - **Spiritual Application:** An area in our heart / soul that adversaries have occupied using fear and lies to keep a part of us captive
- Three Principal Misconceptions that Can Lead to Spiritual Strongholds
 - Incorrect perception of God
 - Incorrect perception of our own true identity
 - Incorrect perception of others and their intentions



**Sometimes we need deliverance from spiritual strongholds
BEFORE we can move on to the next steps of healing.**

Step 2: Deliverance from Spiritual Strongholds



Prayer: “Are there are any spiritual strongholds present?”

If “yes,” the Holy Spirit gives you a vision or a word / thought that lets you know there is a spirit of _____ involved in your current issue.

Response

Prayer: “Please reveal any lies that I am believing that ‘gave place’ for the spiritual stronghold to be established.”

Holy Spirit brings to mind thoughts / memories that lead you to understand any underlying lie(s) that you are believing.

Response

Prayer: Ask Jesus to deal with the spiritual stronghold so that it will no longer block the healing process for this matter.

Holy Spirit may give a vision, a word, a thought etc., that brings peace when the burden of the stronghold is released.

Response

Result: You are free of the stronghold that was blocking your healing progression, and you are aware of any lies that had left you open to it.

Step 3: Identify and Change Guardian Behaviors

Step 3 is about discovering how our guardian behaviors have contributed to the problem and learning how to change them to better protect ourselves from trauma.



Personal Examples of Guardian Behaviors

Two examples from our experience:



Avoidance

- **Example #1: Avoidance**

- Part(s) believed that *'people are not safe'*; and *'it's better to be alone'*
- Guardian believed *'isolation from others'* was the best way to protect me from further hurts

Problem: This behavior pattern manifested as loneliness, physical and emotional distance from friends and loved ones, and broken/scarred relationships

- **Example #2: "Working harder"**

- While I had "head knowledge" that God would provide for me and my family, there was a "part of me" that believed the lie I alone was ultimately responsible for providing for my family.
- Another part of me believed the lie that my value was a function of my contribution.
- My Guardian behavior = Work harder

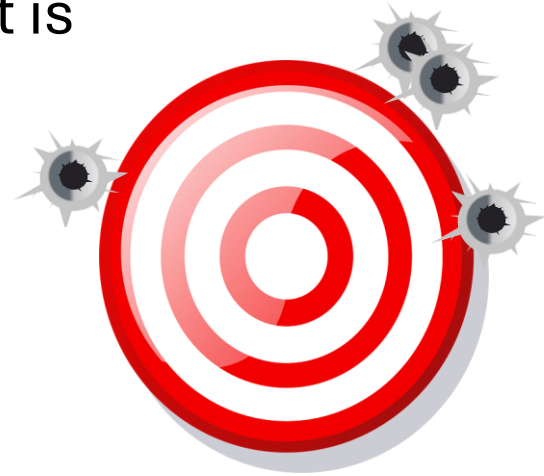
Problem: Often set work as a higher priority than being home as a husband / dad



Working Harder

Guardian Behaviors Often “*Miss the Mark*”

- The word “sin” in the New Testament is translated from
 - #3900 paraptoma,
 - To fall beside or near something
 - A lapse or **deviation from truth** and uprightness
 - #266 hamartia from #264 hamartano
 - **“to miss the mark”**
- Guardian behaviors lead to sin
 - We miss the mark as our behaviors are **“aimed at”** serving “our parts” (which are believing lies) and not serving God in righteousness.
 - These behaviors lead to actions ranging from “*awkward and ineffective*” to “*inappropriate*” to “*morally wrong*”.



Guardian behaviors are misguided and based on lies.

They lead to sinful actions that hurt others while trying to protect our wounded parts.

Visualizing the Invisible



- Observable Effect
 - Car velocity was measured, and it was found to be moving slower than it was in previous test runs.

- Visualizing the Source of the Measured Effect

- Injecting a fine particulate into the environment allows for **visualization of the wind** that was causing the resistance which slowed the vehicle.



By visualizing the source of the effect, we can better understand what's causing the measurable action in the observable realm.

God Personifies “Guardians” in the Healing Space

Observable
Behavior

Guardians Personified

Avoidance



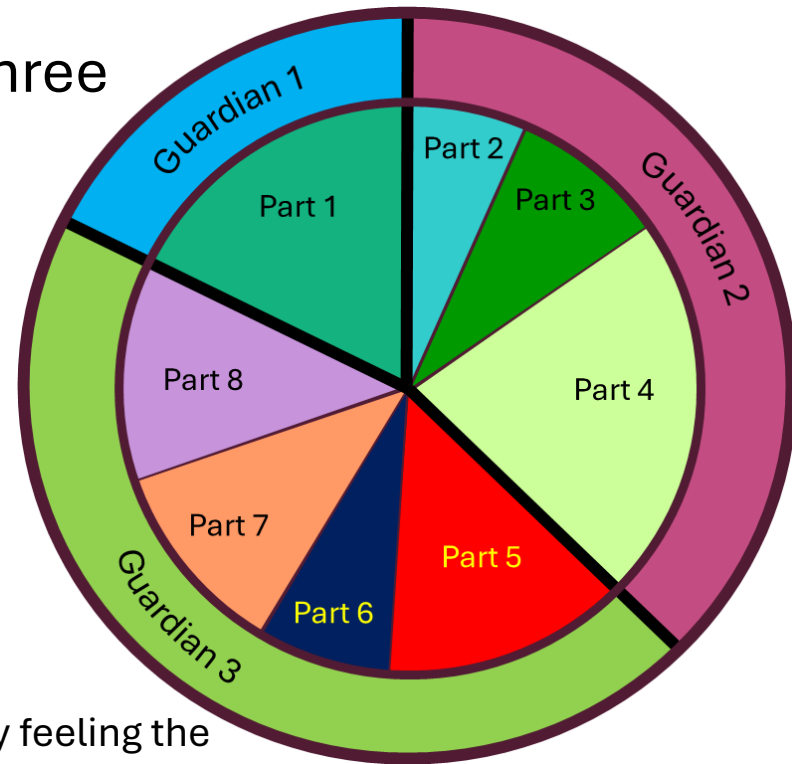
Working Harder



These “guardian personifications” were helpful to us in our healing experience.

