

Victory Tabernacle – Healing Ministries

Lesson 5 – How to Pray for Emotional Healing

A. Trauma

As adults, trauma victims try to run fast, fast, fast, to make the pain go away.

- Wounds caused by abuse go deep into the core of our being.
- Reactions to early abuse shape our perceptions and beliefs about everything from that time on.
- Sexual abuse trauma is actually a combination of all the other traumas combined, because of all of the elements involved.

Because of abuse:

- At times, adults – we are caught in puzzling behavior, behavior they can't account for.
- Victims find they have difficulty with feelings, or they can't love and connect with people like they want to.
- They feel overwhelmed with pain.
- Or don't feel any pain at all.
- Or worse don't feel any "thing" at all, good or bad.
- Often food, alcohol, sex, drugs, business, success, addictions of various kinds are used to make pain go away.
- They use these behaviors to hide their pain, from themselves, from others – from God.
- Nothing in world can take that kind of pain away – and bring liberty to captive.

But God is still present and dependable to use what we have.

The Lord's desire is for his people to have peace, and the emotionally wounded don't have peace.

- When we feel alone, isolated and vulnerable in our pain, we lose our peace.
- Scripture says that God's peace is the standard we use to see if our "life is right". (Col 3:15)
- IN God's peace we are aware of God's presence interacting with us.
- Even if we don't understand everything about it, God's peace feels right.

In trauma, the opposite is true.

In the traumatic moment we stop processing our reality correctly, it feels like no one is for us and God is not there.

- After trauma, the pieces of our lives do not fit and pain takes away the place of our peace.
- When we perceive God's presence and recognize when God speaks to us, is when we experience His peace.
- Later we will talk a little about God's peace being brought into traumatic memories and how emotional healing takes place.

B. Understanding Trauma and our sinful responses to it.

Trauma can impose the following symptoms:

The feeling of:

- Helplessness, horror, fear, intense fear.
- Shame, feeling paralyzed.
- Trauma changes a person's life.
- Many think it is no big deal - *because they don't understand the emotionally traumatizing, debilitating affect it has on a person.*
- It is a big deal!
- When it comes to children it is an even bigger deal.
- Many times children trauma is the result of an adult perpetrator.
- Children are not mature enough to see, experience or handle trauma.
Their minds were not designed for it, so early in development – thus the impact of the experience.

The heartbreak of betrayal:

- Our ability to trust and hold our hearts open to others is affected by trauma.
- We feel betrayed when we are not believed.
- Additional trauma occurs if we are blamed or punished because of not being believed and we are accused of lying.
- Our world view becomes skewed...the world is scary and unsafe.
- We feel abandoned in our pain; we feel that there is no one to go.

Results of trauma or abuse is:

We feel unprotected and vulnerable, and begin to depend on our self for strength and protection.
This was never God's plan for his children.

C. Signs and Symptoms of trauma or abuse:

1. Pain is so great, everyday life is almost too much to bear.
2. Low self-esteem and shame tell us we don't deserve anything better.
3. There is Shame.
4. There is false – Guilt.
5. There are Feelings of helplessness/hopelessness.
6. Our will is traumatized:
 - Will
 - Our will is broken by abuse.
 - In dysfunction - Many will want to "give their will to Jesus".
 - Jesus does not want your will.
 - Our will was God's gift to us.
 - Our will – is our choice to choose.
 - Jesus wants us to occupy our will – with strength of character, with the ability to stand, be strong and able to say no.
7. There is a Loss of Control.
8. There is Anger.
9. Other Symptoms are Common Dysfunctional Coping Mechanisms.
10. Unfortunately there are - Spirit Soul Ties.

If the abuse was sexual – then the ties are greater because:

- sexual union – two become one
 - especially harmful in case of molestation, rape, incest, etc. – at any age.

11. Sexual trauma brings shame and a sense of deep defilement.

Abuse victims have been robbed.

They don't want to relive the memories, so they try to patch up their life and go on.

