

Imago Dei India Retreat

Do's & Don'ts

1. Be on Time – meals, praise, QT, lectures, discussions and breaks
2. Use breaks and meal time to meet more people
3. Don't overeat
4. Rest – Don't disturb others
5. Encourage Your table Leader and Obey
6. Smile and Speak kind words
7. Show respect while sharing
8. Open and listen with your Heart
9. Have Positive Expectancy
10. Be comfortable
11. Have fun and enjoy!

**IMAGO DEI II - INDIA RETREAT SCHEDULE
OCTOBER 23-27, 2012**

TIME	OCTOBER 23RD (TUE)	OCTOBER 24TH (WED)	OCTOBER 25TH (THUR)	OCTOBER 26TH (FRI)	OCTOBER 27TH (SAT)
9:00 AM	9:00 - Praise	9:00 - Praise	9:00 - Praise	9:00 - Praise	9:00 - Praise
	9:20 - Opening / Team Introduction	9:20 - QT	9:20 - QT	9:20 - QT	9:20 - QT
10:00 AM		10:20 - #1 What are Wounds?	9:50 - #3 Stages of Life Development	9:50 - #6 Inferiority and Guilt	9:50 - #9 Spiritual Warfare
	10:40 - Break		10:40 - Break	10:40 - Break	
11:00 AM	11:20 - Break	11:00 - Discussion	11:00 - Discussion	11:00 - Discussion	11:00 - Break
		11:40 - Quaker's Questions	11:50 - #4 Rejection and Anger	11:50 - #7 Sibling Dynamics	11:10 - Feedback/Evaluation
12:00 PM	12:40 - Lunch	12:40 - Lunch			12:40 - Lunch
			1:00 PM	1:40 - Praise	
2:00 PM	2:00 - #2 MBTI	2:00 - Discussion	2:00 - Discussion	2:10 - Praise	
		2:50 - #5 Hunger and Fear	2:50 - #8 Family Sculpture	2:30 - #11 Restoring the Image of God	
3:00 PM	3:20 - Discussion	3:40 - Break	3:40 - Break	3:30 - Break	
				3:50 - Discussion	
4:00 PM	4:20 - Team Prayers	4:40 - Team Prayers	4:40 - Team Prayers	4:30 - Team Prayers	
				4:50 - Announcements	

Session 1: Emotional Wounds and Healing

I. Your Inner Being is important.

1. A person's quality of life depends more on his or her inner health than external circumstances.

Proverbs 4:23 *"Above all else, guard your heart, for it is the wellspring of life"*

Most people pour all their efforts to create a perfect environment, believing that from it is the source of happiness. However, in truth, the quality of their lives is reflected not by what appears on the outside but by their inner life.

2. A healthy person is one with healthy inner being.

Ephesians 3:14-16 *"For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being"*

People pay close attention to their physical health and wellness but are not too aware of the condition of their inner health. However, a person's inner health is much more important than his physical health.

3. We receive God's guidance through our inner being because He is interested in our inner life.

Philippians 4:7 *"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

2 Thessalonians 3:5 *"May the Lord direct your hearts into God's love and Christ's perseverance."*

3 John 2 *"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*

Although God has the power to change our circumstances, He chooses to focus on leading our hearts and guarding our thoughts to guide us through life.

4. The focus of Jesus' ministry was on healing and changing hearts.

Isaiah 61:1 *"The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners."*

Jesus' three ministries on earth were "preaching, teaching, and healing." The heart of these three ministries was to bring salvation to men. In the spiritual sense, salvation comes from Jesus taking our place on the cross. However, it is more practical for us to understand that salvation is fulfilled by the transformation of our hearts, more specifically, healing of our broken hearts.

II. What are Emotional Wounds?

1. Emotional wounds are the result of damages done to our emotions.

- When someone hurts you emotionally and you have not properly resolved that feeling of hurt, you respond with defense mechanisms to cover up that pain. The defense mechanisms distort our emotions and trigger unintended responses, eventually leading us to have an unhealthy inner being.

2. Emotional wounds take away our inner peace.

- Because the wound is inflicted on the heart, a person with emotional wounds cannot experience inner peace. Our defense mechanisms at times desensitizes us and protects us from actually feeling the pain. Yet, we cannot call this true inner peace.

3. Emotional wounds create barriers in our relationships.

- A very real and serious problem that a person with emotional wounds faces is that he/she cannot maintain healthy relationships. This difficulty is inevitable because one thing that really stands out about a wounded person is that he/she is self-centered.

1. Barriers in relationship with God: Unhealthy faith
2. Barriers in relating to self: Self-torment, self-reproach, misguided perception of self
3. Barriers in relating to others: Unhealthy relationships—overly obsessive/possessive or reclusive.
4. Barriers in relating to nature: Problems with health, work, etc.

4. By living with unhealed emotional wounds, we lose vitality in life.

- “Vitality” is a scale that gauges our quality of life. Emotional wounds decrease vitality in our life.

Vitality = Motivation for Healthy Life = Proper Sense of Self-Esteem = Peace with Excitement (Happiness) = Spiritual Power

III. Causes of Emotional Wounds

1. Primary Cause: Original Sin

Everyone subconsciously has emotional wounds.

- As Adam and Eve were banished from the Garden of Eden, men were born vulnerable to all types of emotional damage.
- When triggered by external influences or aggravating factors, the wounds surface and become a present problem to us.

Method for Healing: Salvation through the cross of Jesus Christ (being born again).

2. Indirect Causes

a. Natural Surroundings

When sin entered the world, it brought poverty, sickness, pain, and suffering.

- Environmental hardships bring suffering to those who live in that environment.
- The injury is more detrimental if the hurtful events happened in our childhoods.

b. Generational Curse

Spiritual sins or immoral acts done by one's forefathers become a curse to future generations. As a consequence, a child born into such families is born into an environment susceptible to receive emotional damage.

- Genetic diseases may hurt a person emotionally.
- A person may suffer from various addictions, low self-esteem or mental illness with unknown cause. This in turn may hurt a person emotionally.

c. Personality Differences

God created everyone to be unique. (Psalm 139:13-14)

- The diversity in people's personality is a blessing, not a curse nor a result of sin.
- We give and receive hurt because of our differences. We cannot accept one another's uniqueness because of our sinful nature (selfishness).

3. Direct Causes

a. Parents with Emotional Wounds

Our wounded parents hurt us in the most direct way.

- People with deep emotional wounds will inevitably end up hurting their own children.
- Emotional injuries inflicted on us when we are most vulnerable by those who are close to us, become deep wounds. (Unborn state, infancy, and early childhood).
- Certain emotional wounds are hereditary.

b. People around Us (Siblings, Relatives, and Friends)

People around us, especially those that we cannot separate from, may exacerbate the emotional wounds in us.

- They may be hurt us by comparing us with others.
- They may damage us with unkind words.
- They may damage us through violent or oppressive behavior.

c. Spouse or Children

A spouse (or at times, a child) with deep emotional wounds may make our own emotional wound more bigger and serious than it really is.

*When our spouses' deep hurts irritate our own emotional wounds, it magnifies our wounds and hurts us deeply.

- Spouses may play the role of a healer. However, we feel more hurt when such is not the case.

d. Others (church members, co-workers, friends, neighbors, etc)

People in this category are like our surroundings that can trigger the pain that is already within us. They cannot be the intrinsic cause of our emotional wounds.

IV. Progression of emotional wounds

"The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners." (Isaiah 61: 1)

It is apparent from this passage that the gospel ministry of Jesus was to heal the "broken hearted." The "broken hearted" can be subdivided to three stages.

1. Broken Heart

- Broken heart describes all feelings of hurt that we struggle to live with day by day.

2. Enslaved Heart

- It is a state of being enslaved by the bondage of the hurt, from not allowing proper healing of the wound to take place. The pain is just masked by the use of our defense mechanisms.
- It is a state heavily influenced by the workings of Satan. A person may express various obsessive behaviors with people or things.

3. Imprisoned Heart

- It is a state of being seriously disabled mentally and socially.
- One may suffer from a serious case of depression or phobias. (may be under heavy influence of Satan)
- One may be demon possessed spiritually.

Fellowship Covenant

I hereby pledge followings with the table members participating in the Imago Dei retreat:

- 1. I will absolutely keep what were shared at the table secrets confidential, trusting each member to be a part of the healing community of Christ.**

- 2. As being one body in Christ, I will respect, care, and pray for each member's healing and restoration.**

Signed: _____ **Date:** _____

Your Table Members:

_____	_____
_____	_____
_____	_____
_____	_____

Quaker's Questions

1. What is the happiest memory of my life?
2. What is the saddest memory of my life?
3. Who influenced me the most in my life?
4. Why?

Myers-Briggs Type Indicator (MBTI)

- **Understanding the Differences:**

- **E vs. I (Extraversion vs. Introversion):**

- Where do you put your **Boundary** (energy and attention)?
 - E: You like to spend your time out in the world with people. You tend to be active and involved. You are seen as outgoing and you feel comfortable in groups.
 - I: You like to focus on your own world with your own ideas. You prefer to do things on your own and you take time to reflect your inner thoughts. You are seen as reserved and you prefer the idea of something than the real thing.

- **S vs. N (Sensing vs. Intuition):**

- How do you **Collect** information?
 - S: You pay attention to what your five senses are telling you. You are concerned with what is real and the facts presented to you. You look to understand the problem or the big picture through facts.
 - N: You prefer to think through a problem than be hands-on. You think a lot about the possibilities of the future and you like to “read between the lines.” You prefer the big picture than the facts.

- **T vs. F (Thinking vs. Feeling):**

- How do you make your **Decisions**?
 - T: You like to find “the basic truth” no matter what the situation is. You analyze the pros and cons and look for inconsistencies. You are seen as task-oriented, technical, and make decisions with your head.
 - F: You like to maintain harmony and you base your decisions on how it affects the people involved. You make these decisions with your heart and are often viewed as too idealistic. You believe in being caring and tactful.

- **J vs. P (Judging vs. Perceiving):**

- How are your **Actions**?
 - J: The way you prefer to make decisions (either Thinking or Feeling) is the way you live your life. You look to order and feel more at ease when things are planned out. You like to make lists and get all your work done before play is considered.
 - P: You prefer to live by the way you process information (either Sensing or Intuition). You seem flexible, casual, and would rather adapt than organize the environment around you. You work better when the deadline is near and you keep plans to a minimum.

- **Energy Levels (highest NT to lowest SF):**

- **NT (Intuitive Thinker)**

- These types are **driven** individuals possessing large amounts of energy to maintain their performance level while striving for perfection.

- **NF (Intuitive Feeler)**

- Another **driven** personality type. Their focus is on growth and the need to be who they are truly meant to be.

- **ST (Sensitive Thinker)**

- These types are more **stable and dependable**. Still motivated and enthusiastic, but their energy levels are more constant and even.
 - **SF (Sensitive Feeler)**
 - These types are not as stable, but they are **flexible and laid-back**. They live for the overall good.
- **Core Needs:**
 - **NT (Competition):**
 - The NTs are always striving to increase their knowledge for fear that they do not know enough. Their standards of performance are high and even when they “play” they are obsessed with improving their skills. They cannot afford to make any mistakes because they are highly self-critical. They are determined to win and even when they do, it is still not enough.
 - **NF (Identity):**
 - The NFs have a deep need to know who they are and what purpose they have. They need to uncover the meaning and significance of things around them. They are not bound by facts, but they are driven to interpret and mold ideas that could bring them closer towards their true “being” and what makes them unique.
 - **SP (Freedom):**
 - For the SPs, freedom is the ideal way to live their lives. They are not bound by lists, or plans, or obligations, but only to live the day to the fullest and never worry about tomorrow. They thrive on the freedom to act on their impulses and to not be constrained by obligations or worry. They bring a sense of excitement to the world they live in.
 - **SJ (Stability):**
 - The SJs are the traditionalists who value rules and what they can do to contribute to their environment. They have a deep desire to belong, but they also know that this honor must be earned and they are willing to work for it. They are reliable and confident in themselves. They are realistic and always prepared for any occasion.
- **Each Type Explained (Strengths, Weaknesses and Talents):**
 - **ENTP (Extraverted Intuitive Thinking Perceiving):**
 - The Inventor or Visionary:
 - Strengths:
 - Enthusiastic, charming, and popular
 - Excellent communicator
 - Desires self-improvement and growth in relationships
 - Easy to get along with, flexible
 - Always creating and coming up with great ideas
 - Great at making money
 - Weaknesses:
 - Always looking for the best new thing
 - Has trouble finishing what they start
 - Easily provokes arguments
 - Difficulty with managing money
 - Though sincere, they will leave a relationship if there’s no more growth
 - Talents:
 - Can deal with situations logically and rationally
 - Can process information quickly to solve problems
 - Can understand situations and the people involved
 - Multi-tasks with ease

- Very resourceful in problem solving
 - Fluent conversationalists
 - **ENTJ (Extraverted Intuitive Thinking Judging):**
 - The Executive:
 - Strengths:
 - Enthusiastic, energetic, and honest
 - Good with money
 - Verbally fluent, direct, and straightforward
 - Does not get discouraged with conflict, but looks at the lessons learned
 - Ability to take constructive criticism
 - Desires self-improvement and growth in their life
 - Weaknesses:
 - Can be confrontational and argumentative
 - Can have difficulty listening to others
 - Critical of ideas that don't agree with their own
 - Appear intimidating and controlling
 - Stress can bring about tempers
 - Unnaturally high standards and expectations
 - Talents:
 - Natural born leaders
 - Quick to understand complex issues
 - Recognizes problems and generates solutions from them
 - Assertive and innovative
 - Great communication skills
 - Can emit a powerful presence
 - **ENFP (Extraverted Intuitive Feeling Perceiving):**
 - The Inspirer or Champion:
 - Strengths:
 - Great communication skills
 - Motivational, inspiring, and affirming
 - Great sense of humor and energy
 - Loyal and dedicated in relationships
 - Perceptive of people's ideas
 - Weaknesses:
 - Unrealistic ideals from enthusiasm
 - Hard to let go of relationships, even the bad ones
 - Unable to handle conflict and criticism
 - Does not pay attention to personal needs
 - Easily bored
 - Has trouble giving discipline
 - Talents:
 - Can inspire and motivate others
 - Great communicator
 - Has a broad range of skills that allows them to succeed in many careers
 - Very sociable and can relate easily to others
 - Flexible and productive working on their own
 - Strong sense of values
 - **ENFJ (Extraverted Intuitive Feeling Judging):**
 - The Giver or Teacher:
 - Strengths:
 - Motivational, inspiring, and perceptive of people's thoughts
 - Good with money
 - Loyal and committed in long-term relationships
 - Affectionate and confident
 - Considers the needs of others
 - Great communication skills
 - Weaknesses:

- Can be seen as over-protective, controlling, and smothering
 - Critical of opposing ideas and opinions
 - Has issues handling conflict and tends to avoid
 - Stubborn in their values
 - Does not pay attention to personal needs
 - Easily blames themselves for problems and never gives personal credit
 - Talents:
 - Excellent social skills and very people-focused
 - They bring out the best in people and make things happen for them
 - Expressive and very open
 - They succeed at whatever holds their interest
 - Well-organized and structured
- **ESTP (Extraverted Sensing Thinking Perceiving):**
 - The Promoter or Doer:
 - Strengths:
 - Very charming, popular, and sociable
 - Handles conflict and criticism
 - Calm in dealing with high stress situations
 - The life of the party
 - Family oriented and enjoys spoiling loved ones
 - Weaknesses:
 - Trouble understanding the feelings of others
 - Trouble expressing their own feelings
 - Risky with money
 - Ignores conflict
 - Has trouble with long-term commitments
 - Easily bored
 - Talents:
 - Quick to provide a plan of action
 - Able to perceive people's attitudes and motivations
 - Sociable and good with improvisation
 - Easily motivate others
 - Great self-starters
 - Straight-forward and enthusiastic communication skills
- **ESTJ (Extraverted Sensing Thinking Judging):**
 - The Guardian or Supervisor:
 - Strengths:
 - Enthusiastic, upbeat, and friendly
 - Stable and dependable
 - Desire fulfillment in their obligations
 - Handles conflict and criticism with the need to resolve it
 - Desires long-term relationships
 - Conservative with money
 - Weaknesses:
 - Trouble with accepting conflicting opinions
 - Needs to always be in charge
 - Impatient
 - Trouble with expressing their own feelings
 - Materialistic and status-conscious
 - Uncomfortable with change
 - Talents:
 - Born leader
 - Great at charting a plan of action and seeing it through
 - Straight-forward and honest in communication
 - Provides security and structure
 - Model citizen and a hard worker
- **ESFP (Extraverted Sensing Feeling Perceiving):**

