

Out of Darkness Into Light

Wholeness Prayer Basic Modules Module 6

“Then you will know the truth, and the truth will set you free.” (John 8:32)

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Healing from Emotional Wounds¹

Biblical Basis – Healing from Emotional Wounds

“My lover spoke and said to me, ‘Arise, my darling, my beautiful one, and come with me. See! The winter is past, the rains are over and gone. Flower appear on the earth; the season of singing has come, the cooing of doves is heard in our land” (Song of Songs 2:10-12).

*“But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you **out of darkness into His marvelous light**. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy” (1Peter 2:9-10).*

*“Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to **sympathize with our weaknesses**, but we have one who has been tempted in every way, just as we are – yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” (Hebrews 4:14-16).*

*“And I pray that you, being **rooted and established in love**, may have power, together with all the saints, **to grasp** how wide and long and high and deep is the love of Christ, and **to know this love** that surpasses knowledge – that you may be filled to the measure of the fullness of God.” (Ephesians 3:17b-19).*

*“Surely he took up our infirmities and **carried our sorrows**...” (Isaiah 53:4a).*

*“Come to me, all you who are weary and burdened, and **I will give you rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Matthew 11:28-30).*

*“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. **We demolish** arguments and **every pretension** that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ**” (2 Corinthians 10:3-5).*

For a more complete Biblical basis for this module, see “Appendix 3: Brief Biblical Foundation for Seeking Healing from Emotional Wounds,” in this module.

¹ Adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, pages 45-50 and 143-149. Some similar concepts can also be found in “Beyond Tolerable Recovery” by Ed Smith.

Brief Explanation – Healing from Emotional Wounds

Many unpleasant emotions are experienced because of false beliefs. However, unpleasant emotions can also be rooted in truth.

A. Unpleasant Emotions Based on Truth

A few examples of unpleasant emotions based on truth are:

- grief over the death of a loved one
- loss of a friendship
- sadness over a lost childhood²
- remorse for your sin

Process Diagram –

A. Inviting God to Carry Unpleasant Emotions Based on Truth

- *Opening prayer*
- *God identify unpleasant emotions based on truth*
- *Related to grief and loss → see Attachment 1: Grieving the Losses of Life”*
- *Anger → see Attachment 2: When the Emotion is Anger*
- *Other action steps to pursue first → see relevant modules.*
- *Thank God that, as a follower of Christ,*
 - *you are yoked together with Him (Matthew 11:28-30)*
 - *He offers you rest (Matthew 11:28-30)*
 - *He carries all your sorrows (Isaiah 53:4a).*
- **For each unpleasant emotion based on truth:**

Invite God to Carry the Pain

- *Ask God to help you feel as much of the pain as He wants you to feel now, in His presence. (You might feel this pain physically, as well as emotionally.)*
- *Ask God to carry this load. Give Him your burden.*
- *Thank Him for what He has done.*

- *Share what God has done in you through this process*
- *Closing prayer*

² Some people feel that, because of their situation during childhood, they lost the opportunity to “just be a child.”

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Step-by-Step Process³ –

A. Regarding Unpleasant Emotions Based on Truth

Note: See “Module 1: Overview and Introduction” for beginning and ending steps, and information on how to use the modules in various contexts.

1. Ask God to show you any unpleasant emotions you have that are based on truth.
2. If the unpleasant emotions are related to grief and loss, see Attachment 1: Grieving the Losses of Life, in this module.
3. If the unpleasant emotion is anger, see Attachment 2: When the Emotion is Anger, in this module. If the emotion behind the anger may be based on a false belief, see Section B, in this module.
4. Ask God to show you if there are any action steps He wants you to take before proceeding with this process.
 - If you have any unconfessed sin related to these emotions, confess this now. Turn from it and ask God to forgive you. See “Module 4: Confessing and Turning from Sin.”
 - If there is someone you need to forgive, see “Module 7: Forgiving Others” and “Module 8: Forgiving your Parents.
 - If you need to forgive and accept yourself, see “Module 9: Forgiving and Accepting Yourself.”
 - Follow through with any other action steps God has given you.⁴ Refer, as needed, to any modules that apply.
5. Thank God that, as a follower of Christ, you are yoked together with Him. Thank Him that He offers you rest (Matthew 11:28-30). Thank Him that He carries all your sorrows (Isaiah 53:4a).
6. For each unpleasant emotion, ask God to help you feel as much of the pain as He wants you to feel now, in His presence. You might feel this pain physically, as well as emotionally.
7. Ask God to carry this load. Give Him your burden.
8. Thank Him for what He has done.

Note: God may not immediately remove all the pain from your unpleasant emotion. But, even if He leaves some of the pain for a time, He offers to give you rest and to walk with you on your journey.

³ The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

⁴ Some of these action steps will involve an extended amount of time. *One example would be growing in trusting God.* If this is case, work through as much as you are able to now. Then proceed with steps 3 through 8. Continue to follow through with any action steps God has given you.

B. Emotional Wounds Based on False Beliefs

Emotional wounds are places in your heart that hurt. Emotional wounds based on false beliefs may have taken root as you misinterpreted a life experience or accepted misinformation given by others as if it were true.⁵

You may have believed false, hurtful things that were said to or about you. Or you may have made false conclusions about yourself, others, or the world in general. The false belief seemed like the best or only conclusion to make at the time.

A few examples false beliefs are:

- “No one loves me.”
- “I’m worthless.”
- “Life is without hope.”
- “I can never change.”
- “I can never trust anyone.”

False beliefs are a *belief*. They feel true. They may have *some* truth in them. But they are ultimately *false*. (For example, the truth is that it’s not wise to trust *some* people. It may even not be wise to trust many or even all of the people that you know. There are some people in the world who are trustworthy. God is fully trustworthy.)

In addition to false beliefs, other kinds of internal strongholds may also have taken root. A few examples of these other kinds of internal strongholds are:

- vows: such as “I’ll never try anything new again.”
- judgments: such as “He’s such a stingy person.”
(instead of simply observing “He has done many things that appear stingy.”)
- decisions: such as “I hate my father.”
- fear bonds: relationships based on fear
- curses toward those who hurt you: such as “You will never find happiness.”

Note: For more information on internal strongholds, see “Module 5: Breaking Internal Strongholds.”

Each emotional wound of yours began at a specific point in time. Whether or not you remember where they began, one or more unresolved memories are related to each wound.

The pain contained in emotional wounds tends to be triggered by anything that’s remotely similar to the situation where they began. These “triggers” are actually opportunities for growth and healing, as you take captive the thoughts and emotions related to them, and seek God’s perspective on these. Getting God’s perspective doesn’t change what actually happened in the event, but it can dramatically change how you think and feel about what happened.

⁵ Based on *Beyond Tolerable Recovery*, Basic Video Seminar Facilitator Guide, pg 21

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This process involves:

- Identifying the negative emotion
- Finding the original (or representative) memory
- Finding the false belief(s) embedded in the memory
- Asking Jesus to reveal His truth
- Applying this truth in your life

Working through this process can help to powerfully free you from ungodly patterns of living and thinking, as you ask Jesus to identify your false beliefs and reveal where you learned them, and then get His perspective at this heart level.

This process is based on prayer. It involves taking your thoughts and emotions captive, then bringing them to Jesus, our Wonderful Counselor.

Analyzing your thoughts and feelings can also be helpful, but doesn't tend to be as effective for getting God's truth into the place of emotional pain. Analysis is not the focus of this module.

This module may be more easily worked through with someone. It can be hard to both focus on how you feel, and to work through the process at the same time. This is especially true if your feelings are quite strong. If you've experienced severe trauma, work through those issues with someone. Later on, you may decide to process other less painful memories on your own.

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If you're facilitating this process for someone:

- Listen for negative thoughts, emotions, patterns, and conclusions.
- Write them down, if that helps you remember them. If you write them down, give the person what you've written, at the end of your prayer time together.
- Ask the person if these are things they'd like to take captive.
- Together with the person, seek God for the root of each. Then seek His perspective on that issue.
- If you don't know what to do next, ask Jesus. He's the healer and deliverer!
- Also keep in mind these general principles:
 - Know your authority (in Christ) over the evil one.
 - Remember to follow God's agenda. Submit your ideas to him.
 - Be a good listener. Don't offer advice. Let God give the answers.
 - Be gentle and humble. Be patient. Let the Holy Spirit guide the process.
 - Respond with grace and love, not judgment.
 - Respect the person.
 - Rejoice that God transforms followers of Christ (2 Corinthians 3:18).
 - Remember to maintain confidentiality.
Only tell your own story. Let others tell theirs.
 - Seek healing for yourself as well, as needed.
 - If you're praying with someone of the opposite gender, have someone else either pray along with you or close enough to see you at any time. Do not pray with anyone in a place that could provide an opportunity for sin.

