

“Whole Healing” Presentation-Part 2

The “Whole Healing” Process

- What We Learned About the Deep Healing of Sanctification -

- - Rob & Dena Corry - -

Sanctification: The “*Rough Stretch*” of Road on God’s Threefold Salvation Journey

1 Thessalonians 5:23

And the very God of peace sanctify you wholly; and *I pray God* your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

- ‘**Preserved**’: from Greek **5083 tereo**
 - To attend to, to take care of
 - Like the Hebrew word “**paqad**”
- Paul was praying for God to “**attend to**” our spirit, soul, and body

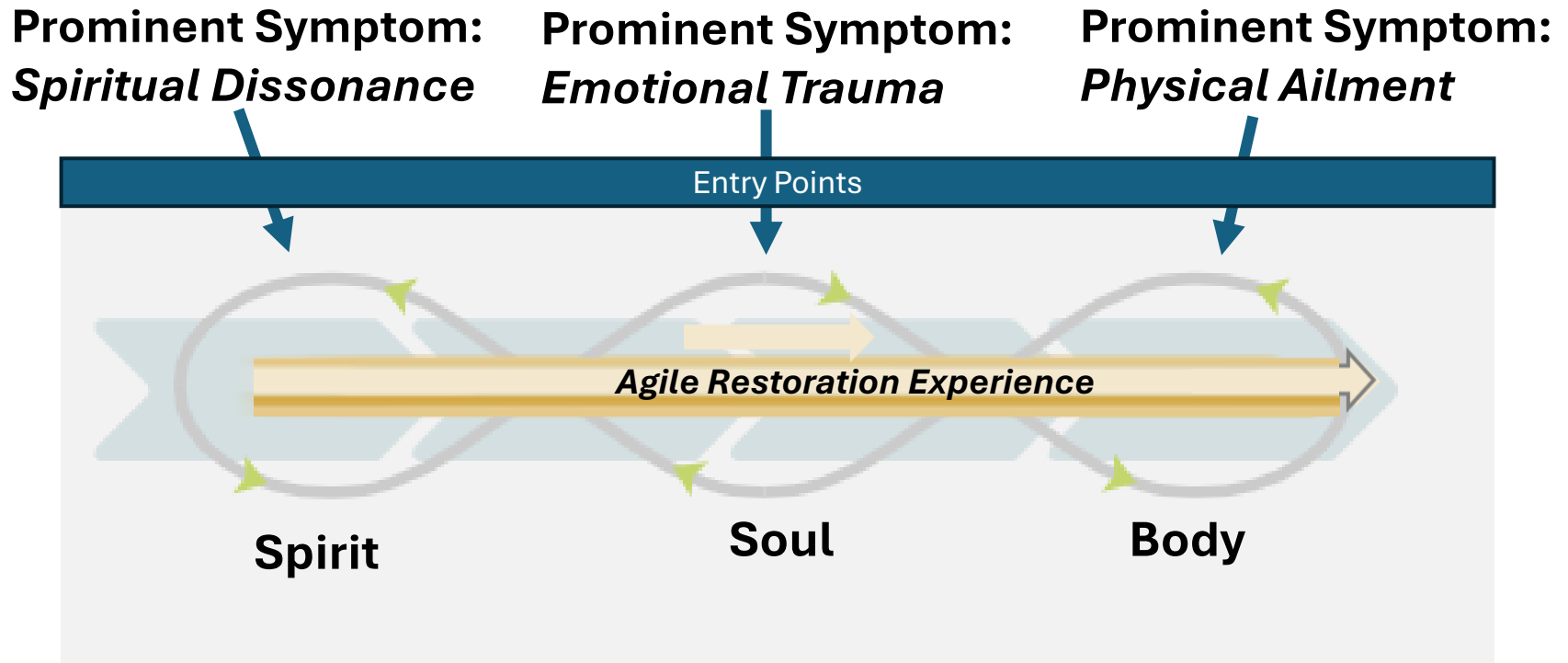
Justification => salvation of our spirit

Sanctification => salvation of our soul.