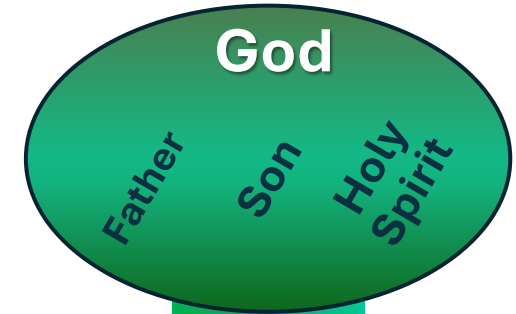
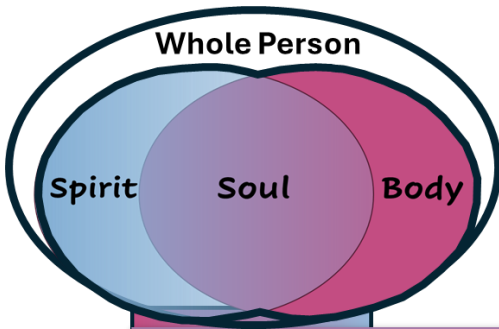
Number of Guardians \leq Number of Parts

- Most people have one, two, maybe three core “go to” guardian behaviors.
- Each guardian behavior protects one or more parts.
 - Protection “seems like a good thing,” but what it is actually doing, is hiding that part of us.
 - Hiding means blocking the part from healing.
 - the part is being prevented from coming forward to our conscious awareness.
 - i.e., We are prevented from consciously feeling the deep pain of the trauma that has burdened that part of us at a subconscious level.
 - Until we are consciously aware of the part, it cannot be ministered to in the Healing Space.
- In a general sense, parts are protected by one guardian behavior.



Addressing guardian behaviors in the beginning clears the pathway for parts to come forward for healing.

Step 3: Identify and Change Guardian Behaviors



Prayer: Are there any guardian behaviors related to this issue?

If "yes," then the Holy Spirit gives you a vision or a word / thought that lets you know that there is a guardian (or guardians) involved.

Response

Prayer: Please replace these guardian behaviors with healthier and more effective ways to protect myself.

In your Healing Space, God may provide a personified representation of your guardian behaviors and use them as vehicles for healing and re-training of healthier guardian behaviors.

Response

(You may see actual changes to your guardian's appearance if you are visualizing in your Healing Space.)

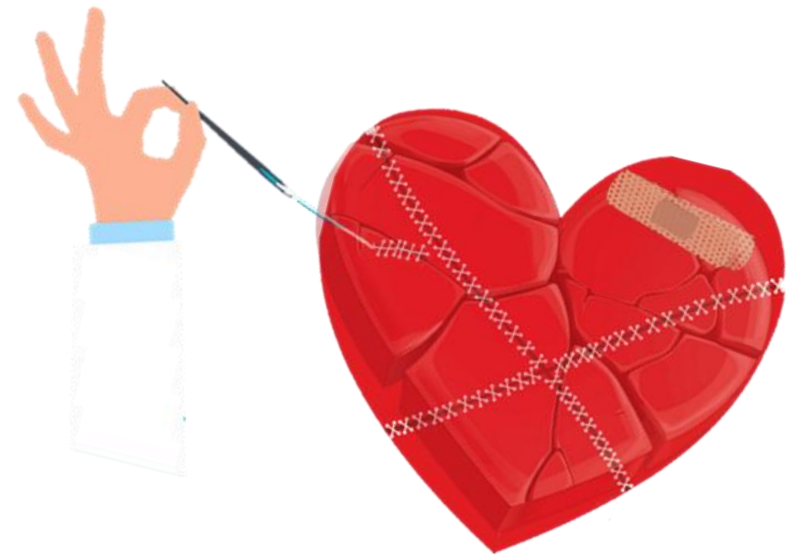
Result: Our misguided guardian behaviors will, over time, be replaced with healthier ways of responding to situations that trigger subconscious memories of past trauma.

Step 4: Initiate Healing for Our Parts

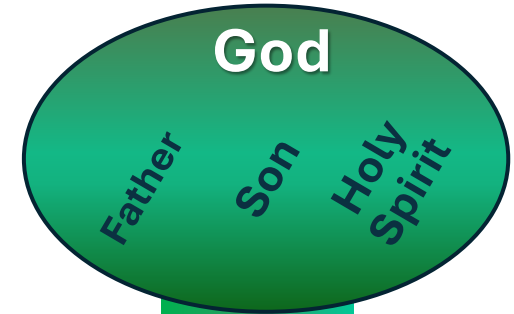
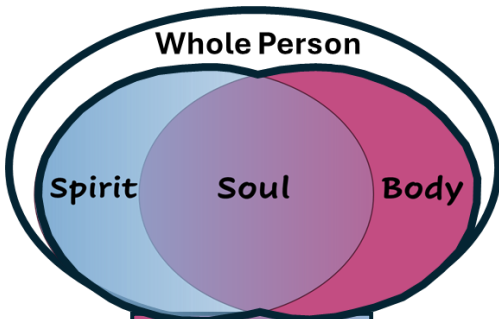


The wounded parts of our heart / soul have been burdened by past trauma in isolation (subconsciously).

Step 4 is about Jesus ministering to parts in the Healing Space to initiate healing in preparation for integration.



Step 4: Initiate Healing for the Parts Associated with the Issue



Prayer: "God please show me any parts that need healing as related to this issue."

In the Healing Space the Holy Spirit provides some level of a visual representation of the involved part (or parts). They may be distorted or abstract in ways that provide hints at their need for healing.

Response

Prayer: "Jesus, please minister to this part of me."

You become aware of Jesus presence in your Healing Space. This could be visual or otherwise sensed.

