

## **EQUIPPING PEOPLE TO HELP PEOPLE**

### **Session 3**

## **Helping People Experience the Healing of Their Hearts – Pt. 1**

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Emotional wounds from the past that aren't healed feed numerous spiritual problems that adversely affect people. In this session I'm going to share steps that you can lead people through to help them experience the Lord's emotional healing in their hearts and to help them resolve bitterness.

### **I. Lovingly Build a Relationship With Them**

#### **A. Take Time To Get To Know Them**

#### **B. Genuinely Love Them and Accept Them Where They Are At In Life**

#### **C. Be A Shepherd To Those You Are Helping**

(Scriptures on Shepherding – Ps. 23, Jn. 10:1-17, Acts 20:17-35, 1 Pet. 5:2-4  
Rev. 7:13-14,17)

#### **D. Sincerely Listen to Their Story**

1. Rom. 12: 15 commands us to “rejoice with those who rejoice, mourn (weep) with those who mourn”.
  2. As you listen to their story make mental or written notes of what has taken place in their lives that's been hurtful and painful. These are the wounds that often result in bitterness in the heart.
    - a. In time you may have an opportunity to lead them in a prayer to forgive those who have caused the wounds.
    - b. Keep their story confidential .

#### **E. Helpful Tools To Help Them Begin Processing Their Pain**

1. Explain and ask them to fill out a Damaged Relationship Sheet
  - a. Ask them “What did \_\_\_\_\_ do to cause you to feel?”
  - b. How did \_\_\_\_\_ damage their relationship with you by \_\_\_\_\_ (a pressure pattern, or abuse)?
2. Ask them to mark an emotional pain word sheet.
  - a. What do negative emotions reveal?

# Categories of Emotional Pain

OTHER	ALONE	NOT VALUED	BLAME/ SHAME	CONTROLLED	REJECTION	FEAR

3. Use a different colored highlighter for the pain from each person or event being identified.
  - a. Why is this helpful?
  - b. This can be a very painful process.
  - c. What should they be assured of?
    - 1) The Lord Jesus never invalidates the cares of our hearts – 1 Pet. 5:7,  
Ps. 50:15, Mt. 11:28-30
    - 2) He wants to bring His comfort and peace into the pain
4. Ask questions (with love and understanding) that will help them open up and share painful parts of their life story
  - a. It's very important that you **validate that pain** and allow the Lord to touch you with their pain. Cmp. Heb. 4:14-16.
    - 1) Give them permission to cry
    - 2) You can be Jesus with skin on to them.
  - b. This process helps them get to the place where they can forgive those who caused the pain.
5. If you are working with 2 people in a family, or with a couple it will be helpful to have them take their emotional pain words and categorize the words in columns. (See categories of pain sheet)
  - a. Identify which categories are the most painful.
    - 1) Identify the top 4 painful categories and see if the same categories that were stepped on in childhood are now being stepped on in the marriage or if new categories are being stepped on in the marriage.
    - 2) The core of emotional pain from early in life may be adversely affecting them now, and that emotional pain needs to be healed and comforted by the Lord Jesus, and the person causing the pain needs to make changes to reverse that pain.
  - b. Encourage them to begin caring about the pain they have been causing one another.
  - c. Lead them in asking one another, "What is it that I do that causes you to feel \_\_\_\_\_?" (see highlighted pain words).

- 1) If they begin to understand what they are doing that causes the identified pain to their loved one, they can begin to figure out what they need to do to minimize or eliminate that pain.
  - 2) They can begin to truly care about the pain they have caused.
- d. This also gives them the opportunity to begin obeying various “one another commands” that are given to us as believers in the N.T. - (See sheet with “One Another” commands)

6. Helping a person work through and process the pain of the past takes time.

## II. Teach Them What It Means To Forgive and Help Them Make A Decision to Forgive the Offender - Eph 4:31-32

### A. Here's Where A lot Of Counseling Breaks Down Today

1. Why?
2. What does **the fasting that God chooses** include? Is. 58:6-7
  - a. Bitterness is the chain that binds people when they or a loved one are treated unjustly and they aren't able to work through the pain, the loss, betrayal , or disappointment and forgive. They get stuck in bitterness.
  - b. Bitterness becomes a cancer to their soul that eats away at them, and their relationship with God or people.

### B. Characteristics of Bitterness – How do you know if a person is bitter?

If we are bitter? (Evidences)

1. A critical attitude of others
2. Insensitive to others and emotionally detached so they don't get hurt
3. Ungrateful for what others do
4. Seeking or wanting to get revenge or get even
5. If they have a hard time trusting people
6. Depression may be a cause of unresolved anger and bitterness
7. Unresolved anger indicates that there may be a reservoir of bitterness within.
8. Part of your role as a discipler or a shepherd to those you work with is to help them realize if they are bitter so you can help them use the Biblical tool of forgiveness.

### C. What are Some Consequences of Bitterness?

1. Eph. 4:27
2. Heb. 12:15-16
  - a. “causes trouble” – affects the **individual**

## ONE ANOTHER STATEMENTS OR COMMANDS IN THE NEW TESTAMENT

The following is a list of the "one another" commands that we find in the New Testament along with the references. In the next few weeks we are going to be studying these "one another" statements.