Glorification => salvation of our body



It's All Connected



To be “whole,” our spirit, and soul, and body must all be healed as they are all connected.

The Role of “Truth” in the Healing Process

2 Thessalonians 2:13 ... God has from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth:

Truth enables us to resist lies and deception



1

Deceivers are in the world

The devil is the father of lies. (John 8:44)

Many deceivers have entered the world. (2 John 1:7)

By their smooth and fair speech, they beguile the hearts of the innocent. (Romans 16:18)

5

Truth delivers us from bondage

... And the Truth shall make us free. (John 8:32)

... the creation itself also **will be delivered from the bondage** of corruption into the glorious liberty of the children of God. (Romans 8:21)

2

The adversary attacks us with lies

Paul warned that the **adversary would try to deceive us** to corrupt our mind from the simplicity that is the truth in Christ. (2 Corinthians 11:3)

The devil, as a roaring lion, walketh about, seeking whom he may devour: (1 Peter 5:8)

4

Holy Spirit reveals truth to us

... When **the Spirit of truth**, is come, He **will guide you into all truth**: for He shall not speak of Himself; but whatsoever He shall hear, *that* shall he speak: and He will show you things to come. (John 16:13)

3

Believing lies enslaves us

When we believe lies, our hearts / minds become corrupted. (2 Corinthians 11:3)

We become slaves to whomever we obey. (Romans 6:16)

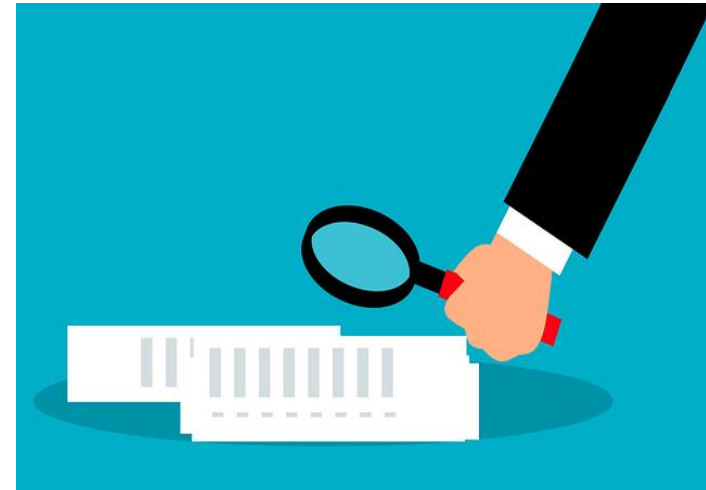
... By what a man is overcome, by this he is enslaved. (2 Peter 2:19)

God's revelation of **TRUTH is the Key** to every step of the healing process.

Quick Review of Terms From Part 1

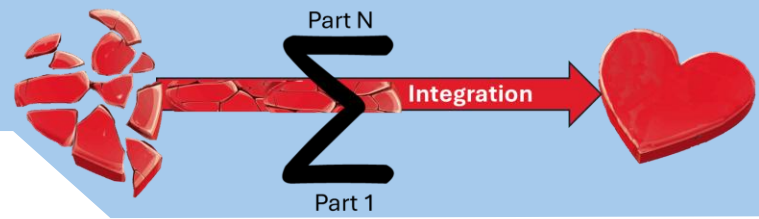
- **Soul:**

- Our conscious awareness of self in both the natural and spiritual realms
- Holder of subconscious memories and beliefs
- Seat of our will and emotions
- Thinks and makes decisions based upon information received from both our natural “and spiritual senses, shaped by deeply held beliefs and memories of life experiences



- **Note:** The bible uses the word “**heart**” in the same way as mind / soul
- **Parts:** The compartmented segments of our “heart / soul / mind” that have broken away from “the whole” because of trauma / wounds and are buried within our subconscious. This separation keeps us from feeling the debilitating emotional pain that is present when these parts come forward within our conscious mind.
- **Guardian Behaviors:** Subconscious defense mechanisms aimed at preventing or reducing uncomfortable thoughts and feelings to protect “our parts” from being wounded again. Often lead to actions that “miss the mark” of loving God and loving our neighbor as ourselves.