Pain that is buried alive stays alive until it is brought to death on the cross.

D. How to bring healing to the traumatized:

Isaiah 53 – (Again biblically based healing, not just theoretical)

This Scripture section of Isaiah refers to the Messiah: the SUFFERING SERVANT—not just our physical sickness. But He would also take:

- --our emotional pains.
- --our heartaches.
- --our anguish of heart.

In Isaiah 61 – we read: 61:1 *"The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal (bind up – NIV) the brokenhearted.*

- The word – HEAL or BIND UP – means to wrap a cloth tightly around an object
- The word BROKENHEARTED – refers to something that has been crushed – broken into tiny pieces – smashed – maimed

So Jesus Came to heal us emotionally.

When we recall something – we talk about our *memory* of an event.

- We have an experience (physically or emotionally).
- Our mind stores it.
- We remember it.

E. Memories

Abuse -

Leaves imprint on:

- Memory
- Conscious
- Subconscious
- Unconscious
- Body
- Jesus chooses not to take away the memories.
- Lose memories and ½ the wisdom.
- Memories are our safeguard that teach us how to be safe.
- Jesus will take away the shock, trauma, fear, terror, shame.
- Memories become part of our testimony – looking back at what God has done.

Absence of Memory

- Not always an indication of past abuse, but can be.

Dreams, Nightmares

- Can be our soul's way of trying to resolve trauma.

Flashbacks

- Traumatic memory is not stored the same way as normal memory – it is stored “raw” ... and is as fresh and as vivid as the day that it happened.
- Memories come up unbidden and unwelcome – and we flashback to the *event*.
- Usually this involves very intense feelings – especially fear, terror, shock, shame, helplessness.

Rather than block, suppress, or deny the memory, we can invite Jesus into it.

F. Healing Memories

Our brain is truly amazing – it is able to store three (3) different types of memories.

- The FIRST type is SENSUAL MEMORY
- A SECOND type is an EMOTIONAL OR FEELING MEMORY
- A THIRD type of memory is a PHYSICAL MEMORY

G. Experiential Knowledge

Jack Frost of Shiloh Place Ministries teaches that *as an adult* our *emotional pain* can be divided into three areas –

- Childhood Pain – from conception to 15 yrs old
“the mind is very impressionable”
- Youthful Pain – from 15 to 30 yrs. Old
“more mature – grounded”
- Adult Pain – from 30 and up
“strong point of maturity” (strong foundation)

H. Memory

- Memory is key in bringing healing to trauma survivors.
- In many cases, however, they have few, if any, conscious memories of the trauma.
- This is particularly true if the traumatic events took place during the first few years of life or were intolerable.
- The brain has an entirely different response when an experience is so intensely traumatic it reaches an intolerable level.
- It does not enter the person's conscious biography of life, nor can it ever be voluntarily recalled.
- Not only do these terrifying memories not enter the normal memory bank, they are stored in their unprocessed state Narrative Memory.

I. There are different kinds of Memory

1. Narrative Memory
2. Early Memory
3. Implicit Memory
4. Traumatic Memory

A validating indicator is the simultaneous experience of some form of Body Memory as the event is recalled.

5. Body Memory

Validating Features of True Memories

We want to Ask Jesus to remove the guilt, shame, horror, etc. out of memories, *not remove memory*.

J. How do you know where to go or what to do when a person comes to you needing healing?

There seem to be 7 major areas or categories that will keep a person from receiving their Emotional Healing:

- Unforgiveness
- Dishonoring of parents
- Judgments against others (including God) or self
- Vows against others or self – or words
- Lack of taking Accountability for their own thoughts and actions
- Refusal to Release their control or their rights over situations
- Inability to Receive God's Love – Knowing deep inside that they are really loved and cared for (Ps 139)

When the person you are praying for receives God's love into their life

- Jesus comes and takes the pain out of the memories.
- He releases the trauma and the rejection and feelings that can overwhelm a person.
- Jesus speaks truth into their situation and that truth sets them free.
- He tells them that they aren't dirty or broken.
- He says that they are forgiven and wanted and loved.

