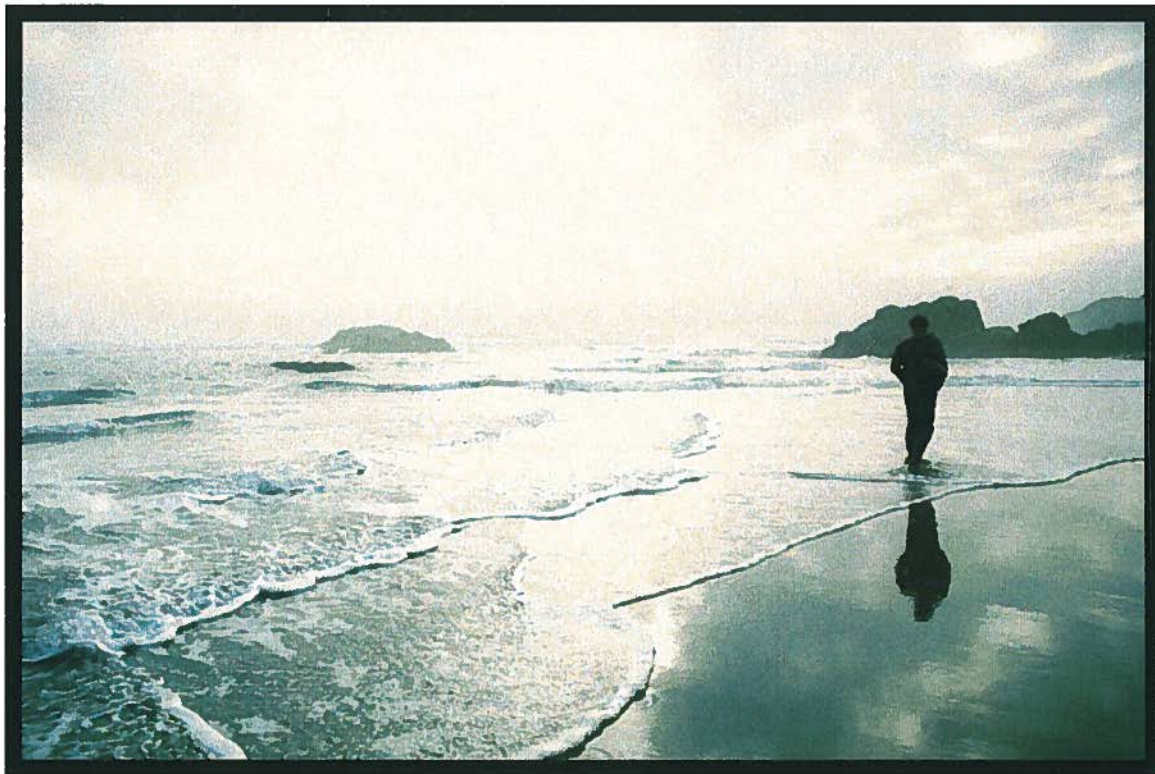


EMOTIONAL HEALING

A TWELVE WEEK COURSE



This course is designed to help you uncover and address the root causes of anxiety, anger, despair and other troubling emotion states that intrude upon your well-being.

Emotional Healing Course

Course Reading— “Ragamuffin Gospel” By Brennan Manning

Instructor: Rev. Mike Plunket

Format— One hour of instruction on the concepts of emotional healing. Followed by one hour of small group discussion based on the evening’s teaching.

Purpose— This course is designed to help you uncover and address the root causes of anxiety, anger, despair and other troubling emotional states that intrude upon your well-being. It will summarize and apply to your life the principles of God's healing that Mike Plunket regularly uses in his pastoral counseling ministry.

Retreat— This course culminates with a weekend retreat.

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OPENING PRAYER AND DECLARATION

Prayer

Dear Heavenly Father,

I thank You that You love me and that Your Son died and rose again so that I could have a close personal relationship with You. I have spent too much of my life trying to gain an acceptance from others that is already mine in Christ. I have tended to relate to You more on the basis of head knowledge rather than heart experience, laws rather than love.

Your Word says, “It was for freedom that Christ set us free,” and that is what I really want...freedom. There are many ways in which I have allowed a yoke of slavery to weigh me down and wear me out. Please deliver me from all bondage in my life and bring to my mind the areas where my progress toward maturity has been slowed or stopped by the traps of the enemy of my soul. I ask that Your truth would set me free to love, worship, know, obey, and serve You in the acceptance and unconditional love that You have graciously extended to me in Christ. In Jesus’ name I pray, amen.

Declaration

In the name and authority of the risen Lord Jesus Christ I take my stand against all demonic opposition to my quest for freedom and emotional maturity. I refuse all fear, anxiety, doubt, confusion, deception, distraction, or any other form of harassment that comes from the enemies of the Lord Jesus. I choose to take my place in Christ, and I declare that all His foes have been disarmed and that Jesus himself came to destroy the devil’s work in my life. I declare that the chains, having been broken by the finished work of Jesus Christ, are broken in my life, and that I am in Him. Therefore, His victory is my victory.