- The Performer:
 - Strengths:
 - Very sociable and enthusiastic
 - Generous, clever, and popular
 - Very practical with the need to take of responsibilities
 - Artistic, creative, and flexible
 - Live life to the fullest
 - Weaknesses:
 - Risky with money
 - Materialistic
 - Does not handle criticism and takes it personally
 - Avoid conflicts
 - Neglect health and personal needs
 - Long-term commitments are a struggle
 - Talents:
 - Natural peacemaker
 - Observant and intuitive with other people's emotions
 - Spontaneous and loves to have fun
 - Loves to entertain and host
 - Has a general acceptance of everyone
 - Can handle a lot of diversity
- **ESFJ (Extraverted Sensing Feeling Judging):**
 - The Caregiver or Provider:
 - Strengths:
 - Desire to fulfill their obligations
 - Affirming, friendly, and service-oriented
 - Sincere in their commitments
 - Desires long-term relationships
 - Upbeat, popular, family-focused, and sociable
 - Good with money
 - Weaknesses:
 - Uncomfortable with change
 - Trouble with conflict and criticism
 - Very self-conscious
 - Self-sacrificing
 - Uses guilt to get what they want
 - Trouble believing negative things about those close to them
 - Talents:
 - Very supportive of the people around them
 - They can easily read people and bring out the best in them
 - Selfless and genuine
 - Very good at structured tasks and being organized
 - Helpful and very cooperative
- **INTP (Introverted Intuitive Thinking Perceiving):**
 - The Thinker or Architect:
 - Strengths:
 - Very affectionate to those they care about
 - Has an enthusiasm for things that catch their interest
 - Very creative
 - Handles conflict easily
 - Simple needs, not demanding
 - Weaknesses:
 - Troubles with reading people's feelings
 - Trouble with expressing their own feelings
 - Not good with managing money
 - Avoids conflicts and gets angered easily
 - Suspicious and distrusting

- Talents:
 - Looks at situations and finds the potential
 - Can analyze complex issues and come up with solutions
 - Are constantly looking for better solutions to things
 - Confident in expressing themselves to people they know well
 - Independent and original in their thought process
- **INTJ (Introverted Intuitive Thinking Judging):**
 - The Scientist
 - Strengths:
 - Easily handles conflict and criticism
 - Self-confident and is sincere in relationships
 - Intelligent and very capable
 - Great listeners
 - Desires growth and getting the most out of situations and relationships
 - Weaknesses:
 - Insensitive and trouble with reading other people's feelings
 - Responds to conflict with logic than emotional support
 - Stubborn in their point of view
 - Will not be willing to accept blame
 - Tendency to hold back a portion of themselves
 - Can strain relationships by constantly wanting to improve them
 - Talents:
 - A strategist that generates ideas as well as their potential
 - Insightful and quick to understand ideas
 - Natural leader
 - Good at making decisions
 - Ambitious and long-term thinkers
 - Great reasoning skills
- **INFP (Introverted Intuitive Feeling Perceiving):**
 - The Idealist or Healer:
 - Strengths:
 - Cares about those around them
 - Perceptive and easily reads what others feel
 - Loyal with long-term goals for relationships
 - Nurturing and supportive
 - Flexible and encouraging
 - Can express their emotions easily
 - Weaknesses:
 - Tendency to be shy and reserved
 - Does not handle conflict or criticism
 - Needs constant affirmation
 - Has trouble delivering discipline
 - Requires perfection of themselves
 - Easily takes the blame for problems
 - Talents:
 - Hard workers and very focused on goals
 - Desires to help people and make the world a better place
 - Good mediators and great at solving problems
 - Great written communicators
 - Good listeners and very considerate
- **INFJ (Introverted Intuitive Feeling Judging):**
 - The Protector or Counselor:
 - Strengths:
 - Dedicated and affirming to others
 - Good written communication skills
 - Focused on long-term goals and commitments
 - Great listeners

- In tune and concerned with how others feel
 - Weaknesses:
 - Tends to hold themselves back
 - Not good with money
 - Can not handle conflict or criticism
 - Very high expectations of themselves and others
 - Trouble with daily responsibilities
 - Talents:
 - Great insight into people and situations
 - Natural nurturer
 - Strong value system and is always looking to grow
 - Very protective and devoted – make great parents
 - Strong instincts
- **ISTP (Introverted Sensing Thinking Perceiving):**
 - The Mechanic or Crafter:
 - Strengths:
 - Great listeners
 - Very self-confident and optimistic
 - Practical and realistic
 - Handles conflict and criticism well
 - Good respect for what other’s need
 - Handles well daily responsibilities
 - Weaknesses:
 - Trouble handling long-term commitments and goals
 - Has trouble expressing themselves emotionally
 - Can be seen as insensitive
 - Desires personal space and does not like it invaded
 - Tendency to “stir the pot” to gain excitement
 - Talents:
 - Strong reasoning skills and great at logical analysis
 - Strong sense of adventure
 - Adaptable and spontaneous in any situation
 - Ability to make effective decisions quickly
 - Good hand-eye coordination – great athletes
 - Naturally good at anything that catches their interest
- **ISTJ (Introverted Sensing Thinking Judging):**
 - The Trustee or Duty Fulfiller:
 - Strengths:
 - Sincere in their commitments and relationships
 - Great communicators
 - Good listeners
 - Good with money
 - Handles constructive criticism and problems well
 - Good disciplinarian
 - Weaknesses:
 - Stubborn in their own opinions
 - Not flexible in situations
 - Trouble with understanding the feelings of others
 - Trouble giving affirmation to others
 - Takes on conversations even if they are wrong
 - Talents:
 - Strong motivation to finish the task at hand
 - Very dependable, honest, and loyal
 - Follows through in situations
 - Hard worker
 - Family-oriented
 - They have an artistic appreciation

- **ISFP (Introverted Sensing Feeling Perceiving):**
 - The Artist or Composer:
 - Strengths:
 - Friendly, optimistic, and affirming to others
 - Good listeners
 - Flexible and sensuous
 - Desires long-term commitments
 - Respects the personal space of others
 - Desires aesthetic beauty
 - Weaknesses:
 - Not good in financial planning
 - Trouble handling conflict and criticism
 - Can appear lazy
 - Trouble expressing their own thoughts and feelings
 - Overly practical or cynical
 - Desires personal space and does not like it invaded
 - Talents:
 - Very sensitive to the overall design on things – using all 5 senses
 - Very creative
 - Original and independent in their ideas and solutions
 - Very perceptive of others
 - Genuine, sympathetic, and does not desire to control others
 - Selflessly serves others
- **ISFJ (Introverted Sensing Feeling Judging):**
 - The Nurturer or Protector:
 - Strengths:
 - Service-oriented – likes to please others
 - Good listeners
 - Great organizers
 - Desires to take care of everyday needs and responsibilities
 - Good with money
 - Desires long-term commitments
 - Weaknesses:
 - Difficulty in branching out of their comfort zone
 - Trouble handling conflict and criticism
 - Unable to express their needs which builds-up internal frustrations
 - Has difficulty moving on
 - Doesn't pay attention to what they themselves need
 - Talents:
 - They believe the best in people
 - Has an exceptional memory of people and situations
 - Dependable and able to keep things moving
 - Great gift-givers
 - Great hands-on workers

MBTI QUESTIONNAIRES:

- 1.)
 - a. Expend energy, enjoy groups
 - b. Conserve energy, enjoy one-on-one
- 2.)
 - a. Interprets matters literally, rely on common sense
 - b. Look for meaning and possibilities, rely on foresight
- 3.)
 - a. Logical, thinking, questioning
 - b. Empathetic, feeling, accommodating
- 4.)
 - a. Organized, orderly
 - b. Flexible, adaptable
- 5.)
 - a. More outgoing, think out loud
 - b. More reserved, think to yourself
- 6.)
 - a. Practical, realistic, experiential
 - b. Imaginative, innovative, theoretical
- 7.)
 - a. Candid, straight-forward, frank
 - b. Tactful, kind, encouraging
- 8.)
 - a. Plan, schedule
 - b. Unplanned, spontaneous
- 9.)
 - a. Seek many tasks, public activities, interaction with others
 - b. Seek more private, solitary activities with quiet to concentrate
- 10.)
 - a. Standard, usual, conventional
 - b. Different, novel, unique
- 11.)
 - a. Firm, tend to criticize, hold the line
 - b. Gentle, tend to appreciate, conciliate
- 12.)
 - a. Regulated, structured
 - b. Easygoing, "live" and "let live"
- 13.)
 - a. External, communicative, express yourself
 - b. Internal, reticent, keep to yourself
- 14.)
 - a. Consider immediate issues, focus on the here-and-now
 - b. Look to the future, global perspective, "big picture"

- 15.) a. Tough-minded, just
b. Tender-hearted, merciful
- 16.) a. Preparation, plan ahead
b. Go with the flow, adapt as you go
- 17.) a. Active, initiate
b. Reflective, deliberate
- 18.) a. Facts, things, seeing “what is”
b. Ideas, dreams, seeing “what could be,” philosophical
- 19.) a. Matter of fact, issue-oriented, principled
b. Sensitive, people-oriented, compassionate
- 20.) a. Control, govern
b. Latitude, freedom

MYERS-BRIGGS PREFERENCE QUESTIONNAIRE SCORE SHEET

	a.	b.		a.	b.		a.	b.		a.	b.
1.			2.			3.			4.		
5.			6.			7.			8.		
9.			10.			11.			12.		
13.			14.			15.			16.		
17.			18.			19.			20.		
Total			Total			Total			Total		
	E	I		S	N		T	F		J	P

***EXAMPLE - MYERS-BRIGGS PREFERENCE QUESTIONNAIRE SCORE SHEET**

	a.	b.		a.	b.		a.	b.		a.	b.
1.	x		2.		x	3.	x		4.	x	
5.	x		6.	x		7.	x		8.		x
9.	x		10.		x	11.	x		12.	x	
13.	x		14.	x		15.	x		16.	x	
17.		x	18.		x	19.		x	20.	x	
Total	4	1	Total	2	3	Total	4	1	Total	4	1
	E	I		S	N		T	F		J	P

Opening & Sharing (MBTI)

1. What are your strengths, weaknesses and talents?
2. How knowing your personality can help your relationship with others?

Stages of Life Development

1. STAGE 1:

- a. **Age:** Infancy to 2 years
- b. **Conflict:** Trust vs. Mistrust – “Can I trust the people around me?”
 - i. **Trust:** If they are scared, will someone comfort them? If they are hungry, will someone feed them? Will they be accepted and cared for? Trust will show them that those around them can be confidently trusted.
 1. **Basic Virtue:** Hope – realization that they will be cared and provided for.
 - ii. **Mistrust:** They will believe that caregivers are inconsistent, emotionally unavailable, and rejecting and that the world is unpredictable and inconsistent.
 1. **Basic Emotional Trauma:** Rejection and Anger – the uncertainty of why they cannot get what they want/need will lead to frustration.
 - iii. **Treatment:** Instead of rejecting the child’s action or saying “No!” over and over, bring emotional acceptance and take the child out of the situation/space and into one that is good for him/her.
- c. **Important People:** Caregivers or parents
- d. **Important Action:** Feeding and Diversion

2. STAGE 2:

- a. **Age:** 2-3
- b. **Conflict:** Autonomy vs. Shame and Doubt – “Can I do things myself or do I rely on the help of others?”
 - i. **Autonomy:** The child will gain a sense of personal control. He will be focused and gain the ability to control his body’s functions.

1. **Basic Virtue:** Independence and Will – to be confident in self-control.
 - ii. **Shame and Doubt:** The child will feel a sense of self-doubt about what they are able to do on their own. They will lack self-confidence and need the help of others.
 1. **Basic Emotional Trauma:** Humiliation and Inadequacy - the feeling that they cannot handle the world around them or function in it.
 - iii. **Treatment:** Instead of being impatient, critical, or overprotective of the child’s ability to learn, practice patience and praise the child for his accomplishments.
 - c. **Important People:** Caregivers or Parents
 - d. **Important Actions:** Toilet Training
3. **STAGE 3:**
- a. **Age:** 4-5
 - b. **Conflict:** Initiative vs. Guilt – “Am I good or bad?”
 - i. **Initiative:** This is when children begin to assert control and power over an environment. They initiate planning, social interaction, and accomplishing tasks.
 1. **Basic Virtue:** Purpose – the realization that they can create their own direction and gain knowledge through questions and experiences.
 - ii. **Guilt:** When their sense of freedom to explore and decide things on their own is met with rejection or a negative response, they begin to feel like an embarrassment or guilty for trying.
 1. **Basic Emotional Trauma:** Guilt and Shame – the feeling that what they decide to do on their own is a “bad” thing and they feel ashamed for trying.
 - iii. **Treatment:** Giving encouragement, reinforcing their ideas, and letting them have the freedom to explore what they can do.
 - c. **Important People:** Family

d. **Important Actions:** Exploration and Play

4. **STAGE 4:**

a. **Age:** 6-11

b. **Conflict:** Industry vs. Inferiority – “How can I be good?”

i. **Industry:** Children will begin to have a sense of pride in what they are able to accomplish. This leads to them wanting to learn new skills and have the ability to do tasks that are more complex.

1. **Basic Virtue:** Competence and Cooperation – the ability to discover their own talents as well as widening their social circle.

ii. **Inferiority:** When their efforts are not met with encouragement, they will begin to doubt their ability to be successful. Their self-confidence will diminish.

1. **Basic Emotional Trauma:** Worthlessness and Anger – they will have no value of their self-worth and could become rebellious from the anger they feel.

iii. **Treatment:** By being patient and supportive, children will thrive in discovering their own strengths and weaknesses.

c. **Important People:** Teachers and Coaches

d. **Important Actions:** School and Social Interaction

5. **STAGE 5:**

a. **Age:** 12-18

b. **Conflict:** Identity vs. Role Confusion – “Who am I?”

i. **Identity:** As children venture towards adulthood, they take what they have learned in who they are and apply it to their identity and direction in life.

1. **Basic Virtue:** Fidelity – the beginning of a cohesive self-image that will determine their path in life and independence.

ii. **Role Confusion:** If encouragement or reinforcement is not given during this stage and children are met with judgment, they will be

confused on their purpose and will become insecure about themselves and their future.

1. **Basic Emotional Trauma:** Loss of Purpose and Anger – the feeling of being worthless will be combined with a sense of anger that will fuel their insecurity about themselves.

iii. **Treatment:** Positive Encouragement – the giving of praise, respect, and support will ensure that a child will grow up to have a positive identity.

c. **Important People:** School and Neighbor

d. **Important Actions:** Social Relationships

6. STAGE 6:

a. **Age:** 19-40

b. **Conflict:** Intimacy vs. Isolation – “Will I be loved or will I be alone?”

i. **Intimacy:** Adults need intimate or close relationships, whether it is romantic or not. Once self-identity and purpose are in place, the ability to form a close loving relationship is clearly possible.

1. **Basic Virtue:** Love – the ability to care and love for another person without the fear of losing your own self in the process.

ii. **Isolation:** Those who do not have a strong identity do not have the self-confidence to pursue close relationships thus resulting in the feelings of failure and isolation.