K. When you minister to an emotionally hurt person:

Please rememberYOU CANNOT FIX THEM.

You are not their savior..... ONLY GOD CAN FIX THEM.

Only God can heal them....BUT GOD HAS CHOSEN TO USE US IN THE PROCESS.

What He has asked us to do is this very simple... Three things:

→LISTEN TO THEM.

→LOVE THEM.

→PRAY FOR THEM.

This is so simple! -- If I can't fix them – then I can't fail them!!

If the person is stuck – sometimes there is an obstacle that prevents them from receiving their healing from God.

A good first question is “God - What do you want me to know?” Then....

We need to ask “what do I need to know about that?”

Where are you God in the painful memory?

What keeps me from seeing God in this painful memory?

What is God saying to me in this memory?

How do I know I heard from God?

- (1) Would a loving compassionate God say this?
- (2) How does the answer compare with scripture?
- (3) Check the communication style of the way God communicated with you.
God always communicates on our level.

What do I expect to happen when we are praying for emotional healing?

- (1) When God is with us in our healing, God will answer us.
- (2) God’s peace will emanate through us.
- (3) Our story will help us become the person we would have been if we were not traumatized.
- (4) Every part of our healing will help us to be appreciative of what God has done and desires to continue to do.

After a person has received genuine healing:

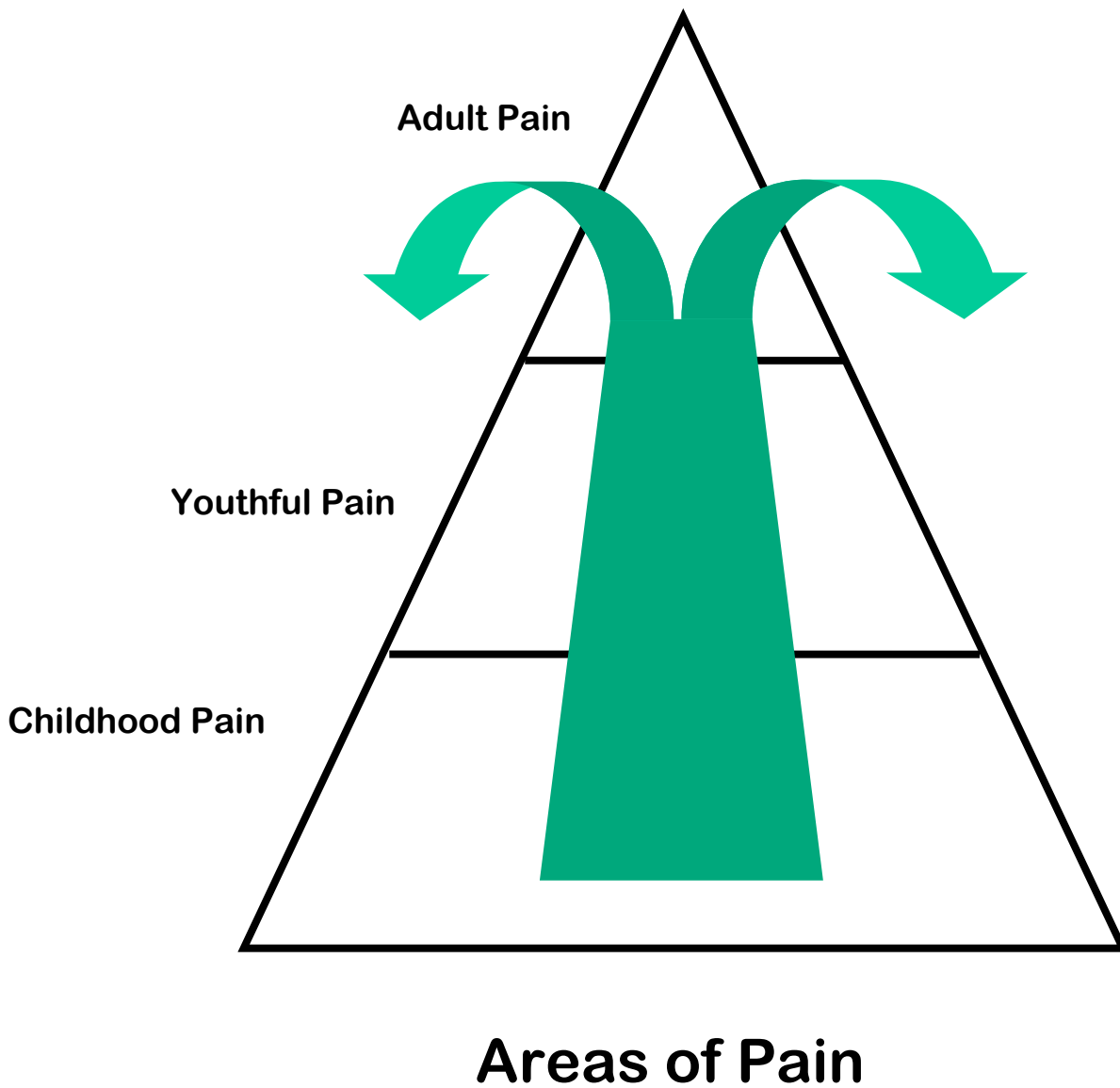
Impress upon them: The importance of Speaking or Proclaiming of “what has happened that changed” in their healing because it is important to “maintain their healing”.