Response

... Continued on next chart

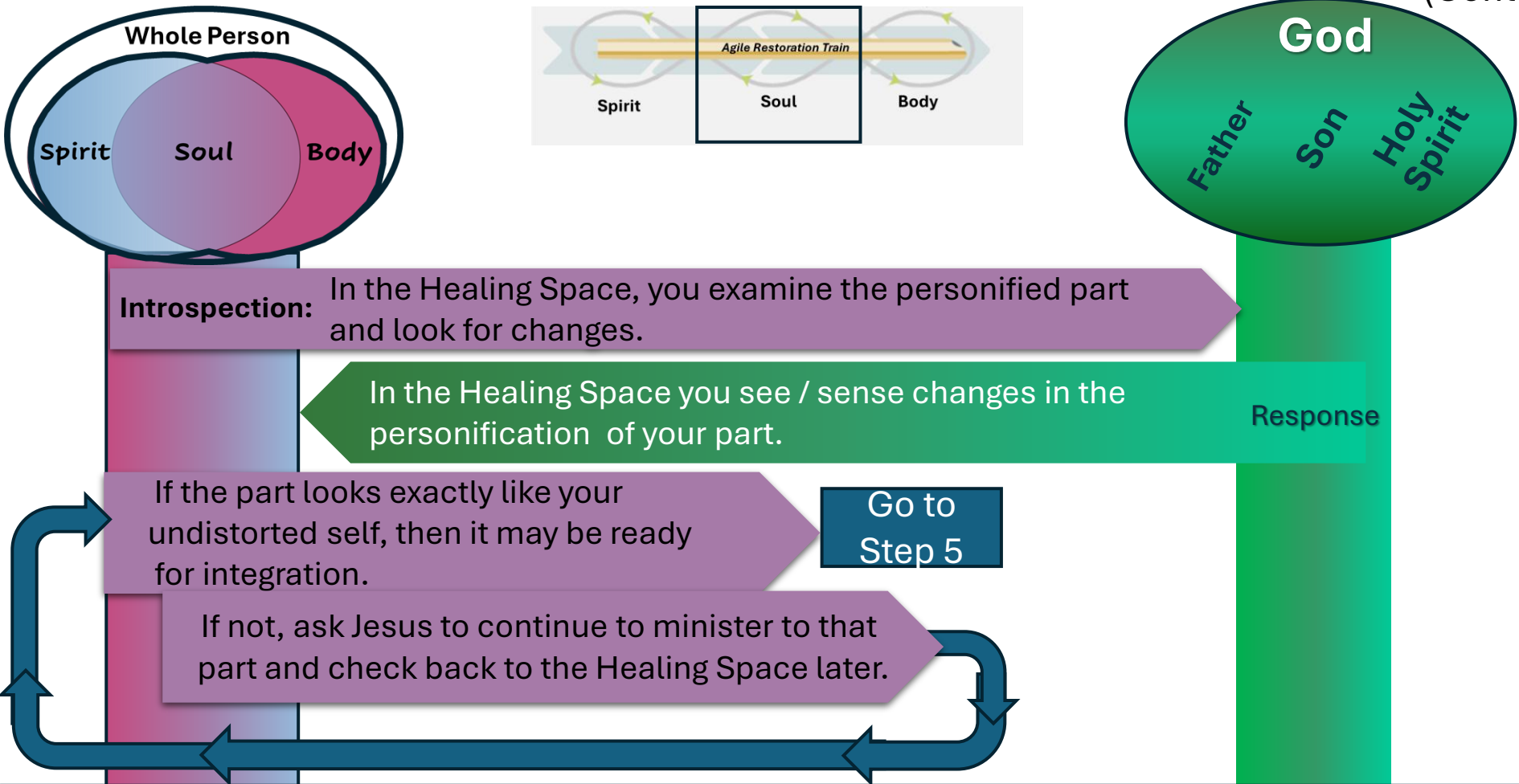
In the Healing Space, God may personify the “*Parts of us*” that have separated due to trauma, to give clues to their healing need.

- Broken and no mouth might suggest a part of you that feels like it can never speak up.
- A body of stone may represent a part of you that feels powerless and unable to move.
- A distorted face may suggest a part that doesn't feel like anyone sees you as you truly are.
- A faded or shaded color may suggest a part of you that feels ignored.



Note: While many are able to visualize these personifications in their Healing Space, the healing process is NOT dependent upon visualization.

Step 4: Initiate Healing for the Parts Associated with the Issue (Cont.)



This step is the longest step and may involve incremental changes. It can also result in the discovery of other parts that need healing, or other spiritual strongholds to be addressed that are all related to this same issue.

Keep pressing into Jesus and follow the leading of the Holy Spirit.

The Healing Space Provides a Means for Monitoring Healing Progress for Parts

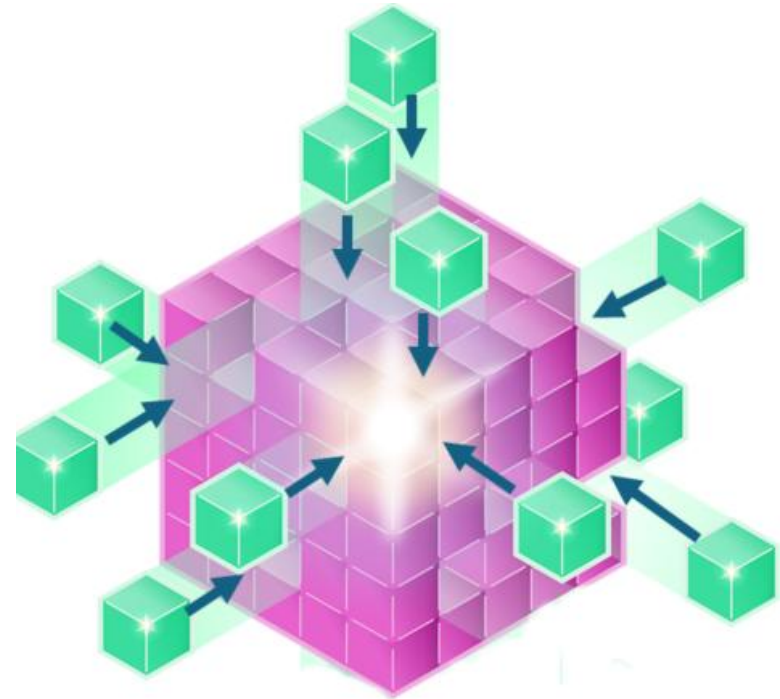


When a part finally looks like your undistorted self, then it “may” be ready to be re-integrated into your “whole self”.