Note: Prayer and declaration are adapted from Neil Anderson’s Seven Steps to Freedom.

WHAT DOES IT MEAN TO BE EMOTIONALLY HEALTHY?

What Is Healthy?

1. A person is healthy who is in touch with REALITY and is relatively free from ANXIETY.
 - Some people are in touch with REALITY, but filled with anxiety.
 - Some people are free of ANXIETY, but not in touch with reality.

2. A healthy person operates or lives from a position of REST, not restlessness.
 - **Hebrews 4:1-3**
Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. 2 For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. 3 Now we who have believed enter that rest... (NIV)

3. A healthy person knows or is experiencing a TRUE happiness.
 - **3 John 1:2**
Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (NKJ)
 - Fulfillment and satisfaction
 - How do you complete this statements
 - I would be happy, if ...
 - I would be satisfied, if ...

4. A healthy person owns his or her emotions.
 - What I feel is a CHOICE that I make.
 - How I RESPOND to others is a choice.
 - How long I continue in that EMOTION is also a choice.

WHAT IS INNER OR EMOTIONAL HEALING?

What Can I Expect?

Inner healing deals with the DAMAGE caused by negative strongholds in any person's life.

A stronghold is a negatively affected area of life that is SUPERCHARGED with hopelessness in regards to thoughts, feelings, or behavior.

EMOTIONAL HEALING affects us in these ways:

- IDENTIFIES the strongholds in our life.
- DELIVERS us from demonic presence in the stronghold.
- Heals the DAMAGE caused by the stronghold.
- RESTORES the stronghold to its rightful owner.
- Invites the Holy Spirit to fill the VACATED stronghold.

How do these five things happen?

- I exchange the lies that I have believed for the Truth.
- I realize that I can do this. I can believe, accept, and trust the Truth.
- I need help
 - To ACCEPT the Truth.
 - To LIVE my life in the Truth.
- I take advantage of the means of help God has given me:
 1. The Holy Spirit
 2. The Word of God
 3. The Church
 4. Spiritual leaders
 5. Spiritual friends
- I keep myself in the path of healing.

Every time that we come to the Lord for deliverance from a stronghold in our life, He will direct us.

- He will deliver us from DEMONIC OPPOSITION or influence.
- He will heal a MEMORY by entering into that MEMORY with you so that you do not have to face it alone and so that the power of that MEMORY is changed.

Scripture References

2 Corinthians 10:4-5

4 *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.*

5 *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.*

John 8:44-46

44 *You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.*

45 *Yet because I tell the truth, you do not believe me!*

46 *Can any of you prove me guilty of sin? If I am telling the truth, why don't you believe me?*

John 3:19-21

19 *This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil.*

20 *Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed.*

21 *But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God."*

John 8:32

32 *Then you will know the truth, and the truth will set you free. (NIV)*

John 16:13

13 *But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. (NIV)*

John 17:17

17 *Sanctify them by the truth; your word is truth. (NIV)*

2 Timothy 4:8

8 *Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day-- and not only to me, but also to all who have longed for his appearing. (NIV)*

Luke 4:18-19

18 *The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed,*
19 *to proclaim the year of the Lord's favor.*

Luke 4:21

21 *And he began by saying to them, "Today this scripture is fulfilled in your hearing."*

PAST TRAUMAS, LIES, & OATHS

Every time that we come to the Lord for deliverance from a stronghold in our life, He will direct us.

- He will deliver us from demonic opposition or influence.
- He will heal a memory by entering into that memory with you so that you do not have to face it alone and so that the power of that memory is changed.

Inner healing REVERSES the effects of:

- LIES, OATHS, and PROMISES that are still holding us back like a wall or a ceiling.

Every PAINFUL event, every TRAUMA in your life, attracts the lies of the enemy.

- In order to cope with the pain we tend to accept a LIE.
—thereby developing a COPING MECHANISM that works for a time.
- We make oath-like STATEMENTS that bind the lie, or coping mechanism, to us.

“The soul grows larger through suffering.” Gerald Sittser

“Catastrophic loss by definition precludes recovery. It will transform us or destroy us, but it will never leave us the same ... Loss can make us more. Sorrow took up permanent residence in my soul and enlarged it... one learns the pain of others by suffering one’s own pain... The soul is elastic, like a balloon. It can grow larger through suffering.”

Kubler-Ross; 5 stages of grief:

1. DENIAL
2. ANGER
3. BARGAINING
4. DEPRESSION
5. ACCEPTANCE

Pay attention to the PAIN.

Do not DESPAIR in the in-between times.

Grief leads to COMPASSION.

THE BONDAGE OF BITTERNESS

Anger signals a blocked goal.

“When your activity in a relationship or a project results in feelings of ANGER, it’s usually because someone or something has BLOCKED your goal in that endeavor.”

“Any GOAL which can be blocked by forces you can’t control (other than God) is not a HEALTHY goal, because your success in that arena is out of your hands.”

--Neil Anderson, Victory Over the Darkness

Anxiety signals an uncertain goal.