Note: Some who have experienced more severe trauma, or who don't yet have a sufficiently secure foundation in Christ, may not yet be ready to bring their emotional wounds to God. Living in a healthy Christian community can help them develop this foundational security. See also "Module 1: Overview and Introduction" and "Module 11: Finding True Security."

Note: This basic training does not address Dissociative Identity Disorder (DID)⁶.

⁶ See footnote #3 in "Module 1: Overview and Introduction."

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Basic Step-by-Step Process⁷ – B. Emotional Wounds Based on False Beliefs – See also **Detailed Step-by-Step Process – B**, following.

1. If the person receiving ministry is unfamiliar with this process, explain it to them. Then ask the person if they would like to pray with you in this way.
2. Pray an opening prayer.
3. Ask God to show the person what He wants to help them work through during this time.
4. If the thing to be worked through is not an emotion, ask Jesus to reveal any underlying emotions involved.
5. Encourage the person to take the negative emotion(s) captive now.
6. Ask Jesus to help the person feel now as much of the feeling as is needed. Then ask Jesus to bring to the person's mind *the first time they felt this way*. This is the *original memory*.
7. Ask Jesus to reveal the false belief(s) in this memory that need to be addressed.
8. Ask the person if they are presently feeling the negative emotion(s) and the apparent truth of the false belief(s). When they are connected with these feelings, ask Jesus to bring truth into the memory.
9. Ask the person if there is anything else in the memory that does not yet feel peaceful. If anything is not yet peaceful, ask Jesus to reveal any other false beliefs or negative emotions in the memory. Follow the process above to get Jesus' perspective on these.
10. Ask Jesus to reveal to the person how these truths apply now (in the present). If Jesus had brought to mind other memories before the original (or key) memory, ask Him to reveal His truth in those as well.
11. Ask Jesus what He would like to address next. Follow Jesus to any other memories He wants to take the person to; any other negative emotions He would like the person to take captive; or any other issues He would like to address.
12. Apply any relevant parts in "Module 9: Forgiving and Accepting Yourself."
13. Thank God together for the truth He has revealed. Rejoice together in what God has done.
14. Pray a closing prayer.
15. Apply sections "Introduction D.5 & Introduction D.6" in "Module 1: Overview and Introduction."

⁷ The above "Step-by-Step Process" contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God's leading.

Process Diagram –

B. Praying through Emotional Wounds Based on False Beliefs

- *Opening prayer*
- *God identify negative emotions*
- **For each set of negative emotions:**
 - *The person feel the negative emotions (as much as God desires).*
 - *Ask God to reveal to the person the **original (or key) memory**: the first time (or a key time) they felt this way.*
 - *Ask God to reveal any **false beliefs (or other things to work through)** in the original or key memory.*
 - Inviting God to Reveal His Truth in a Memory**
 - *The person think and feel (as much as God desires) the thoughts and feelings in the memory*
 - *Invite God to reveal His truth in the memory*
 - *Continue to work through the memory until everything in the memory feels peaceful to the person*
 - *God's truth applied to the person's life now and in the future*
- *Follow Jesus to any other memories He wants to take the person to; any other negative emotions He would like the person to take captive; or any other issues He would like to address.*
- *Apply any relevant parts in "Module 9: Forgiving and Accepting Yourself."*
- *Thank God for the truth He has revealed. Rejoice in what God has done.*
- *The person share what God has done in them through this process*
- *Closing prayer*
- *Follow-up: see sections "Introduction D.5 & Introduction D.6" in "Module 1: Overview and Introduction." and Follow-Up for Section B.*

Worksheet for Module 6.B.

1. Presenting emotion/physical sensation:

2. Trigger event:

a. Emotions:

b. Thoughts/beliefs:

3. Original (or key) memory:

a. Emotions:

b. Thoughts/beliefs:

c. Jesus' perspective:

4. Jesus' perspective in the trigger event:

5. Application:

Detailed Step-by-Step Process⁸ – B. Emotional Wounds Based on False Beliefs

Note: See “Module 1: Overview and Introduction” for beginning and ending steps, and information on how to use the modules in various contexts.

1. If the person receiving ministry is unfamiliar with this process, explain it to them. Then ask the person if they would like to pray with you in this way.

Key points of the process include:

- you asking God to lead the time
- before beginning, you bind any evil spirits involved in the name of Jesus
- 3-way communication between you, God, and the person receiving ministry. The general pattern includes:
 - you asking God to reveal something to them
 - them listening to God and being aware of what they’re thinking and feeling
 - God speaking to them
 - them telling you what God is saying
- seeking God together for
 - negative emotions He wants to address
 - the first time (or a key time) they felt this way
 - any false beliefs embedded in the memory
 - His truth as it relates to those areas
 - how His truth applies in their life now
- you asking God to help the person apply these truths in their life
- in closing, you commanding any evil spirits that were involved to leave in the name of Jesus, and never return

For a more detailed explanation of the process, refer to this module and Section D in “Module 1: Overview and Introduction.”

2. Pray an opening prayer. See section “Introduction D.1” in “Module 1: Overview and Introduction.”

Optional: Ask the person to pray. If they’re a follower of Christ, ask them to acknowledge Him as their Lord and Savior.

⁸ The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

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3. If you were referred to this module from another module, the person receiving ministry may already know what they would like to work through at this time.

Otherwise, ask God to show the person what He wants to help them work through during this time. He may bring to the person's mind a negative emotion that they often struggle with, a false belief, an unhealthy pattern at work in their life, or some other struggle. If an unhealthy pattern is what God brings to mind, also see "Module 10: Replacing Unhealthy Patterns."

If nothing comes to the person's mind, ask God to reveal why. Then ask the person what they're thinking and feeling. It's possible that:

- Something did come to the person's mind, but they're not recognizing it as something to work through. The person may have a negative thought or emotion about feeling nothing came to mind. If they do, it's possible that this is acting as a *guard* against healing. *For example, they may feel discouraged or hopeless. Behind that feeling may be a belief that "Even though this process has worked for others, it won't help me."* If the person has a feeling or a belief that is blocking further healing, start with that.
- The person does not need this module at this time. If this seems to be the case, encourage them to continue to work through any other modules that apply to their situation.

Note 3.1: Each time you ask God to reveal something to the person, wait 10-15 seconds. Then, if they haven't shared anything, ask them if God has brought anything to mind. (Some possibilities include an impression, a thought or a feeling.)

If He has brought something to mind, ask the person if they would like to share it with you. You don't need a lot of detail, just enough to know where you are in the process, and what to do next.

4. If the issue to be worked through is not an emotion, ask Jesus to reveal any underlying emotions involved.

Note 4.1: If the issue to be worked through is a theological issue, or simply an issue of not yet knowing the truth, there may or may not be a significant underlying emotion to be worked through. If there is not, the person may simply need to be taught what the truth is. In either case, see "Module 12: Living in the Light." Help the person, as needed and as they desire, to process these issues; or to find others who can help them process these issues.

Note 4.2: If the memory and false belief are already revealed at this point, you may be able to skip some of the following steps. However, it's possible that more than one false belief is contained in a memory; and that more than one memory is key to this process.

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5. Encourage the person to take the negative emotion(s) captive now. This involves:
- Acknowledging that they think or feel it.
 - Telling Jesus about it. (Pouring out their heart to Him.)
 - Choosing that they want to be free from it.
 - Asking Him to help them be free from it today.

If the (one of the) emotion(s) the person feels is anger, see “Attachment 2: When the Emotion is Anger,” in this module.

Note 5.1: People usually pray out loud for this step. If they do, listen for key emotions and potential false beliefs.

Note 5.2: Some people prefer to pray silently, and may not even want to tell you much of what they are thinking or feeling. This is fine. It sometimes can be better, when praying with someone of the opposite gender.

Ask the person to tell you as much as they feel comfortable sharing at each point. For example, “I have a negative emotion in mind. I’m telling Jesus about it.” Part of the joy of this method is that we’re asking the Wonderful Counselor to counsel the person. He’s still able to do that even when you as the facilitator don’t know what’s going on.

Note 5.3: If the person starts to analyze more than feel, they may get stuck. In this case, it might be appropriate to gently remind them that this process is about taking their feelings captive. And that analyzing uses a different part of the brain. So, while analyzing is fine, it doesn’t tend to help this process.