Again: While many are able to visualize these personifications in their Healing Space, the healing process is NOT dependent upon visualization.

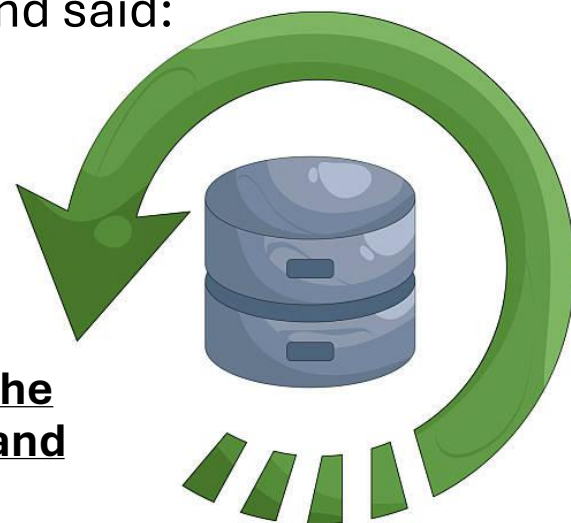
Step 5: Re-Integration of Parts within “The Whole”

Step 5 is about integrating our parts to restore “the whole” that was “*who we were*” before trauma caused parts of us to separate.



God's Work to Restore What He Created

- God created man on the 6th day and at the end of the 6th day, God looked back on all that He had created and said: “It is very good.”
- Ephesians 1:3-4
 - ³ Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly *places* in Christ:
 - ⁴ According as **He hath chosen us in Him before the foundation of the world, that we should be holy and without blame** before Him in love: Jesus!

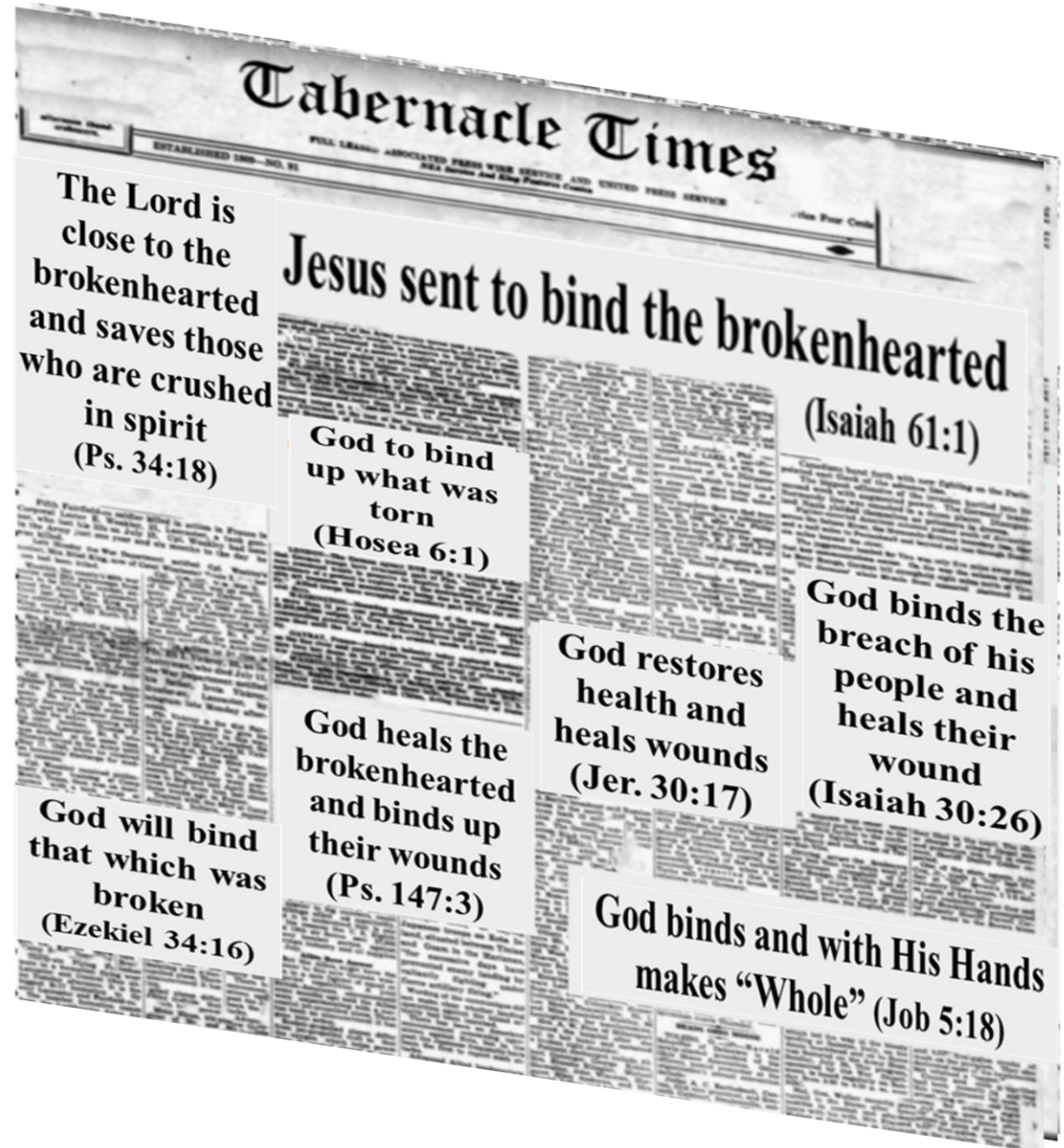


What God originally created, He called “very good” but, through deceit and belief of lies, that creation became corrupted and broken.

God's work within us **MUST BE** to restore us to that “very good” state ... since He planned for us to be Holy and Blameless before He created us.