New Term: “*Integration*”

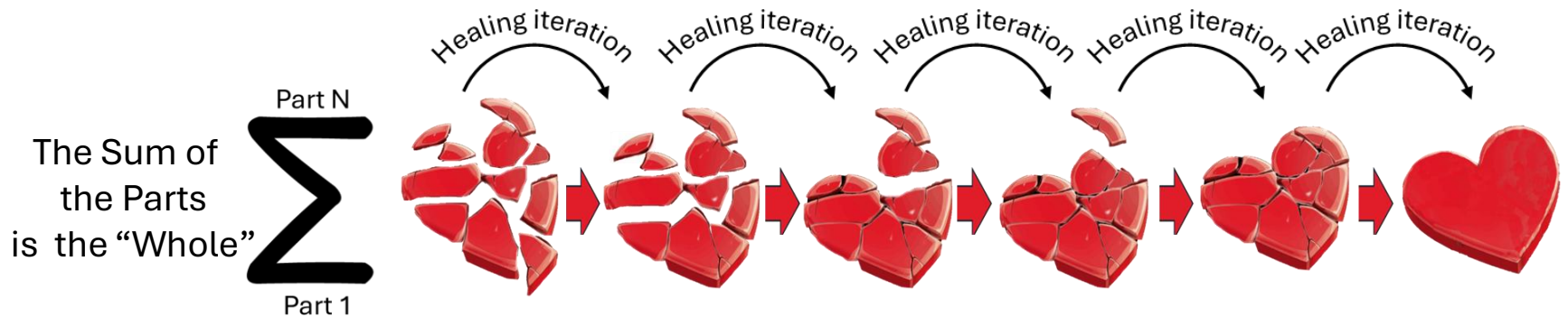


- Integration

- The “binding together” of the healed parts of us that, in their previously wounded state, had been isolated in our subconscious

- Purpose of Integration

- Bringing healed parts together, as “a whole,” allows our true-identity “in Christ” to emerge so that, when we are exposed to events that remind us of past trauma, we no longer have the trauma-based responses.



Luke 4:18 - "The Spirit of the LORD is upon Me (i.e., Jesus), because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed.

Another New Term: “Healing Space”



Real World

- The Real World is where we walk out our life experiences, interacting with both the natural and the spiritual realms.



Healing Space

- The Healing Space is where we can prayerfully go to:
 - Seek the Lord in truth and in faith
 - Receive truth from the Lord
 - Be ministered to for healing

The “Healing Space” experience will be different for everyone it is unique to the way God reveals truth to you (Visions, dreams, prayerful thoughts, etc.).

Steps in the Healing Process as We Have Experienced it Over the Last Few Years

Step 1: Awareness of problem in the Real World and Initiating the Search for Truth

Step 2: Deliverance From any Spiritual Strongholds

Step 3: Identify and Change Guardian Behaviors

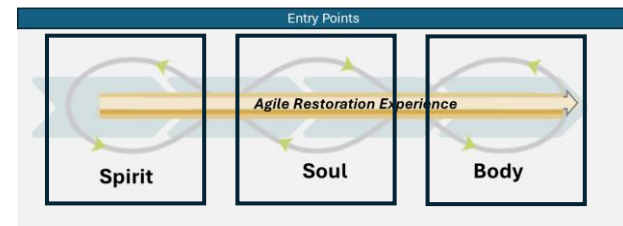
Step 4: Initiate Healing for the Parts

Step 5: Re-integration of Part(s) within “The Whole”