1. **Basic Emotional Trauma:** Fear and Emotional Hunger – the fear of an emotional void can lead to an overcompensation to depend on others to fill that void. It can also lead to an extreme fear of the world itself.

iii. **Treatment:** The ability to take a leap of faith and know that you will survive in the end. In addition, when there is success, one must be able to have the courage to commit and trust in another person.

c. **Important People:** Friends and Social Circle

d. **Important Actions:** Love and Intimate Relationships

7. STAGE 7:

- a. **Age:** 40-65
- b. **Conflict:** Generativity vs. Stagnation – “How can I contribute to the world?”
 - i. **Generativity:** The ability to “make your mark” on the world. By nurturing a family and making a positive contribution to society, an adult will feel that they are making a better place for future generations.
 - 1. **Basic Virtue:** Care – to be concerned with those around him, beyond family, and the need to provide and be productive with his family, work, and the community.
 - ii. **Stagnation:** A feeling of failure will fill an adult when they cannot contribute. They will feel disconnected, unproductive, and distant from the world around them.
 - 1. **Basic Emotional Trauma:** Selfishness – he withdraws from loved ones and society, stopping his contribution to the next generation, and moves on while surrendering his role as caregiver.
 - iii. **Treatment:** The ability to focus on selfless giving, like charity, will improve self-perception and increase acts of kindness to help reverse the feelings of stagnation.
- c. **Important People:** Family and Society
- d. **Important Actions:** Parenthood and Work

8. STAGE 8:

- a. **Age:** 65-80
- b. **Conflict:** Integrity vs. Despair – “Did I live a meaningful life?”
 - i. **Integrity:** To come away with a sense of fulfillment from the life they have lived. They feel proud of their accomplishments and have a sense of satisfaction.
 - 1. **Basic Virtue:** Wisdom – by providing for those around them and giving positive counsel to be carried on in younger generations.

ii. **Despair:** Those that look back on their life with a sense of regret and despair. They will feel like a life was wasted and a sense of bitterness could overtake them.

1. **Basic Emotional Trauma:** Hopelessness – depression will overcome an adult that is dissatisfied with how they contributed in life.

iii. **Treatment:** The need to forgive others and themselves is essential for adults to have the power to move forward with life.

c. **Important People:** Family

d. **Important Actions:** Reflecting back on life

9. STAGE 9:

a. **Age:** 80 +

b. **Conflict:** Gerotranscendence – “I can now be myself.”
 (“Gero” meaning “old age” in Greek and “transcendence” meaning “to climb over” in Latin)

i. **Gerotranscendence:** A shift in perspective that focuses less on materialistic things and possessions and looks at the world in almost cosmic way. There is an increased feeling of life satisfaction and reflection. They are able to remove any “masks” they’ve had and they can finally be themselves.

1. **Basic Virtue:** Joy – having peace of mind and happiness over ones life. The ability to enjoy all the things in a pure childlike way again.

2. **Basic Emotional Trauma:** None

ii. **Treatment:** Though it needs no treatment, health care providers need to recognize this stage with support and not look at it as a sign of trouble.

c. **Important People:** Health Care Providers

d. **Important Actions:** Enjoyment and Meditation

STAGE / AGE	CONFLICT	QUESTION	EMOTIONAL TRAUMA	TREATMENT	PEOPLE	ACTIONS
Stage 1: 0-2 years old	Trust vs. Mistrust	“Can I trust the people around me?”	Rejection and Anger	Don’t say “No!” and take the child out of the space	Caregivers and Parents	Feeding and Diversion
Stage 2: 2-3 years old	Autonomy vs. Shame and Doubt	“Can I do things myself or do I rely on the help of others?”	Humiliation and Inadequacy	Don’t be critical, be patient and praise often	Caregivers and Parents	Toilet Training
Stage 3: 4-5 years old	Initiative vs. Guilt	“Am I good or bad?”	Guilt and Shame	Give encouragement and reinforce their ideas	Family	Exploration and Play
Stage 4: 6-11 years old	Industry vs. Inferiority	“How can I be good?”	Worthlessness and Anger	Be patient and supportive as they discover themselves	Teachers and Coaches	School and Social Interaction
Stage 5: 12-18 years old	Identity vs. Role Confusion	“Who am I?”	Loss of Purpose and Anger	Giving praise, respect, support and encouragement	School and Neighbor	Social Relationships
Stage 6: 19-40 years old	Intimacy vs. Isolation	“Will I be loved or will I be alone?”	Fear and Emotional Hunger	Take a leap of faith, have courage, and the ability to trust another person	Friends and Social Circle	Love and Intimate Relationships
Stage 7: 40-65 years old	Generativity vs. Stagnation	“How can I contribute to the world?”	Selfishness	Selfless giving and acts of kindness	Family and Society	Parenthood and Work
Stage 8: 65-80 Years old	Integrity vs. Despair	“Did I live a meaningful life?”	Hopelessness	To forgive others as well as yourself	Family	Reflecting back on life
Stage 9: 80 + years old	Gerotranscendence	“I can now be myself!”	-None-	Support	Health Care Providers	Enjoyment and Meditation

Opening & Sharing (Stages of Life Development)

1. What stages of life did you suffer emotional trauma?
2. What stage of life are you going through now?
3. How can you overcome your emotional trauma at your current stage of life?

Session 3: Relationships with Authority Figures

Feelings of Rejection, Feelings of Anger

All humans have a wall around our hearts. This wall is there to protect us. We lean on and feel that it is safe behind this wall and yet, when we line this wall to God's plumbline, we find it is leaning. That's why we fall and respond inappropriately at times. (Amos 7:7-9) Satan hides and lurks on this leaning wall to destroy the lives of God's children. It's almost like leaning our hand against the wall of our house and getting bit by a serpent. (Amos 5:19)

I. Authority Figure

Because the authority figures that influence our lives have brought negative influences and formed inappropriate relationships with us, the wall of our heart is formed crooked and leaning. These inappropriate relationships from our childhood can cause us to suffer and struggle our entire lives. (Ezekiel 18:2)

Q: Who are the authority figures that influence our lives?

3 situations of inappropriate relationships with authority figures:

- 1. No love - can come about in situations where there is an only child, death, separation by divorce, too busy, or too many children.**
- 2. Painful love - comes about through verbal or physical abuse, being too critical or dictating, and through shame.**
- 3. Wrong love - is from being over-protected, ignored, favored, or conditioned.**

Causes for inappropriate relationship with a specific authority figure (mainly our parents)

- 1) Unwanted pregnancy or wanted a son, not daughter and vice versa**
- 2) Inappropriate actions of the parent- inconsistency, overly authoritative father/overly critical or irritable mother**
- 3) Inappropriate potty training**
- 4) Overly protective**
- 5) Favoritism among siblings - either side can be hurtful**
- 6) Conditional love or acceptance**
- 7) Separation from parents brings deep hurt (losing a parent, divorce, being separated by distance)**

II. Feelings of Abandonment and Feelings of Anger

When the relationship with authority figures becomes difficult due to the above listed causes, people build walls in their hearts in one of two ways.

1. Rejection: Feelings of Abandonment

The person blames himself for the bad relationship and feels that he/she is abandoned.

2. Rebellion: Feelings of Anger

The person blames others for the bad relationship and rebels against the authority figures while feeling rage.

III. Symptoms of Feelings of Abandonment

A. Emotional State

1. Sadness—feelings of sadness is continuous and happens randomly

- a. Sadness is a reaction to hurt accompanied by rejection.
- b. Sadness is a damage to emotional circulation.

2. Self-Pity

- a. Self pity is a bad habit and is sinful.
- b. Self pity is a defense mechanism people use to avoid experiencing feelings of rejection.
- c. Self pitying person manipulates others so that he can continue feeling sorry for him/herself.

3. Self-Hatred

- a. Self hatred is rejecting one's own self due to emotional damage received from experiences of rejection.
- b. Self hatred is a defense mechanism people use to avoid experiencing rejection in the future.
- c. Self hatred happens when one has a low sense of self-worth. It is a state of hating both self and everything pertaining to the self.

4. Depression

- a. Depression is a state of retracting oneself from all social activities and isolating oneself from all relationships.

- b. Everything makes a person feel sad and hopeless. A person suffering from depression thinks negatively.
- c. Depression appears through feelings such as guilt, low self esteem, etc.
- d. Depression may cause a person to suffer from insomnia and continual state of lack of motivation and enthusiasm.

5. Apathy

- a. Apathy can be described as “existence without any passion, lackadaisical, or absence of emotions.”
- b. Apathy is a defense mechanism people use to repress memories of rejection and failure.

B. Intellectual Aspect (Mind)

1. Feelings of Inferiority

- a. Pains from past rejections convince a person to think that he is intellectually inferior to others.
- b. A person in this state constantly collects reasons why he is inferior to others.
- c. Inferiority complex is a set state from prolonged feelings of inferiority to others.

2. Feelings of Instability (Restlessness)

- a. Restlessness is a direct result of deprivation of love and feelings of rejections experienced in childhood.
- b. Restlessness is a state where the mind constantly wanders and cannot concentrate on any one thought at a time.

3. Sense of Failure

- a. A person feels like a failure when he is constantly treated as a worthless person from authority figures (parents, teachers, etc) when growing up.
- b. A person with a sense of failure may become obsessed with fear of failure.
- c. A person with a sense of failure can neither learn any lesson from failed experiences nor overcome the failure.

4. Guilt

- a. Guilt is a sign that a person is suffering from damaged emotions.
- b. Guilt is an inner state that results from accumulation of memories of failed experiences without any resolution.
- c. Guilt starts out by a person repeatedly blaming himself for failure.

C. Spiritual Aspect

1. Dimness, Dying

- a. A person in this state loses interest in spiritual matters.
- b. Pain from numerous memories of rejection creates inner turmoil spiritually, in particular, severing oneself from God.

2. Despair

- a. Despair is a spiritual hindrance which arises from fear of abandonment.
- b. Despair leads a person to stop walking in faith and it continues intermittently.

3. Disappointment

- a. Disappointment makes the person accept himself as the abandoned one.
- b. Disappointment leads the person to stay in the failed state for a long period.

IV. A Biblical Character with Feelings of Abandonment

1. Moses

- Moses felt rejected due to his external circumstances
 - a. Rejection at birth
 - b. Infancy (Moses' parents hid him for three months and abandoned him at the Nile River)
 - c. Moses felt isolated at Pharaoh's palace/ he struggled as a minority.
- Moses' experience at age 40 exacerbated his feelings of rejection (Exodus 2:14)
- Moses had fear of public speaking in front of the Israelites (Exodus 4:10)
- Moses' feelings of rejection from the Israelites has developed into feelings of anger (Numbers 20:10, Psalm106:32-33)

Two Notable Points:

1. Most emotional wounds stemming from experiences of rejection are formed at birth and infancy.
2. Healing is not about getting rid of the emotional wounds but temporarily covering it with God's grace so that it may not act up. Thereby, emotional wounds may always return.

V. Symptoms of Feelings of Anger

A. Emotional

1. Hostility

- a. Anger impedes development of individuality and appears in a person as hostility.
- b. When anger is repressed and does not get properly resolved, it creates twisted emotions.
- c. Hostility is an expression of such twisted emotions.

2. Pride

- a. Pride is an expression of emptiness and self-centeredness.
- b. Pride is a type of defense mechanism that covers the pain of rejection by devaluing other people.

3. Sophism (Deception) – when a false argument puts on the appearance of a true one, used deliberately to deceive.

- a. Sophism is a type of defense mechanism that morphs the emotional wound instead of recognizing it as is.
- b. Sophism is an attempt to cover the pain of rejection by mixing other irrelevant thoughts.

4. Elation

- a. Elation is a defense mechanism that is similar but worse than depression.
- b. Elation is an act of artificially lifting one's mood when dullness and disappointment is unbearable.

B. Intellectual

1. Superiority Complex

- b. Superiority complex is a defense mechanism that hides or compensates one's low self esteem.
- c. The person solidifies his superiority complex by constantly collecting reasons that makes him better than other people.
- d. The person with superiority complex looks down at other people, eventually severing all important relationships.

2. Competitiveness

- a. Competitiveness may be a hardened state of pain that came from rejection and deprivation of love.
- b. A competitive person always dwells on the possibility of being rejected.
- c. A competitive person has difficulty respecting anything about others.

3. Lording over other People

- a. The person forms only unhealthy relationships in order not to be rejected again.
- b. The person's inner state reasons only in self-centered ways.
- c. The person's way of forming any relationship is somewhat abusive.

2. Obstinate

- a. Obstateness is an aggressive response to low self esteem.
- b. An obstinate person thinks that listening to other people leads to the breaking down of oneself.
- c. A person in this state is stubborn and refuses to learn anything new.

C. Spiritual

1. Delusion

- a. Delusion is a spiritual barrier that appears in serious case of self-deception.
- b. Delusion is an inner state that makes a person base reality on unfounded truths.
- c. Delusion leads to various phobias and fears such as doubting a spouse's faithfulness or fearing persecution from others.

2. Indignation and Bitterness

- a. Indignation is an emotion one feels when he cannot forgive others.

- b. When one harbors indignant feelings, it becomes bitterness.

3. Tendency to be Critical

- a. Tendency to be critical is an aggressive form of self-pity.
- b. Tendency to be critical is a defense mechanism that hides one's low self-esteem by placing others in a pitiable position. This is spiritually harmful.

4. Bossiness and Possessiveness

- a. Bossiness and possessiveness are aggressive responses to hurts of rejection. The vicious cycle continues as bossiness leads to possessiveness and possessiveness encourages bossiness.
- b. Bossiness and possessiveness are responses of damaged emotions caused by a sense of self depreciation. Both characteristics are an attempt to live and control other people's lives due to one's own damaged emotions.

5. Manipulation

- a. A person in a manipulative state pretends to love, but in actuality, has a malicious intent to hurt others.
- b. Manipulation is a byproduct of hurts from fear and rejection. A person tries to hide his true intent by deceiving others.
- c. A person in a manipulative state is highly judgmental and refuses to listen to other people.
- d. A person in this state is focused on controlling the situation at all cost.
- e. A person in this state does not trust anyone.

VI. Biblical Figures with Feelings of Anger

1. Cain: Genesis 4:3-8

- God could not receive Cain's sacrifice due to the "desire for sin" in his heart.
 - i. "Desire for sin" is a type of 'wounded spirit' which may also be known as rebelliousness.
 - ii. Thus, God could not receive Cain's sacrifice because of Cain's emotional wounds. Cain's anger in response to God's rejection made him receive further rejections.
- We can see here that rejection leads to anger.

- When we consider Cain to be a representative figure of the fallen world, the essence of sin is damaged emotions.

Two Important Truths:

1. Victim of anger always cries out. (Genesis 4:10)
2. A damaged emotion injures other emotions and a person with much emotional wounds induces wounds in others increasing emotional wounds (sins) in this world.

2. Jonah

- i. Because of his anger, Jonah disobeyed God and went to Tarsus.
 - ii. Jonah felt angry at the fact that God loved the Ninevites, but since he could not complain, and knew it was in God's nature to love, he chose to flee.
 - iii. He immediately fell into sleep in the ship due to fear that followed his anger.
- Jonah's anger toward God's forgiveness of the Ninevites and the dried up vine is an explosion of his repressed anger.

Three Important Truths

1. A person with anger easily loses grace—Jonah's anger after God saves him.
2. A person with anger may be self-destructive—"It's better to die!"
3. Only when a person waits rather than become angry can the person overcome anger—the love of God.

Opening & Sharing

Healing comes by opening and sharing about ourselves and our wounds with the community of believers God has brought to us. However, this is only possible when the Holy Spirit is with us. When the Holy Spirit is with us, two things will happen.

- 1. We will identify and feel our wounds.**
- 2. We will receive courage to open and share our wounds with others.**

Let us pray and invite the Holy Spirit to help us with the above requests.

