

**EQUIPPING PEOPLE TO HELP PEOPLE**  
**Session 2**  
**“A Biblical Approach to Healing the Wounded Heart”**  
**Pastor Roger Daum**

In our first session we considered **hindrances to the discipleship process** in the lives of believers. Three hindrances:

1. \_\_\_\_\_ **hearts** that have not healed from the damaging events or abuse of life.
2. A **faulty** \_\_\_\_\_ **system** that believes lies and responds out of those lies.  
 \_\_\_\_\_ **events** that wounded the heart and adversely affect the core belief system.

**What Is One Biblical Approach To Healing Damaged Relationships?** How Can We Help People Resolve Inner Pain? Look at the Story of the Good Samaritan in Luke 10:30-37.

This story illustrates 2 methods that are used when encountering people who are in emotional pain.

**I. THE DIRECTIVE METHOD – (The prophet)**

A. Often Used By People Who Want to Help People

B. What is the Directive Method of Counseling? - Involves being direct  
 (See Chart Truth over Pain)

1. Taking truth or principles (or tradition) and laying it on top of pain that is already in the heart.
  - a. We need God’s Truth and we are sanctified with the truth but when **truth is laid on top of pain in an unloving way** it causes **more pain**, or it causes a **reaction** to the truth. The pain that is unresolved hinders the sanctifying process in the life.
  - b. How are we to speak the truth? Eph. 4:15a, John 1:14b

2. Examples of using the directive method:

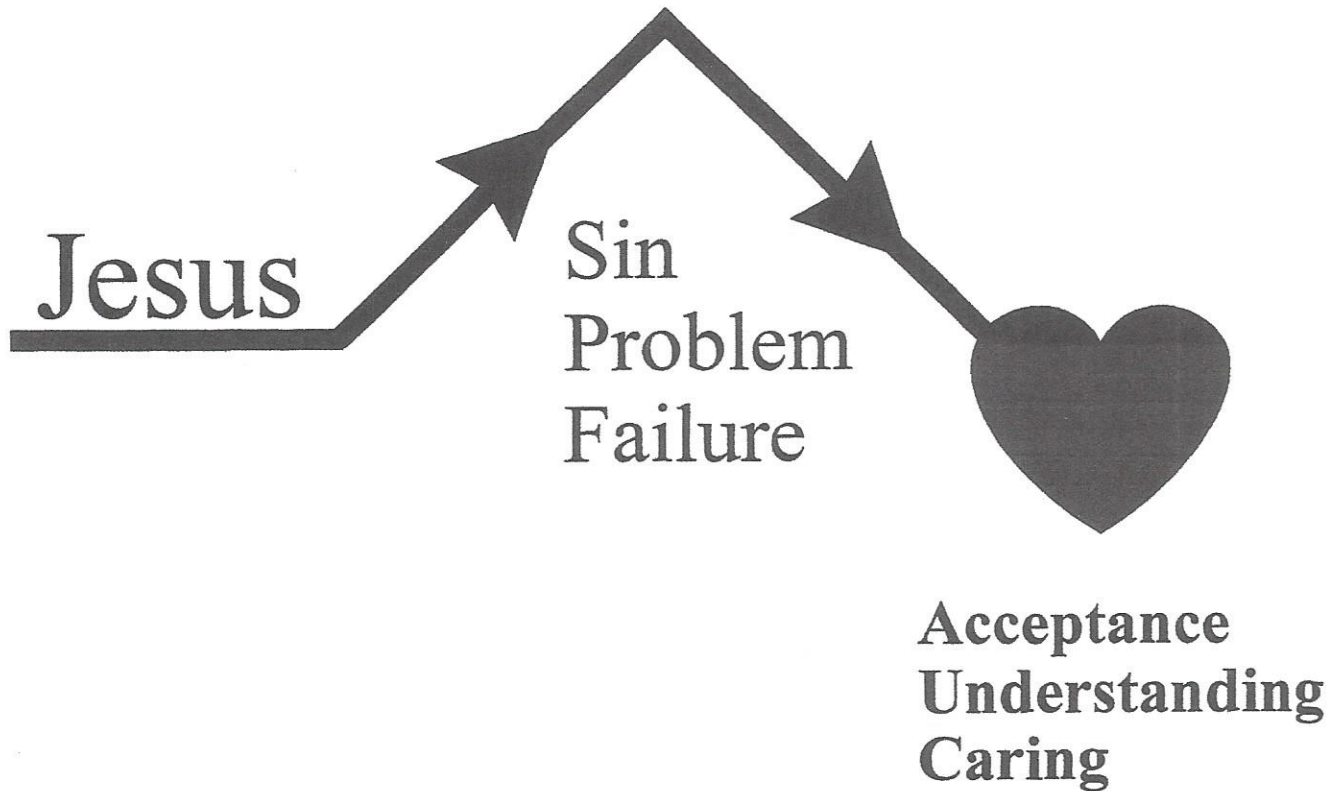
**II. JESUS METHOD – (A Shepherd)**

A. The Lord Jesus Focused On The Heart

1. Why Did He Come? Is. 61:1-3, Luke 4:18-20 (See NKJV)

- a. \_\_\_\_\_ the brokenhearted – emotional wounds
- b. Set the Captives \_\_\_\_\_ - from the \_\_\_\_\_ & \_\_\_\_\_ of sin
- c. Release people from the \_\_\_\_\_ of the enemy – Satan & demons