On the other hand, the person may seem to be analyzing, when Jesus is actually already revealing to them (using whatever way(s) He speaks to them) how various things have been interrelated in their life. This can be a very powerful part of the process.

The key factor is determining what Jesus is doing, and following Him.

Note 5.4: In this step the person being ministered to is the one talking to God. In the other steps, you are generally the one talking to God, and they are the one focusing on listening to Him and receiving from Him.

Occasionally, in the other steps, the person ends up talking to God more than listening to God. As a result, they may have a hard time feeling like they’re connecting with Him.

If, after you prayed (in steps 2-4), the person prayed out loud as well (instead of listening to God and receiving from Him), they may not yet understand how this process generally works. If the process is going well, there’s no need to mention anything about this dynamic. If, on the other hand, the person is having a hard time connecting with God, it may help if they let you do the active praying (in the steps that follow), and they focus on listening to God and receiving from Him, then reporting that to you.

Note 5.5: If the person is not yet familiar with listening to God, they may not know when God is speaking to them. God speaks to us in many ways. One of these is when He brings thoughts, impressions or memories to mind.

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6. Ask the person if they'd be willing to feel, for a short time, as much of this feeling as is needed to facilitate the healing process.

If they would, ask Jesus to help them feel now as much of the feeling as is needed. Then ask Jesus to bring to the person's mind *the first time they felt this way*. This is the *original memory*. If feeling this way was a theme in the person's life, Jesus may instead bring to the person's mind a *key memory* that is just one among many.

If they're not willing to feel the negative emotion(s), ask them if they'd be willing to ask God why not. Work together, with God, to address whatever He reveals. *For example: They may have a fear of pain. If this is the case, ask them if they'd be willing to take their fear of pain captive, and follow the steps in this section to seek God's truth at the root of their fear of pain.*

Note 6.1: The memory that comes to mind first may be from a recent experience. Memories that come to mind, but are not the original or key memory often have helpful information for further identifying the feeling and the false belief. Continue asking Jesus to bring to mind an earlier memory where the emotions felt were similar, until you get back to the "original" or "key" memory. In most cases this is a childhood memory.

Note 6.2: The memories Jesus brings to mind may be ones that the person often thinks about. Or they may be repressed experiences that have been forgotten or even dissociated. (This training does not cover Dissociative Identity Disorder (DID)).⁹

Note 6.3: People have different kinds of memories. Emotional memories are the most common. Memories can also involve the five senses: smell, hearing, taste, sight, and touch. The body may also react with muscle tension, headache, nausea or cramping, breathing difficulty, inner aches and pains, or other physical sensations.¹⁰ If a person is remembering something in one of the above ways, but they don't yet have a visual or emotional memory, ask Jesus to reveal to the person where they first felt or experienced this.

Note 6.4: Usually the first memory (or other thought) that comes to the person's mind is the one to pursue. Sometimes people discount this, because they think it's insignificant. Encourage people not to discount it.

⁹ See footnote #3 in "Module 1: Overview and Introduction."

¹⁰ Summarized from *Beyond Tolerable Recovery*, Basic Video Seminar Facilitator Guide, pg 20

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If no memory comes to mind, ask Jesus to reveal why. Some possibilities include:

- There is a false belief acting as a *guard* to the memory. If so, address that belief first.
- The person may have learned to feel this way because this is how their parents (or another significant influence in their life) felt. (*For example, the person began to disrespect men because their mother did.*)
 - If this is the case, ask God to bring to the person's mind the first or key memory where they saw someone else acting in this way and learned that this is the way to act, feel, think or respond.
- The person has sin that has not yet been confessed and turned from. If this is the case, encourage them to confess the sin, ask Jesus to forgive them, and turn from the sin. See "Module 4: Confessing and Turning from Sin."
- The person needs to forgive someone. If so, encourage them to do this now. See "Module 7: Forgiving Others", and "Module 8: Forgiving Your Parents."
- The person has repressed or dissociated the memory. See note 6.2 above.
- There is demonic interference. See "Introduction D.3" in "Module 1: Overview and Introduction".
- The person needs to grow in foundational security before addressing this issue. See "Module 1: Overview and Introduction" and "Module 11: Finding True Security."
- There are issues in *your* life that are interfering with the process. *For example, you're afraid that you won't facilitate this process correctly; or the issue that came up triggers an issue in your life.* Work through these issues. Use the steps in this section to work through any false beliefs. Also see any other modules that apply.

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7. Ask Jesus to reveal the false belief(s) in this memory that need to be addressed. These are the beliefs which were embedded in the person's mind during the time of the trauma (whether this trauma was relatively great or small). Remember that false beliefs often feel true. (See "Examples: Representative Example of a False Belief," in this module.)

Note 7.1: When the false belief(s) have been identified, they will feel strongly true to the person receiving ministry (not just somewhat true). The false beliefs correspond with the negative emotions being experienced. See "Examples of Negative Emotions" and "Examples of False Beliefs", both in this module.

Note 7.2: There may be more than one false belief in a memory. There may also be more than one memory that is key to a false belief or negative emotion. Ask Jesus to bring to mind the memories and false beliefs that need to be addressed.

If it is difficult for the person receiving ministry to identify the false belief(s), ask them if they know what they were thinking and feeling during the memory. If they do, ask them to share with you as much as they want to of any thoughts and feelings from the memory. It may be easier for you to pick out the false belief(s), since you probably don't believe them.

If you're still having trouble identifying or clarifying the false beliefs, ask Jesus why. Some possibilities include:

- You haven't yet found the original or key memory.
- The person has sin that's not yet been confessed and turned from. If this is the case, encourage them to confess the sin, ask Jesus to forgive them, and turn from the sin. See "Module 4: Confessing and Turning From Sin."
- The person needs to forgive someone. If so, encourage them to do this now. See "Module 7: Forgiving Others", and "Module 8: Forgiving Your Parents."
- The person needs to forgive himself (or herself). See "Module 9: Forgiving and Accepting Yourself."
- There are other internal strongholds in the person's life that need to be addressed first. See "Module 4: Breaking Internal Strongholds."
- The person has repressed or dissociated parts of the memory. See note 6.2, above.
- There is demonic interference. See "Introduction D.3" in "Module 1: Overview and Introduction".
- The person needs to grow in foundational security before addressing this issue. See "Module 1: Overview and Introduction" and "Module 11: Finding True Security."
- There are issues in **your** life that are interfering with the process. *For example, you're afraid that you won't facilitate this process correctly; or the issue that came up triggers an issue in your life.* Work through these issues. Use the steps in this section to work through any false beliefs. Also see any other modules that apply.

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8. Ask the person if they are presently feeling the negative emotion(s) and the apparent truth of the false belief(s) in the memory. If they aren't feeling these, ask if they'd be willing to feel them (again) for a brief period of time. If they are willing, ask Jesus to help them to feel those as much as is needed to facilitate the healing process.

When they are connected with these feelings, ask Jesus to bring truth into the memory. Help the person discern whether or not what is revealed is truth. (Truth will be consistent with Scripture. Anything that contradicts Scripture is not truth.)

If the person doesn't sense truth in the memory at this point, ask them if *they* would like to invite Jesus to come into the memory and reveal His truth. If so, ask them to do that now.

See "Examples: Representative Examples of Truth Received," in this module.

Note 8.1: People hear from God in different ways. Words of truth may come to their mind; they may be reminded of a Scripture, see a picture (of something in the memory, for example), or simply realize the truth. The goal is receiving truth. The result is release from the pain of the false belief.

*Note 8.2: With some people, a false Jesus may appear. Instead of revealing truth, it will speak unloving words or behave in an unloving way. It cannot represent goodness for very long. If this comes up, rebuke it in the name of the **True** Lord Jesus Christ of Nazareth.*

A false Jesus often indicates a conflict the person has about how they see God, themselves, or others. Ask the True Jesus to reveal what this conflict is and where it began. Follow the process described in this section to seek God's truth.

Note 8.3: Part of what Jesus reveals may be ways in which the person reacted to the situation, that are not part of living in the light (1 Peter 2:9). These might include vows, judgments, or curses they made; unhealthy patterns they've been living in; counterfeit desires they've chosen to follow (see "Module 11: Finding True Security"); and/or unforgiveness.

If the person reacted to their situation in any ways that are of darkness and not light, encourage them to deal appropriately with each of these things. See any modules that apply. Some modules that may apply are: "Module 4: Confessing and Turning from Sin", "Module 5: Breaking Internal Strongholds", "Module 7: Forgiving Others", "Module 8: Forgiving your Parents", "Module 11: Finding True Security", and "Module 12: Living in the Light."