- It continues to bring hope and joy instead of dread and despair.
- It makes our mind anticipate and look for God again the next time a similar problem arises.

L. How to Maintain Healing

After telling the story 3 times, we find ourselves thinking and feeling differently: A change of paradigm: survivor - vs - overcomer God has never called us to be survivors – He has called us to be overcomers. Not victims or survivors – but OVERCOMERS – by the Blood of the Lamb and the Word of our testimony.

How To Pray for Emotional Healing



Places of False Refuge for Comfort or Protection

Where Do You Run To

THOUGHTS / STRONGHOLDS

- Fantasy
- Rationalization
- Critical / Judgmental / Resentful
- Self – defense
- Confusion
- Indecision / Procrastination
- Victim Mentality
- Self – Pity
- Comparison

EMOTIONAL

- Anger
- Cynicism
- Indifference / Apathy
- Helplessness
- Suppression / Stuffing Emotions
- Remorse
- Pride / Arrogance
- Discouragement

BEHAVIOR

- Need to be right (insecurity)
- Niceness
- Reading (Books, Magazines, Newspapers)
- Pretense (“All is well”)
- Withdrawal / Isolation / Sleeping too much
- Passivity
- Control / Manipulation
- Blame
- Overly Responsible / Caretaker / Enabler
- Complaining
- The Noble Martyr (manipulation through guilt)

SELF-ABUSE / SELF-PUNISHMENT

- Verbal (thoughts or words spoken against self)
- Physical (not caring for or hurting oneself)
- Emotional (stuck in negative emotions)
- Spiritual (participating in the occult / witchcraft)
- Sexual (allowing yourself to be defiled)

ABUSE TO OTHERS

- Verbal (words spoken against others)
- Physical
- Emotional (manipulation)
- Sexual (lust, even with spouse)
- Spiritual (religious control)

SUBSTANCE ADDICTION

- Food
- Chocolate
- Caffeine (coffee, energy drinks)
- Tobacco products
- Alcohol
- Cocaine / Marijuana / Other illegal drugs
- Prescription Drugs
- Adrenaline
- Inhalants (nitrous oxide, glues, butane, Freon)

ACTIVITY ADDICTION

- Television
- Video Games
- Workaholism
- Busyness
- Shopping
- Exercise
- Gambling / Lotteries
- Emotional Experiences (High Drama)
- Religious Activities / Christian Conferences
- Computer / Internet
- Cleaning
- Avoidance of event(s)