- I have taken RESPONSIBILITY for things over which I have no real CONTROL.
- I have believed that my true HAPPINESS is in someone else’s hands.
- I doubt the GOODNESS of God.
- I focus on the NEGATIVE.

Depression signals an impossible goal.

- When you base your future success on something that can NEVER happen, you have an impossible, HOPELESS goal.
- Your depression is a SIGNAL that your goal, no matter how spiritual or noble, may never be reached.
- If there is no PHYSICAL cause for the depression, then the depression is the expression of hopelessness.
- PERCEPTION is reality.

Healthy or Unhealthy Goals (circle one):

- My goal in ministry is to reach this community for Christ.
Healthy or Unhealthy
- My goal in life is to have a loving, harmonious, happy family.
Healthy or Unhealthy
- My goal is to win my husband and children to the Lord.
Healthy or Unhealthy

Wrong responses to those who frustrate goals

When a person's SELF-WORTH or success hinges on the achievement of a goal which can be blocked or which is uncertain or impossible, how will he respond to those who FRUSTRATE his goals?

1. Control and MANIPULATION
2. Bitterness, anger, RESENTMENT
3. MARTYR complex

Bitterness, Forgiveness

- Almost everyone we minister to has a ROOT of bitterness.
- Unable to forgive others
- A CHEMICAL dependence on anger
- Unable to RECEIVE forgiveness
- BITTERNESS with God
- Self-loathing

The Freedom of Forgiveness

1. Write on a sheet of paper the names of the persons who have offended you. Describe in writing the specific wrongs that you have suffered.
2. Face the hurt and the hate.
3. Acknowledge the significance of the cross as the moral and legal basis of forgiveness.
4. Decide that you will bear the burden of each person's sin.
5. Decide to forgive. It is a choice, an act of your will.
6. Take your list to God and pray: "I forgive (name) for (sin)".
7. Destroy the list.
8. Do not expect the other persons to change.
9. Seek to understand the ones that you have forgiven.
10. Expect positive results in you.
11. Allow yourself to see any responsibility that you have.

DEALING WITH THE DAMAGE

What are you ashamed of?

What are your distractions?

Our tendency is to focus on our SYMPTOMS with a strong desire to MANAGE our behavior.

Our BEHAVIOR and attitudes indicate DEEPER ISSUES and stronger connections.

Gal 5:19-21

- 19 *Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness,*
- 20 *idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies,*
- 21 *envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.*

Focusing on the SYMPTOMS is an ineffective course of action.

1. Rebellion, sins of the flesh, sexual immorality, irresponsibility, financial failure, sickness, addictions, etc. are COMMON SYMPTOMS in the American Church.
2. Much of our TIME and ENERGY is spent in trying to change these shameful behaviors, but these are not easily broken and can feel like STRANGLEHOLDS.
3. The more we focus on the behaviors the more POWERFUL they become.

Focus on the Pain

Why?

1. Pain is CUMULATIVE.
2. Your brain has an incredible CAPACITY to store all NEGATIVE EMOTIONS.
3. Pain integrates with your PERSONALITY.

Many children live in an atmosphere that is NORMAL for them, but is neither SAFE nor NORMAL.

- Brain chemistry changes
- Thinking and feeling patterns are established
- The behavior at some point produced a reaction that felt like life.

When did it start?

- ❖ When did you become an ADULT?
- ❖ When did you decide that you had to TAKE CARE of yourself?
- ❖ Or the opposite: Who convinced you that you COULDN'T take care of yourself?

Stories of HEALING

1. Chemical healing
2. Deliverances
3. The Lord Jesus can handle the pain.

WHAT IS YOUR EMOTIONAL AGE?

Your emotional intelligence is far more important than your IQ.

What EMOTIONAL age are you?

1. At important times when emotional maturity is most needed, you SABOTAGE yourself.
2. A CHILDISH version of yourself appears:
 - In one person this can manifest as IRRESPONSIBILITY
 - In another as INSECURITY, FEAR
 - WHINING, COMPLAINING, SELF-PITY
 - Easily BORED
 - BLAME, not able to take RESPONSIBILITY

A personal event has stopped your emotional CLOCK and without intentionality, the emotional side of you will stay the same.

1. What event or series of events changed the DIRECTION of your life?
2. Who HURT you?
3. HOW did that person or persons hurt you?
4. How far back do your CONSCIOUS MEMORIES go?
5. How have childhood DEPRIVATIONS affected you?

How do you DISCERN your emotional age?

1. What AGE were you when the emotional clock stopped?
2. Have I ever PROCESSED those events as an adult and realized how they are AFFECTING me now?
3. What kind of SYMPTOMS am I demonstrating that are childish in nature?

A New Dialogue With Your SELF

It is time for your emotions to CATCH UP with the rest of your life.

1. No one but YOU can make this decision.
2. For a time you have to make the decision very CONSCIOUSLY and INTENTIONALLY.
3. It must be APPLIED rigorously.
4. The results are AMAZING.

DIAGNOSIS AND INVITING JESUS INTO YOUR DEEPEST PROBLEMS

Sometimes OUR PAIN feels more real than our FAITH in Jesus.

What does it mean to you to “WALK IN THE LIGHT?”