Note 8.4: If the memory involves a sequence of events, you may want to work through it in sections. For each section, ask Jesus to reveal key events and false beliefs involved, then reveal His truth. See "Examples: Representative Example of Truth Revealed in a Sequence of Events," in this module.

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If truth has not yet been revealed in the memory, ask Jesus why. Some possibilities include:

- You haven't yet found the original or key memory.
- The person needs to forgive himself (or herself). See "Module 9: Forgiving and Accepting Yourself."
- There are other internal strongholds in the person's life that need to be addressed first. See "Module 5: Breaking Internal Strongholds."
- There is demonic interference. See "Introduction D.3" in "Module 1: Overview and Introduction".
- The person dissociated¹¹ from the memory during this process. If this happened, there is a reason. One possibility is that the pain was more than the person is yet able to handle. In this case, the person may need to grow in foundational security before addressing this issue. See "Module 1: Overview and Introduction" and "Module 11: Finding True Security."
- There are issues in *your* life that are interfering with the process. *For example, you're afraid that you won't facilitate this process correctly; or the issue that came up triggers an issue in your life.* Work through these issues. Use the steps in this section to work through any false beliefs. Also see any other modules that apply.

9. Ask the person if there is anything else in the memory that does not yet feel peaceful. If there is anything that does not yet feel peaceful, ask Jesus to reveal any other false beliefs or negative emotions in the memory. Follow the process above to get Jesus' perspective on these.

10. Ask Jesus to reveal to the person how these truths apply now (in the present). If Jesus had brought to mind other memories before the original (or key) memory, ask Him to reveal His truth in those as well.

11. Ask Jesus what He would like to do next. Follow Jesus to any other memories He wants to take the person to, any other negative emotions He would like the person to take captive, or any other issues He would like to address.

12. Apply any relevant parts in "Module 9: Forgiving and Accepting Yourself."

13. Thank God together for the truth He has revealed. Rejoice together in what God has done.

14. Pray a closing prayer. See "Introduction D.4" in "Module 1: Overview and Introduction."

15. Apply the sections "Introduction D.5 & Introduction D.6" in "Module 1: Overview and Introduction."

¹¹ "Dissociate – To separate all or part of one's consciousness from connection to the external environment..." From "Restoring Shattered Lives Seminar" by Dr. Tom and Diane Hawkins, page 212.

Examples – B
Examples of Negative Emotions¹²

<u>AFRAID</u>	<u>ANGRY</u>	<u>CONFUSED/DOUBTFUL</u>	<u>GUILT/SHAME</u>
alarmed	annoyed	distrustful	ashamed
anxious	appalled	dubious	embarrassed
apprehensive	bitter	hesitant	humiliated
cautious	boiling	questioning	ill at ease
cowardly	cheated	skeptical	inadequate
dread	disgusted	suspicious	incompetent
fearful	enraged	unbelieving	inferior
fidgety	frustrated	uncertain	insignificant
frightened	fuming	wavering	like a failure
hesitant	furious	bewildered	remorseful
horrified	grumpy	indecisive	ridiculed
inhibited	horrified	mixed-up	sinful
insecure	hostile	perplexed	sorry
jittery	impatient		stupid
nervous	indignant		useless
panicky	inflamed		worthless
petrified	infuriated		
scared	irate		
shaky	irritated		
terrified	offended		
threatened	provoked		
timid	resentful		
worried	stubborn		
	sullen		
	wrathful		

¹² Some of these emotions (for example, those related to anger) are probably not the first emotion that was felt in the situation. If, as you are praying through a memory, you think the emotion the person is feeling may not be the first emotion that arose in the memory, ask God to show the person how they felt just before they felt the emotion already defined. (Asking God to reveal to the person *why* they felt the emotion already defined may facilitate this.) Continue with this process until the first emotion the person felt in the situation is identified. For emotions related to anger, see also “Attachment 2: When the Emotion is Anger,” in this module.

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HURT

aching
afflicted
crushed
despair
distressed
heartbroken
ignored
in agony
injured
pained
torn up
tortured, upset

MISCELLANEOUS

alienated
burdened
concerned
defeated
deprived
desperate
dominated
envious
helpless
hopeless
jealous
lonely
manipulated
misunderstood
offended
out of control
overlooked
overwhelmed
persecuted
pessimistic
powerless
preoccupied
pressured
prideful
rejected
repulsed
restrained
sorry for self
unappreciated
used by others
victimized

PHYSICAL

empty
hollow
immobilized
nauseated
repulsed
sluggish
stretched
stressed
tense
tired
uptight
weak
weary

SAD

choked up
crushed
depressed
despondent
disappointed
discontented
discouraged
disillusioned
dismal
dissatisfied
downhearted
dreary
gloomy
grief-stricken
grieved
heartbroken
heavy-hearted
in the dumps
low
melancholy
moody
mournful
out of sorts
somber
sorrowful
unhappy
weepy

Examples of False Beliefs

“I’m no good.”

“I am unacceptable unless I ...”

“If I make a mistake, I can never be forgiven.”

“I have to pay for my mistakes.”

“I’m so stupid. I can’t do anything right and never will be able to.”

“I’m a hopeless case.”

“My opinions aren’t worth listening to.”

“No one ever listens to me and no one ever will.”

“I’ll never be able to do [this thing, this job].”

“No one will ever love me.”

“I’m too ... and no one would ever want to love me.”

“I’m worthless.”

Representative Example of a False Belief

When Joe was young, he was called “stupid idiot,” by his father. Joe sees himself being shouted at in the memory Jesus brought to His mind. The false belief embedded in this memory that has a strong intensity is, “I can never do anything right.” In the present, Joe lives with constant fear that he will fail and that nothing he does will ever be good enough.

*Note: The deception was not necessarily deeply embedded in Joe’s mind the first time he was told that he was a “stupid idiot.” The destructive feelings became anchored in his mind the first time he “accepted” the misinformation as reality. The destructive feelings are rooted in his **agreement** with the misinformation; not in the misinformation itself.*

Representative Examples of Truth Revealed

1. Marie was abused as a child and believed that she should never have been born. She had a constant feeling of abandonment, which led to feelings of rejection and loneliness. When Jesus revealed to her the truths that He wanted her to be born and that He accepts her unconditionally, the shame and pain went away and she felt loved and accepted.

In the memory Jesus revealed, Marie also felt unsafe. She believed that if she ever let down her guard, she would be abused again. When Jesus spoke truth to her, she realized that she no longer lives in that kind of situation. She also realized that Jesus *did* protect her, even in the midst of the abuse, and that He will always protect her.

2. Pete had suffered from asthma since he was a child. When he asked his friend to pray with him, he was living in fear. His life was full of turmoil. Fear controlled his mind and body. He had asthma constantly.

When Pete and his friend prayed, God led Pete back to a memory of when he was very young. In the memory, he was trying to go to sleep, and he was frightened that he would stop breathing because of his asthma.

During the prayer time, Pete invited Jesus into the memory. He discovered that he had believed ever since that time that “he was going to die any moment.” When Jesus spoke truth to Pete, Pete re-interpreted the memory to be the experience of a frightened child. He had not, in fact, died. Today he was still very much alive.

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Representative Example of Truth Revealed in a Sequence of Events

Stephen was involved in a serious car accident, and suffered from flashbacks and anxiety attacks afterward. During the prayer time, Jesus revealed several key points and beliefs (both true and false) in this memory. After Jesus brought his truth to each part of Stephen's memory, Stephen was set free. He thanked God for saving his life and the life of his friend. Stephen committed his life to God, and prayed that God would get glory through him.

Following is a chart showing the key points and beliefs Stephen had, and the truth God spoke to each one.

Key Points	Belief (True or False)	The Truth God Revealed
initially realizing the danger	"I am in danger." (true)	God was there. He kept Stephen safe.
seeing the bus come closer and closer	"No one can help me." (false)	God helped him.
the impact of the bus and the car	"I'm going to die." (false)	He didn't die.
coming back to consciousness afterward	"My friend is dead." (false) "I want to die too." (decision that needed to be renounced)	His friend didn't die. Stephen renounced this decision. He chose instead to want to live.
caring for his friend who was badly hurt	"I am the only one who can help my friend." (false) "I can never rest." (false)	Stephen was the only person available to help for a short time. God also helped. Stephen can rest. God is in control.