SEXUAL ADDICTION

- Adultery (Spiritual & Physical)
- Pornography
- Masturbation
- Sexual Fantasy
- Homosexuality
- Sexual Defilement of Spouse (manipulation)
- Sexual Abuse of Children

How to Run to God as our Refuge When Hurt or Wounded

In an attempt to avoid sinful responses and to be a “good Christian”, we are often tempted to deny the emotions produced by our wounds or needs. But suppressing the pain and the need is a subtle way for the sinful nature to deceive us. Instead of simply coming to God; being real with Him about our feelings; and allowing Him to minister to us, we pretend that we do not hurt. Our sinful nature offers to help us to be good and protects us from sin by denying our emotions. Unfortunately, there are no unexpressed emotions. Sooner or later, they come out and usually at the wrong time and at the wrong place.

But most of us see our feelings of hurt, anger, or rejection as ungodly, so we try to push them away and act “nice.” In essence, the sinful nature rises up, disguised as “niceness” which is a potent form of denial. It offers to save us from our emotions and our sinful reactions. It offers to take care of itself. (Remember “it is deceitful above all measures.”) Either way, whether we wrongfully react to hurts or trust ourselves to make sure we don’t react, the sinful nature remains in control. This is what creates religion. Our self-controlled life is trying to please God and convince Him that we are worth saving. Instead God would have us acknowledge our wounds and sinful responses and trust fully in the salvation that He has already provided for us through Jesus Christ.

The Vent and Release Process:

When we are hurt or in need, God wants us to:

1. **Quickly acknowledge** to Him that we are emotionally reacting to something hurtful (anger, hurt, jealousy, frustration, etc.)
2. **Honestly describe** the situation to Him as we see it. Write out and list all of the ways that we were offended.
3. **Forgive the person** who has offended us by using our will and choosing to forgive. “Lord, You are the One Who judges justly. I release this person and all he has done to You. I ask that you cause some good to come out of this for me, for others and even for this person. Please remove all anger, pain and bitterness from my heart.”
4. **Wait quietly in His Presence** and release our pain to Him. Ask Him to remind us when we begin to replay offenses in our mind. Continually release the person and the situation back to Him as often as necessary until we are no longer bothered by it.
5. **Repent** of any sinful reactions we may have had.
6. **Ask God to give us His truth and His perspective.** In asking for His perspective, include “What may I have contributed to this situation? May I see through Your eyes.” It is important to get God’s perspective on all that has happened. It can and will change our hearts.

Altar Ministry Questions
Lesson 5 – How To Pray for Emotional Healing

1. You can be equipped to bring emotional healing because _____ loves _____ and _____ wants to see _____ set free.
2. Emotionally wounded people do not feel _____.
3. Colossians 3:15 says:

4. When we experience trauma, we stop processing _____ correctly.
5. Pain takes the place of _____.
6. Childhood trauma affects our ability to _____.
7. _____ and _____ will dominate an abused person's life.
8. Shame is not a matter of _____. Shame is a matter of _____. Shame is based on _____.
9. Guilt is tied to _____.
10. Suppressed anger from abuse can be turned _____ or _____.
11. Pain that is buried _____ stays _____ until it is brought to _____ on the _____.
12. Isaiah 53:3 says that Jesus was a man of _____.
13. Without the awareness of God's presence in our lives, our interpretation of our life will be distorted and rob us of our _____.

14. How will we know if we are hurting from trauma? We can't _____ God's presence in that place within us that is hurting.

15. Jesus doesn't take our _____ away. If we lose our _____, we lose our _____ experiences and our _____ experiences are our _____ to others.

16. Dr. Bessel van de Kock says, "Our brain may _____ but our body keeps _____."

17. Three things that we can do to minister to an emotionally hurt person:

a. _____

b. _____

c. _____

18. If I can't _____ them then I can't _____ them.

19. The Altar Ministry is a _____ Ministry.

20. God has not called us to be _____ but _____.