

FREE TO BE ME

Session One: Whole Person Wounding & Healing



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God Made Us... Three-Part Beings

Each day of creation... it is *good*.

Then God said, "Let us make human beings in our image, to be like us... So God created human beings in his own image. In the image of God he created them; male and female he created them. Genesis 1:26-27

Trinity / Three-Part Beings:

- You are a SPIRIT.
- You possess a SOUL – mind, heart (will) & emotions.
- You live in a BODY (brain, 3-chamber heart).

Wounding and healing affects ALL THREE!

Dana's story . . .

Laura's story . . .

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In the Beginning...

Then the LORD God planted a garden in Eden in the east, and there he placed the man he had made. The LORD God made all sorts of trees grow up from the ground—trees that were beautiful and that produced delicious fruit. In the middle of the garden he placed the tree of life and the tree of the knowledge of good and evil. Genesis 2:8-9

The LORD God placed the man in the Garden of Eden to tend and watch over it. But the LORD God warned him, "You may freely eat the fruit of every tree in the garden— except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die." Genesis 2:15-17

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In the Beginning...

Now the man and his wife were both naked, but they FELT no shame.
Genesis 2:8-9

What did they feel?

The Father's love!

Shame is an intolerable emotion we FEEL.

Affects spirit, soul and body – causes disconnect (mind vs. heart).

"I am good. I am loved. I have intrinsic worth..."

We weren't designed for shame.
We were designed to FEEL loved.

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In the Beginning...

The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?"

"Of course we may eat fruit from the trees in the garden," the woman replied. "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" Genesis 3:1-3

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In the Beginning...

You won't die! the serpent replied to the woman. "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil." Genesis 3:4-5

Satanic Strategy (Abusive "father"):

- Persuade with lies, doubt and confusion.
- Slander God: He can't be trusted – He's holding out on you...
- Drive breach in relationship with God, self and others.
- Offer sinful "solutions" to fears that actually harms and enslaves.
- Attack and confuse identity.
- Make something deadly appear life-giving.
- Appeal to desire to rely on self; solve my own problems; meet my own needs (unmet needs).

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In the Beginning...

The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. At that moment their eyes were opened, and they suddenly felt shame at their nakedness.
Genesis 3:6-7

Felt shame & nakedness = heart change.

Felt the need to cover and hide.

God came to them – ultimately pointed to Christ.

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Who's Your Daddy?



**TREE OF LIFE:
FREEDOM THROUGH CHRIST**

Love relationship dependent on God.
God is our Loving Father



**TREE OF K. OF G. & E:
SLAVE TO FEAR**

Shame-filled life dependent on self to
earn love.
Satan is the Abusive Father

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He was a murderer from the beginning.
He has always hated the truth, because
there is no truth in him. When he lies, it
is consistent with his character; for he
is a liar and the father of lies.

John 8:44

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Shame ...

Guilt - I feel bad I did that. I don't like what I did. (conviction - repentance)
Shame - I feel bad about myself. I don't like myself. (condemnation)

Shame twists action to become our *identity*.
Afraid of being seen, known, rejected, exposed, abandoned...

Shame is the fruit of sin outside of Christ:

- I did something sinful.
- Someone did something sinful to me.

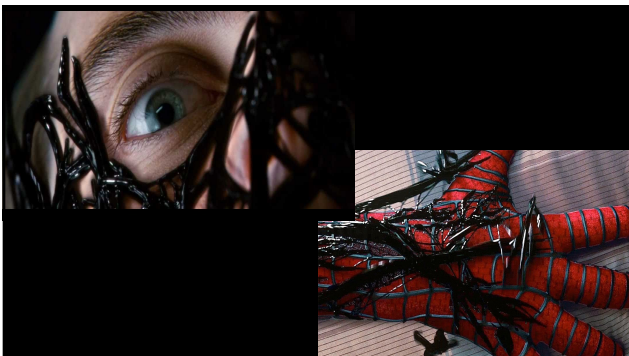
Shame binds to emotions and identity:
"I'm not worthy of love. I must hide the real me" (false self).