Module 6: Healing from Emotional Wounds

Follow-Up – B. Emotional Wounds Based on False Beliefs

1. As Jesus reveals truth to correct each false belief, that truth changes how the person feels about the original memory and any similar situations in the past. This also impacts any similar situations that may arise in the future.

However, most of us have many false beliefs. Being transformed by the renewing of our minds is an ongoing process that takes time.

Sometimes, after going through the healing process above for a specific feeling or belief, the person later experiences a similar feeling or thought to the one that was addressed.

This could mean:

- There is a related false belief that has yet to be addressed. If so, address this.
 - The new path that Jesus has revealed is not yet a habit. Ask Jesus to remind the person of the new path each time they encounter a similar situation. Encourage the person to choose this new path and reject the old one.
2. See “Module 10: Replacing Unhealthy Patterns” if:
- one or more of the negative emotions worked through might be part of an unhealthy pattern of negative emotions and unhealthy reactions
 - the person struggles with fear, an unhealthy desire for control, or perfectionism
3. The principles described in this module can also be powerfully used in everyday life. We don’t need to wait for something to be an emotional wound from the past before getting God’s perspective on it!

Some steps for using this module in everyday life are:

- a. Choose that you’d like to get God’s perspective on everything of significance.
- Ask God to help you do this.
 - Ask God to remind you to ask Him for His perspective on things.
 - Find regular times that you can ask God what these things are, then ask for His perspective on them.
 - Also ask Him about things of significance as they come up. *For example: “God, what is your perspective on this situation? What is your perspective on this person?”*
- b. Ask God to help you take your thoughts (and emotions) captive.
- Ask God to give you His perspective on each of these.
 - If you have negative emotions that are rooted in unresolved past memories, follow the process in section B (of this module).
 - If you have unpleasant emotions that are rooted in truth, follow the process in section A (of this module).
4. Ask God to reveal to you any things in you that are keeping you from loving Him with all your heart, soul, mind, and strength; and pursuing His Kingdom and His righteousness. Bring these things to Him. Ask God to help you identify what the issue really is. Seek His solution for each one. See other modules as they apply.

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Attachment 1. Grieving the Losses of Life

Biblical Basis – Grieving the Losses of Life

“Rejoice with those who rejoice; mourn with those who mourn” (Romans 12:15).

“Blessed are those who mourn, for they will be comforted” (Matthew 5:4).

“But God, who comforts the downcast, comforted us by the coming of Titus” (2 Corinthians 7:6).

“Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him” (1 Thessalonians 4: 13-14).

“...we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us” (Romans 5:2b-5).

Brief Explanation – Grieving the Losses of Life

Loss: losing something or someone dear by accident, death, broken relationship, relocation, or through other means. See “Examples and Types of Losses,” on the following page.

Grief: intense emotional suffering caused by things such as loss, disaster, or misfortune. Grief involves acute sorrow or deep sadness. The word is derived from the Latin verb meaning “to burden”.

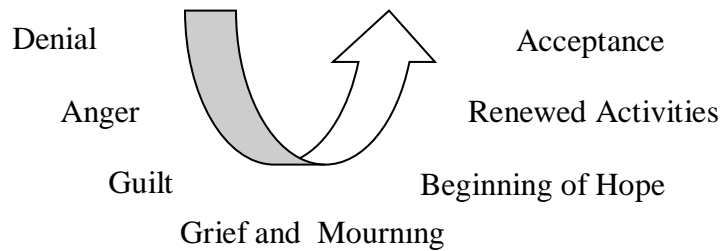
Mourning: to feel or express sorrow; the expression of grief. Mourning involves remembering and thinking of the loss. It makes one feel anxious or uncomfortable.

Grief is a process with defined stages. These stages can be *cyclical*. Typical stages of grief include:

- Denial.
- Anger directed outward, toward others. This often includes some anger at God for allowing the loss to occur.
- Guilt and regret. This usually includes a combination of true and false guilt, and involves anger directed inward.
- (Bargaining, especially over anticipated loss.)
- Genuine grief and mourning. Unresolved or repressed guilt or anger generally leads to intensified depressive feelings.
- Resolution.
 - Beginning of hope.
 - Renewed activities.
 - Acceptance. Joy is regained.

Stages of Grief

(These can be cyclical.)



Times of increased vulnerability are right before the guilt stage and just after the beginning of hope.

Types and Examples of Losses

- Material: *Theft, natural disaster, destruction*
- Relational: *Death of a loved one, broken relationships, divorce*
- Functional: *Loss of memory or physical function*
- View of self: *Guilt, shame, loss of self-esteem*
- Role: *Changing jobs, children growing up and leaving home, social status*
- Systems: *New work supervisor, change in the ethos of an organization, parent remarrying after the death of a spouse*
- Threatened: *Disease that may lead to death or disability, talk of separation or divorce*
- Other: *Loss of reputation, perceived loss of control or sense of security, death of a dream, loss of a role model, hidden losses*
- Ambiguous losses:
 - Physically absent but psychologically present: *Family member living overseas, child going to college, spouse working in another city, moving and leaving family and/or close friends, family members or close friends moving to a new location*
 - Physically present but psychologically absent: *Parent with memory loss, spouse after a stroke, relative who is disengaged and distant as a result of depression*

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Step-by-Step Process¹³- Grieving the Losses of Life

Note: See “Module 1: Overview and Introduction” for beginning and ending steps, and information on how to use the modules in various contexts.

It is recommended that a trusted friend helps you to work through this process. Relationship is a very powerful part of working through grief and loss.¹⁴

1. Recognize that feelings of pain, anger, guilt, loss, fear, confusion, and so on are a normal part of the grieving process. Ask God if you’ve repressed any of the feelings you have. Ask God to help you identify how you feel.
2. As your feelings are identified, bring them to God. Tell Him how you feel.¹⁵ Ask Him your questions. Listen for His perspective.
3. If you have unresolved feelings, especially of anger, guilt, or fear, pray through these.

If you have unresolved guilt feelings, ask God to help you separate true guilt from false guilt. For *true guilt*, confess and turn from any sin involved. See Module 4: Confessing and Turning From Sin. Also see Psalm 32. Receive and rejoice over God’s forgiveness. See also Section A, in this module. Once *false guilt* is identified, it is usually resolved. If it is not, see Section B in this module.

If you have unresolved anger, see Attachment 2: When the Emotion is Anger, and Section A and B (as they apply), all in this module.

If you have unresolved fear, see Section B – Emotional Wounds Based on False Beliefs, in this module. See also Attachment 2: Living Beyond Fear, in Module 10: Replacing Unhealthy Patterns. And see Attachment 1: No Longer a Victim, in Module 12: Living in the Light.

4. If any trauma was involved in the loss (*for example, the shock of hearing about the loss*), pray through each significant part of the trauma. Ask God to reveal His perspective at each point. See Section B – Emotional Wounds Based on False Beliefs, in this module.

¹³ The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

¹⁴ If you are helping someone else work through grief and loss:

- Be with them. (One example of this is in Job 2:13.)
- Resist the urge to “help” by giving advice or stating truth.
- Listen actively. Watch for non-verbal cues. Reflect back to them what you hear them saying. Get confirmation that you understand what they are seeking to communicate.
- Validate their feelings. Don’t hush grief.
- Show that you care. Be genuine.
- Offer hope and comfort (2 Corinthians 1:4).
- Encourage them to bring their feelings to the “God of all comfort” (2 Corinthians 1:3).
- Seek to help them move the next step in the process. Wait for God’s timing. Don’t rush grief.

¹⁵ There are many good examples of this in the Psalms.

Module 6: Healing from Emotional Wounds

5. If you are experiencing lasting depression, ask God to show you why. Pray through any unresolved emotions. (See also step 3.)
6. Ask God to reveal any “hidden losses” involved. Grieve these as well.
7. Don’t trivialize your losses. Instead bring them to God. Tell Him how you feel. Ask Him to carry your pain. Ask Him to give you His perspective at each point.
8. If you were unable to have a time for closure, talk to God about this. Tell Him how you feel. Pray through the memories where you didn’t get closure. Ask God to give you His perspective. Ask Him to show you any additional action steps that would help you to get closure in a healthy way.
9. Ask God to show you if you are carrying the burden of someone else’s pain. If you are, ask Him to carry this burden, and to show you, step by step, any ways that He’d like you to be involved. If it’s hard for you to give up this burden, ask God why. Work through any issues that He reveals. See any modules that apply.
10. Continue working through Section A, in this module.