1. Love One Another -(John 13:34,35, 15:12,17, Rom. 13:8, I Thess. 3:12, 4:9 , I Peter 1:22, 3:8, I John 3:11, 23, 4:7, 11, 12, II John 5)
2. Members On of Another -(Rom. 12:5, Eph. 4:25)
3. Be Kindly Affectioned One To Another - (Rom. 12:10)
4. Preferring One Another - Rom. 12:10
5. Be Of The Same Mind One Towards Another (Rom. 15:5, 12:16)
6. Edify One Another -(Rom. 14:19, I Thess. 5:11)
7. Receive Ye One Another - Rom. 15:7
8. Admonish One Another (Rom. 15:14, Col. 3:16)
9. Greet One Another ( Rom. 16:16, I Cor. 16:20, II Cor. 13:12, I Peter 5:14)
10. Care One For Another - I Cor. 12:25
11. Serve One Another - Gal. 5:13
12. Forbearing One Another -(Eph. 4:32, Col. 3:13)
13. Be Kind To One Another - Eph. 4:32
14. Forgiving One Another - (Eph. 5:21, Col. 3:13)
15. Comfort One Another - I Thess 4:18
16. Exhort One Another -(Heb. 10:25, 3:13)
17. Stimulate One Another To Love and Good Works - Heb. 10:24
18. Confess Your Faults One To Another - James 5:16
19. Pray For One Another - James 5:16
20. Submitting One To Another - Eph. 5:21, I Peter 5:5
21. Use Hospitality One To Another - I Peter 4:9-10
22. Bear One Others Burdens - Gal. 6:2
23. Wash One Others Feet - Jn. 13:14

## ONE ANOTHER PROHIBITIONS IN THE NEW TESTAMENT

The following is a list of the things that believers are commanded not do to one another.

1. Do not JUDGE ONE ANOTHER - Rom. 15:13, James 4:12
2. Do not GO TO LAW WITH ONE ANOTHER - I Cor. 6:1,7
3. Do not BITE AND DEVOUR ONE ANOTHER - Gal. 5:15
4. Do not PROVOKE AND ENVY ONE ANOTHER - Gal. 5:26
5. Do not LIE TO ONE ANOTHER - Col. 3:9
6. Do not SPEAK EVIL ONE OF ANOTHER - James 4:11
7. Do not GRUDGE ONE AGAINST ANOTHER - James 5:9

- b. “defiles many” – eventually **infects others**
  - c. Heb. 12:16 indicates that a bitter person will be susceptible to falling into sexual sin. – Ex. Of Esau
3. Example of the Story of the Unforgiving Servant – Matt. 18:21-35
- a. Peter was angry at a fellow disciple. He was getting bitter and was trying to determine when it was time to stop forgiving? Cmp. v.21a
  - b. What did Jesus answer? v. 21b
  - c. He told Peter a story about an unforgiving man - Matt. 18:23-35
    - 1) The King represents God
    - 2) The Servant that Owed a Huge Debt – Pictures us as believers
    - 3) What did the King do? What does God do for us? v. 27
  - d. What did this forgiven servant do after He was forgiven all of His debt?
  - e. Note the warning of v.35 – What’s involved in forgiving from the heart?

#### **D. Take Time To Teach Them What It Means For Forgive**

##### **1. Illustrations of Forgiveness**

##### **a. The Day of Atonement – Lev. 16**

- 1) Once a year the high priest would offer sacrifices to make an atonement for sin.
  - a) What were the sacrifices?
  - b) What did the sacrificing of the goats picture?
    - 1) 1st goat – Jesus – the lamb of God – Jn. 1:29
    - 2) The scapegoat? Lev. 16:21b says the High Priest shall “send the goat away into the desert”. It carried the sins of the people far away.
    - 3) The Lord Jesus took our sins far away - Ps. 103:12, Rom. 8:1
- 2) How are we as believers to forgive? Eph. 4:31-32

##### **b. Ask Them to picture sending the offender over to the Lord Jesus Christ.**

- 1) The word forgiveness literally means to “send away”
- 2) Just as the believers sins were sent over to Jesus Christ as He died on the cross we need to picture sending our offender and their sins over to the Lord. It’s in the Lord’s circle of responsibility to get revenge or to collect the bill they owe us.
- 3) You cannot force a person to forgive someone. The Lord must work in their hearts to bring them to the place where they are sick and tired of the bondage of bitterness and they want to be free.

- 4) However, once they are ready to take that step you can help them pray about the pain and who caused the pain, and then lead them in a prayer to send the offender and their offences over to the Lord.
- c. What is the decision that a bitter person has to make?
- 1) To be a Keeper – Keeping those who have hurt them and the record of Offences locked up in the Jail of their heart.
  - 2) To be a Sender – Sending the offenders and their offences over to the Lord Jesus to let him deal with the injustices.