- 1. Who are your authority figures in your life? How was your love relationship with them? Identify how your love tank was filled (no love, painful love, or wrong love).**
- 2. Which one is your tendency in responding to love you have received from your authority figure? Feelings of abandonment or feelings of anger?**
- 3. Have you ever struggled with isolation and loneliness?**
 - Have you ever felt extremely hurt and overly upset (felt rage) at others for rejecting you?
 - Have you ever been angry at yourself for not speaking your mind in fear of rejection?
- 4. When you feel angry, do you have a tendency to express your anger to those who are weaker than you? (people, by drinking, God, any random people/ things, your dog, etc.)**
 - Do you repress in your feelings when you are angry?

As a Christian, have you ever experienced God's grace such as stated below?

"You are mine. I have called you. I am your father and you are my child. You are very special to me. You are precious to me." "Even if everyone abandons you, I have never forsaken you nor left you, but I am always with you."

Session 4: Desiring a Satisfying Life ... Hungering Heart

I. What is a hungering heart?

- 1. A hungering heart is an emotional wound that develops over time because of continuous deprivation of love and affection.**
 - Unlike wounds of rejection, which may be inflicted through a single, momentary experience, a hungering heart is an emotional wound that develops because of sustained state of deprivation.
- 2. A hungering heart is a tormented state because a sense of emptiness leads one to feel anxious, inappropriate effort to gratify one's emotional hunger strains relationships, and not being able to gratify oneself gives a sense of void, lack of satisfaction, anger, etc.**
 - People cannot remain in the hungering state. Therefore, they attempt to somehow satisfy their emotional hunger. However, during the process of trying to satisfy the hunger, feelings of rejection, anger, apprehension, and fear appear as well.

II. Causes of hungering heart

1. Original Sin

The feeling of hunger and emptiness overcame men when they sinned and were banished from the Garden of Eden was. (Genesis 3:18-19)

- When Adam and Eve were banished from the Garden of Eden, they not only experienced physical hunger but suffered from feelings of emotional hunger of being disconnected from God's love.
- By nature, everyone live with a void in their heart. (Amos 8:11-13) People strive to fill this void but will come to realize that nothing can satisfy this hunger.

2. Family Environment: Parents

We inevitably experience emotional hunger when we do not have good relationships with our parents--authority figures. In particular, when there is no intimacy with authority figures, we experience deep feelings of hunger. Specifically, they are as follows.

1. Broken Family: Absence of a parent(s) regardless of the reason, leads to a hungering heart.
2. Unloving Parents (lack of intimacy): When the parents are too strict or busy and there is lack of intimacy between parents and children, the children feel emotionally hungry, even if the parents are good providers. (i.e. uninterested, unsociable parents, one-way relationship, etc.)
3. Distorted Love: Even though parents love their children, if they love in a self centered manner (i.e. over protectiveness), children cannot feel such love and in effect, feel emotionally hungry.

3. People Around us

People around us (including your spouse) are not the ultimate cause of hungering heart. Rather, they may only exacerbate our existing sense of emotional hunger.

- A hungering heart is a damaged emotion which disables us from accepting other people's love. (Instant sense of gratification disappears rapidly and the wound is difficult to heal).

III. Symptoms of the Hungering Heart

1. Inner State

- A person with a hungering heart may suffer from depression due to unsatisfied emotional hunger. A person in this state feels that something is not quite right in his life.
- A person in this state seeks love and approval of others but hates himself for doing so.
- A person in this state may be jealous and competitive, but feels guilty for having those feelings.
- A person in this state has to feel superior to others, even if only in thought.

2. Relational Barriers

- A Person in this state heavily depends emotionally on other people. A person in this state seems to make a great companion in the beginning but tires others out soon.
- A person in this state constantly desires other people's approval and attention. Thus, a person may go out of his way to receive attention which can strain the relationship itself.

- A person in this state becomes aggressive and critical when the amount of love he desires is not received.
- A person in this state may become jealous and competitive of other people's friendship in a group setting—selfishness (greed).
- A person in this state acts superior to others through hypocrisy and pride. Thus, others don't have a good impression of a person in this state.
 - a. Offensive People
 - b. Overwhelming People
 - c. Conceited People

3. Spiritual Barrier

- A person in this state may join cults or lead unhealthy religious practice.
- A person in this state may overly seek miracles and spiritual phenomena. (Faith that only seeks after worldly blessings)
- A person in this state may be more conscious of people than God in his walk of faith—difficult to mature spiritually.
- A person in this state may have spiritual pride or feel spiritually superior to others.

4. Enslaved State

- A person in this state may be obsessed with wrong things (people, work, money, fame, material goods, etc.) to appease emotional hunger.
- In many cases, a person in this state may suffer from addictions. (Work, alcohol, smoking, drugs, sex, gambling, computer games, shopping, etc)

<Symptoms of Addictions>

1. A person continues the behavior even when it physically tires and hurts him.
2. A person cannot stop the behavior even when he feels guilty doing it.
3. A person continues the behavior even when doing so hurts his relationships with people close to him.
4. A person is preoccupied with the behavior.
5. A person becomes bored and restless if he is in a situation where he cannot engage in the behavior.
6. A person may stop the behavior with his willpower but soon goes back.

IV. Biblical Characters with Hungering Heart

1. Jacob

- Jacob was emotionally hungry because his father Isaac favored Esau.
- Jacob was obsessed with the rights of the first son and its blessings. (Isaac's blessings, pleading for God's blessings at ford of the Jabbok)

- Jacob's love for Rachel and their son Joseph was an obsession resulting from his emotional hunger.
- Jacob was in a competitive relationship with others due to his hungering heart.
- Jacob claims that his life was difficult because he lived life with hungering heart. (Genesis 47:9)

Three Important Points:

1. A father's favoritism emotionally damages a child.
2. Jacob became obsessed to satisfy his emotional hunger and his obsessions ruined his life and relationships.
3. Jacob's worship at Bethel and ford of the Jabbok were experiences that satisfied his emotional hunger.

2. David

- David did not receive much attention when growing up as the youngest son. This led him to have a hungering heart.
- David was strongly attached to his wives (Michal, Abigail, and Bathsheba)
- David's unhealthy attachment to his children came from his hungering heart (Amnon, Absalom, etc).
- David sinned with Bathsheba because of his hungering heart.

Two Important Points:

1. Wounds of an emotional hunger do not disappear. We are in a healed state when our inner being is filled with God's love. The pain comes back when we are not filled with the Holy Spirit.
2. Our hungering heart will turn into a heart desiring God when we come to God with our emptiness. Experiencing the grace of God is when God's love fills our hungering heart. David's psalms are confessions of such experiences of God's grace.

OPENING & SHARING

The Holy Spirit desires to heal us but Satan tries to make us dwell in our wounds so that he may control our soul by using our pain. Thus, there is a spiritual battle at where healing takes place. Without praying incessantly we cannot win this battle. What we need at times like this is confrontational prayer.

- 1. Pray against the spirit of temptation that makes us doubt and give up on healing.**
- 2. Pray against the divisive spirit that closes our hearts and breaks our unity as a group.**

Now, invite the Holy Spirit into your heart and take time to pray for the above two requests in the name of Jesus Christ.

- 1. Have you ever struggled with depression and emptiness that comes from lack of satisfaction in life?**

Have you ever felt hurt and upset over a close relationship/ friendship that quickly turned sour?

Have you felt bad (pitiful) about yourself for liking someone so much and being dependent on that person?

- 2. Do you have a strong desire to prove yourself to others? (jealousy and competition)**

Do you overly try to be the center of attention, even if you end up making a scene?

Do you feel rage and become aggressive if you don't receive the kind of attention you want?

- 3. Jesus called himself "the bread of life" and "living water." Please share about experiences when you felt completely satisfied in Him.**

Session 4: Lack of Security

Fearful Heart

I. What is a fearful heart?

1. A fearful heart is a tormented state because a person is overcome by an inappropriate amount of fear. This fear takes away inner peace and creates difficulty in relationships.

- When a person releases repressed anger or feels rage, a fear of punishment follows the feeling. Thus, anger inevitably leads to feeling fear.
- However, fear is not only a byproduct of anger but an emotion that is often present in a person with emotional wounds.

2. A person feels fear when something that sustains his inner-self breaks down.

- Our sense of self is sustained by drives such as passion, willpower, etc. However, repeated experiences of failure and rejection, feelings of despair take away that passion or willpower in a person. When this happens, people feel enormous amount of fear.

II. Causes of a fearful heart

1. Original Sin

As a result of sin, all men are meant to face the wall of death. This causes men to feel fear at times of failure and desperation.

- Adam and Eve hid behind a tree at the garden because they felt fear.
- Among damaged emotions resulted by the original sin, fear takes up the biggest portion.

2. Family Environment

- (1) Hurtful Parents: When parents verbally hurt their children, children suffer from a fear of abandonment and feelings of hurt. In particular, when parents release anger, children experience identical anger followed by fear.
- (2) Argumentative Parents: When parents fight with each other frequently, children experience feelings of horror and fear instability in life.
- (3) Unstable Family Environment: When there is no stability in home due to reasons such as an absentee parent, separation with a parent due to divorce or death, frequent moving and transferring of schools, etc. causes children to feel fear.

- (4) Distorted Love: Parents that are either overly strict or overly protective hurt the child and cause the child to have damaged emotion of fear.

3. People Around Us

When strong personalities around us accused us of fault when we were young, this may have damaged our emotions--a person can constantly fear being cornered.

III. Symptoms of Fearful Heart

1. Inner State

- The person suffers from anxiety.
- Fear and anxiety can come suddenly.
- The person reacts inappropriately surprised and afraid with the certain situation.
- The person feels angry when under pressure

2. Relational Barrier

- The person avoids strong personalities and avoids going to places with those people.
- The person fears being accused of fault and blames other people while refusing to take responsibility for his/ her actions.
- The person has a difficult time receiving any kind of discipline.
- The person is negative towards trying new things and is tempted to quit in the process.

3. Spiritual Barrier

- The person has a difficult time trusting God.
- Being a Christian can be more burdensome than joyful.
- Rather than maturing as a Christian, the person always goes through spiritual highs and lows without moving forward.
- Rather than feeling intimate with God, the person feels distant and afraid of God.

4. Enslaved State

- The person depends on chemical drugs or material things to overcome anxiety.
- The person suffers from feelings of delusion (i.e. hypochondriacs worry excessively about their health)
- The person engages in addictive behavior such as alcoholism to feel safe from feeling fear.

IV. Biblical Characters with Fear

1. Joshua

- Joshua felt immense fear when Moses died.
 - / He feared the fact that Moses was not there anymore.
 - / He feared that he had to meet God by himself without Moses.
 - / He feared that he had to lead his people without Moses.

- What Joshua felt after losing at the battle of Ai is fear beyond fear. (Joshua 7:5~9)

God made a warrior out of a fearing person through His care and guidance. Joshua's feeling of fear was healed in God. At the time Joshua boldly proclaimed his faith in front of his people, he was completely healed of fear. (Joshua 24:15)

Three notable points

- (1) People with fear have a difficult time facing new situation and challenges.
- (2) People with fear are heavily dependant on things, system, establishments, and etc.
- (3) People with fear make a big deal out of small failures.

OPENING AND SHARING

We have been sustained by a “sense of pride” until now. Hence, we struggled when our pride was hurt, and we tried hard to protect our pride. However, our effort to protect our pride is a bondage that restricts us. We cannot experience the true peace without letting go of this.

Let us pray that we can let go of our pride.

You are precious because you are loved by God but you are a child who has nothing to show for.

“Lord, help me to see myself as I am. Help me not to protect myself in vain. May I reveal my ugliness in your and gain true peace in you.”

1. Please share your experiences feeling extreme sense of fear

Have you ever excessively feared about money or health, or losing a family member? Have you ever felt strongly rebellious when someone accused you of fault?

2. Do you have a hard time starting new projects or have tendency to quit something you have started in the middle?

Are you always eager to hold other people responsible? Do you have a tendency to escape to comfortable people when things get tough?

3. Have you ever experienced confusion as your family broke up in your childhood?

What are your parents like? Were you afraid of them for holding you responsible for your actions? Have you ever moved to a new environment in your childhood years?

4. God does not leave us calamity and protects us even in moments when we cannot feel him. If you ever felt God’s helping hands and therefore experienced security and peace, please share with us.

Session 5: Confusion in Self-Worth (Value) I

Inferiority Complex

People place value on themselves. This is called “Self-Esteem.” A good sense of self-esteem is very important to leading a healthy life. However, our damaged emotions inappropriately lower or raise our self-esteem. This in effect, leads to emotional sufferings and relational barriers.

I. INFERIORITY COMPLEX

- 1. All kinds of damaged emotions trigger feelings that lead to inferiority complex. Accordingly, everyone suffers from feeling inferior to others due to the original sin.**
- 2. An inferiority complex is a feeling that inappropriately devalues oneself.**
 - Feeling inferior has nothing to do with one’s ability or competence. It is a lack of confidence stemming from a negative view of one self.

II. CAUSES OF INFERIORITY COMPLEX

1. The Original Sin

Adam and Eve feeling shameful at their nakedness indicate the beginning of men feeling inferior.

- Men are created inferior to God. This was not a problem when men freely walked with God. However, when men began to desire becoming like God and started comparing themselves to God, men sinned and sin led men to feel inferior.
- When men face limits due to sins, men fall into deeper feelings of inferiority complex.

2. Family Background

- i. **Dysfunctional Family** (i.e. orphans, single parent family, broken family, separated family): children of dysfunctional families feel inferior to others because such circumstances cause damage to emotions.
- ii. **Parents with problems** (i.e. parents with social or moral problems, parents with personality disorders, parents arguing frequently,

unfaithful parents): parents are role models to their children. When parents have problems, children inevitably have low self-esteem.

- iii. **Families that show overt favoritism:** favoritism and comparison arouses the feelings of inferiority complex in children.

3. A person's internal condition

All types of emotional wounds bring out feelings of inferiority complex.

- i. **Feelings of abandonment and anger:** when a person was not fully loved by an authority figure, a person will blame himself (feelings of abandonment) or blame others (feeling rage) for it. Both reactions lower one's self-esteem leading a person to feel inferior to others. The only difference is that feelings of abandonment voluntarily lower one's self-esteem, while feelings of anger artificially raise one's self-esteem.
- ii. **Hungering heart:** one feels pathetic trying to fill his emotional hunger, which in effect leads to a low sense of self-esteem.
- iii. **Fearing heart:** one feels inferior to others for having fears, such as fear of punishment, fear of abandonment, fear of isolation, etc.

4. External Circumstance

Even though it is not detrimental, a person's physical attributes, social title, level of education, etc. can bring out feelings of inferiority complex. This emotional wound comes about from comparing oneself to others.

III. SYMPTOMS OF INFERIORITY COMPLEX

1. Internal Issues— anxiety, fear, and self-torment

- i. A person feels extremely anxious and puts himself down even at trivial mistakes or problems.
- ii. People with a strong inferiority complex may seem detached and look like they've given up on everything. However, because of hunger they are more "greedy" and more "prideful."
- iii. People with inferiority complex have a tendency to be perfectionists in their effort to hide seeming inferiority.

2. Relational Barriers

- i. People with inferiority complex may seem to have good relationships with people because they are overly humble and

sacrificial. However deep inside, they do not have a thankful heart and are full of complaints.

- ii. People with inferiority complex feel rage for no reason. Moreover, they always feel like a victim in the relationship, which in effect, hinders them from forming healthy relationships.

3. Spiritual Barriers

- i. People with inferiority complex cannot accept God's love as is, and constantly wonders "how can someone like me receive God's love?"
- ii. Spiritual growth is slow for the person who has inferiority complex because he has difficult time obeying God's calling and backslides in spiritual growth or feels greater burden than necessary.

4. Enslaved State

- i. The person in enslaved state becomes overly dependent on others for a sense of self.
- ii. The person in this state gives up all that is stressful and becomes incompetent and inept.
- iii. The person in this state cannot maintain normal relationships and avoids being in public.