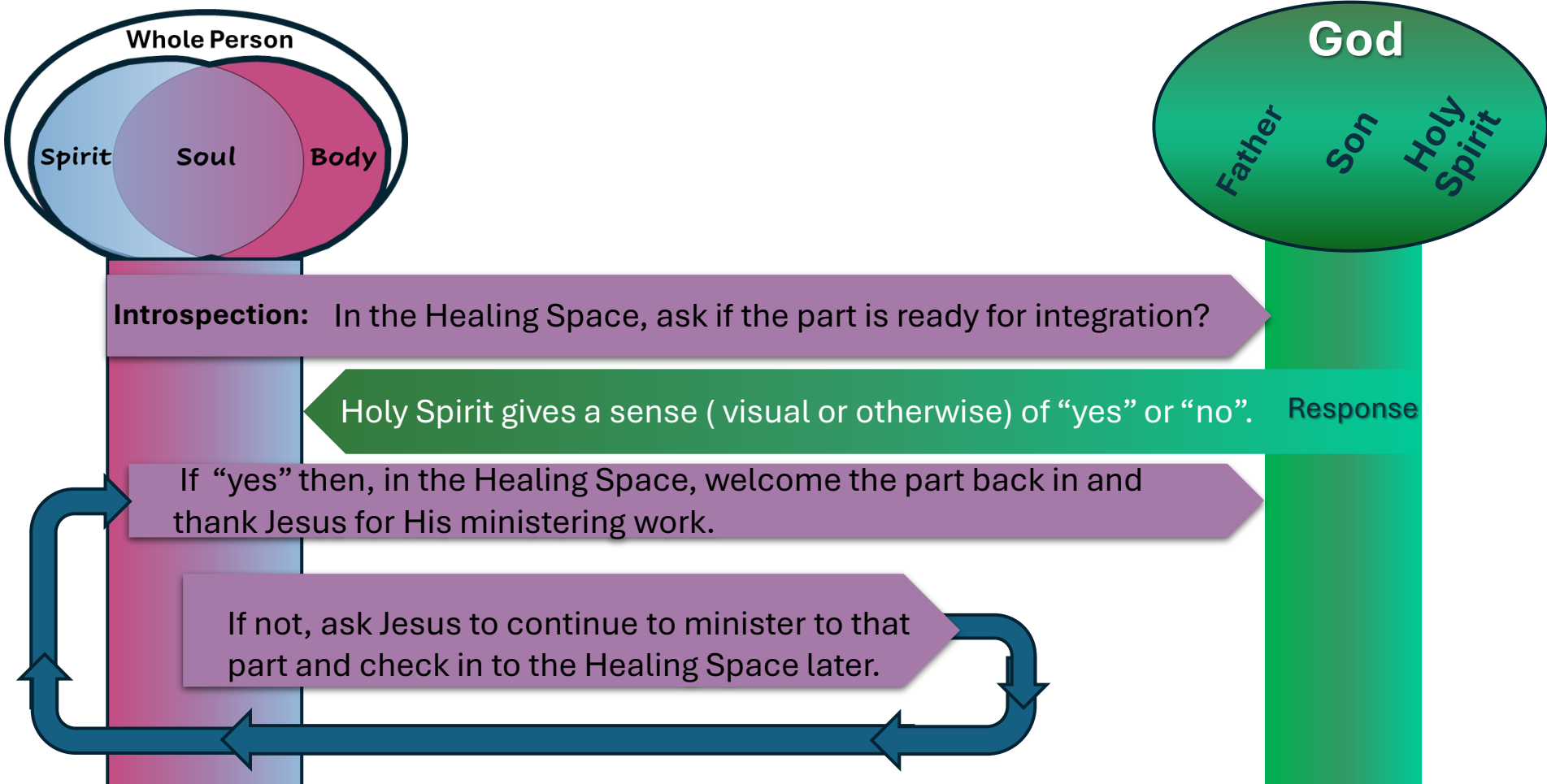
The Bible Speaks to God as “Binding up” and “and Making Whole” that which has been “Wounded” and “Broken Apart”

Read All
About it !!



Step 5:

Re-Integration of Parts within “the Whole”



It is very important not to rush the integration step. If that part of you moves back into your conscious self too early, you may begin to consciously feel the deep pain of the trauma that burdened that part of you in your subconscious.

However, the healing process is incomplete until integration occurs.

Understanding the Nature of the First 5 Steps

Step 1: Awareness of Problem in the Real World and Initiating the Search for Truth

Step 2: Deliverance From any Spiritual Strongholds

Step 3: Identify and Change Guardian Behaviors

Step 4: Initiate Healing for the Parts Associated with the Issue

Step 5: Re-integration of Part(s) within “The Whole”



Steps 1 through 5 are iterative and some cycles may overlap.

Steps 1 – 5 of the healing process are like coming into a M.A.S.H. unit after being rescued from a prison camp. You have multiple wounds that all need triaged. Some must be addressed first as they are the most critical and some get discovered during treatment.

The completion of these cycles sets you up for healing!

Case Study for Whole Healing Process Steps 1 - 5

Scenario adapted from story in “Living Fearless” by Jamie Winship



Married for 10 Years



- Husband (pretend name = Doug)
 - High School Graduate
 - Has been working in construction ever since graduating High School

- Wife (Pretend name = Mary)
 - Has been working part time and going to school at night
 - Is just about to complete her studies and obtain a Graduate Degree

Case Study for Whole Healing Process Steps 1 - 5

Scenario adapted from story in “Living Fearless” by Jamie Winship



- Doug

- Suddenly started avoiding going home after work and has been stopping off at a bar instead
- Feels guilt and shame about his avoidance behavior but doesn't know why he's doing it or what else to do
- Hasn't said anything to his wife about how he is feeling

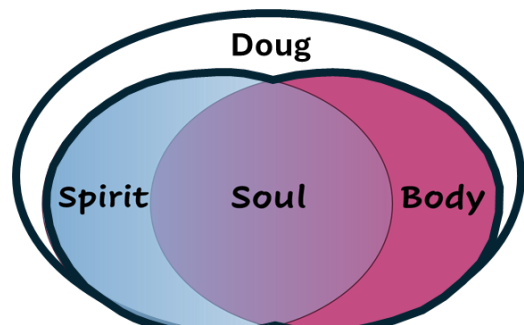


- Mary

- Feeling increasingly distant from Doug as she has been focused on her degree and he has not been around much
- Feels angry at Doug because she approached him to ask why he is stopping at the bar after work, but he just shrugged and walked away
- Beginning to assume that Doug has either lost interest in their marriage or worse.