Matt 6:22-23 *The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. 23 But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!*

John 3:19-21 *This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. 20 Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. 21 But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God."*

Eph 5:8-18 *For you were once darkness, but now you are light in the Lord. Live as children of light 9 (for the fruit of the light consists in all goodness, righteousness and truth) 10 and find out what pleases the Lord. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 For it is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible, 14 for it is light that makes everything visible.*

This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you." 15 Be very careful, then, how you live-- not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is. 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

Conclusions from these passages

1. _____
2. _____
3. _____
4. _____
5. _____

Diagnosis is a step towards HEALING.

- Do I really WANT to be healed?
 - My pain can become my IDENTITY.
 - Will I FIGHT with my healer?
 - Am I asking Jesus to take the pain away, but am unwilling for Him to PROCESS that pain?

There are almost always people to FORGIVE.

- Jesus needs to be INVITED into the situation.
- Your emotional self (the little boy or girl) needs to be invited to INTEGRATE with the rest of your life. You need to feel SAFE enough to GROW UP.
- All of life needs to be RE-EVALUATED through the eyes of your adult emotional self.

MEETING REAL NEEDS IN LEGITIMATE WAYS

To have EMOTIONAL needs is a part of the EXPERIENCE of being human.

The CREATION Story

Gen 2:16-18

- 16 *And the LORD God commanded the man, "You are free to eat from any tree in the garden;*
- 17 *but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die."*
- 18 *The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

Our MISPERCEPTIONS, our "if only's"...

1. If I have a great DEVOTIONAL life...
2. If my WALK WITH GOD is pure...
3. If my MOTIVES and PURPOSES are right...
4. If I had a more SUITABLE JOB ...
5. If I were doing what I was CALLED TO DO ...

Then, I could be truly SATISFIED, HAPPY, FULFILLED, CONTENT.

In the first SIX days of creation:

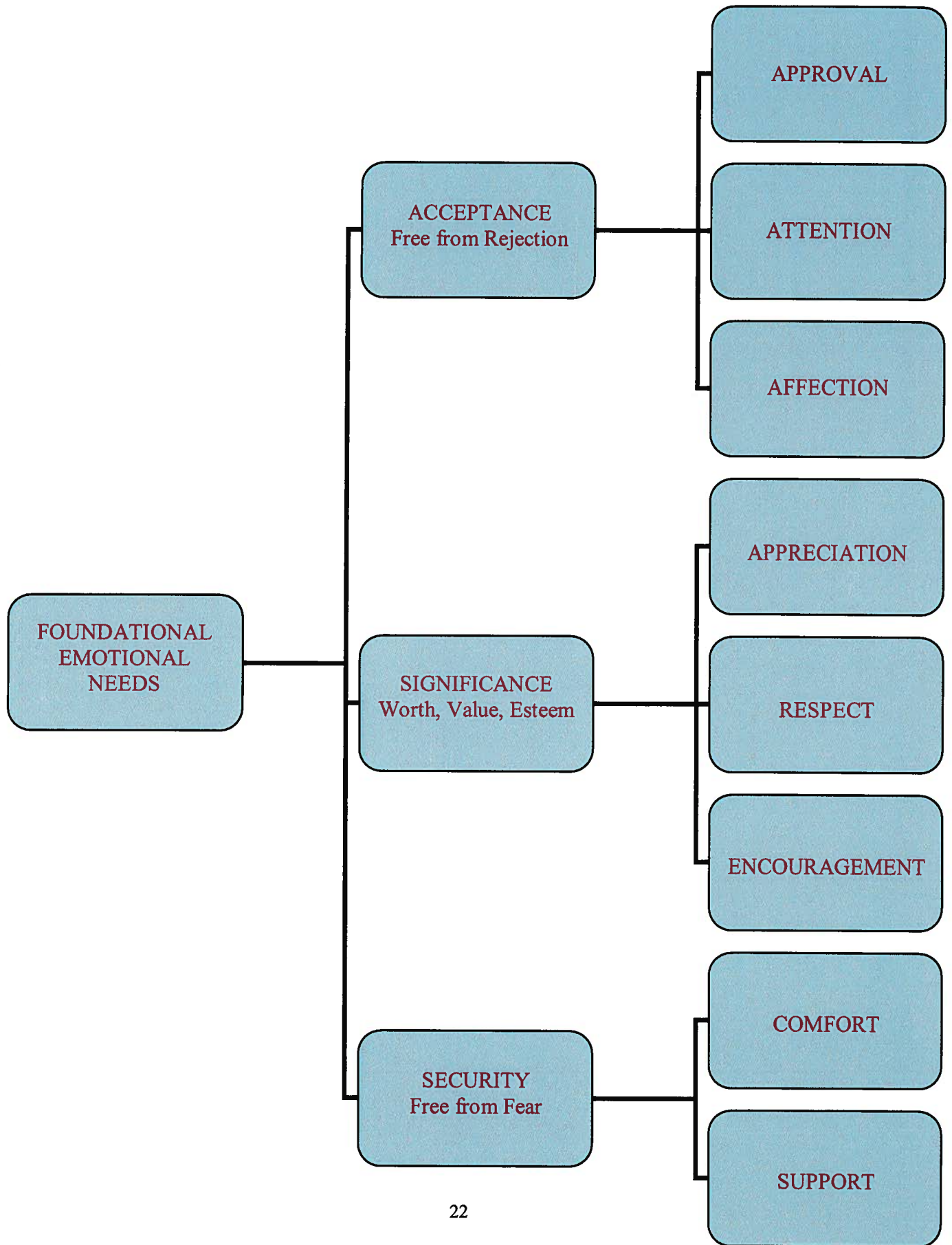
- GOD SPOKE every day and said that it was good.
- Only once did He say that something was NOT GOOD.
- Adam was ALONE.