IV. BIBLICAL CHARACTERS WITH INFERIORITY COMPLEX

1. King Saul

- i. At first, Saul was a humble man. (1 Samuel 10:22) – his humility came from his inferiority complex. Even though he came from a respectable family and was good looking, he felt that he was inferior to others. (1 Samuel 9:1-2, 21)
- ii. King Saul did not wait for Samuel and offered sacrifice because of fear borne of an inferiority complex. (He did not have confidence in himself and feared that his people would leave him).
- iii. Saul's feelings of inferiority to David led him to destruction. (1 Samuel 18:7-9).
 - 1. He lost confidence and peace.
 - 2. His decisions were inappropriate efforts to hide his feelings of inferiority. (Marrying his daughter Michal to David)
 - 3. Saul's relationship with others (his son, daughter, son-in-law, the priest, his people) became progressively difficult.

4. Saul spent all his energy chasing after David and was killed by the Philistines.

Two Notable Truths

1. Inferiority complex may appear as humility.
2. Acts attempting to cover up inferiority complex lead to a life of pain and struggle.

2. Simon Peter

- i. Peter suffered from a deep sense of inferiority complex.
 1. His promise to Jesus was an act to hide his inferiority complex.
 2. Because of his feelings of inferiority, he fell in the water after seeing the wave.
- ii. Peter denied Jesus three times in front of a female servant due to fear. This memory of failure enhanced his sense of inferiority and he “went out to fish” (John 21:3) even after meeting Jesus.
- iii. Peter was liberated from his sense of inferiority only after confessing his limits to love as a weak being and receiving the Holy Spirit.

Two Notable Truths

- Extroverted people with inferiority complex tend to make empty promises to hide their feelings.
- With the power of the Holy Spirit, people with inferiority complex may become bold and powerful.

Opening & Sharing

Emotional damage is not visible to human eyes. Thus, the biggest hurdle is questioning whether we will be healed. Doubtfulness is one of the toxins of the wounds and is like an inflammation that hinders healing.

Faith that trusts healing, a conviction that you can be healed in the power of Jesus Christ is imperative.

Let us pray. "May my doubts disappear. Dear Holy Spirit, we invite you to grant us the conviction that we will be healed. Give us faith in you."

1. Have you ever felt less worthy and inferior to others?

Do you feel more comfortable putting yourself down in front of others, even though you don't think that way? Have you ever felt like the people around you, such as your family, friends, church, etc. are inferior? Even though you do things well, do you ever feel like you cannot do certain things before you start the job?

2. Do you have a tendency to compare yourself to others no matter what you do?

Do you ever try to avoid competitive events? Are you afraid of revealing your weaknesses and try hard to hide this? Do you ever bluff in public but feel anxious because of your bluffing?

3. Do you have a parent who was not faithful to the family (and the other spouse) or lived in debauchery?

Have you ever felt ashamed of your parents? Do you have memories of mistakes or failures that make you feel ashamed and difficult to face? Do you have someone in your mind that you cannot forgive?

4. God created each person in top notch quality. You cannot be compared with others as God loves you just the way you are. If we've felt God's love in this way, let us share about this experience.

Let us read Song of Songs 5:2-8 together. And then, let us pray.

Session 5: Confusion in Self-Worth (Value) II

Sense of Guilt

I. WHAT IS A SENSE OF GUILT?

1. **A person may hold onto past mistakes, failures, feelings of hurt, etc. as shameful memories. A sense of guilt is a damaged emotion that makes a person suffer by feeling guilty for what happened in the past while devaluing oneself as a sinner.**
 - Even though it may not be anything significant, a person suffering from feeling guilty is greatly affected by this damaged emotion.
2. **A sense of guilt is a way of life where a person cannot forgive himself or others.**
 - A sense of guilt makes a person suffer from judging himself and others. Thus, instead of feeling the joy of forgiveness, a person lives with the fear that comes from judgment.

II. REASONS FOR FEELING GUILTY

1. The Original Sin

Since the fall and the abandonment from the Garden of Eden, all men have a sense of guilt.

- A world with the original sin made people self-centered and as a method of self-protection, people imposed on others a sense of guilt. This cycle begins during early childhood and people cannot help but suffer from the sense of guilt.

2. Family Background

- (1) Broken Family: Breaking up of a family not only makes the parents have a deep sense of guilt, but also the children. If the parent(s) in any way blame the child for their separation, this feeling becomes more serious.
- (2) Parents with emotional wounds: People with wounded emotions cannot handle all of the issues on their own and thus pass their issues onto others. Oftentimes, these emotional issues are passed onto one's children. In effect, children feel guilty as they receive their parents' emotional issues.

- (3) Shameful parents: When parents engage in acts that are shameful in society's standard, the child's feelings of shame turns into feelings of guilt.
- (4) Legalistic Families: Religious parents with high moral and religious standards (borne of a fearing heart, hungering heart, and feelings of abandonment) can lead the children to feel guilty.

3. Experiences of failure in life

- Past experiences of failure or mistake triggers a sense of guilt from the conscience and brings down one's own value.

III. SYMPTOMS OF GUILT

1. Internal Issues

- A person is always anxiousness that something bad will happen someday.
- A person feels very guilty even in small mistakes and feels deeply shaken.
- Even though a person is happy experiencing God's grace, he continues to judge himself in fear of losing God's grace. ("I should pray harder and be a better Christian")
- A person keeps criticizing and tormenting himself in order not to be judged by others.
- Hiding: One tries to hide oneself but experiences pain when fails to do so.

Issue of Forgiveness

One cannot be freed from the sense of guilt when there is an area in life one cannot forgive others or have not been forgiven by others. (There is no freedom. One cannot have a healthy level of self esteem).

Sorrow of Miscarriage

If there was an expectation that was not met (hopes about a family, work, relationship, etc) this will remain in a person as a deep sorrow, causing depression and devaluation of self.

2. Relational Issues

- Overly sacrificial: A person with a sense of guilt is overly sacrificial when he does not have to be from other people's perspectives (hard working)
- Sensitive to sin: A person with a sense of guilt becomes overly sensitive and judgmental to sins or scandalous events.
- A person with a sense of guilt cannot take constructive criticism and becomes very defensive. Afterwards, he feels miserable for such reaction.

3. Spiritual Issues

- One cannot enjoy God's grace fully.
- One does not have spiritual power due to habitual repentance.
- One falls often due to spiritual attacks.

IV. BIBLICAL CHARACTERS WHO SUFFERED FROM FEELINGS OF GUILT

1. Apostle Paul

Apostle Paul was a man with lots of emotional wounds. In particular, he severely suffered from a sense of guilt. However, he overcame the sense of guilt through the forgiveness and love of Jesus Christ.

- Romans 8:31-39 shows how he suffers from feeling guilty and overcomes it through healing.
- He was able to call himself "the worst of sinners" because he experienced Jesus' forgiveness. (1 Timothy 1:15-16)

Paul developed a sense of guilt because he was raised by strict parents, in a legalistic environment.

2. David

David as shown in Psalm 51 suffers from a great sense of guilt. He overcame this through God's love.

- Verse 3: David shows great sense of guilt
- Verse 4: David refuses to suffer from people's judgment
- Verse 5: David accepts that he is fundamentally a sinner
- Verses 7 – 12: David fears to be abandoned because of his sins
- Verses 16 – 19: David experiences forgiveness of his sins

V. DAMAGED FEELINGS OF SELF WORTH AND GOD'S HEALING POWERS

1. God's Recognition of Us (1)

- You are a sinner. There is nothing good in you. You have no value.
(You are Jacob. You are a bundle of soil. You were abandoned).

2. God's Recognition of Us (2)

- However, you are precious and noble. Because I love you. Your value is not in you or your ability but in me who loves you. You are not my servant but my son and daughter.

OPENING AND SHARING

Emotional wounds are also known as self-centeredness and selfishness. People with multiple emotional wounds do not have the peace of heart and mind to tend to the needs of others. One may realize the overflowing power of healing when freed from the bondage of emotional wounds. Thus, let us try this. Let us spend some time praying for the members in the group who have not yet discovered their emotional wounds and are still bound and not free. It is not easy praying for other people's inner state but it is possible when we have Jesus' heart in us.

“Dear God, please heal his/ her soul. Lord, heal him/ her. May s/he not leave this place without you working in him/ her.”

1. Have you ever felt dejected and miserable in the face of small mistakes? Have you ever felt anxious that something bad may happen even in the midst of everything going well? Have you ever rebelled and felt defensive when receiving constructive criticisms? Do you ever feel nervous when things happen even though it is not your fault?
2. Do you have a strong tendency to judge yourself? Are you strongly sensitive to sins? Do you repent out of habit?
3. Have you failed miserably during childhood? Were your parents strict and legalistic? Was there a tragic incident in your family that you felt was your responsibility?
4. Our Lord does not judge. “Who will bring any charge against those whom God has chosen?” Please share if you have experienced hearing something like this when you met God. “I have already forgiven you and wiped your sins on the cross. You shall be free from guilt and anxiety.”

Let us read Romans 8:31-39 together and pray.

SIBLING DYNAMICS INTRODUCTION:

The type of bonds that develop between brothers and sisters in a family are those that will last a lifetime. You learn from each other and you grow-up together in a very close-knit relationship. Though this seems like the best scenario, these close relationships can also cause us the most emotional harm.

There are three main situations that can develop between siblings that can be damaging:

1. No love - can come about in situations where there is an only child, death, separation by divorce, too busy, or too many children.
2. Painful love - comes about through verbal or physical abuse, being too critical or dictating, and through shame.
3. Wrong love - is from being over-protected, ignored, favored, or conditioned.

Everyone, no matter what sibling dynamics they grew up in, could have some form of emotional wounds. However, there is hope by understanding and being patient with those that are closest to you. Let's see where you fall in sibling dynamics!

SIBLING DYNAMICS

1. Number of Children

a. Only Child

i. Characteristics:

1. Grows-up early

a. Since they are only around adults, it is natural for the only child to "grow-up" faster than if he/she had siblings

2. Has high standards, tends to be overachievers and perfectionists

a. Being the only child of his/her parents, all hopes and aspirations are poured into one child, thus making the child have a need to achieve at anything he/she does

3. Self-confident and organized

ii. Emotional Wounds:

1. Can become selfish

a. A strong-willed nature and they are used to having their parents at their every call

b. They tend to be very dominant, pushing for their way

2. Loss of empathy towards others

a. Since the only child is independent and assertive, they believe that everyone should be that way and they are less likely to "carry" people

3. Lack of social skills

a. With multiple siblings, a child can know and understand social roles. However with an only child, there is no fixed role or set of birth order rules they have to abide by

b. Since they are accustomed to an older crowd, they tend to find their own peers immature or childish

b. Two Children

i. Characteristics:

1. Feel like they have to work for attention
 - a. They desire recognition
 - b. Can be troublesome in order to get attention
2. Introverted
 - a. Could lead to an identity crisis if not handled
3. More likely to move away from the family at an earlier age
 - a. More independent than their older sibling
 - b. Loner personality

ii. Emotional Wounds:

1. Can feel empty, inadequate, jealous, have low self-esteem and self-confidence
2. Tends to get jealous easier when people around them get attention

iii. Responses of the First Child:

1. Reaction depends on the age of the First Child
 - a. An 8 year old could be very excited to receive a new baby brother or sister. He/she would delight in having some part in raising the second child
 - b. A First Child who is a toddler might not be ready to give up the attention throne yet
 - i. The First Child could adjust quickly or may act out to get the attention that is now split

c. Three Children

i. Characteristics:

1. Dependent on parents and older siblings
 - a. Has the notion that someone will always be there to help them, which diminishes self-confidence and drive to learn
2. Has difficulty making decisions and looks to others for advice
3. Typical are takers and not givers
4. Is born into a “complete” family that has already established family dynamics
 - a. This can cause them to rebel and be more adventurous

ii. Emotional Wounds:

1. They find it hard to adjust to change
 - a. They have a hard time creating routine and are best when they can follow instruction instead of give it
 - b. Within the family dynamics, they can feel easily threatened or insecure by their older siblings
2. Tends to feel more distant and more like a stranger coming into the family
 - a. Since there are siblings between the Third Child and his/her parents, he/she will feel cooler towards their parents

d. Four Children

i. Characteristics:

1. Has the ability to handle people well

- a. Growing up as the sixth member of the family gives the Fourth Child the experience of dealing with multiple personality types within the family dynamic
 - 2. Good at managing challenging situations
 - 3. Very analytical and hard working
 - ii. Emotional Wounds:
 - 1. Could become pushy or bossy
 - 2. Passive towards others
- e. Five or More Children
 - i. Once the fifth child comes into play, the roles start over
 - 1. A gap of at least five years from the First Child will start the process over again
 - 2. The Fifth Child becomes like a First Child, The Sixth Child becomes like the Second Child, etc. etc.
 - ii. Characteristics same as the first / only child:
 - 1. Grows-up early
 - a. Since they are only around adults, it is natural for the only child to “grow-up” faster than if he/she had siblings
 - 2. Has high standards, tends to be overachievers and perfectionists
 - a. Being the only child of his/her parents, all hopes and aspirations are poured into one child, thus making the child have a need to achieve at anything he/she does
 - 3. Self-confident and organized
 - iii. Emotional Wounds same as the first / only child:
 - 1. Can become selfish
 - a. A strong-willed nature and they are used to having their parents at their every call
 - b. They tend to be very dominant, pushing for their way
 - 2. Loss of empathy towards others
 - a. Since the only child is independent and assertive, they believe that everyone should be that way and they are less likely to “carry” people
 - 3. Lack of social skills
 - a. With multiple siblings, a child can know and understand social roles. However with an only child, there is no fixed role or set of birth order rules they have to abide by
 - b. Since they are accustomed to an older crowd, they tend to find their own peers immature or childish

NUMBER OF CHILDREN	CHARACTERISTICS	EMOTIONAL WOUNDS
Only Child	<ul style="list-style-type: none"> • Grows up early • High Standards • Overachiever • Perfectionist • Self – confident • Organized 	<ul style="list-style-type: none"> • Can become selfish • Dominant • Loss of empathy towards others • Lack of social skills with peers
Two Children (Second Child)	<ul style="list-style-type: none"> • Introverted • Desire Recognition • Independent of Family 	<ul style="list-style-type: none"> • Feelings of inadequacy • Low self-esteem • Los self-confidence • Jealousy
Three Children (Third Child)	<ul style="list-style-type: none"> • Dependent on others • Difficulty making decisions • More taker than giver • Adventurous / Rebellious 	<ul style="list-style-type: none"> • Can't adjust to change well • Hard time with routines • Insecure • Distant from family
Four Children (Fourth Child)	<ul style="list-style-type: none"> • Good social skills • Can handle people • Can handle challenging situations • Analytical • Hard working 	<ul style="list-style-type: none"> • Pushy or bossy • Passive towards others
Five or More Children (Fifth Child) *The roles start over at the Fifth Child making he/she like the first born	<ul style="list-style-type: none"> • Grows up early • High Standards • Overachiever • Perfectionist • Self – confident • Organized 	<ul style="list-style-type: none"> • Can become selfish • Dominant • Loss of empathy towards others • Lack of social skills with peers

2. Birth Order

a. Oldest / First

i. Parental Character Traits:

1. First child is the “lab rat” of all the parents know
2. They tend to have hundreds of photos taken
3. Center-of-the-Universe privileges
4. Perfect nursery

ii. Effects of Being the Eldest Child:

1. Either strong-willed or a people pleaser
 - a. Depends on what happens when the second child comes – the “de-throning”
 - b. They will either rebel against the coming of a second child or become compliant (people-pleaser), searching for attention
 - c. As a people pleaser they will be reliable, organized, punctual, and competent
2. Picks up on expectations
 - a. Strives to be the best
 - b. Creates high expectations for themselves
 - c. Makes them successful in school, sports, and careers
3. Born into leadership
 - a. Could come off as bossy to younger siblings
 - b. Has trouble delegating
4. As the leader of the siblings, research has shown that they can have a higher IQ because they are constantly “teaching” their younger siblings

b. Middle

i. Parental Character Traits:

1. Does not offer as much attention. The “newness” of children is gone.
2. Lacking guidance and emotional support
3. Gives the “leftovers” to the next child
4. Least number of photos taken

ii. Effects of Being the Middle Child:

1. Can feel empty, inadequate, jealous, have low self-esteem and self-confidence, and become introverted which can lead to an identity crisis
 - a. They feel like they exist and that’s it
2. Feel like they have to work for attention
 - a. They desire recognition
 - i. Since they believe their efforts will be in vain, many lose their drive and become insecure
 - b. Can be troublesome in order to get attention
3. Tends to get jealous easier when people around them get attention
4. More likely to move away from the family at an earlier age
 - a. Could be more independent than their older sibling
 - b. Loner personality

c. Youngest

- i. Parental Character Traits:
 - 1. Gives love, affection, and support
 - 2. Attends to their smallest need
 - 3. Less anxious and less demanding
 - 4. Will always see the child as the “baby,” even into adulthood
- ii. Effects of Being the Youngest Child:
 - 1. Dependent on parents and older siblings
 - a. Any worry is dissipated because the child has a large number of people to receive help from
 - b. Has the notion that someone will always be there to help them, which diminishes self-confidence and drive to learn
 - 2. Has difficulty making decisions and looks to others for advice
 - 3. Typical are takers and not givers
 - 4. They find it hard to adjust to change
 - a. They have a hard time creating routine and are best when they can follow instruction instead of give it
 - 5. Tend to criticize work given to them and are slow at completing the task
 - 6. Always feels they are in the shadow of older siblings
 - a. This can cause them to rebel and be more adventurous
- iii. Effects of Having Different Gender Older Siblings:
 - 1. A youngest boy, with older female siblings, tends to be more expressive
 - a. In comparison, a youngest boy with older male siblings will tend to become more violent and have a more distant relationship with his siblings
 - 2. A youngest girl, with older male siblings, tends to be more competitive and assertive
 - a. In comparison, a youngest girl with older female siblings will have a closer relationship to her siblings and maintain close contact into adulthood
 - 3. Despite gender, younger siblings tend to display more affection, closeness, and respect for their older siblings than the other way around

BIRTH ORDER	PARENTAL ACTION	RESPONSE OF CHILD	EMOTIONAL WOUNDS
Oldest Child	<ul style="list-style-type: none"> • Full attention • New nursery • Lots of photos • Excitement • Supportive 	<ul style="list-style-type: none"> • Strong willed • Natural leader • Needs to be the best 	<ul style="list-style-type: none"> • Becomes bossy • High expectations of oneself • Trouble delegating to others • Could become a people-pleaser
Middle Child	<ul style="list-style-type: none"> • Not a lot of attention • Lack of support • Lack of guidance • Least number of photos taken • Gives the “leftovers” to 	<ul style="list-style-type: none"> • Jealousy • Fights for attention and recognition • Becomes independent earlier • Gets into trouble 	<ul style="list-style-type: none"> • Feels empty and inadequate • Low self-esteem • Becomes introverted • Identity crisis • Insecure
Youngest Child	<ul style="list-style-type: none"> • Lots of love and affection • Full attention to every need • Less demanding • Supportive 	<ul style="list-style-type: none"> • Dependent on others • Less anxious • Feels overshadowed by older siblings • Rebellious 	<ul style="list-style-type: none"> • Difficulty making decisions • Becomes “takers” instead of “givers” • Finds it hard to adjust • Low self-confidence

3. Birth Order / Gender Differences

- a. Oldest
 - i. Male:
 - 1. Parental Action Needed:
 - a. He needs gentle respect from his father and freedom from his mother to be his own person
 - b. They need to be prepared to listen and give him time
 - 2. Personality of Child:
 - a. He is a dreamer who is constantly coming up with new ideas
 - b. A leader with great vision
 - 3. Emotional Wounds:
 - a. At odds with his father, which can cause him to be rebellious
 - b. He has high standards and can be self-sabotaging
 - ii. Female:
 - 1. Parental Action Needed:
 - a. She needs to be encouraged to play by her parents
 - b. They need to provide trust, stability, and equality
 - 2. Personality of Child:
 - a. She can manage situations and provide positive leadership
 - b. She is outward, verbal, and considered the “little mother” of the family
 - 3. Emotional Wounds:
 - a. Her drive of responsibility makes her serious, controlling, and dominant
 - b. Tends to compete with her mother
- b. Middle
 - i. Male with Older Male Sibling:
 - 1. Parental Action Needed:
 - a. Guidance, boundaries, and direction provided by his father
 - b. Needs to provide interaction, consistency and physical touch
 - 2. Personality of Child:
 - a. Is a champion and high achiever
 - b. Very determined and physical in nature
 - 3. Emotional Wounds:
 - a. Needs to be focused or he will become angry, cynical and will blame others
 - b. He will crave attention and if left alone, will easily react in a negative way
 - ii. Male with Older Female Sibling:
 - 1. Parental Action Needed:
 - a. To provide respect and encouragement in a gentle way
 - b. They need to give him his own space, so he can grow
 - 2. Personality of Child:
 - a. He is creative, sharp, and sensitive making himself very self-reliant and independent
 - 3. Emotional Wounds:

- a. Will create separation from the family, which can cause him to become a loner and moody
 - b. Has a sense of being doubtful and can become manipulative
 - iii. Female with Older Male Sibling:
 - 1. Parental Action Needed:
 - a. Guidance, boundaries, and direction provided by her father
 - b. Needs to provide interaction, consistency and physical touch
 - 2. Personality of Child:
 - a. Is a champion and high achiever
 - b. Very determined and physical in nature
 - 3. Emotional Wounds:
 - a. Needs to be focused or she will become angry, cynical and will blame others
 - b. She will crave attention and if left alone, will easily react in a negative way
 - iv. Female with Older Female Sibling:
 - 1. Parental Action Needed:
 - a. To provide respect and encouragement in a gentle way
 - b. They need to provide her with her own space, so she can grow
 - 2. Personality of Child:
 - a. She is creative, sharp, and sensitive making herself very self-reliant and independent
 - 3. Emotional Wounds:
 - a. Will create separation from the family, which can cause her to become a loner and moody
 - b. Has a sense of being doubtful and can become manipulative
- c. Youngest
 - i. Male with Older Male Siblings:
 - 1. Parental Action Needed:
 - a. They need to be challenging, alert, and provide balance to show him how to deal with situations and his imagination
 - 2. Personality of Child:
 - a. Very charismatic, positive, and social with natural skills in networking and communication
 - b. Active with the need to develop strategies and keep control
 - 3. Emotional Wounds:
 - a. He can be shy, but at the same time can be manipulative, secretive, and unethical
 - b. Can be perceived as self-centered
 - ii. Male with Older Female Siblings:
 - 1. Parental Action Needed:
 - a. Needs to recognize him for what he does and give him emotional support
 - b. They need to give him the privacy he needs to grow
 - 2. Personality of Child:
 - a. Mentally and physically oriented that allows him to be very aware of his surroundings

BIRTH ORDER/GENDER	PARENTAL ACTION NEEDED	PERSONALITY OF CHILD	EMOTIONAL WOUNDS
Oldest Child Male	<ul style="list-style-type: none"> • Respect • Listening • Freedom • Time 	<ul style="list-style-type: none"> • Dreamer • Inward Creative • Leader • Visionary 	<ul style="list-style-type: none"> • Silently Rebellious • Self-Sabotaging • High Standards
Oldest Child Female	<ul style="list-style-type: none"> • Play • Trust • Closeness • Stability 	<ul style="list-style-type: none"> • Problem-solver • Verbal / Outward • Positive Leader • Family-Oriented 	<ul style="list-style-type: none"> • Serious • Controlling • Dominant • Competes with Mother
Middle Child Male: *With Older Sibling Male	<ul style="list-style-type: none"> • Direction • Physical Touch • Interaction • Limits/Boundaries 	<ul style="list-style-type: none"> • The Champion • Achiever • Determined • Physical 	<ul style="list-style-type: none"> • Angry • Blames Others • Easily Reacts • Cynical
*With Older Sibling Female	<ul style="list-style-type: none"> • Respect • Space • Gentleness 	<ul style="list-style-type: none"> • Creative • Self-Reliant • Independent 	<ul style="list-style-type: none"> • Loner • Doubtful • Manipulative • Moody
Middle Child Female: *With Older Sibling Male	<ul style="list-style-type: none"> • Direction • Physical Touch • Interaction • Limits/Boundaries 	<ul style="list-style-type: none"> • The Champion • Achiever • Determined • Physical 	<ul style="list-style-type: none"> • Angry • Blames Others • Easily Reacts • Cynical
*With Older Sibling Female	<ul style="list-style-type: none"> • Respect • Space • Gentleness 	<ul style="list-style-type: none"> • Creative • Self-Reliant • Independent 	<ul style="list-style-type: none"> • Loner • Doubtful • Manipulative • Moody
Youngest Child Male: *With Older Siblings Male	<ul style="list-style-type: none"> • Challenging • Alert • Inner Mechanics • Balance 	<ul style="list-style-type: none"> • Charismatic • Social • Uplifting • Active 	<ul style="list-style-type: none"> • Shy • Manipulative • Secretive • Unethical
*With Older Siblings Female	<ul style="list-style-type: none"> • Recognition • Emotional Support • Privacy 	<ul style="list-style-type: none"> • Aware • Transforming • Future-Oriented 	<ul style="list-style-type: none"> • Dependent • Critical • Willful • Blocked
Youngest child Female: *With Older Siblings Male	<ul style="list-style-type: none"> • Challenging • Alert • Inner Mechanics • Balance 	<ul style="list-style-type: none"> • Charismatic • Social • Uplifting • Active 	<ul style="list-style-type: none"> • Shy • Manipulative • Secretive • Unethical
*With Older Siblings Female	<ul style="list-style-type: none"> • Recognition • Emotional Support • Privacy 	<ul style="list-style-type: none"> • Aware • Transforming • Future-Oriented 	<ul style="list-style-type: none"> • Dependent • Critical • Willful • Blocked

4. Biblical Figures who overcame Sibling Wounds

a. **Jacob and Esau (Genesis 25:19-34)**

- i. Sons of Isaac and Rebekah and the first twins mentioned in the Bible
- ii. Rebekah recalls that even in the womb they were at odds
- iii. Esau
 1. A skillful hunter and a man of the country
 2. First of the twins – he held the birthright
 3. Sold his birthright to Jacob for some of his stew
 4. When he found out his father’s blessing to him had been given to Jacob, he threatened to kill him
 5. Became the father of the nation of Edom. The Edomites were a constant threat to Israel
- iv. Jacob
 1. Labeled a quiet man, a loner
 2. The favorite of his mother
 - a. She and Jacob tricked his father, Isaac, into giving Esau’s blessing to Jacob
 - b. When Esau found out, he threatened him and Jacob fled
 3. God changed his name from Jacob to Israel and he became the father of the 12 tribes of Israel
- v. Brothers Reconcile (Genesis 32-33)
 1. When Esau and Jacob agreed to meet, Jacob was fearful of the wrath of his brother.
 - a. He brought many offerings to give Esau
 2. Esau ran and hugged Jacob when he saw him
 - a. Esau first rejected Jacob’s gifts saying it wasn’t necessary, but Jacob insisted and Esau accepted them

b. **Joseph and his 10 Older brothers (Genesis 37-47)**

- i. Joseph is the son of Israel (Jacob) and Rachel.
 1. Israel had 10 sons previous. Joseph was his first with Rachel and Rachel’s firstborn.
 2. Joseph was Israel’s favorite son and it caused hatred amongst his older brothers
 - a. Joseph was given a “coat of many colors” as a gift from his father
- ii. Joseph unknowingly angers his brothers
 1. Joseph began to have dreams that portrayed his family bowing to him, this enraged his brothers even more
 2. His 10 older brothers plotted to kill Joseph, but his eldest brother, Reuben, saved him from death and suggested to sell him as a slave instead

#2 < Group Dynamics >

1. What picture comes to your mind when you think of 'mother'?

- (1) No picture. Just '?'
- (2) A quiet, sacrificial mother who would do anything for me, almost to the point of being foolish
- (3) Indifferent to me (showed favor to other children)
- (4) Overprotective mother (overwhelming, burdensome)
- (5) Ashamed of showing my mother to others
- (6) Weak and pitiful woman (always being mistreated)
- (7) Strong, aggressive woman (insisting on her opinions)
- (8) Condemning and constantly nagging (highly irritable)

2. What picture comes to your mind when you think of 'father'?

- (1) Addicted to alcoholism, gambling, and unfaithful to wife
- (2) Violent, forceful, and using abusive language
- (3) Irresponsible, and indifferent father to me
- (4) Others? _____
- (5) Incompetent father
- (6) Quiet and reassuring father (always supporting me)
- (7) Dynamite (not sure when he will explode)
- (8) Kind father, although he nags a lot

3. Show your family relationship through a family portrait.

Session 6: Spiritual Warfare & Blocking of Emotional Wounds

I. EMOTIONAL WOUNDS AND SPIRITUAL WARFARE

1. Spiritual warfare is fact of life.
2. Spiritual warfare happens because there is a force that wants to destroy us.
3. Satan only needs 30 minutes to destroy our lives.

Three important points in spiritual warfare:

1. Recognizing:
Recognize the enemy's strategy
2. Refusing:
Refusing to act according to the enemy's wishes
3. Resisting:
Resisting the enemy in the name of Jesus Christ

Recognizing

1. **The Nature of Satan's workings (John 10:10)**
 - Steals
 - Kills
 - Destroys

This is what one's life looks like when emotional wounds are present.

God's workings (John 10:10)

- Gives life
- Makes that life full and abundant

2. **What does Satan want from us?**
 - Authority

The authority mentioned here is one that only God has. However, God has delegated some of his authority to us humans (because He loves us). This can be referred to as “free will.” Satan tempted men to steal this authority and made this authority his under man’s consent. This is the fall.

When Jesus came to this earth he regained the lost authority given to men. (Colossians 2:14-15)

3. Do Christians who are saved get attacked by Satan as well?

Christians have regained the authority they once lost but are inevitably attacked by Satan, who tries to take it away from us again. In some ways, Christians who are saved are attacked more because they are saved.

4. What are the four main areas Satan attacks us?

- (1) Mind
- (2) Heart – attitudes and emotions
- (3) Mouth – our language
- (4) Relationship – Satan tries to break unity and create conflict

Refusing

1. What are the two gates in everyone?

- (1) The Gate of Hades/ Matthew 16:18
- (2) The Gate of the Heavenly Kingdom/ Matthew 16:19

2. What did Jesus give to those who confess Jesus as their Lord and savior?

- Keys to the Kingdom of Heaven

3. What are the functions of keys to the kingdom of heaven?

- (1) Binding
- (2) Loosing

One can use binding and loosing both passively and aggressively. Passively using can also be referred to as “refusing.”

4. What are specific ways of “refusing”?

- (1) Bind the thoughts given by Satan and loose the thoughts from God.
- (2) Bind the emotions and attitudes given by Satan and loose the feelings from God.
- (3) Bind the language given by Satan and loose God’s words in speech.

(4) Bind all that breaks and severs relationships and work on things that bring unity.