Lack of open / honest communication leaves door open for development of beliefs built on assumptions / lies, ... not truth.

Step 1: Doug Goes to the Lord to Confess How he is Feeling



Feel
Anxious

Prayer:

"I am anxious about going home and being with my wife. What's going on? Why am I afraid to go home?"

Holy Spirit reveals to Doug that beneath the fear, he is feeling ashamed. His wife is pursuing a Master's Degree, but he only has a High School Diploma.

Response

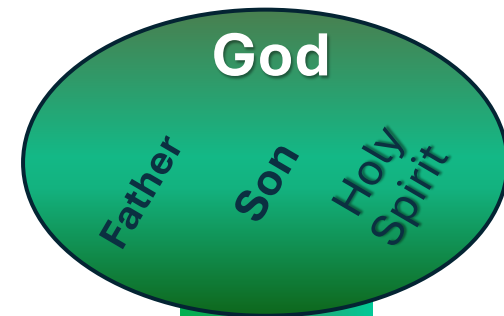
Prayer:

"Yes, I have felt shame before about my high school education compared to her Bachelor's Degree .. but wasn't anxious. What's going on now? Why am I afraid to go home?"

Holy Spirit helps relate this feeling to his childhood memory of his mother leaving their family after she got her advanced degree.

Response

Now Doug is aware of the shame that was behind his feeling of anxiety.



Case Study for Whole Healing Process Steps 1 – 5 (cont.)

Scenario adapted from story in “Living Fearless” by Jamie Winship



- Some Background on Doug

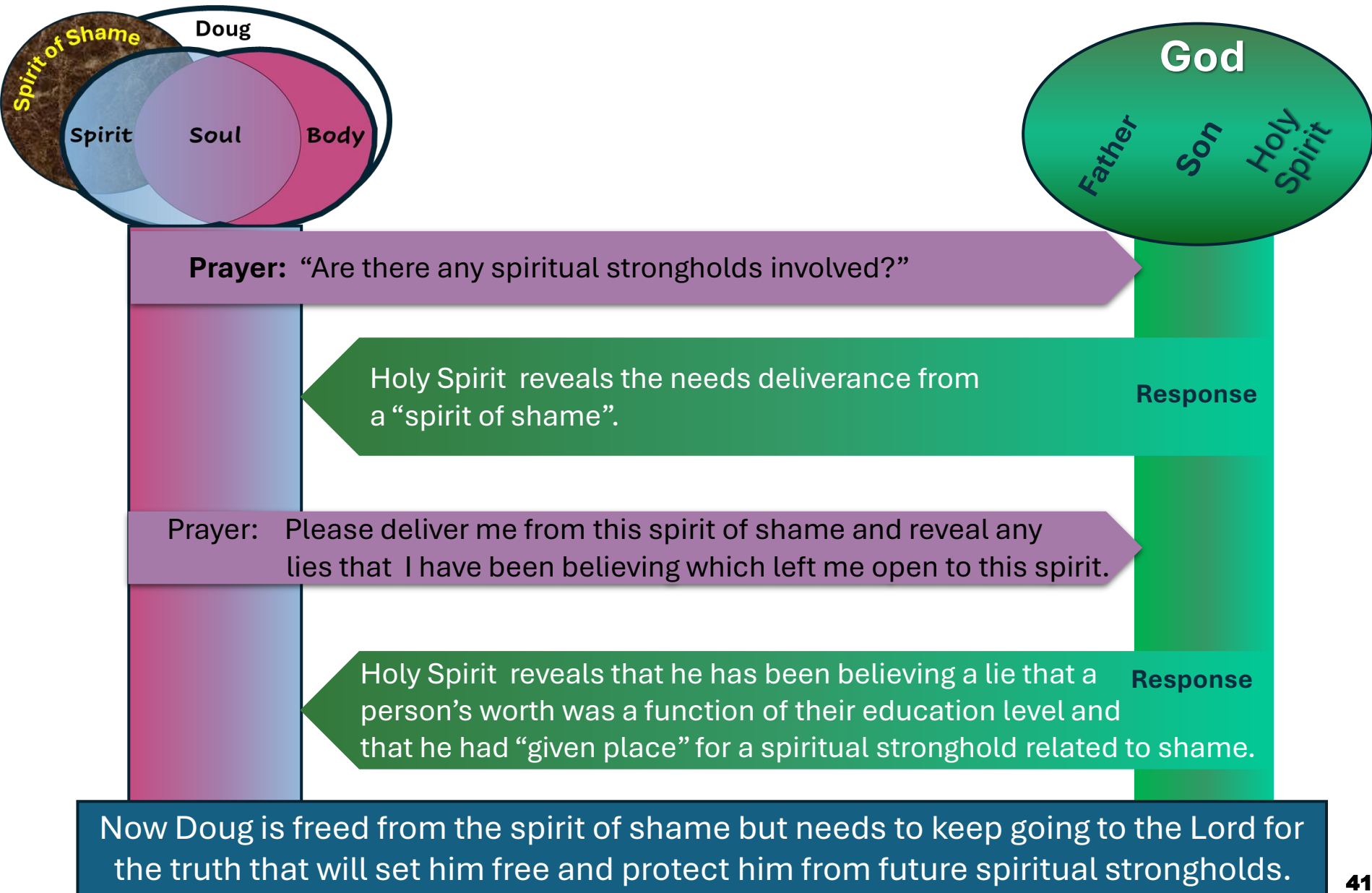
- Doug’s father was a High School graduate who worked in construction just like him.
- His mother got her Master’s Degree and, to his understanding, she left the family to seek a life with the “higher educated” crowd.
- Doug loves Mary, but deep inside, there is “a part of him” that is afraid that history is going to repeat itself and that she will leave him after she gets her graduate degree.
- He feels shame about their educational differences and shame about his avoidance behavior ... but can’t seem to change the cycle.



