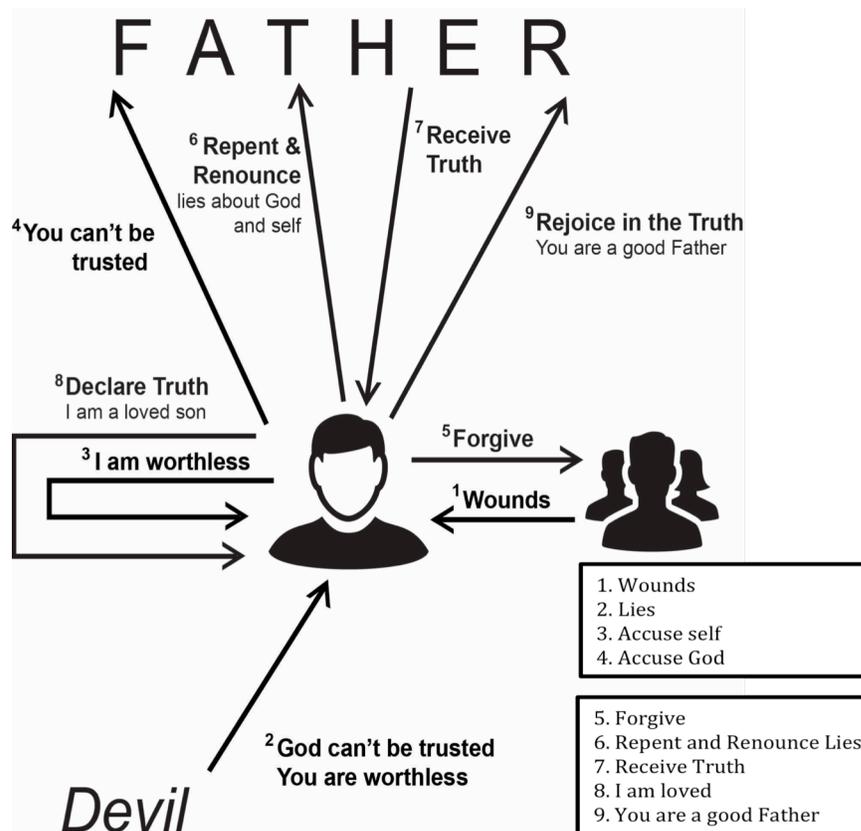


Overcoming Wounds and Lies to Restore Intimacy with God

THE BATTLE OVER INTIMACY

- The enemy's strategy is to kill our intimacy with the Lord by speaking lies against the character of God or our value/identity in Christ (Matthew 27:43).
- We believe lies in our hearts (Romans 10:10) – but are often desensitized to the lies.
- God alone knows our hearts. We ask the wonderful Counselor to reveal the lies (Is.9:6).
- Lies are mostly sown in wounds. We must forgive the offender to break the power of the lie born there.



PROCESS TO BREAK THE POWER OF THE LIE – THROUGH FORGIVENESS

- **Forgive** whoever wounded us that led to believing the lie.
- **Renounce** lies about God or ourselves.
- **Repent** for partnering with the enemy and for giving those lies authority.
- **Receive** from God the truth that will ignite our hearts to replace the lies believed there.
- To receive, we must first yield & make room in our hearts to embrace what God says.
- Unpack with Him what He says by asking Him more questions until it is practical and helpful. Then declare and **rejoice** in the truth until our hearts are full!
- This way, our minds are renewed & our hearts strengthened so we can both recognize and resist lies, temptations and hindrances to enjoying intimacy with the Father.

Some reasons that we might resist forgiving someone

- *Minimizes our pain - if I forgive I am saying what they did was OK*
- *Ungodly Justice/Revenge - we want punish the offender by holding on to the offense*
- *Minimize the need – but hidden resentment*
- *Denial – do not acknowledge sin against us*
- *Guilt/Blame - we have unacknowledged guilt in an offense against them, so that holding onto blame cancels our guilt (marriage or parent child relationships)*
- *Self Protection - distance ourselves in our heart so they can't hurt us again*
- *Taking up an offense – pain caused others*
- *Unresolved grief or loss*

JOURNALING STEPS TO FORGIVENESS AND HEALING

Father, what lies do I believe about You? List them.

Father, what lies do I believe about myself? List them.

FORGIVE, RELEASE AND BLESS

- Father, who do I need to forgive who led me to believe this lie?
- Am I willing to forgive _____? (If not) If I don't forgive ___ what will my life be like?
If I do forgive ___ what will my life be like?
- What do I need to them forgive _____ for? (Ask: What else? – be thorough!)
We need to forgive for more than the act, but for what I was led to believe as a result – the heart wound.
- Father, I forgive ___ for ___ and for leading me to feel ___ [repeat as often as needed]
Father, is there anything else I need to forgive _____ for in this area?
- (Optional) Father, I take their sins against me and the wounds I received and lay them upon the body of Jesus on the cross. Jesus, I thank You that You bore all my pains and sorrows (Isaiah 53:4-5) so I don't need to carry them any more.
- I repent for my sinful reactions, any bitterness, resentment or anger I have had toward my offender. Father, do You forgive me? (Yes) Then I forgive myself.
- I release ___ from all their offenses & wounds against me. I bless them in Jesus' name.

RENOUNCE (*The lies He revealed to you at the beginning.*)

- Father, I renounce the lie that You _____ [corresponding lies about God].
- Father, I renounce the lie that I am _____ [negative identity,
or lies about my value to God]

REPENT

- Father, forgive me for partnering with the enemy and believing these lies (be explicit) about You (or about myself).
- Father, do you forgive me? (Yes) Then I forgive myself.

RECEIVE!! (ESSENTIAL - SPEND TIME HERE)

- Father, what do you have for my heart in exchange for these lies?
- Unpack what He says until it is practical and helpful!

REJOICE!! (ESSENTIAL)

- Thank Him for what He has given, declaring and receiving His truth in your heart.

Small Group Discussion (3 or 4)

Is there something I have recognized that I have believed about God as a result of previous wounding in my life? What truth did I receive about Him in exchange?

Is there something I have recognized that I have believed about myself as a result of previous wounding in my life? What truth did I receive about myself in exchange?

(No need to uncover anyone here!)

Pray for one another!

Quiet Time Enrichment: Listening Journal

Father, is there any situation in my life right now where I find it hard to trust You?

(If so) Father, is there any lie I believe about You here?

Father, is there any lie I believe - about myself? OR - in this situation?

Is there anyone I need to forgive in relation to this lie?

(If so, go to "*Steps to Forgiveness*" Handout making sure you receive truth for the lie)

Father, how has unforgiveness in my life affected my interaction with You?
With others?

Father, how will forgiving change my life?

RESOURCE - How do we Know when we have Forgiven?

- 1. Able to experience compassion or acceptance for our offender's woundedness.
(Luke 23:24) "Father forgive them, for they know not what they do..."*
- 2. Able to accept those we have forgiven without the need to change them.*
- 3. Able to find release from the power of the emotion over my wound.*
- 4. Negative feelings will continue to diminish or leave entirely as you consistently choose to forgive whenever those feelings arise.*
- 5. Able to move over to forgiveness more quickly when offended again.*

Note: If unforgiveness is weighing heavy on you and you haven't been able to adequately process using *Steps to Forgiveness*, you might want to ask someone you trust to walk with you through it.