Follow-up – Grieving the Losses of Life

1. Remember that grieving is a process.
2. Ask God to continue to walk with you through the process. Ask Him to help you to keep taking the next step.
3. Keep telling God how you feel. Ask God to continue to reveal His perspective to you. Search the Psalms (and other parts of the Bible) for relevant Scriptures.
4. Ask God to help you develop a relationship with someone who is willing to listen to you at any time.
5. Keep working through each part of the grieving process, asking God for His perspective, and asking Him to carry your pain. (Isaiah 53:4-5)
6. Thank Him for His help.
7. If possible, exercise regularly.

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Process Diagram

Module 6 – Attachment 1. Grieving the Losses of Life

- **Note:** *It is recommended that a **trusted friend** helps you to work through this process. **Relationship** is a very powerful part of working through grief and loss.*
- **Opening prayer**
- **Recognize** that feelings of pain, anger, guilt, loss, fear, confusion, and so on are a normal part of the grieving process. Ask God if you've repressed any of the feelings you have. Ask God to help you **identify how you feel**.
- As your feelings are identified, bring them to God. **Tell Him** how you feel. **Ask Him** your questions. **Listen for His perspective**.
- If you have **unresolved feelings**, especially of anger, guilt, or fear, pray through these.
- If any **trauma** was involved in the loss (for example, the shock of hearing about the loss), pray through **each significant part** of the trauma. Ask God to reveal His perspective at each point.
- If you are experiencing lasting **depression**, ask God to show you **why**. Pray through any unresolved emotions.
- Ask God to reveal any "**hidden losses**" involved. **Grieve these** as well.
- **Don't trivialize your losses**. Instead **bring them to God**. Tell Him how you feel. Ask Him to **carry your pain**. Ask Him to give you **His perspective** at each point.
- If you were unable to have a time for **closure**, talk to God about this. Tell Him how you feel. Pray through the **memories** where you didn't get closure. Ask God to give you **His perspective**. Ask Him to show you any additional **action steps** that would help you to get closure in a healthy way.
- Ask God to show you if you are carrying the burden of someone else's pain. **If you are, ask Him to carry this burden**, and to show you, **step by step**, any ways that He'd like you to be involved. If it's hard for you to give up this burden, ask God **why**. Work through any **issues** that He reveals. See any **modules** that apply.
- **Continue** working through section A of Module 6.
- **Closing prayer**
- **Follow-up:**
 - Remember that grieving is a **process**.
 - Ask God to continue to walk with you through the process. Ask Him to help you to keep taking the **next step**.
 - Keep **telling God** how you feel. Ask God to continue to **reveal His perspective** to you. **Search the Psalms** (and other parts of the Bible) for relevant Scriptures.
 - Ask God to help you **develop a relationship with someone who is willing to listen to you at any time**.
 - **Keep working through** each part of the grieving process, asking God for His perspective, and asking Him to carry your pain. (Isaiah 53:4-5)
 - Thank Him for His help.
 - If possible, **exercise regularly**.

Note: *If you are helping someone else work through grief and loss:*

- Be with them. (One example of this is in Job 2:13.)
- Resist the urge to "help" by giving advice or stating truth.
- Listen actively. Watch for non-verbal cues. Reflect back to them what you hear them saying. Get confirmation that you understand what they are seeking to communicate.
- Validate their feelings. Don't hush grief.
- Show that you care. Be genuine.
- Offer hope and comfort (2 Corinthians 1:4).
- Encourage them to bring their feelings to the "God of all comfort" (2 Corinthians 1:3).
- Seek to help them move the next step in the process. Wait for God's timing. Don't rush grief.

Attachment 2. When the Emotion is Anger

Brief Explanation – When the Emotion is Anger

Usually anger is not the first emotion that arises in a situation.

Some anger is rooted in truth. But, even so, we are told not to “*let the sun go down while you are still angry*” (Ephesians 4:26b).

People are not designed to carry anger around for long. It’s destructive. And “*...man’s anger does not bring about the righteous life that God desires*” (James 1:20).

Along with dealing with the anger, you (or the person you’re praying with) also need(s) to give up judging, unforgiveness and any desire to take revenge. See “Module 5: Breaking Internal Strongholds” and “Module 7: Forgiving Others.”

Step-by-Step Process – When *Your* Emotion is Anger

1. Ask God to reveal what emotion is *behind* your anger.
 - Asking God to show you how you felt *right before* you got angry (either at a representative time in the recent past, or at an earlier time) may facilitate this. *For example, you may have gotten angry because they felt shame or fear.*
2. Follow the healing process described in Section A or B of this module (whichever you are presently working through), starting with the emotion behind your anger.

If you are working through section A, ask God if the emotion behind your anger is based wholly on truth or wholly or partially on a false belief. If a false belief may also be involved, see also Section B – Emotional Wounds Based on False Beliefs, in this module.

3. Decide if you are willing to give up your anger. Sometimes giving up your anger needs to be done before continuing with the healing process. At other times, God may want to first speak truth, to correct the false beliefs that give rise to the emotion behind the anger. If you are not yet ready to give up your anger, you may feel you need it to protect you in some way.
4. If you are still willing to pursue this process, whether or not you’re ready yet to give up your anger:
 - Ask God to show you the original or key memory underlying the anger. (This is often the same as the original or key memory for the underlying emotion.)
 - In that memory, ask God to reveal whether or not you still need your anger for any reason.
 - See if you are now ready to give up your anger. If you are, give it to God. If you aren’t, ask God to reveal to you any other reasons that you feel you need to hang on to your anger. Continue to work through those.
 - When you are ready to give up your anger, ask God to take your anger and give you His peace. (You may also need to forgive someone. See “Module 7:

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Forgiving Others”, “Module 8: Forgiving Your Parents”, and “Module 9: Forgiving and Accepting Yourself.”)

- If you are working through Section B of this module, continue to work through the memory until you have perfect peace (Philippians 4:7).
- Continue with the other steps in the section you’re working through.

Step-by-Step Process – Praying with Someone Else when *Their* Emotion is Anger

1. Ask God to reveal what emotion is *behind* the anger.

- Asking God to show the person how they felt *right before* they got angry (either at a representative time in the recent past, or at an earlier time) may facilitate this. *For example, they may have gotten angry because they felt shame or fear.*

2. Follow the healing process described in Section A or B of this module (whichever you are presently working through), starting with the emotion behind the person’s anger.

If you are working through section A, ask God if the emotion behind the person’s anger is based wholly on truth or wholly or partially on a false belief. If a false belief may also be involved, see also Section B – Emotional Wounds Based on False Beliefs, in this module.

3. Ask the person if they’d be willing to give up their anger. Sometimes this needs to be done before continuing with the healing process. At other times, God may want to first speak truth, to correct the false beliefs that give rise to the emotion behind the anger. If the person is not yet ready to give up their anger, they may feel they need it to protect them in some way.

4. If the person is still willing to pursue this process, whether or not they’re ready yet to give up their anger:

- Ask God to show the person the original or key memory underlying the anger. (This is often the same as the original or key memory for the underlying emotion.)
- In that memory, ask God to reveal to the person whether or not they still need their anger for any reason.
- Then ask the person again if they are ready to give God their anger. If they are, ask them to give it to God. If they aren’t, ask God to reveal to them any other reasons that they feel they need to hang on to their anger. Continue to work through those.
- When the person is ready to release their anger, ask God to take their anger and give them His peace. (The person may also need to forgive someone. See “Module 7: Forgiving Others”, “Module 8: Forgiving Your Parents”, and “Module 9: Forgiving and Accepting Yourself.”)
- If you are working through Section B of this module, continue to work through the memory until the person has perfect peace (Philippians 4:7).
- Continue with the other steps in the section you’re working through.

Process Diagram

Module 6 – Attachment 2. When the Emotion is Anger

- *Opening prayer*
- Ask God to reveal what emotion is **behind** your anger.
 - Asking God to show you how you felt **right before** you got angry (either at a representative time in the recent past, or at an earlier time) may facilitate this.
- **Follow the healing process** described in Section A or B of Module 6 (whichever you are presently working through), starting with the emotion behind your anger.
- **Decide** if you are **willing to give up your anger**. Sometimes giving up your anger needs to be done before continuing with the healing process. At other times, God may want to first speak truth, to correct the false beliefs that give rise to the emotion behind the anger. If you are not yet ready to give up your anger, you may feel you need it to protect you in some way.
- If you are still willing to pursue this **process**, whether or not you're ready yet to give up your anger:
 - Ask God to show you the **original or key memory underlying the anger**. (This is often the same as the original or key memory for the underlying emotion.)
 - In that memory, ask God to reveal **whether or not you still need your anger for any reason**.
 - See if you are **now ready to give up your anger**. If you are, **give it to God**. If you aren't, ask God to reveal to you **any other reasons** that you feel you need to hang on to your anger. **Continue to work through those**.
 - **When you are ready** to give up your anger, ask **God to take your anger and give you His peace**. (You may also need to forgive someone. See "Module 7: Forgiving Others", "Module 8: Forgiving Your Parents", and "Module 9: Forgiving and Accepting Yourself.")
 - **If you are working through Section B** of Module 6, **continue to work through the memory until you have perfect peace** (Philippians 4:7).
 - Continue with the other steps in the section you're working through.
- *Closing prayer*

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Attachment 3. Brief Biblical Foundation for Seeking Healing From Emotional Wounds¹⁶

Where are my roots?

