

EQUIPPING PEOPLE TO HELP PEOPLE

Session 4

Helping People Experience the Healing of Their Hearts – Pt. 2

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Satan goes after the spiritual hearts of people to steal, kill, and destroy (John 10:10). He uses any means or method, even something that appears to be harmless, **to attack the heart** of a person so as to damage their relationships with God or people. Satan wants to wound or put locks on people's hearts to hinder people from being able to give or receive love, or hinder them from growing in Christ once they become believers.

Satan uses abuse and traumatic events in people's lives like a double edged sword.

1. **One side of the sword causes the emotional wounds to the heart**
 - a. From physical, verbal, sexual or spiritual abuse from their family or surroundings or through traumatic experiences that are the result of living in a fallen world.

2. **The other side of this sword instills a lie.**

In this session I want to share with you how to help people deal with the lies that Satan has instilled at the time of the physical, emotional, verbal, sexual, or spiritual abuse. We must not only forgive, we must "be renewed in our minds" so that transformation takes place. (Rom. 12:2)

I. Review Chart of the Core Belief System:

- A. See Session One Notes

II. Help Them Recognize the Lies that were Instilled at the Time of the Abuse and Emotional Wounding

A. Examples of Lies Instilled Through Emotional Wounding

1. Growing up with criticism -

2. If sexually violated -

3. If a parent abandons their child out of selfishness -

4. **When a person continues to live from a heart that is wounded, the lies from those wounds are still embedded and controlling their life.**

a. Behind most negative emotions is a lie.

5. What is your task as a discipler, counselor, or mentor?

List of Lies

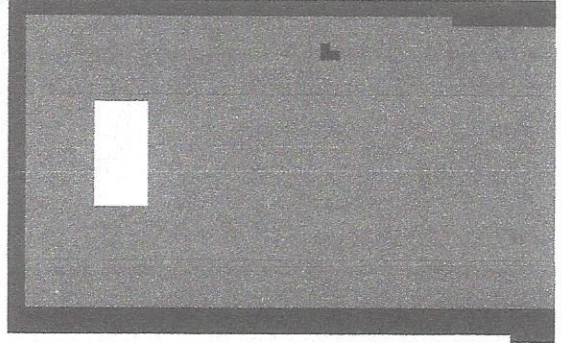
1. "I can't do anything right, I am a failure."
2. "I'm not loved."
3. "My parents' problems were my fault."
4. "I was not wanted."
5. To be accepted "I have to do everything perfectly/or right."
6. "If I do not do things right I can be abandoned."
7. "I caused my mother/father's problem."
8. "The sexual abuse was my fault." The Hebrew word for incest means "confusion."
9. "If people really knew who I am or what I did they would not like me."
10. "I had to be the mother/father of the family."
11. "I am responsible for my parents' emotional happiness."
12. "I have to fix my family's problems."
13. "God does not like me, let alone love me."
14. "God does not care."
15. "If I was good enough people would like me."
16. "I will never get better."
17. "God may help others but He will not help me."
18. "I'm just too bad."
19. "I deserve to suffer the rest of my life."
20. "To prove I am worth something, I must accumulate wealth"

B. Watch Out For Guardian Lies

1. What is a guardian lie?

a. See chart on guardian Lies

Truth and Healing with Jesus



Guardian Lies

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

B. When The Lord Jesus Was Tempted By The Devil What Did He Meet Every Temptation and Lie of the Enemy?

1. Matt. 4: 4,7,10
2. 1 John 2:14b – “I write to you, young men because you are strong, and the Word of God lives in you, and you have overcome the evil one.”

IV. Lead Them to Replace the Lies with the Truth

A. It is Very Important that the Lie Be Replaced With Biblical Truth

1. In Eph. 6:10-18 we as believers are told to put on the whole armor of God and take our stand against the devil’s schemes. The first piece of armor we are to put on is the “belt of truth”.
 - a. Eph. 6:13-14 - “Therefore, take up the full armor of God, that you may be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth,”
2. Point them to specific truths from Scripture that counteract the lies they are believing.
3. There may also be lies they are believing about others, or themselves, or about life that must be renounced and replaced.

B. Encourage Them To Commit To Live Out Of the Truth and Not Out of The Lies From The Past

1. 2 Cor. 10:3-5 – “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. Eph. 4:23-24, “and **be renewed in the spirit of your mind**, and that you put on the new man which was created according to God, in true righteousness and holiness.”
3. Rom. 12:2a - Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

4. How can a people helper, discipler, counselor, spiritual mentor help people incorporate all of these concepts into the discipleship process so that the Lord can work personally and powerfully in their lives?

V. Lead Them In Healing Prayer To The Lord Jesus – The Wonderful Counselor

A. Lead them in a prayer to ask the Lord Jesus questions about their pain.

(See examples of sample questions – (Included in your session 2 notes)

1. Examples –
 - a. Jesus I feel so –
 - b. Jesus can you show me a picture of a little boy or girl who was damaged as a child?
 - c. Jesus can you make a safe place for me to come and talk to you about all this pain in my heart?
 - d. Jesus do you love me? Picture?
 - e. Jesus can you draw me a picture of how my heart was damaged by _____? Do you care? What do you want to do with this heart?