Before the fall, Adam had NEEDS that could only be filled by another HUMAN.

- He had PERFECT COMMUNION with God.
- He was INNOCENT and PURE and therefore, holy or without sin.
- He had a meaningful JOB and a superior BOSS.
- It was not enough in GOD'S view.
- There were NEEDS that could only be met by another HUMAN.

Emotional Needs and Sexual Purity

- You have legitimate INTIMACY needs.
- There are the FELT needs and there are FOUNDATIONAL EMOTIONAL needs that everyone has.



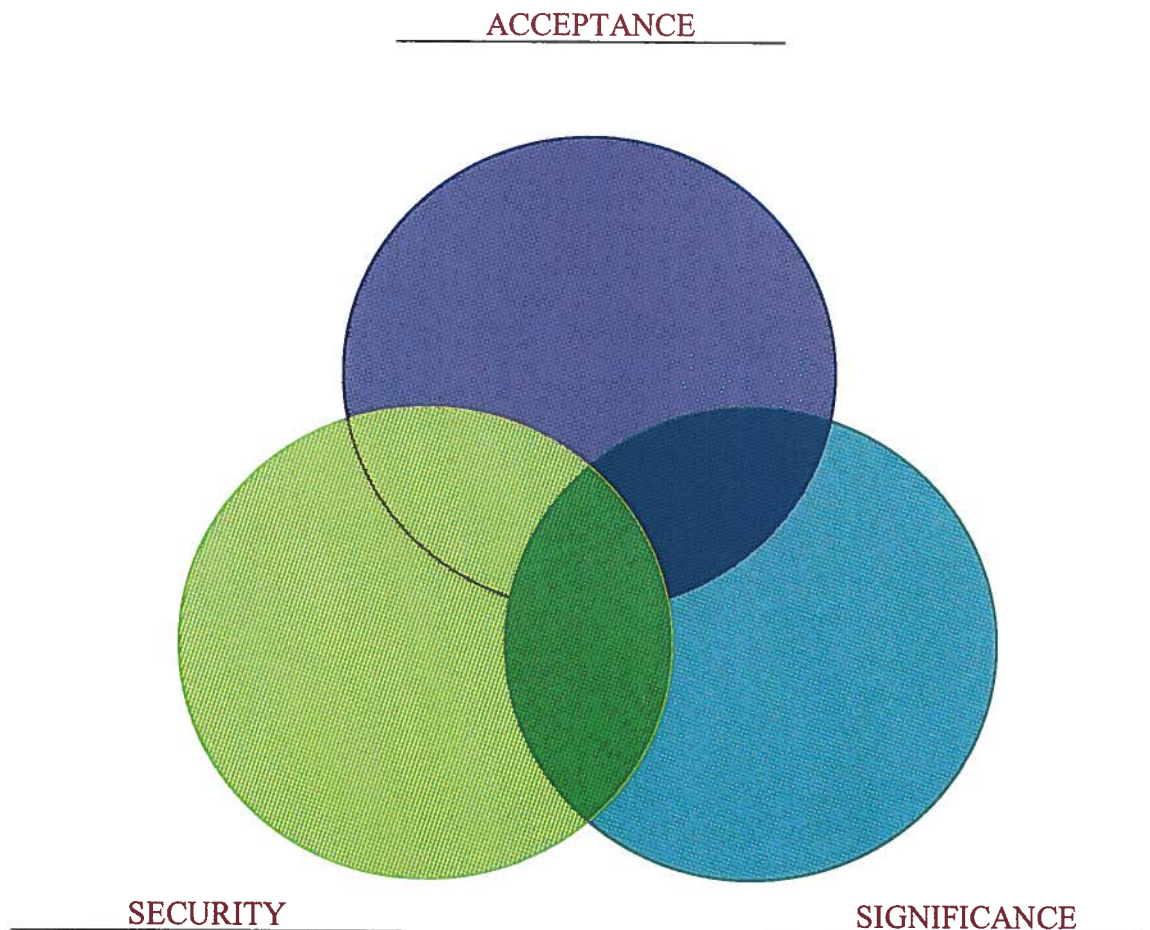
WHEN YOUR EMOTIONAL CAPACITY IS FULL

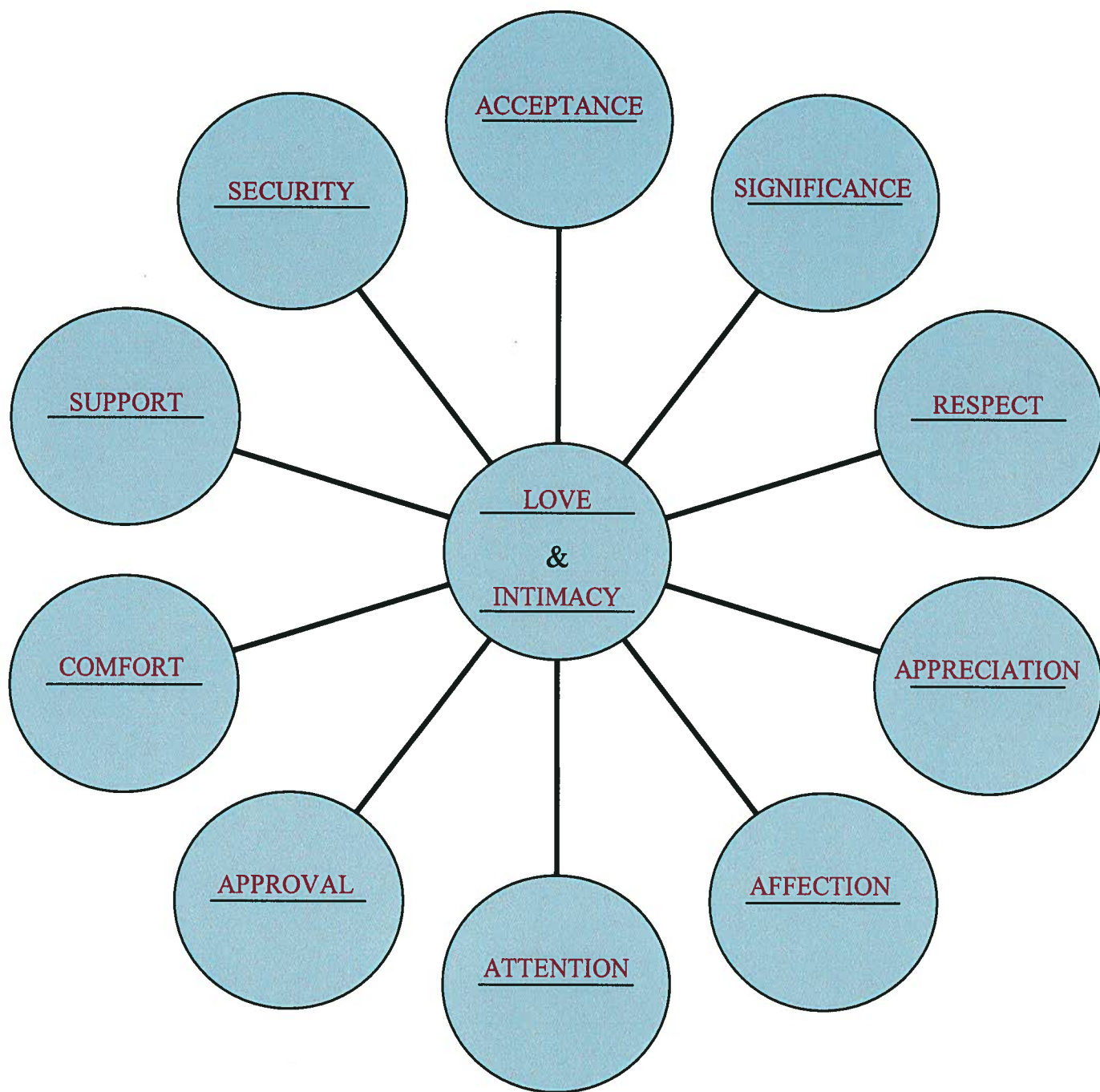
Getting the LOVE you really want and need.

What happens if my EMOTIONAL NEEDS are not met?