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Whatever inner turmoil you're facing, shame is a driving, binding factor.

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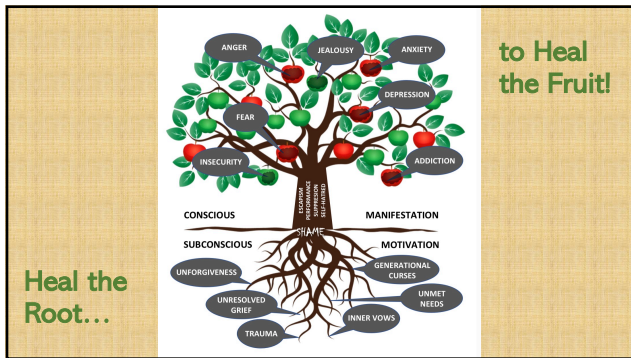
Four Ways People Deal with SHAME:

Most people have no idea shame is driving them...

1. **ESCAPISM:** "I replace feelings of shame with the 'high' of..."
 >>Eating, shopping, addiction, fantasy, fake intimacy, cutting, working, etc.
2. **PERFORMANCE:** "I proudly earn and prove my worth to mask shame."
 >>Perfectionism, wealth, beauty, religion, success, best at ???
3. **SUPPRESSION:** "I refuse to feel shame or think about shameful memories."
 >>Numb emotions. No love out or in. Linked to dementia ("I don't remember.")
4. **SELF-HATRED:** "I punish myself for being worthless."
 >>Self-sabotaging, reckless, suicidal, inverse pride

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Spiritual / Emotional / Physical Baseline:

What feels normal to you?

Spiritually:
God with me and approving?
Distant and displeased?

Emotionally:
Hopeful? Peaceful? Afraid?
Lonely? Numb? Bitter?

Physically?
Energetic? Lethargic? Well?
Sickly?



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The ONLY Cure for Shame:

"He himself bore our sins [shame]" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed. 1 Peter 2:24 (NIV)

SHAME is replaced by THE FATHER'S LOVE!
And we have come to "know and believe the love that God has for us. God is love; whoever abides [lives] in love abides in God, and God in him.... There is no fear in love, but [God's] perfect love drives out fear, because fear involves punishment. The one who fears has not been perfected in love. We love because He first loved us. 1 John 4:16-19

• *Intimate knowing; idiom for "making love;" experiential

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Inner healing is not just feeling better but being who God made you to be!

This course is designed to reveal your TRUE IDENTITY.

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As We Pursue Healing...

Laura and I are your facilitators – Jesus is Your Healer.

We will seek Him throughout the entire process...

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16

"Help, I can't hear from God!" Session: Monday, Jan 25, 1:00pm

- Born again?
- My sheep listen to my voice; I know them, and they follow me. John 10:27
- *Hearing God* by Peter Lord

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As We Pursue Healing...

We do nothing out of pressure or performance.

God will NURTURE us through the healing journey.

HOMEWORK THIS WEEK (Coming to you via email):

1. Morning, lunchtime and evening, make note:

SPIRIT – I have the sense God is (near, angry, etc.).

SOUL – Name all of your emotions at the moment.

BODY – Physically, I am feeling...

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PRAY...

2. Between now and next week's session, get alone in a distraction-free place at least once with a pen and journal and ask the Lord to reveal any shame-related areas of:

- Escapism.
- Performance.
- Suppression.
- Self-Loathing.

No condemnation, and no need to try to change anything yet!! Just seek RECOGNIZE and be AWARE, and journal all that is revealed.

Guided prayer(s) provided.

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Slide Show Content, Prayer Guides and
Prayer Ministry Contacts featured at:

lauragallier.com/cms/free-to-be-me-resources

Questions?
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