Resisting

1. In Spiritual warfare, how can we close the Gate of Hades and open the Gate of the Heavenly Kingdom?

- (1) Through Prayer
- (2) Through our words
- (3) Through our life

2. How can we carry on spiritual warfare through prayer?

- (1) We have the ability to overcome the spiritual obstacles in us (i.e. fear, doubt, disobedience, etc.)
- (2) We can lift up our own willpower to our Lord/open our heart to the Lord
- (3) We can be led by the Holy Spirit/ spiritual recognition, spiritual impression, spiritual conviction
- (4) We can receive power and strength from the Holy Spirit/ spiritual influence, overflowing with the Holy Spirit

3. How can we carry on spiritual warfare with our mouth?

- (1) By commanding the evil spirit with the name of Jesus Christ
- (2) By proclaiming Jesus' victory on the cross to the evil spirits
- (3) By proclaiming the power in the blood of Jesus Christ to the evil spirits

4. How can we carry on spiritual warfare with our lives?

- (1) Through daily devotionals/ spending time with God

II. THE POWER OF EMOTIONAL WOUNDS AND HOW GOD'S POWER BLOCKS THEIR EFFECT

Emotional wounds cause suffering and can even destroy our lives. This is because Satan can open back doors in our hearts using our brokenness and send his powers of destruction. To stop this we have to close our back doors and begin the healing process. One way to put this process is the "blocking of wounds/hurt." This is a prescription which can be derived from the Bible itself.

1. Formless waters, empty waters, powers of darkness

- a. **Genesis 1:2 (NIV) "Now the earth was formless and empty, darkness was over the surface of the deep ..."**

- What is referred as "formless, empty, dark, and deep" is simply not just a state of being but a type of power. (Genesis 8:3)

This symbolizes how my whole life becomes chaotic when a flood of wounded feelings sweep over my heart, just as everything is swept away after a flood.

- b. **Genesis 1: 6-8 (NIV) "So God made the expanse and separated the water under the expanse from the water above it."**

An 'expanse' is a place of creation and a place where we can live and breathe. The waters above and below this expanse is the 'formless, void, dark, and deep water' from Genesis 1:2.

This water continues to try to force itself into the 'expanse.' It is God that keeps this 'water' out so we can live. If God does not block our wounds in the same way, it continues to penetrate into our hearts. We are able to live because God covers and blocks our wounds.

- c. **Genesis 7:10-11 (NIV) "...on that day all the springs of the great deep burst forth, and the floodgates of the heavens were opened."**

God let go of the "formless, empty, dark, and deep water" he was blocking. The water flooded the earth and the only secure place God blocked the water was inside the ark (Genesis 7:16). Only inside the ark were people protected from confusion, darkness, and desperation.

- d. **Genesis 8:2 (NIV) "Now the springs of the deep and the floodgates of the heavens had been closed, and the rain had stopped falling from the sky."**

As long as the rain kept falling, the flood could not cease. Thus, the springs of

the deep and the floodgates of the heavens had to be closed, and God closed them.

God blocked the forces of emptiness and darkness from invading us. Without God's blocking power, we cannot maintain inner peace.

2. Shame of Nakedness

- a. **Genesis 2:25 (NIV) "The man and his wife were both naked, and they felt no shame."**

Prior to sin taking us over, people were naked but felt no shame
Before there was sin, people did not trigger each other's wounds.

- b. **Genesis 3:7-10 (NIV) "... they realized they were naked" 'I was afraid because I was naked; so I hid.'**

As a result of sin, people recognized that they felt ashamed and afraid because of their nakedness.

How do I know that I am naked? I know because I see you naked. One's wound is what triggers the wound in others.

- c. **Genesis 3:21 (NIV) "The LORD God made garments of skin ... and clothed them."**

The clothes Adam and Eve made out of fig leaves to cover their nakedness were not enough. In fact that fig clothing made them more ashamed and angry. Thus, God made clothes with animal skin to cover them.

Fundamentally, dealing with shame has to do with getting rid of our sin issues. Until that complete cleansing of sin, God clothed humans with skin of animals so that there won't be more harm done from the sense of shame.

3. Destructive plague of Egypt will pass over you.

- a. **Exodus 12:29-30 (NIV) "... there was loud wailing in Egypt..."**

When death swept all throughout Egypt, no one was able to stop the effects of death such as fear, terror, sadness, and desperation. The phrase "a loud wailing" described the state of the people who were affected by death.

The effects of death emotionally damage us. How can we avoid this? There is no way we can avoid this if we are surrounded by wounded people.

b. Exodus 12:13 (NIV) “... when I see blood, I will pass over you ...”

When death swept all throughout Egypt, no one was able to withstand it. However, those who were inside houses with lamb’s blood on the sides and tops of the doorframes, as God told them to do.

The only way we can live in this world full of damaged emotions without falling victim to the wounds is by putting the blood of the lamb on the doorframes of our consciences and emotions.

4. Her bleeding stopped

a. Mark 5:25-26 “...a woman who had been subject to bleeding for twelve years ... she grew worse.”

Healing is not possible until the bleeding stops. The woman was getting worse despite having been under the care of many doctors and spending all she had.

Without stopping the flowing of the emotional wounds from its origin, there cannot be healing and recovery. No one in this world can do this and our condition will only get worse. “Wounds cause bigger wounds ...”

b. Mark 5:27-29 “Immediately her bleeding stopped and she felt in her body that she was freed from suffering.”

The woman probably came to Jesus hoping something would happen by just touching Jesus’ clothes. However, Jesus healed her specifically and practically. First, the bleeding stopped and then, there was proclaiming of her healing. Thus, the bleeding must be stopped first.

To be healed of our emotional wounds and maintain a healthy inner being, we first have to stop the bleeding of our wounds. Stopping the wounds from bleeding is possible with the power of Jesus Christ.

c. Mark 5:34 “Go in peace and be freed from your suffering.”

Once the bleeding stops, Jesus starts healing us. He was there to completely heal this woman. He will be with us until we can proclaim in public, so that whatever we are bleeding is no longer a sin we need to hide.

To be healed of emotional wounds, our stories of hurts should not be something to hide but ones to be openly shared with others. Jesus proclaims healing through our openness.

5. **The peace of God will guard your hearts and minds in Christ Jesus.**
 - a. **Philippians 4:4-6 “Do not be anxious ... present your requests to God.”**

The Apostle Paul was worried and anxious while locked in the Roman prison. He was anxious about dying, being forgotten, and feeling lonely, but there was nothing he could do other than pray. It was through praying that Paul experienced God’s healing. Here he is sharing the secret of God’s healing to the members of the church at Philippi to encourage them.

- b. **Philippians 4:7 “God will guard your hearts and minds in Christ Jesus.”**

Paul’s peace while feeling tormented by worries came as he realized that “God guards hearts and minds.” This is God’s blocking power. Paul experienced God blocking his external or internal suffering such as worries, anxiety, betrayal, and rejection from overtaking him.

III. THE TOOLS WE CAN USE TO BLOCK THE EFFECTS OF EMOTIONAL WOUNDS

1. The Name of Jesus Christ

The name of Jesus Christ is the most powerful weapon we can use in blocking.

- a. **The Power of Jesus Christ**

The name of Jesus Christ has power. It is the power to block out all that is evil and heal the sick. When we are overcome by worries, anxiety, fear, etc., we can block out those thoughts and feelings by using the power that accompanies the name.

- b. **The Meritorious Deeds of Jesus Christ**

The name of Jesus Christ is what enables sinners like us to go to God. His name is the righteous breastplate that can defend us from endless spiritual attacks.

- c. **The Ruling of Jesus Christ**

The name of Jesus Christ is a proclamation that He is our Lord. By proclaiming that Jesus reigns in our life and we are His people, we are blocking the attacks that try to take over our inner being. Through the

ruling of Jesus Christ, we can block hereditary wounds of our ancestors from hurting us.

2. The Cross of Jesus Christ

Jesus took care of our sin when he died on the cross. Included in that sin are the consequences of emotional wounds. Thus, the cross of Jesus is a powerful tool in healing. The cross has the power to block the wounds that continue to torment us.

a. Liberated from Hiding

The cross of Jesus signifies freedom from all that is hiding. As we try to hide and cover our wounds we get more trapped in it but cannot do much about it. The cross revealed Jesus in all, in his nakedness. Thus, the power of the cross blocks us from attacks that make us hide and cover our wounds.

b. Giving up of Rights

Jesus experienced being forsaken at the cross. Thus, the cross has the power to help us surrender everything. We are held captive by our emotional wounds because we fear losing what is important to us. We fear losing loving relationships, material goods, our title, etc., and therefore are held by our wounds. Since the cross gives us the power to give up everything, it can block from these wounds attacking us.

3. The Precious Blood of Jesus Christ

The precious blood of Jesus Christ is a tool that has the power to heal. Jesus did not simply die on the cross but also proclaimed complete healing in us through his blood.

a. The Power to Cover (Our Shame)

The precious blood of Jesus Christ has the power to cover our shame. The blood shed to make clothing to cover Adam and Eve's shame signifies Jesus' precious blood.

b. The Power to Cleanse

The precious blood of Jesus Christ has the power to cleanse sins. Though we cannot free ourselves from sins, the precious blood of Jesus washes us from those sins. It can block sins that attack us through the emotional wounds of hunger such as temptation, greed, obscenity, gambling, pride,

etc. By cleansing and renewing us, the precious blood of Jesus guards us from such thoughts.

c. The Power to Cast Away all Doubts

The precious blood of Jesus Christ represents the new covenant. It signifies God's covenant of his love for us that he will never forsake us. When we have doubts and fears, we can block such feelings by relying on the deed of the precious blood of Jesus Christ.

IV. HOW TO USE THE ABOVE TOOLS TO BLOCK OUR PAST EMOTIONAL WOUNDS

1. We can use it when the power of emotional wounds flow in through the back door to attack us.

-“I command you in the name of Jesus Christ ...”

-“Help me to depend on the deeds of the cross of Jesus Christ ...”

-“Protect me with the precious blood of Jesus Christ ...”

2. We can block while we are praying

3. We can use these tools when interceding for others with emotional wounds

- For oneself
- For one's family
- For one's small groups/ Christian community
- For one's society

4. We can use while singing praises

-Praising the name of Jesus, remembering his precious blood, depending on the complete work of the cross

Deep Level Hurt and Healing in the Parable of the Prodigal Son (Luke 15: 11-32)

- 1. Herding pigs, and unable to even fill the hunger with the pods of the pigs is the reality of man's existence when he is gasping for breath in his hurt.**
 - a. Rejection (process of continuing despair, feel like tried my best/ rejection as fate)
 - b. Hungry heart (hungry for love, physical hunger, in my father's house...)
 - c. Anger, Fear
 - d. Guilt / leaving the father's side, squandering his estate with loose living (vs. 18)
 - e. Inferiority / low self esteem, use me as a servant

- 2. The healing he received when he returned to the father**
 - a. not received as a slave
 - b. restoration as a son
 - father did not even answer the son's gibberish talk
 - best robe, ring, sandals / complete restoration of his identity as a son
 - 'dead and has begun to live, and was lost and has been found'
 - He didn't just go out and come back, but he wronged the father and returned.
 - Regardless of his actions, the father received him as a person.
 - c. The answer to the older son's complaints is also in the view point of existence.
 - Older son: focused on the problem of his actions
 - the father: focused on the 'being' the 'existence' of the son
 - / Whether he was at fault or not, what was important to the father was that the son was not back with him.

***We need to experience coming back to the Father's arms as a child through all types of worship and prayer. (God the Father accepts us regardless of what we have done.)**

3. The most important factor in healing is to raise the self esteem.

- a. A hurt is a state when the self esteem has been crushed.
 - Broken Family
 - Unfaithful father or mother
- b. There is no man that can raise the self- esteem through actions and its evaluation.
- c.
- d. Our self-esteem goes up on its own when we realize our identity before God.
 - ‘Image of God’
 - Psalm 8
 - Difference between slave and child / God calls us His child.
 - (1) acceptance and worth, the basis of acknowledgement: works (quality of performance) and identity (relationship)
“A child is the father’s joy just by the fact that it is his child.”
 - (2) Beginning with worries and anxiety / Beginning with rest in the safety of love
 - (3) Relieved when the day’s work is well done, but more worries for tomorrow / Safe and secure all day / even tomorrow
 - (4) Struggle with the anxiety of being rejected / a child of God does not have these worries
- e. The experience of grace is when we experience God accepting us just as we are, in our own identity.

4. How can we restore our identity?

- a. through worship (myself as a worshipper)
- b. through prayer (myself as a partner with God)
- c. through evangelism and ministry (myself as God’s worker)

Session 7: Identity (1)

Healing and Restoring the Image of God through Worship

1. Image of God

: Read Genesis 1:26-28

- a. **The image of God is an original design God had for us when He created us.**
- b. **Leading a life of an image of God is as follows:**
 - i. Premise: Life blessed by God
 - ii. Content: Fruitful Life
Increasing Life
Full/ Abundant Life
Ruling Life
- c. **The best way to restore the image of God is through ‘restoring worship.’**

2. There are Three types of Worship

- a. **Worship in the outer gates/ Worshipping in the body**

There is an appearance of worship, but no experience of forgiveness or encounter with God. (Such as sacrificing the lamb, burning of the sacrifice, etc.)
- b. **Worship in the Holy Place/ Worshipping in the soul**

This type of worship touches a person’s intellect, emotions, and challenges the will. Moreover, there is some sort of spiritual touch as well.
- c. **Worshipping in the Holy of Holies/ Worshipping in the spirit**
 - i. Meeting the one and only God
 - ii. It is above and beyond man’s intellectual or emotional realm
 - iii. Redemptive experience/ Experiencing the forgiveness of sins
 - iv. Experiencing the grace/ Experience of being accepted “as I am”

3. Experience of Worshipping in the Holy of Holies—Isaiah’s experience (Isaiah 6:1-8)

1. Broken Heart (Isaiah 6:1; Psalm 51:17)
 - The death of King Josiah brought out all the pains of Isaiah’s inner wounds
2. Encountering God (Isaiah 6:1-4)
 - God is on the throne

- The train of His robe filled the temple
- The Seraphims praised Him
- The foundation of the thresholds trembled, the temple was filled with smoke

All this signifies that Isaiah's whole being was shaken from its core.

3. Repentance (Isaiah 6:5; Job 42:5-6)
 - Why did Isaiah say that his 'lips' are unclean?
4. Healing (v. 6-7)
 - Touching his lips with burning coal from the altar is a unique experience of healing by touch.
 - What does "Your iniquity is taken away, and your sin is forgiven" mean?
5. Hearing of God's voice (v. 8)
 - Isaiah heard God's concern for His people.
 - A person is able to hear God's calling when he is healed.
 - It is a form of knowing God's heart/ Jonah
6. Answering the call (v. 8)
 - A person voluntarily dedicates to his calling

4. How does the experience of worshipping in the Holy of Holies heal?

1. Restoring man's identity of "made in the image of God"
 - "chosen race, a royal priesthood, a prophet" (1 Peter 2:9/ a royal priesthood)
 - "Be fruitful and multiply ... and rule over..." (Genesis 1: 26-28)
 - Such is a life of a healed person
 - How are men different from other creations?
 - a. It is not about men being created from dust.
 - b. It is that we have mind, heart, and will
 - c. "God breathed" life unto men.
We are created in the image of God in the order of Spirit, Soul, and Body.
2. How do we restore our identity --"made in the image of God"?
 - It is NOT a self-actualization in the mind or emotion. (Worship in the Holy Place)

- BUT, it is an experience gained through worship
It is the restoring of one's identity as a creation, made in the image of God, through meeting God--who is in spirit--when one is filled with the Holy Spirit

5. Inner state after healing through the experience of worshipping in the Holy of Holies

1. Restored state—no conflict and animosity toward one another.
 - State of no hurt, harm, or wounds.
2. State filled with knowing God
 - As water covers the sea, the law of the Lord fills one's heart.
Therefore, there is no damaged emotion or selfish sin controlling the person.

Session 7: Identity (2)

New Creation (2 Corinthians 5:17)

- 1. Our wounds affect us when our old self remains in us. Thus, healing at the cross means our sinful bodies die and we are born as a new creation united with the resurrection of Jesus Christ. (Romans 6:6-11, Galatians 5:24)**

However, there are some factors that continue to draw us back to our old self.