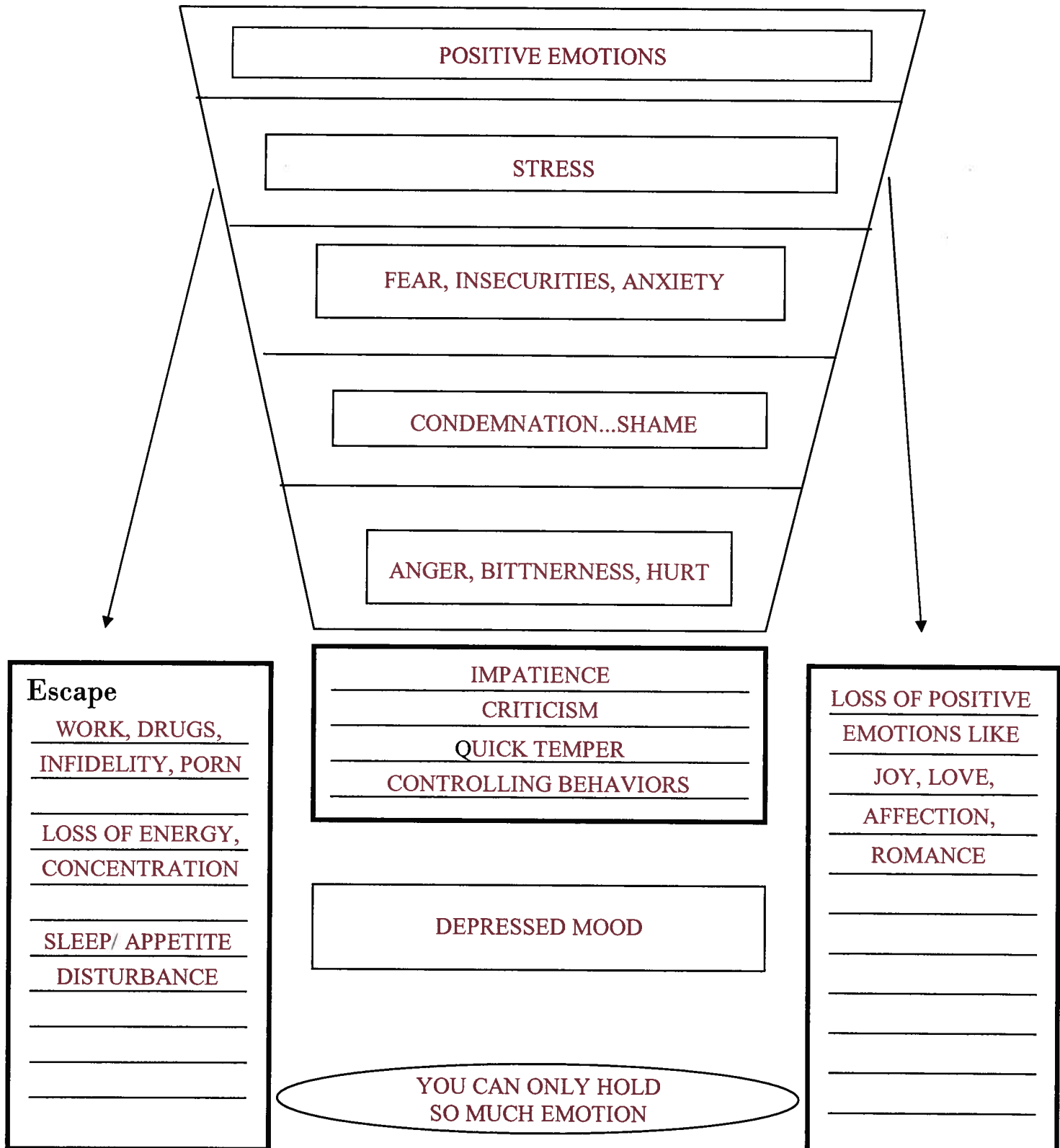
DEPRIVATIONS affect each of us in such different ways.

- We tend to be more ATTRACTED to the FAMILIAR NEGATIVE than to the positive.
- Our relationship choices often signal UNFINISHED BUSINESS from our childhood.





EMOTIONAL CAPACITY : Symptoms of a "Full Cup"



FORGIVENESS AND FREEDOM FROM PAST AND PRESENT SINS

SUBMIT to God, resist the devil, and He will flee from you. (James 4:7)

How do I SUBMIT to God?

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

I John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

CONFESSION is openly admitting "I did it."

Sins of the flesh

- | | |
|--|--|
| <input type="checkbox"/> <u>STEALING</u> | <input type="checkbox"/> <u>LYING</u> |
| <input type="checkbox"/> <u>QUARRELING/ FIGHTING</u> | <input type="checkbox"/> <u>HATRED</u> |
| <input type="checkbox"/> <u>JEALOUSY/ ENVY</u> | <input type="checkbox"/> <u>ANGER</u> |
| <input type="checkbox"/> <u>COMPLAINING/ CRITICISM</u> | <input type="checkbox"/> <u>LUSTFUL THOUGHTS</u> |
| <input type="checkbox"/> <u>LUSTFUL ACTIONS</u> | <input type="checkbox"/> <u>DRUNKENNESS</u> |
| <input type="checkbox"/> <u>GOSSIP/ SLANDER</u> | <input type="checkbox"/> <u>CHEATING</u> |
| <input type="checkbox"/> <u>SWEARING</u> | <input type="checkbox"/> <u>PROCRASTINATION</u> |
| <input type="checkbox"/> <u>APATHY/ LAZINESS</u> | <input type="checkbox"/> <u>GREED/ MATERIALISM</u> |

The Power of Biblical Prayer

- Generic confession = GENERIC FORGIVENESS
- SPECIFIC confession with UNDERSTANDING

“Lord, I confess that I have committed the sin of (name the sin). Thank you for your forgiveness and cleansing. I now turn away from my sin and turn to you, Lord. Strengthen me by your Holy Spirit. Amen.”

Sexual Sin

Romans 6:12-13

12 *Therefore do not let sin reign in your mortal body so that you obey its evil desires.*

13 *Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.*

- SEXUAL IMMORALITY is a sin against your body.
- It creates a BOND between you and another person, even between you and a fantasy person.
- The more METHODICAL and THOROUGH you are—the greater the FREEDOM that you will experience.