Repeat Steps 1 through 5 until all parts are integrated

Step 6: The Healing Phase

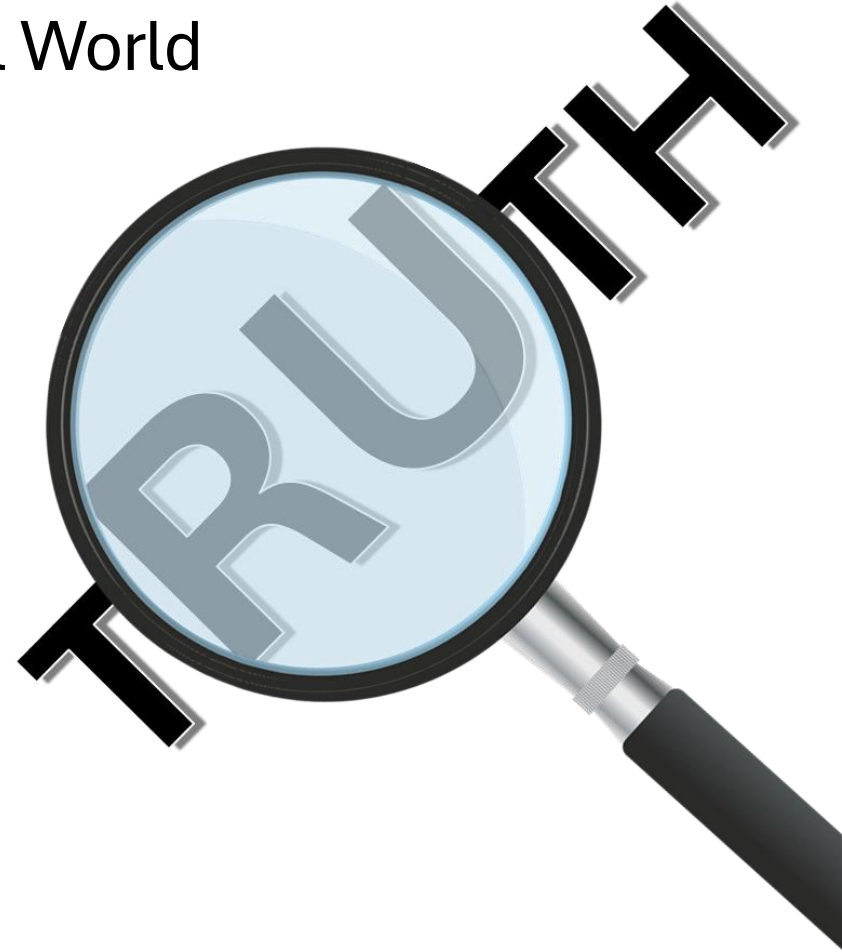
Step 7: Moving Forward After Healing is Complete



Step 1:

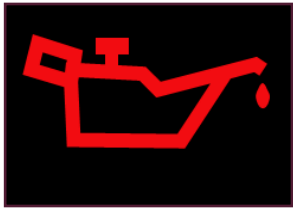
Awareness of Problem in the Real World and Initiating the Search for Truth

The first step is about recognizing that “*something is off*” and going to the Lord to ask for Him to reveal the truth of “what’s going on” below the symptom level.

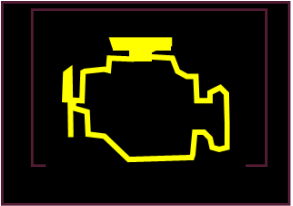


Dashboard Analogy

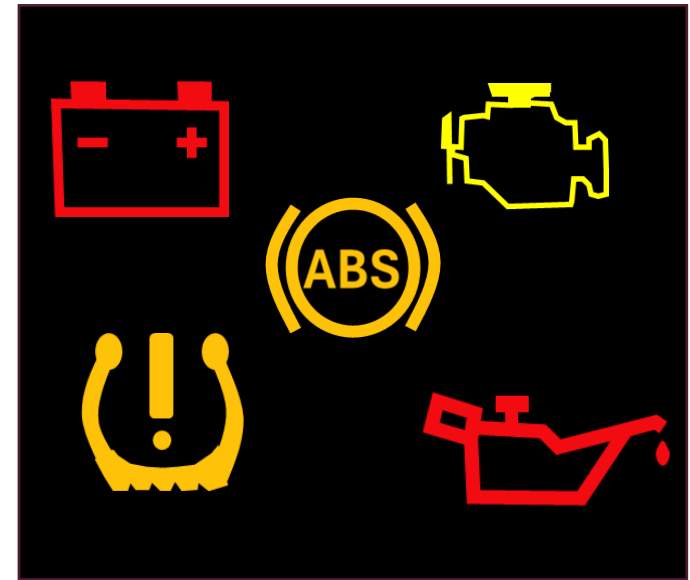
- What is the purpose of the dashboard warning lights in our cars?