- a. Inner parts where the light of healing has not completely touched
- b. Sinful environment we live in (things that aggravate our wounds)
- c. Satan's attacks and lies—that we are still sinners
- d. Old habits: although our inner self has changed after accepting Jesus, our old habits remain. This gives Satan a foothold on us, to pull us back to our old selves.

Read Romans 6:12-19

- 2. Training to change our old habits**

The practice of holiness is a training to transform completely from our old selves to a new creation. Thus, a complete healing cannot be maintained without changes in our habits through the practice of holiness. (1Timothy 4:7-8)

Old Habits –Time management/ Galatians 5:19-21

1. Immoral, impure, and prodigal habits: habits that seek after physical pleasure.
2. Idolatry, Witchcraft: Habits that prize secular trends and values.
3. Enmity with others, controversy, envy, rage, selfishness, disruption, separation, jealousy: raging habits of participating in the struggles and strife of politics and people.
4. Drunkenness, Wild parties: Habits that follow after worldly entertainment, culture and pleasure.

Habits as a New Creation in Christ

1. Habits that bear fruits of love, joy, and peace: inner state.
2. Habits that bear fruits of patience, kindness, and goodness: in relationship with others.
3. Habits that bear fruits of faithfulness, gentleness, and self-control: sign of mature character.

We need to acquire certain habits to bear such fruits/ in time management.

Such pursuit of holiness can eliminate Satan's temptations and influence in our life.

3. Spending time of devotion (Quiet Time) is the key to maintaining our healed state.

a. QT benefits us in the following three ways:

- Fellowship with God
- Receiving God's guidance and protection
- Receiving God's provision

b. The above benefits have the power to heal us

- Fellowship with God: Healing of feelings of abandonment, sense of inferiority, and feelings of guilt
- Receiving God's guidance and protection: Healing of a fearing heart and sense of inferiority
- Receiving God's provision: Healing of a hungering and angering heart.

c. Through QT, we experience and maintain our transformation from a slave to God's child. (Exodus 19:5-6)

4. To live as a new creation, we should practice the following:

1. Do away with the old way of life:

- People:
- Place:
- Form of entertainment:
- Habit:

2. Raise up a new way of life:

- People: Fellowship with people God has brought into our lives (family, brothers and sisters in Christ)
- Place: Only be in places God has blessed us to be (home, church, work, nature)
- Form of entertainment: Participate only in the activities that please and glorify the Lord
- Habits: Habits that train us for the life of holiness (worship, reading the Bible, praying, etc.)

#3 <Prayer for Communion>

"LORD!

I receive your body and blood.

I believe that your body represents your love for me.

Because of my brokenness, I held on to the vain things of this world.

I struggled with anger from my unfulfilled heart and wrestled with feelings of guilt and inferiority from the shame of vain obsessions.

I believe that your holy body is a proclamation of my healing from all these things.

LORD!

I also receive your holy blood.

I am in sorrow and pain because I have not been living a pure and holy life as your child.

But LORD, instead of condemning me, you heal me with your precious blood.

I believe that your blood has the power to restore me, and you now accept me again as your child.

LORD, make me holy.

Heal my wounds.

I desire for your blood to transform my wounded heart.

LORD, as I eat and drink of you body and blood,

I ask you to reside in me.

Even though my heart is full of ugliness and shame, I want to surrender it to you.

Restore me into Your image!

Help me to live as a new creature!

As the waters cover the sea, cover me with Your power!

Holy Spirit, Rule over me!

In Jesus name I pray, Amen.

#4 Q.T. – (1)

Blessed are the Forgiven.

Today's Word: Psalm 32: 1-11

1. Pray to God as you sing praises to Him.

- Create in me a clean heart!
- Lord, rule over my inner being!
- Help me to hear Your voice!
- Help me to surrender before Your Word!

2. Read the Word.

3. Meditate on the following.

"When I kept silent about my sin, my body wasted away." (vs.3)

- According to the above quote, what effect does unconfessed sin have on our inner heart?
- Why do you think we keep silent about our sin?

"I acknowledged my sin to Thee, and my iniquity I did not hide; I said, 'I will confess my transgressions to the LORD'; And Thou didst forgive the guilt of my sin." (vs.5)

- What mindset can you see from the expression, 'I said, I will confess...'
- Meditate on 'didst' from 'Thou didst...' Does it touch you in any way?
- What does 'the guilt of my sin' signify?

*** Read vs. 6-11. Take time to hold onto the promises God gives you as you read His Words.**

I was fearful, And ashamed.

...of exposing my heart to others, or to see them again with my own eyes.

Afraid of being rejected by people and also by God

But the harder I tried to hide,

My inner body was wasting away...

Out of desperation, I cried out.

"Yes. This is how I really am..."

...that's all I wanted to say, just one word, but my confessions poured out like water from a fountain, in tears and sweat...

Then I felt God's gentle arms around me.

4. Meditate on God's Voice and pray for today's healing.

#4 Q.T. – (2)

My God in whom I put my trust.

Today's Word: Psalm 91:1-16

1. Pray to the Lord while listening to His praises.

- Help my soul only to look to You, Lord. Block out all other voices from my ears.
- Help me to firmly hold on to Your promises.

2. Read today's Word.

3. Meditate on the following.

"He will cover you with His pinions, and under His wings you may seek refuge; His faithfulness is a shield and bulwark." (vs. 4)

-Why does the psalmist express God's protection as 'covering with His pinions, and under His wings'?

-Meditate on the meaning of 'His faithfulness is a shield and bulwark'.

"Because He has loved Me, therefore I will deliver him; I will set him securely on high because he has known My name." (vs. 14)

-Why does God choose to deliver us and set us securely on high?

*Examine closely by repeatedly reading today's message the words that describe where we should be to receive God's healing.

Example) shelter of the Most High, shadow of the Almighty...

The shelter of the Most High, under His wings,

Safety, warmth, comfort,

This is what it feels to be in God's arms.

Although there may be a storm outside, icy, chilling winds, I do not worry.

Because I am in my 'House'

The house of the Most High...

'God, my Father'

4. Meditate on God's voice and pray for today's healing.

#4 Q.T. – (3)

My Soul Thirsts for the LORD...

Today's Word: Psalms 63:1-11

1. Pray to the Lord, while listening to His praises.

- Create in me a clean heart!
- Lord, Rule over my inner thoughts
- Help me to hear Your voice.
- Help me to feel Your deep touch!

2. Read today's Word.

3. Meditate on the following.

"O God, Thou art my God; I shall seek Thee earnestly; my soul thirsts for Thee, my flesh yearns for Thee in a dry and weary land where there is no water." (vs.1)

- What kind of soul is like dry and weary land where there is no water?
- Picture and feel in your mind, 'My soul thirsts for You.'

"Because Thy lovingkindness is better than life, my lips will praise Thee. So I will bless Thee as long as I live; I will lift up my hands in Thy name." (vs.3-4)

- 'Thy lovingkindness is better than life' means what?
- Meditate and picture in your mind what it means by, 'I will lift up my hands in Thy name'.

4. Meditate on God's voice and pray for today's healing.

#4 Q.T, - (4)

My Soul, Wait in Silence for God Only

Today's Word; Psalms 62:1-12

1. Pray to the Lord while listening to His praises.

-Help my soul to only look to You! Block out all other voices!

-Do not let my inner being be shaken by any other than You!

2. Read today's Word.

3. Meditate on the following.

"My soul waits in silence for God only; from Him is my salvation." (vs.1)

"My soul waits in silence for God only, for my hope is from Him." (vs.5)

-Try to feel David's heart as you compare these two verses. How does he maintain his heart when he was in such a painful situation as to describe himself like a leaning wall and tottering fence?

-In vs. 1 he confesses that 'from Him is my salvation' but in vs. 5 he says, 'my hope is from Him'. Try to feel David's heart as he confessed the above. In a situation of wounds, where does he put his hope?

"He only is my rock and my salvation, my stronghold; I shall not be shaken." (vs.6)

-Who does David say God is? Who is God to you?

-As you read the following, look for and examine closely the way David describes God.

**I am like a leaning wall.*

I hold in my heart every hurtful word tossed at me.

And it hurts... hurts so much...

Sorrow, anger, grief, insanity...

There was nothing I could do but to pray to God.

But I found salvation there.

The faces that tormented me disappeared,

The voices that mocked me faded away.

...A new face, new voice, new song, new sense of thanksgiving

I will not be shaken... I will not be shaken...

I pray to Him in silence, in reverence,

Holding tight on to my new found peace...

4. Meditate on God's voice and pray for today's healing.

#4 Q.T. – (5)

What am I Lord, that....

Today's Word: Psalms 8:1-9

1. Pray to the Lord, as you listen to His praises!

- Let my soul thirst for You!
- Let my heart deeply feel and know Your love!
- Let me experience Your touch!
- Let me see my suffering change to joy in You!

2. Read today's Word.

3. Meditate on the following.

"O Lord, our Lord, How majestic is Thy name in all the earth, who hast displayed Thy splendor above the heavens!" (vs.1)

- How do you feel when you say, 'O Lord, our Lord'?
- In what situation do you feel that all the creation is majestic?

"What is man that Thou dost take thought of him? Yet Thou hast made him a little lower than God, and dost crown him with glory and majesty!" (vs.4-5)

- What does David mean when he says, 'What is man that ...'?
- Meditate on 'what am I that God has loved me so much that He has made me a little lower than Him and considers us precious to Him.' Meditate especially on what in my life contains crown of glory and majesty.

**The crown of glory and majesty!
People put on my head a hat of inferiority and suffering
They lashed at me with the whip of humiliation
But the Lord, God put on Himself the crown of thorn
And took my place in the whipping
He put on my head a new crown with His bloody hands.
He said, 'You are special to me and I love you.
You are majestic just because you exist!*

4. Meditate on God's voice and pray for today's healing.

#4 Q.T. – (6)

He Set My Feet Upon a Rock

Today's Word: Psalm 40:1-17

1. Pray to the LORD as you listen to His praises.

- Create in me a clean heart!
- Rule over my inner being!
- Let me hear Your voice!
- Let me feel Your deep touch!

2. Read today's Word.

3. Meditate on the following.

"He brought me up out of the pit of destruction, out of the miry clay. And He set my feet upon a rock, making my footsteps firm." (vs.2)

- What is the 'pit of destruction'? (see vs. 12-17)
- Meditate on the Lord, who brought you up out of the miry clay.
- What change and confirmation do the words, 'set my feet upon a rock, making my footsteps firm' give to my inner being? (see vs. 3-10)

"Then I said, 'Behold I come; in the scroll of the book it is written of me.'" (vs.7)

- Slowly repeat and give to the Lord the words, 'Here I am, I have come.'
- What is written about me in the scroll of the book? (vs. 8-9)

"The sins are more numerous than the hairs of my head; and my heart has failed me." (vs.12)

-Meditate on what 'my heart has failed me..' means.

**The Lord says He doesn't need anything
nothing but you...*

But Lord, I don't have anything to give to You.

---Broken heart, angry heart, anxious heart...

Lord, in the thoughts of my countless sins, my heart has failed me.

Lord, help me!

As I reached out to You with all my strength,

You caught my hand and lifted me to You...

The new song I now sing on the rock

Is of endless peace like a river

Peace...

4. Meditate on God's voice and pray for today's healing.

#4 Q.T. – (7)

Be Healed of Your Affliction.

Today's Word ; Mark 5:25-34

1. Pray to the Lord as you listen to His praises.

- Lord, help me to touch You!
- Lord, help me to experience Your power!
- Lord, help me to hear Your proclamation!

2. Read today's Word.

3. Meditate on the following.

"And a woman who had had a hemorrhage for twelve years, and had endured much at the hands of many physicians and had spent all that she had and was not helped at all, but rather had grown worse..." (vs. 25-26)

- What is my 'hemorrhage'?
- Think about the times when you received hurt from the people that you expected to help you.

"after hearing about Jesus, came up in the crowd behind Him, and touched His cloak. For she thought, 'If I just touch His garment, I shall get well'". (vs. 27-28)

- What do you think the woman heard about Jesus?
- Try to feel what the woman felt as she gently touched Jesus' cloak. Meditate on the moment when she felt the touch of His cloak. What happened? (vs. 29-30)

"Who touched My garments?... And He looked around to see the woman who had done this..." (vs. 30-32)

- What is Jesus looking for? Is He looking for the suspect who secretly touched His cloak? Or is He looking for a broken hearted person who touched His garment with hope in her despair?
- Why did Jesus look around for her? What did He want to say to her? (vs.34)

"Daughter, your faith has made you well; go in peace, and be healed of your affliction."
(vs. 34)

- Of the four phrases below, which hits your heart the most?

Daughter

Your faith has made you well

Go in peace

Be healed of your afflictions

4. Meditate on God's voice and pray for today's healing.

The Resolution of Jonathan Edwards

- Resolved, to live with all my might, while I do live.
- Resolved, never to lose one moment of time; but improve it the most profitable way I possibly can.
- Resolved, never to do anything, which if I should see in another, I should count a just occasion to despise him for, or to think any way the more meanly of him.
- Resolved, never to do anything out of revenge.
- Resolved, never to do anything, which I should be afraid to do, if it were the last hour of my life.

My resolutions for the healing life:

-Resolved,

-Resolved,

-Resolved,

-Resolved,

-Resolved,







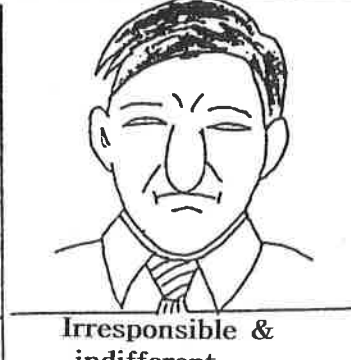
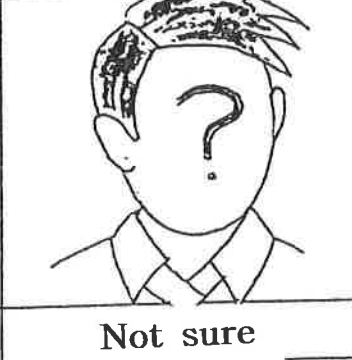
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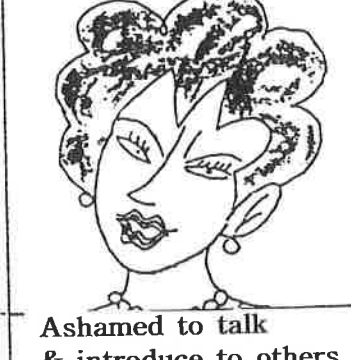
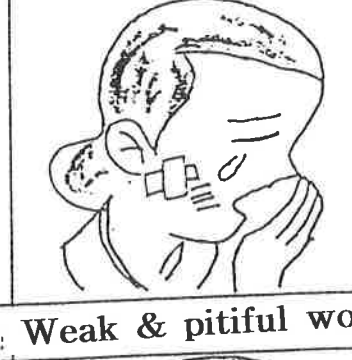
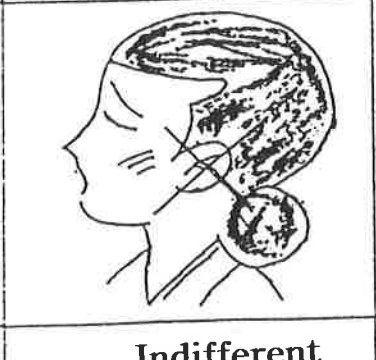



Feedback Survey

October 22-27, 2012

Your name _____ Table # _____

1. What did you enjoy most about the Retreat?
2. What did you least like about the Retreat?
3. How can we improve the Retreat?
4. How did your life change after the Retreat?
5. Do you have any intention of volunteering for next Retreats?

			
Incompetent	Quiet & reassuring	into alcoholism, gambling, & flirtatious	Violent, forceful, abusive
			
explosive =>	Kind but nagging	Irresponsible & indifferent	Not sure

			
Not sure	Quiet & sacrificial	Ashamed to talk & introduce to others	Weak & pitiful woman
			
Indifferent	Overprotective	Strong & aggressive	Condemning & constantly nagging