*“And I pray that you, being **rooted and established in love**, may have power, together with all the saints, **to grasp** how wide and long and high and deep is the love of Christ, and **to know this love that surpasses knowledge**” (Eph 3:17b-19a).*

Many of us are rooted, at least to some extent, in something else besides the love of Christ. Other roots might include feelings of fear, shame, abandonment, powerlessness, taintedness, invalidation, hopelessness, or confusion. Part of the transforming work Christ wants to do in us, is to dig out and get rid of those carnal (human-based) roots, and replace them with roots that are established *in Him*: His love and His truth.

God desires us to *experientially* grasp and know His love in every part of our lives. Our false cultural assumptions tend to make us read into these verses (Eph 3:17-19a) a mere cognitive, intellectual (doctrinal) grasp of God’s love, whereas the biblical words (*katalambano* and *ginosko*) imply an *experiential* and *relational* knowledge that penetrates our *whole* being (including our emotions).

How much of me does Jesus want to renew?

*“You were taught, with regard to your former way of life, to **put off your old self**, which is being corrupted by its deceitful desires, **to be made new in the attitude of your minds**; and to put on the new self, created to be like God in true righteousness and holiness” (Eph 4:22-24).*

The old self, which we are to put off, includes not only sinful actions, but also carnal patterns of *thinking, feeling, and reacting*. Many of these carnal patterns are so commonplace among evangelicals that people don’t take seriously the fact that these are part of the old self that we’re commanded to put off! Or, since attempts to deal with them on a merely cognitive level have worked poorly, people either conclude that apparently Christ didn’t intend to transform those parts of them, or they live with a chronic sense of failure.

Scripture does not describe every technique that we can or should use, in order to “be made new in the attitude of our minds.” God intends us to “**make every effort**” (2 Pet 1:5; 3:14) to be transformed into His image; in other words, to *use any means* that proves effective, to put us in touch with Christ’s truth and apply it in every aspect of our lives.

¹⁶ DC, 10/03

Does God really want me to bother with analyzing my emotional responses?

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ” (2 Cor 10:5).

“The phrase *pan hypsoma* ("every pretension") refers to any human act or attitude that forms an obstacle to the emancipating knowledge of God contained in the gospel of Christ crucified, and therefore keeps men in oppressive bondage to sin. Closely related is the expression *pan noema* ("every thought"). By this Paul probably means every human machination or foul design that temporarily frustrates the divine plan.” (*The Expositor’s Bible Commentary*)

Not only ideas, but also emotions can form an internal human barrier to the living out of God’s will. We are called to take captive every hindrance, and bring it into obedience to Christ.

Can’t I just forget about the past, and move ahead?

“Train a child in the way he should go, and when he is old he will not turn from it” (Prov 22:6).

The training a person receives as a child will naturally have a major effect on his/her life patterns as an adult. This is true not only of formal and intentional training, but even more so of the informal “lessons” learned in everyday interactions and experiences.

A person can be “taught” false things, both by other people’s sinful actions and by his/her own natural human (carnal) reactions to negative events. To the extent a person lives based on the “roots” of these falsehoods, Christ would like to effectually bring in His truth, so that Eph 4:22-24 can become a living reality rather than just a doctrinal theory.

Does God want to communicate with me directly?

“and call upon me in the day of trouble; I will deliver you, and you will honor me” (Psalm 50:15).

“He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him” (Psalm 91:15).

God delights to communicate with His children. When we come to Him in a time of trouble and ask Him to work for His glory; He delights to answer us and reveal more of His truth, love and power, in the context of the troubling situation. For more information on God’s communication to us, see also *Hearing God*, by Dallas Willard.

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Attachment 4. Praying through Trauma

Biblical Basis – Praying through Trauma

“Let all who seek Thee rejoice and be glad in Thee; And let those who love Thy salvation say continually, ‘Let God be magnified.’ But I am afflicted and needy; Hasten to me, O God! Thou are my help and my deliverer; O Lord, do not delay” (Psalm 70:4-5, NASB).¹⁷

“You hear, O LORD, the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed, in order that man, who is of the earth, may terrify no more (Psalm 10:17-18).

“I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him” (Psalm 34:4-8).

“Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed” (Isaiah 53:4-5).

“Blessed are those who mourn, for they will be comforted” (Matthew 5:4).

¹⁷ Scripture taken from the “New American Standard Bible”, The Open Bible Edition, copyright 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation.

Brief Explanation – Praying through Trauma

A trauma is:

- “A severe emotional shock having a deep, often lasting effect upon the personality”¹⁸
- “Something that makes you realize you could have died
- Something that makes you feel powerless, helpless, and paralyzed
- Sudden and overwhelming. It owns you, you don’t own it.
- A time when you experience extreme fear, even if only for a short while
- A time when you cannot think clearly
- More than stress. Stress does not have the sudden and life-threatening quality that trauma has.
- A shock to the system, which is why it affects the *whole* system and creates a state of emergency
- An event with a predictable aftermath.”¹⁹

People respond to trauma in different ways. Normal reactions to trauma include shock, anxiety, denial, guilt, anger, shame and grief. If the trauma is similar to any unresolved emotional wounds from the past, those may be triggered as well.

Often a traumatic experience includes a sequence of traumatic events. For each event in the sequence, we can ask God to reveal His truth. (For an example of this, see “Representative Example of Truth Revealed in a Sequence of Events” in Module 6, Section B.)

God wants to reveal His perspective to those who truly seek Him. He offers all followers of Christ His peace and freedom from fear.

God also wants to carry the burden of the trauma. He invites us to “[cast] all our anxiety on Him, because He cares for [us]” (1 Peter 5:7).

Examples – Trauma

- Natural disaster
- Violence
- Accident
- Shock

¹⁸ Definition from “Funk & Wagnalls Standard College Dictionary,” copyright 1977 by Harper & Row, Publishers, Inc.

¹⁹ From “Aftermath, Survive and Overcome Trauma” by Mariann Hybels-Steer, Simon & Schuster, NY: 1995.

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Process Diagram – Praying through Trauma

- *Opening prayer*
- **For each event in the trauma that does not yet feel peaceful:**
 - *Thoughts and feelings the person experienced in the event*
 - *Think and feel (as much as God desires) those thoughts and feelings (for a brief period of time)*
 - *The first time the person thought and/or felt that way*
 - *Thoughts and feelings of the person in that original memory*
 - Inviting God to Reveal His Truth in a Memory**
 - *Think and feel (as much as God desires) the thoughts and feelings the person had in the memory*
 - *Invite God to reveal His truth in the memory*
 - *Invite God to carry all the pain in the memory*
 - *Continue to work through the memory until everything in the memory feels peaceful to the person*
 - *Follow “Inviting God to Reveal His Truth in a Memory” to invite God to reveal His truth in the event*
- *Continue the process for each event in the memory that does not yet feel peaceful*
- *God’s truth applied to the person’s life now and in the future*
- *Are there any*
 - People who the person has not yet forgiven*
 - Feelings of loss (including hidden losses)*
 - Other things, related to the trauma, that need to be worked through*
 - Feelings of fear connected to the trauma*
- *Feel (as much as God desires) any remaining burden of the trauma. Ask God to carry this burden.*
- *Closing prayer (including commanding, in the name of Jesus, any demonic elements that had a foothold because of the trauma to go now where Jesus sends them and never return)*
- *The person share what God has done through this process*

Step-by-Step Process²⁰ – Praying through Trauma

Notes:

- See “**Module 1: Overview and Introduction**” for beginning and ending steps, and information on how to use the modules in various contexts.
- Be compassionate. Be a good listener. Validate the person’s feelings. (See Module 1, Section C.1. for more basic principles to follow as you minister to someone.)
- If you ask God to reveal something to the person you’re ministering to, wait 5-10 seconds, then ask the person what’s happening.
- The person being ministered to doesn’t need to share everything with you that God reveals to them. You only need to know enough of what is happening to know where you are in the process.