B. Wait and Let Jesus Uniquely Minister His Comfort and Peace To Them

1. Through a **Verse of Scripture**
2. A **Word Picture** hat is unique and meaningful to them
 - a. All through the Scriptures you find God giving people word pictures
3. A **Thought** that He Brings to Mind Based on Their Understanding Things
4. **Words of a Christian Song or Hymn**
5. Everything within the boundaries of God's Word and Character

C. Encourage them to Give Their Pain to Jesus and let Him Care for it and Speak His Peace into their hearts.

1. Lead them in prayer to forgive the person who has wounded and offended them
See notes from session 3
2. As they forgive **Jesus brings peace and comfort** to their hearts so they can heal from the inside out. Once they heal they can begin to process truth and grow spiritually.
3. As you lead them in prayer have them **ask the Lord Jesus** if they've believed **any lies** associated with their emotional pain and abuse. It's in prayer that they:
 - a. **Recognize** the Lies of the Enemy
 - b. **Renounce** the Lies – 2 Cor. 10:3-5
 - c. **Replace** the Lies with God's Truth
 - d. **By Faith Resist** the Enemy - James 4:7, 1 Pet. 5:8-9

D. When Needed Deal With Enemy Influence (Oppression) That Is Binding The Person

1. Lead the person to acknowledge and renounce the sinful activities that has given ground to the enemy and ask the Lord Jesus to break the stronghold in their life.
 - a. See Sheet on Occult Involvement – (48.1, 48.2) (See notes)
 - b. Deal with any oppressing demons

2. Lead them in asking the Lord Jesus to take back ground given to Satan or demons through their involvement.
 - a. Breaking Occult Bondage Prayers – (48.3) (See notes)

3. When helping a person resolve abuse, have them ask the Lord Jesus if there was an enemy (demon) that began to oppress them as a result of the abuse.
 - a. The Lord will reveal if the kingdom of darkness is involved.
 - b. If so, ask the Lord Jesus to call any and all enemies to His throne in heaven. – Phil. 2:9-11
 - c. Have them ask the Lord what lie has been believed or is being believed (generationally or by them) that gives the enemy room to work.
 - d. Lead them to renounce the lies and replace the lie with God's truth
 - e. Have them ask the Lord to send these enemies away to wherever He chooses. Trust the Lord to do this.

4. If the enemy oppression does not leave:
 - a. Discern if there is generational demons – If so lead the person in identifying the sins, lies of the enemy, or occult involvement that generations of their family (parents, grandparents) believed that has given these enemies ground to work.

 - b. Discern if there is another lie, or a foothold of sin that has not been confessed

 - c. Deal with the foothold by having them renounce what has taken place and affirming God's truth and God's power.

 - d. Ask the Lord to command the enemies to depart.

Occult Involvement

**Check each area in which you have participated, both in the past and present.
If your parents or family were involved, write their names by the specific area.**

- | | |
|--|--|
| <input type="checkbox"/> Astral-projection (out of body experiences) | <input type="checkbox"/> Cast magic spells |
| <input type="checkbox"/> Crystal ball | <input type="checkbox"/> Witchcraft |
| <input type="checkbox"/> Table lifting or body lifting | <input type="checkbox"/> Voodoo |
| <input type="checkbox"/> Magic eight ball | <input type="checkbox"/> Satan worship |
| <input type="checkbox"/> Ouija board | <input type="checkbox"/> Imaginary playmate |
| <input type="checkbox"/> Using spells or curses | |
| <input type="checkbox"/> Mental control of others | <input type="checkbox"/> Mind control |
| <input type="checkbox"/> Automatic writing | <input type="checkbox"/> Speaking in a trance |
| <input type="checkbox"/> Spirit guides | <input type="checkbox"/> Visionary dreams |
| <input type="checkbox"/> Fortune telling | <input type="checkbox"/> Ghosts |
| <input type="checkbox"/> Tarot cards | <input type="checkbox"/> Materialization |
| <input type="checkbox"/> Palm reading | <input type="checkbox"/> Clairvoyance |
| <input type="checkbox"/> Tea leaves | <input type="checkbox"/> Mental suggestion |
| <input type="checkbox"/> Amulets | <input type="checkbox"/> Nagging thoughts within |
| <input type="checkbox"/> Charms | <input type="checkbox"/> Hearing voices in your mind |
| <input type="checkbox"/> Omens | <input type="checkbox"/> Mind swapping |
| <input type="checkbox"/> Astrology-horoscope | <input type="checkbox"/> Fetishism (objects of worship) |
| <input type="checkbox"/> Hypnosis | <input type="checkbox"/> Visualization |
| <input type="checkbox"/> Seances | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Black or white magic | <input type="checkbox"/> Transcendental meditation |
| <input type="checkbox"/> Dungeons and dragons | <input type="checkbox"/> Magic rituals |
| <input type="checkbox"/> Fantasy role-playing games | <input type="checkbox"/> Bloody Mary (seance) |
| <input type="checkbox"/> Games involving occult power | <input type="checkbox"/> Roman Catholic Amulets |
| <input type="checkbox"/> Occult games involving violence | <input type="checkbox"/> Occult music (glorifies Satan) |
| <input type="checkbox"/> Blood pacts | <input type="checkbox"/> Demonic tongues |
| <input type="checkbox"/> Good luck charms | <input type="checkbox"/> Association with people in witchcraft |
| <input type="checkbox"/> Sexual spirits | <input type="checkbox"/> Use of magic in healing |
| <input type="checkbox"/> New Age medicine | <input type="checkbox"/> Water witching/dowsing |
| <input type="checkbox"/> Consulted a Spiritist | <input type="checkbox"/> Occult books or literature |
| <input type="checkbox"/> Consulted a medium | <input type="checkbox"/> Telepathy |
| <input type="checkbox"/> Consulted a channeller | |
| <input type="checkbox"/> Consulted a psychic | |