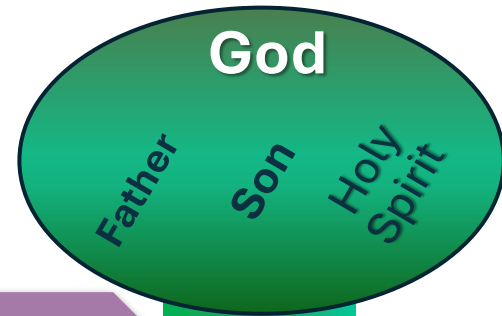
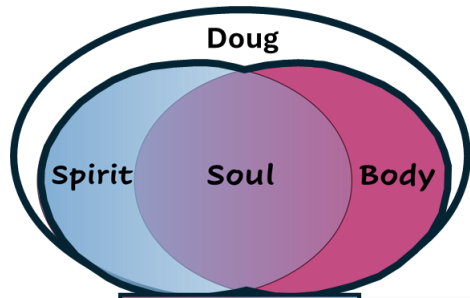
- Mary

- Mary Loves Doug.
- She wants to understand what’s going on for him right now.
- She is growing more and more frustrated and angry since he won’t talk to her about it

Step 2: Doug Goes to the Lord to See if there are Spiritual Strongholds from which he Needs Deliverance



Step 3: Doug Goes to the Lord to see if there are Guardian Behaviors that Need to Change in Order to Heal



Prayer: “Do I have any guardian behaviors related to this issue?”

Holy Spirit reveals that his “avoidance” behavior is making the problem worse.

Response

Prayer: “Please minister to me and show me a healthier way to protect myself.”

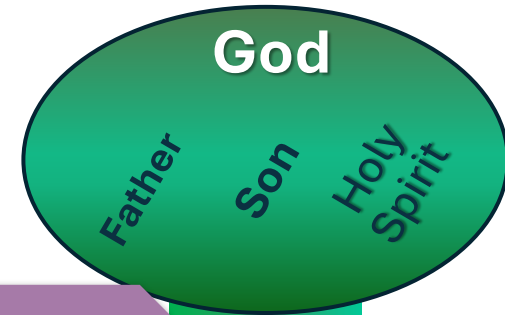
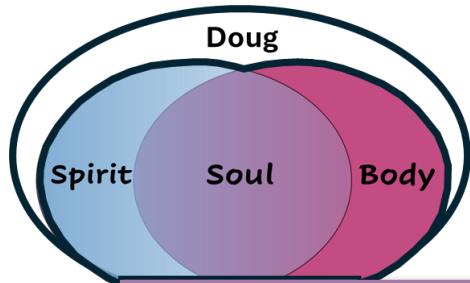
Holy Spirit begins to give Doug ideas for new behaviors that will protect him in healthier ways.

Response

While Doug’s fear-based guardian-behavior was intended to “protect him,” it was creating conditions that could trigger the very separation that he feared!

Step 4:

Doug Goes to the Lord to See if his Heart / Soul has any Parts that have Separated / Isolated Over this Issue



Prayer: “Do I have any “parts” related to this issue?”

Holy Spirit reveals that he has “a part” that separated in childhood. That part believes that people will eventually leave to be with their educational peers.

Response

Prayer: Please minister to that part of me. Please show me the truth about what happened between my parents.

The Holy Spirit reveals to Doug the following truths:

1. Doug’s value is based on being a “child of God” and not based on his education level or career path.
2. His Parents’ educational difference was not the “basis” of their divorce, it was only the tip of an iceberg of problems much deeper and wider.
3. Doug has friends who have the same educational differences in their marriages and have been happily married for many years.

Response

These truths have freed Doug from the bondage of the lies he was believing and have put him on a path toward healing and integration for this “part” of him.

Step 5:

Re-Integration of Parts within “The Whole”



Doug is ready to share all of this with Mary as his spiritual and emotional healing has been initiated and he feels comfortable being honest and sharing the “why” that was behind his behaviors.

Case Study for Whole Healing Process Steps 1 – 5 (cont.)

Scenario adapted from story in “Living Fearless” by Jamie Winship



Doug

- By going to the Lord and truthfully confessing his thoughts, feelings, fears and beliefs, Doug received the truths that he needed for healing.
- Those truths set him free from the bondage of lies he had been believing and from the bondage of the fear / anxiety and the spirit of shame.
- This freedom empowered Doug to change his behavior and he approached Mary honestly to confess his fears; share his feelings of shame and guilt; and explain the real truth behind his avoidance behaviors.
- He told Mary he loved her and was sorry for the way he had been acting and for not trusting that he could approach her and be vulnerable.




Mary

- Mary had no idea of the real reasons behind Doug’s behavior.
- She never knew that the trauma of his parent’s divorce had left him with a belief system built on lies and guardian behaviors that were simply trying to protect him from being hurt in the same way again.
- Mary had empathy for Doug, and her compassion made forgiveness simple and natural.
- She told Doug that she loved him, and their honest communication brought them closer together.

Honest communication with God and with each other, brought the truth to light and broke the cycle of guardian-based behaviors based on beLIeving lies.