Drawing: JESUS Jail



### III. WHAT PRACTICAL STEPS NEED TO BE TAKEN TO FORGIVE?

- A. To Release the Offender to the Lord Jesus A Person Must Take God's Grace in Exchange for the Pain (Losses) They've Experienced.
1. Heb. 12:15 – "Don't miss taking the grace of God"
  2. What do we use God's grace for? Cmp. (Rom. 8:28-29)

#### B. Basic Parts of a Prayer of Forgiveness

1. Identify
  - 1) The emotional pain that has been experienced  
(See emotional pain word sheet)
  - 2) Identify The action (offence) that caused the pain
  - 3) Identify who (the offender) caused the pain?
2. Picture standing with Jesus Christ
3. Confess the offenders sin to God
4. Acknowledge that it's God's responsibility to get revenge
5. Ask God to extend grace, mercy, and pardon for the offender
- 6 Send them over to the Lord Jesus

#### If they are ready to forgive, lead them in praying to send people to Jesus.

Lord, I acknowledge that (person) has sinned against me by (the sins), causing me to feel (emotional pain words). I acknowledge it's your responsibility to punish (person) for their sins. However I ask that you grant them grace, mercy and pardon just as you've given me. I now send them and their sin over to you. I also confess my own anger and bitterness and ask you to forgive me. I am willing to take your grace to pay for the emotional pain and consequences that (person) has caused me. I ask you to turn these consequences into blessings for your glory and good in my life. I ask You, Lord Jesus, to take back the ground I gave to the enemy through my bitterness and I yield that ground to your control. In Jesus name I pray. Amen



#### IV. Teach Them How To Deal With The Memories of Forgiven Sin

##### A. One of The Hardest Obstacles to Forgiveness Is The Inability to Forget What Has Been Forgiven

1. Will true forgiveness result in forgetting the offence and painful memories?

a. Cmp. the example Life of Joseph

1) He forgave his brothers but **did he forget** the harm they had done to Him? Gen. 50:20

2. People say that God forgives and forgets so therefore we must forgive and forget.

a. How can a God who knows all things forget anything?

b. Once God forgives us, He is not going to hold our it against us any longer.

#### V. Help Them Understand the Technical Process of Forgiveness

##### A. In The New Testament Paul Taught on Forgiveness

1. 2 Cor. 5:19, "God was in Christ reconciling the world to Himself, not counting their trespasses against them..."

2. The believer's sins are no longer **counted, imputed or reckoned** against them because Christ has taken our sins on Himself.

##### B. The words "imputing" and "counting" are financial accounting terms.

1. Literal meaning: "To reckon (add) to one's account" or "to put on one's account" as either paid or due.

DUE	PAID	BALANCE
\$400	\$400	0
<b>Sin</b>	<b>Forgive</b>	<b>No Condemnation</b>
Rom. 3:23 Rom. 6:23	Rom. 3:22-24 2 Cor. 5:21	Rom. 8:1

a. Our sin bill was due (Rom. 3:23). It was on our account (Rom. 6:23). Out of love for us, Christ died on the cross in our place and paid our sin bill in full. Our bill was real and it was owed, but Christ paid the sin bill that was due.

1) His final words on the cross were, "It is finished" (Jn. 19:30) - "paid in full".

b. When we trust Him and His payment for our sin, God sees our sin bill with a zero balance. Romans 3:22-24, Rom. 5:1

- c. Our account reads, “Paid in Full – “No Condemnation” (Rom. 8:1)
  - d. **So Forgiveness is like a bookkeeping function, not a memory function;** the bill is paid and it’s **not due again**, but it does not mean it never existed.
2. What does Satan tempt us to do after we have forgiven?
    - a. To turn to the history channel
    - b. Cmp. Eph. 4:32b – “Forgiving each other, **just as** in Christ God forgave you.”
    - c. Since God doesn’t hold our sin against us, we are not to hold the sins we’ve forgiven against others.

## VI. What Must Be Done With The Memories of Forgiven Sin?

### A. Treat memories of forgiven sin like old bills that are stamped “paid in full”.

1. How can we choose to look at the bill that’s been paid (forgiven)?
  - a. In grief that we had to pay it.
  - b. In gratefulness that by God’s grace and power we were **able to pay** it.
- c. What if the person you are discipling doesn’t **FEEL forgiven**?
  - 1) Help them claim God’s promise.
 

1 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.”
2. The re-confession of past forgiven sin only reinforces a lie that the sin was not **forgiven** in the first place and can result in increased depression and false guilt.
  - a. How can we discern the difference between true guilt and false guilt?
    - 1) True, guilt means that we are **worthy of blame** and it should result in confession.
    - 2) If we (they) feel guilty **after** confessing our sin to God, we (they) are **now experiencing false guilt**, which is a **feeling that we are still worthy of blame**. Emotions are not submitting to truth.
- b. Illustration of A Frying Pan – Where do you grab a frying pan?
 

Guilty – “worthy of blame” – Someone is able to grab hold of the handle of legitimate guilt and accuse us because we have not cleared our conscience with God or people.

When we confess our sin and are forgiven by God we are “blameless” in His eyes – We are “without a handle” for Satan to grab a hold to accuse.

Cmp. 1 Jn. 2:1-2