# Jesus' Method of Reaching the Heart of a Person



*“Love Covers a Multitude of Sin”*

I Peter 4:8

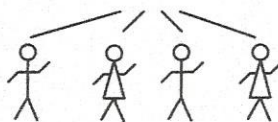
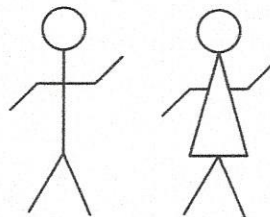
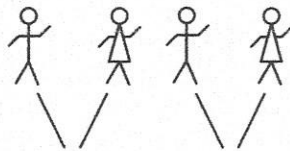
# Damaged Relationships

## Pressure Patterns

Performance Expectations	Dominance Control	Expressive	Focus on Self	Anger	Critical Judgemental	Not talked to
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- Abandonment
- Neglect
- Ignore
- Insensitive
- Humiliated
- Disown
- Betrayed
- Despise
- Disrespected
- Emotional detachment
- Rejection
- Drained emotionally



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- Bitterness
- Temporal values
- Rebellion/Defiance
- Pride
- Moral failure
- Occult
- Hypocrisy

Physical Abuse	Sexual Abuse	Spiritual Abuse	Verbal Abuse
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## Abuse Issues

2. See the chart – “Jesus’ Method of Reaching The Heart”
  - a. Examples in Scripture
    - 1) Woman taken in Adultery – John 8
    - 2) Samaritan Woman – Jn. 4
    - 3) Zaccheus – Luke 19:1-10
  - b. 1 Pet. 4:8 – “Love Covers A Multitude of Sins”
3. Jesus passed over a person’s sins, problems, and failures to care about the their heart and the pain in their heart and life.
  - a. See Chart of Bringing Jesus’ Comfort and Truth Into the Heart
  - b. 1 Pet. 5:7, Matt. 11:28-29

### III HOW ARE RELATIONSHIPS DAMAGED AND EMOTIONAL PAIN CAUSED?

(See Chart on Damaged Relationships)

#### A. Spiritual Problems - Sin issues that damage relationships

#### B. Emotional Pain – (These are not sin issues, but are usually the result of people sinning against us (others) or of traumatic experiences.

1. Usually begins early in life – (Our family) – and recycles through life or in relationships.
2. It’s very important to understand that **spiritual problems** are usually attached to emotional pain, and if we don’t help people get their emotional pain to Jesus for healing, the sin issues connected to the emotional pain will continue hindering spiritual growth.
3. Examples

#### C. What Causes Emotional Pain in A Persons Heart?

1. Pressure Patterns – See Damaged Relationship Chart
2. Abuse Issues
  - a. Physical
  - b. Sexual
  - c. Spiritual – Pressured in an unloving way with truth, or by those who supposedly represent God. Damaged by a parents hypocrisy  
Parents who claim to know Christ but who are abusing a child  
Physically, or sexually, or verbally.
  - d. Verbal
  - e. When people’s hearts lock up so they are hindered from giving or receiving love it causes damaged relationships.
3. How Can We Help A Person Resolve Emotional Pain That Has Caused or Causes Damaged Relationships?

# Resolving Inner Pain



Quoting Scripture

I AM SPECIAL  
I AM UNIQUE  
I AM LOVED

Jesus Comfort  
Verse, Word Picture  
Song, Thought

Place GOD's Truth into Pain

Accept, Understand, Care  
Spouse, Friend, Counselor



**D. Jesus Models it in the Story of the Good Samaritan – Luke 10:30-37**

1. A Person in Pain – v. 30
2. A Levite and Priest Pass By – v.31-32 (See chart of truth over pain)
  - a. Picture of the religious leaders of that day – Pharisees who laid truth and tradition on top of pain and caused more pain. (Spiritually Abused People)
  - b. They were people who had truth – God’s law and knew God’s law and added traditions to God’s law
  - c. People without mercy and love in their hearts