“Lord, I ask that you would bring to my mind every sexual use of my body as an instrument of unrighteousness so that I can renounce any and all sexual sin right now. In Jesus’ name, Amen.”

- As the Holy Spirit reveals every sexual use of your body, He may bring to mind actions that were done to you, (rape, incest, abuse) and actions willingly done by you.
- Respond to Him by renouncing every act, taking back that part of you occupied by that act.
- Commit your body to the Lord.

Freedom from Sexual Bondage

“Lord Jesus, I renounce all these uses of my body as an instrument of unrighteousness, and I admit to any willful participation. I choose now to present my eyes, my mouth, mind, heart, hands, feet, and sexual organs to You as instruments of righteousness. I present my whole body as a living sacrifice, holy and acceptable. I choose to reserve the sexual use of my body for marriage only.

I reject the lie that my body is unclean or in anyway unacceptable to You as a result of my past sexual experiences. Lord, thank You that You have totally cleansed and forgiven me and that You love and accept me just the way that I am. Therefore, I choose now to accept myself and my body as clean in Your eyes. Amen.”

SPECIAL AREAS

DIVORCE	EATING DISORDER
HOMOSEXUALITY	SELF-MUTILATION
ABORTION	FOOD ADDICTION
SUBSTANCE ABUSE	PERFECTIONISM
SUICIDAL TENDENCIES	DRIVENNESS

“Lord, I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful involvement in sin. In the name of my Savior, the Lord Jesus Christ, Amen.”

THE RELATIONSHIP BETWEEN PAIN AND PRIDE

James 4:6-10

But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble." 7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

PAIN Escalates Pride

- I have a right to be the CENTER OF THE UNIVERSE, look at what has happened to me.
 - I cannot TRUST anybody or anything.
 - Everything is HUGE in my life.
 - I am an ALL OR NOTHING person.
 - I am NOTHING.
 - Everybody else MATTERS, but not me.
- TRUTH breaks the power of pride.
 - Come near to God and He will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom.
- REPENTANCE and BROKENNESS can become very sweet.
 - Humble yourselves before the Lord, and he will lift you up.

- Humility embraces REALITY
 - Satan can DECEIVE us, but we are more often than not DECEIVING OURSELVES.
 - Humility is a radical form of HONESTY.
 - Are you able to adjust your view of reality to what is true?
 - Do you balance your ideal world with the real world?
 - Your idealized self from your real self?

- SUBMISSION brings the authority in life that you have longed for
 - Submission is the opposite of CONTROL, but is more powerful than CONTROL.
 - Control is the union of PRIDE, FEAR, and SHAME.
 - ❖ SHAME —it must be hidden
 - ❖ PRIDE —I have a right to control
 - ❖ FEAR —I need to control

Pride, Self-Deception, and Self-Defense

- | | |
|--|---|
| <input type="checkbox"/> Hearing God's word, but not doing it | <input type="checkbox"/> Reverting back to safer times in my life |
| <input type="checkbox"/> Denial of reality | <input type="checkbox"/> Not bridling my tongue |
| <input type="checkbox"/> Fantasy | <input type="checkbox"/> I am easily intimidated |
| <input type="checkbox"/> I am easily offended | <input type="checkbox"/> Displaced anger |
| <input type="checkbox"/> Thinking I am something that I am not | <input type="checkbox"/> Blaming others for my problems |
| <input type="checkbox"/> Thinking I am nothing | <input type="checkbox"/> Making excuses |
| <input type="checkbox"/> Withdrawal from people | |

GENERATIONAL CHANGE

Exodus 20:4-6

- 4 "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.
- 5 You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me,
- 6 but showing love to a thousand of those who love me and keep my commandments."

Our Family MODEL

- The MODEL we have for family is the MODEL that we have seen in our family.
 - Does that MODEL work?
 - WHY am I still using it?
 - Are there things that I still believe about myself that come from that MODEL ?
 - More is CAUGHT than TAUGHT.
 - Is my life still a REACTION to the MODEL my family employed?
- What if we are talking about more than NURTURE, DNA, and BEHAVIORAL modification?
 - Could it be that you have come up against the very same spirits that have plagued your family for GENERATIONS ?
 - CURSES are a Biblical concept.
 - Evil spirits are the 1/3 of angels that fell with Satan in his rebellion against God.
 - If God loves the FAMILY, wouldn't Satan hate what God loves?

How do you feel about CHANGE ?

Three forms of CHANGE :

1. Returning to strategies or behaviors that worked in the PAST .
2. Doing what we are doing BETTER or more EFFECTIVELY .
 - a. Allocating more RESOURCES or TIME .
 - b. Introducing a new COMPONENT to what we are already doing.
3. Making a fresh START or STARTING over
 - a. Realizing that what we are doing is wrong, doesn't work, or is a BAD INVESTMENT .
 - b. Seeing that we took a path that has led us to a DEAD END and retracing our steps .

All three of these can be APPROPRIATE or INAPPROPRIATE depending on the circumstances.

List the characteristics of your family of origin, both the positive and the negative.

The Positive

The Negative

- _____
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