1. First ask the person if they would like help to pray through the trauma. Let them know that God invites people to come to Him and ask Him for His perspective.

- If the person would like you to pray with them, *briefly explain the process.*
- *Open with prayer.* In this prayer,
 - Ask God to lead the prayer time and to protect each person present.
 - In Jesus’ name, bind any evil spirits involved. Also ask God to move aside any powers or principalities that would seek to interfere.

(For more elements you may want to include in your opening prayer, see Module 1, Section D.1.)

2. Ask God to bring to the person’s mind the *first event in the trauma that does not feel peaceful.* Then ask the person if God has brought this to their mind.

For steps 3-8, see also Module 6.

3. If God has reminded the person on the first event in the trauma that does not feel peaceful, ask God to bring the person’s mind *what they were thinking and feeling at that time.* Then ask the person if God has brought these thoughts and feelings to their mind.

4. If God has already reminded the person of these thoughts and feelings, ask Him to help them *think and feel (as much as He desires) what they were thinking and feeling at the time of the event* (even if the person logically “knows” that these thoughts are not based on truth). Then ask the person if they are now thinking and feeling these things.

5. If the person is now feeling and thinking these thoughts and feelings, ask God to bring to their mind the *first time they thought and felt this way.* Then ask the person if God has brought this to their mind. (If the person first felt this way in the traumatic event, skip to step 7.)

²⁰ The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

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6. If there is an original memory (or a key memory – of a representative time the person thought and felt this way, if the thoughts and feelings are basically *always* thought or felt)

- Ask God to remind the person what they *thought and felt at that time*. Then ask the person if God has reminded them of these thoughts and feelings. (Similar to step 3.)
- If God has already brought these thoughts and feelings to the person’s mind, ask God to help the person to *think and feel (as much as God desires) the thoughts and feelings they had at that time* ((even if the person logically “knows” that these thoughts are not based on truth). Then ask the person if they are now thinking and feeling these things. (Similar to step 4.)
- Work though “Inviting God to Reveal His Truth in a Memory.”

Inviting God to Reveal His Truth in a Memory:

- If the person is now feeling and thinking the thoughts and feelings they had in the memory, *together with the person invite God to reveal His truth in the memory*.
 - Ask God to *reveal His perspective and His truth in the memory*.
 - Ask God to *reveal where He was in the memory*.
 - For unpleasant emotions based on truth (such as grief and loss) *ask God to carry the pain*. (see Module 6, Section A.)
- Ask the person if God has revealed His perspective in the memory. Also ask them if *anything in the memory is not yet peaceful*.
 - If anything in the memory does not yet feel peaceful, continue to help the person to take their thoughts and feelings captive (with God’s help, identifying and acknowledging them), bring these to Jesus, and seek His truth. (See Module 6 for a more complete explanation.)

Notes: Also related to the memory feeling peaceful are the following:

- *Forgiving others. (See Module 7.)*
- *Confessing and turning from sin. (See Module 4.)*
- *Hidden losses. (See Module 6, Attachment 1.)*
- *Vows, judgments, fear bonds, and other internal strongholds. (See Module 5.)*
- *Other things that need to be worked through. (Refer to any modules that apply to these existing needs. See Module 1 Attachment 1.)*

7. Ask God to help the person to again *think and feel (as much as God desires) what they were thinking and feeling during the first event of the trauma*. Then ask the person if they are now thinking and feeling these things. Work though “Inviting God to Reveal His Truth in a Memory.” (See step 6.)

8. If the first memory in the trauma now feels peaceful, ask God to reveal to the person *the next event in the trauma that does not feel peaceful*. Work through steps 3-7 for each event in the trauma that does not yet feel peaceful. Continue until all the events in the trauma feel peaceful.

Module 6: Healing from Emotional Wounds

9. Ask God to reveal to the person *how the truth He has revealed can be applied to the person's life now and into the future*. Ask the person if God has shown this to them.

10. Ask God to reveal to the person if there is *anyone they have not yet forgiven*.

- If there is, ask the person if they feel able to now forgive the person from their heart, and pray a blessing on the person.
 - If they are ready, invite them to now forgive and bless the person.
 - If they feel that forgiving the person from the heart is too hard or impossible, see Module 7.

11. Ask God to reveal to the person all *feelings of grief and loss (including hidden losses)*. (See Module 6, Appendix 1.)

- If there are feelings of grief and loss, ask God to help the person to feel now (as much as God desires) these thoughts and feelings.
 - If they are now feeling and thinking these thoughts and feelings,
 - Ask God to carry the pain
 - Ask God to speak to the person anything He wants to.

12. Ask God to reveal if there are *any other things to work through related to the trauma*. There may be vows, judgments, fear bonds or other things to work through. (*Refer to any modules that apply to these existing needs. See Module 1 Attachment 1.*)

13. Ask God to reveal if there are any additional *feelings of fear related to the trauma*. If there are, together with the person take these thoughts and feelings captive, bring them to Jesus, and seek His perspective. Work through each related memory, as in steps 3-8. Ask God to reveal to the person whether or not they need to feel afraid (and what other thoughts or feelings they could think or feel in this or similar situations). (See Module 10 Appendix 2, Module 11, and Module 12 Appendix 1.)

14. Ask God to reveal if the person is carrying any *remaining burden of the trauma*. If they are, ask God to help the person *feel (as much as He desires) this burden now*. (They may feel it physically as well as emotionally.) As the person feels this burden, invite them to give it to Jesus. *Ask Jesus to come and carry this burden*.

15. Pray a closing prayer. In this prayer:

- Thank God for what He's done.
- If there are any demonic elements that had a foothold (Ephesians 4:27) because of something that has now been taken care of, command them in the name of Jesus to go now where He sends them, and never return.
- Ask God to bless the places (in the person) that He's healed during your ministry time.
- Ask God to help the person access these healed places at will.
- Ask God to help the person live in the truth He's revealed.
- Ask God to help the person find true security in Him.
- If the person has a need for physical healing, pray for this as well.

(For more ideas, see Module 1, Section D.4.)

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16. Ask the person *what they would like to share with you about what God has shown them through this process*. Also encourage them to share these things with others, as God leads. (If they share with others the things God has shown them, the process of sharing will help to reinforce these new perspectives in their life.)

Follow-up – Praying through Trauma

1. Seek to get enough rest and sleep.
2. Do some things that energize you.
3. Continue to grow in security in Christ.
4. Get God's perspective about everything of significance. Talk to God about specific requests.
5. Work through other modules that apply.
6. Share regularly with someone who is able to listen with compassion and grace. Seek God's perspective together.
7. Remember that recovery from trauma is a process.

Additional Scriptures – Praying through Trauma

The Scriptures are full of encouragement for those who are suffering. Here is a small sampling.

*“Peace I leave with you; **my peace I give you.** I do not give to you as the world gives. **Do not let your hearts be troubled and do not be afraid**” (John 14:27).*

*“Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to **sympathize with our weaknesses**, but we have one who has been tempted in every way, just as we are--yet was without sin. **Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need**” (Hebrews 4:14-16).*

*“You who fear the LORD, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel! **For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help**” (Psalm 22:23-24).*

*“**He will respond to the prayer of the destitute; he will not despise their plea**” (Psalm 102:17).*

*“Shout for joy, O heavens; rejoice, O earth; burst into song, O mountains! **For the LORD comforts his people and will have compassion on his afflicted ones**” (Isaiah 49:13).*

*“**The LORD is gracious and compassionate, slow to anger and rich in love. The LORD is good to all; he has compassion on all he has made**” (Psalm 145:8-9).*

*“There is no fear in love. But **perfect love drives out fear**, because fear has to do with punishment. The one who fears is not made perfect in love. **We love because he first loved us**” (1 John 4:18-19).*

*“For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, **to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God**” (Ephesians 3:14-19).*

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*“Praise be to the God and Father of our Lord Jesus Christ! In **his great mercy** he has given us new birth into **a living hope** through the resurrection of Jesus Christ from the dead, and into **an inheritance that can never perish, spoil or fade**--kept in heaven for you, who through faith are **shielded by God's power** until the coming of the salvation that is ready to be revealed in the last time. **In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.** These have come so that **your faith--of greater worth than gold, which perishes even though refined by fire--may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.** Though you have not seen him, **you love him**; and even though you do not see him now, **you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls**” (1 Peter 1:3-9).*