**E. The Samaritan Represents Jesus – (See Chart of Jesus’ Method)**

1. Those that Jesus motivates with love and mercy to help people in pain.
2. He came to where the man was – Understanding – v. 33
3. How did he care? v. 34
  - a. He lovingly and gently took this man’s wounded body and began to pour in oil and wine. (2 healing agents)
  - b. The Oil Soothed - The Comfort of the Holy Spirit**
    - 1) John 14:16 - 18
    - 2) 2 Corinthians 1:3 - 5
    - 3) There is a very practical way that we can pour oil into people’s emotional wounds. How? Once you understand their pain and what caused it, lead them in prayer and have them ask Jesus questions about their heart and what caused the pain. (See sheet “Questions About Emotional Pain”)
  - c. He poured in wine - An Antiseptic** – Cleansed the wound and removed bacteria that would cause infection.
    - 1) This pictures bringing God’s Truth INTO the Pain.
    - 2) At the point of emotional pain Satan always introduces his lies. As we lead them in prayer have them ask Jesus what lie they began believing in their pain?
    - 3) As Jesus shows them lead them to renounce the lies and replace the lie with truth.
- 4. What Else Did the Samaritan Do?**
  - a. Bandages up his wounds - protection to the wound so it can heal
  - b. Took him to the inn – provided a safe environment in which to heal
  - c. He stayed there for a day and just loved and cared for that man.
  - d. He entrusted Him to the care of the Inn Keeper and then gave him the resources needed to care for the man.

THAT’S WHAT JESUS CALLS US AS BELIEVERS TO? Luke 10:36-37

In Conclusion the Lord Jesus wants:

1. To work in each of us to heal our broken hearts
2. He wants to work through us to help those who are wounded along life's road.
3. He will enable us to understand and accept and care about their pain.
4. He gives His Spirit to bring comfort into their pain.
5. He gives us His truth that brings healing as it's brought into the pain
6. He helps them sort out the truth from lies.
7. He asks us to provide a loving, safe environment in our homes and churches
8. He gives us the resources to do the job – (Not send them away to those who have no solutions or capability to heal a broken heart.)
9. He will repay us whatever it costs and reward us accordingly when He returns.

## QUESTIONS ABOUT EMOTIONAL PAIN

1. Jesus, I have really struggled with feeling ...  
Do you care?
  
2. Jesus do you love me? How much? Could you draw me a picture in my mind or bring a thought to my mind that reminds me of how much you love me?
  
3. Jesus, do you reject a (boy, girl) who was not loved like they needed to be loved?
  
4. Jesus do you care that I have never been able to trust anyone to love me? (Or have a hard time trusting anyone to love me)
  
5. Jesus could you draw me a picture of a little girl (boy) who was damaged as a child?  
Where is Jesus in the picture? Could you make me a safe place to talk to you about this pain in my heart?
  
6. Jesus can you draw me a picture of how my heart was damaged by ....
  - 1)
  - 2)
  - 3)
  - 4)
  - 5)
  - 6)
  - 7)
  - 8)
  
7. Jesus, are you like \_\_\_\_\_ or are you different? How are you different?
  
8. Jesus my mother (father) was so focused on their pain that she (he) couldn't give me what I needed emotionally. What did that do to my heart?



9. Jesus my father (mother) rejected me because I was like \_\_\_\_\_ whom he (she) hated. What did that do to my heart?
10. Jesus did my father (mother) compare me to anyone? Who? How did that make me feel?
11. Jesus my father (mother) was only focused on my performance and their expectations of me, and I didn't feel love and acceptance from them. How did that damage my heart?
12. Jesus, I was (emotionally, verbally, physically, spiritually, or sexually abused) by \_\_\_\_\_. How did that make me feel? Do to my heart? Where were you? How did that make you feel? Did you care about my pain when I was being abused? Will you speak peace to my pain?
13. Jesus, my father (mother) drank alcohol (used drugs) and I never knew if they would be drunk (or safe, available) to me. I became so insecure around my \_\_\_\_\_. What was I afraid of?
14. Jesus, was I ever shamed by anyone? If so who? How? What did that shaming do to me? Jesus do you shame your children?

**Walls:**

Could you break down the walls I developed as a result of not trusting my dad (mom)/ husband (wife)?

Jesus, could you draw me a picture of the wall I built to protect myself from anyone else damaging me like \_\_\_\_\_ did? How high? How thick? Who is inside? Outside?  
Jesus what do you want to do with this wall? How would you do that?

Jesus, I have not been able to open my heart to my husband (wife) because I was not loved as a child. Can you heal my heart so I can open it to him (her)?

Jesus, I want my heart to open so I can feel emotional love when my husband (wife, parent) seeks to care for my heart. How would I begin to feel them loving me emotionally?

Jesus what would our marriage (relationship) look like if I opened my heart to my husband and he opened his heart to me?