The Three Truths

For my yoke *is* easy, and my burden is light.
(Matthew 11:30)

Truth #	Description	Derived Emotion	Example from case study (Doug and Mary)
	The truth of what is happening, in the real world, right now	<p>Negative emotions like anger, sadness, anxiety, guilt, shame, etc.</p> <p>Feelings drive us toward Step 1 of the Healing Process</p>	<p>Doug is going to the bar after work on the construction site and feels anxiety, guilt and shame because he doesn't want to do that and isn't sure how to change his behavior.</p> <p>Mary doesn't know why he's doing it, and she feels angry that he isn't coming home and spending time with her.</p>
	Revelation of how the adversaries have used our past traumas to cause problems in our lives	Usually evokes anger toward the adversaries as well as sadness, and/ or regret that things "didn't have to be this way"	Working with the Lord, it was revealed to Doug that the enemy had used the lie (<i>that people of different education levels never stay together</i>) to enable a spirit of shame to affect Doug throughout his life. Now it is impacting his marriage and Doug feels angry about what the enemy has done. He also feels regret that it has come to this.
	<p>The truth about why everyone has been acting the way they have</p> <p>The TRUE motives for everyone's actions have been revealed</p>	<p>Evokes compassion as you realize that Truth #1 is based on trauma and the actions were simply misguided attempts to protect ourselves from being hurt again</p>	<p>When Doug becomes aware of the truth regarding the trauma in his life that was the catalyst for his going to the bar, he has compassion on that "part of him" that experienced trauma as a child and the feelings of shame and anxiety disappear.</p> <p>When Mary learns those same truths, she has compassion on Doug and forgiveness is natural and immediate.</p>

Confessing the Truth and Being Vulnerable Elicits Compassion

- When someone does something that offends us, we don't always know:
 - what all was done
 - why it was done
- Honest confession:
 - puts the truth on the table and reveals the trauma beneath the behaviors
 - reveals underlying beliefs and the **LIEs** within those be**LIE**fs



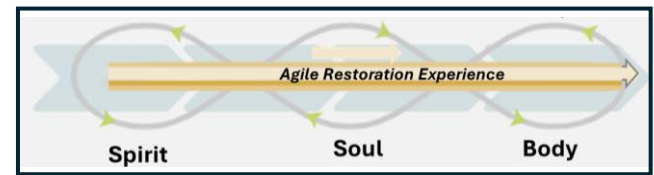
The truth is a pathway for compassion and forgiveness.

**My Yoke is easy,
and my burden light.**

Matthew 11:29

Working through “*The Three Truths*” is
a means for dropping the heavy burden of the *adversary’s “operational construct”*
(i.e., their way of functioning) ...

... and taking on Jesus’ way ... which is an easy yoke and a light burden!!



Step 6: The Healing Phase

This is the step where actual healing takes place. Up to this point, it has just been triaging and putting healing measures into place.

During the healing phase, we must work with the Holy Spirit to identify and implement precautionary measures that prevent re-traumatization while we heal.



Philippians 1:6 Being confident of this very thing, that **He who has begun a good work in you will complete it** until the day of Jesus Christ.

Step 6 Can Involve PTSD-Like Experiences



Analogy

A war veteran may react to a popped balloon as if it were actual gunfire because of memories of past trauma. PTSD victims need healing to re-learn a real threat vs. a non-threat with similarities that trigger memory responses.

Healing Process Application

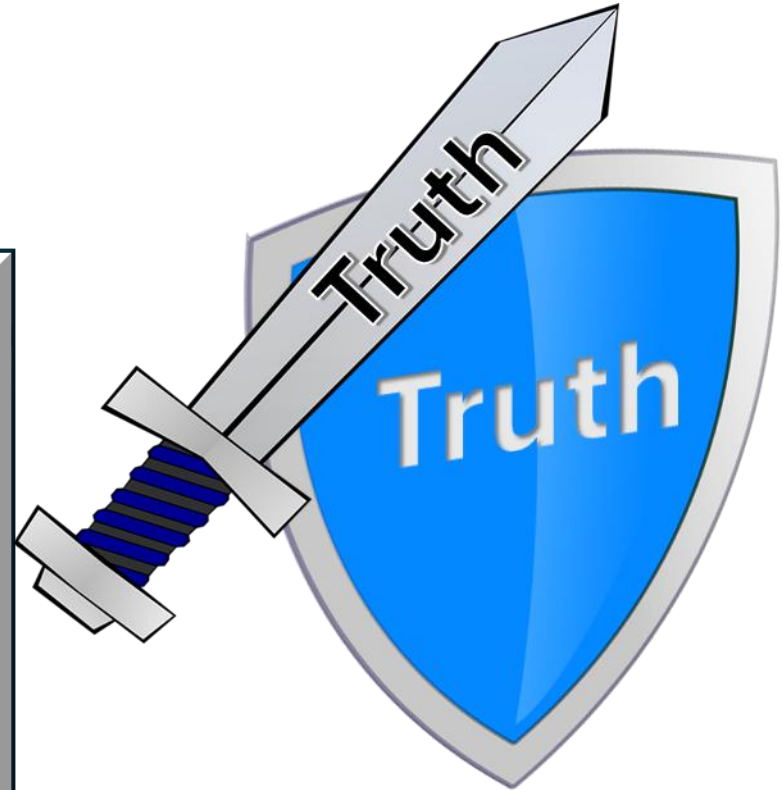
We remember what our past trauma felt like. When similar circumstances come up, they may begin to trigger “PTSD-like” responses. But when God reminds us of the truths that he has revealed in the healing process, we can find peace and diffuse the reaction. Eventually we more quickly differentiate real threats vs. memory triggers, and strong reactions are only present for real threats.



Step 7: Moving Forward After Healing is Complete

In this step, our “healed self” moves forward to discover God’s purpose for us.

During this phase, we must work with the Holy Spirit to maintain awareness of adversaries’ attempts to re-establish strongholds, and we must utilize truth to resist them and cause them to flee.



Jesus' Emotions Were Properly Aligned With the Truth of What Was Happening in the Present

Jesus was in emotional anguish in the Garden of Gethsemane.



Before He raised Lazarus from the dead, Jesus wept in sadness with Mary and Martha over the grief of Lazarus' death.



During His trial and crucifixion, Jesus had plenty of “opportunities” for fear and trauma during His trial and crucifixion as He heard lies, experienced betrayal, and even abandonment.



Jesus faced lies and seeds of doubt in His encounter with the devil.



Jesus was not emotionless ... but His emotional responses were always aligned with truth. He never “reacted” based in fear, belief of lies, or self-defense!

John 8:32

And ye shall know
the truth, ...

**... and the
truth shall
make you free.**