Occult Phenomena

- | | |
|---|---|
| <input type="checkbox"/> Hearing unusual sounds | <input type="checkbox"/> Extra sensory perception |
| <input type="checkbox"/> Seeing a ghost or large dark image | <input type="checkbox"/> Feeling presence of evil |
| <input type="checkbox"/> Seeing objects move | <input type="checkbox"/> Having objects disappear |
| <input type="checkbox"/> Supernatural knowledge | <input type="checkbox"/> Hearing unusual voices |
| <input type="checkbox"/> Personality change | <input type="checkbox"/> Supernatural strength |
| | <input type="checkbox"/> Demonic nightmares |

Exposure to False Teaching

- | | |
|---|---|
| <input type="checkbox"/> Member of a cult | <input type="checkbox"/> Buddhism |
| <input type="checkbox"/> Masons | <input type="checkbox"/> Rosicrucianism |
| <input type="checkbox"/> Christian Science | <input type="checkbox"/> Native American Spirit Worship |
| <input type="checkbox"/> Science of the mind | <input type="checkbox"/> Hinduism |
| <input type="checkbox"/> Way International | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Unification church (Moonies) | <input type="checkbox"/> Mormonism |
| <input type="checkbox"/> EST | <input type="checkbox"/> Jehovah Witnesses |
| <input type="checkbox"/> Church of the Living Word | <input type="checkbox"/> Children of God |
| <input type="checkbox"/> Scientology | <input type="checkbox"/> Herbert W. Armstrong |
| <input type="checkbox"/> Unitarianism | <input type="checkbox"/> Echkankar |
| <input type="checkbox"/> Roy Masters | <input type="checkbox"/> Father Divine |
| <input type="checkbox"/> Silva mind control | <input type="checkbox"/> Inner Peace movement |
| <input type="checkbox"/> Hare Krishna | <input type="checkbox"/> New Age seminar |
| <input type="checkbox"/> Bahaism | <input type="checkbox"/> Other |
| <input type="checkbox"/> Islam, Muslim, Black Muslim | |

Drug Use

- | | |
|---|---|
| <input type="checkbox"/> LSD | <input type="checkbox"/> Cocaine |
| <input type="checkbox"/> STP | <input type="checkbox"/> PCP |
| <input type="checkbox"/> Heroin | <input type="checkbox"/> Glue sniffing |
| <input type="checkbox"/> Amphetamine (uppers) | <input type="checkbox"/> Extacy |
| <input type="checkbox"/> Nembutal (downers) | <input type="checkbox"/> THC |
| <input type="checkbox"/> Marijuana | <input type="checkbox"/> Peyote |
| <input type="checkbox"/> Hashish | <input type="checkbox"/> Other street drugs |



Breaking Occult Bondage



Personal Involvement in Occult Activity

"Lord, I confess that I participated in _____. I ask Your forgiveness and I renounce that activity. I ask You, Lord Jesus, to take back ground yielded to the enemy through my participation and I yield that ground to Your control. I pray that You would break any bondage my involvement will have on my children."

Acknowledge Source of Occult Issues

"I acknowledge that I have been involved in occult activity or that generations of my family were involved in activities that led to _____. I renounce any activity my family or I
describe what you experienced
were involved in that led to the _____ I am experiencing. I ask You, Lord Jesus, to take back the ground given to the enemy through my participation and I yield that ground to Your control."

Generational Sins of Parents/Family

"Lord, I confess that _____ participated in _____.
name activity
I ask Your forgiveness and I renounce that activity. I ask You, Lord Jesus, to take back the ground they gave to the enemy through their involvement and I yield that ground to Your control. I pray that You would break any bondage their involvement will have on my children."

Drug Use

"Lord, I confess that I gave ground to the enemy through my use of the drug _____. I ask Your forgiveness and renounce that activity. I ask You, Lord Jesus, to take back the ground I gave the enemy and I yield that ground to Your control."