- “Low Oil Pressure” light is on
 - Something is off
 - What to do:
 - Check oil level
 - Check if pump is working



- “Check Engine” light is on
- Broader range of issues than for “Oil Pressure” light
 - Need to get technician to scan diagnostic codes to determine the problem



Dashboard indicator lights provide a warning that “*something is off.*”

If ignored, bigger problems might arise.

We need to go to the “master technician” who can read the car’s codes and tell us “*what’s going on*” inside the car.

Dashboard Analogy :

Applicable to Physical, Emotional or Spiritual Symptoms

- Example: Emotions



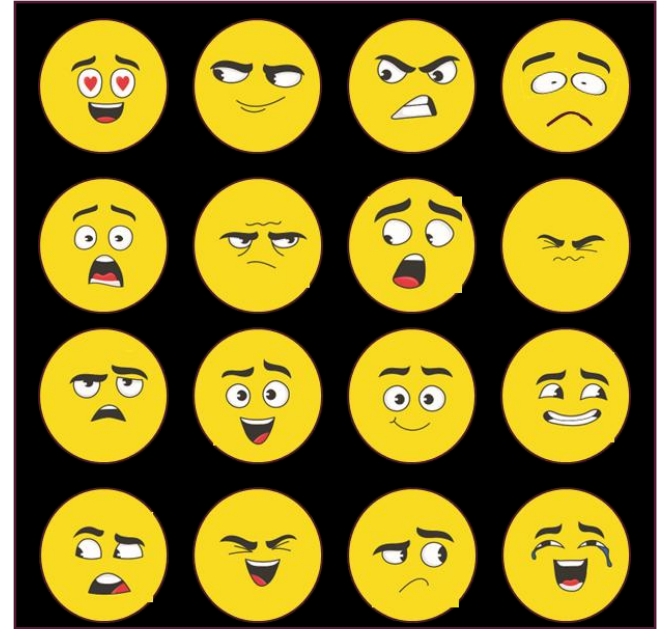
Feeling Anxious?

- Something is off.
- Is there a real/present threat?
- What's the trigger?



Feeling Sad ?

- Something is off.
- Is there a real/current source of sadness?
- Is some current event triggering a sadness that is rooted in the past?

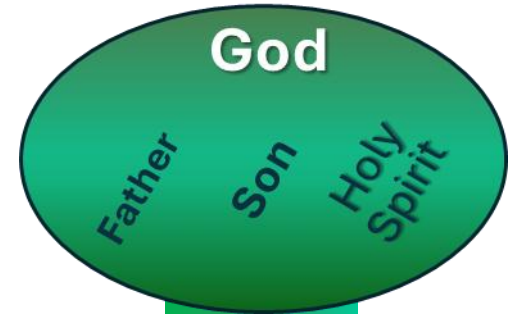
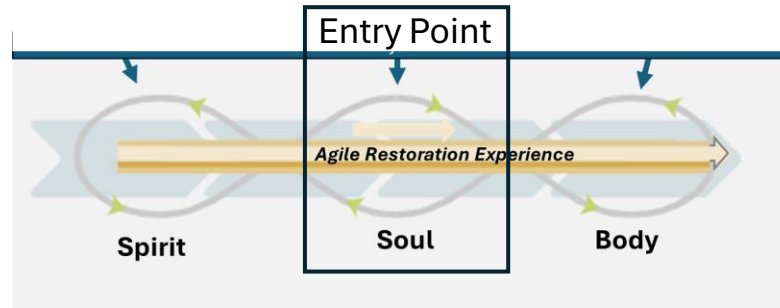
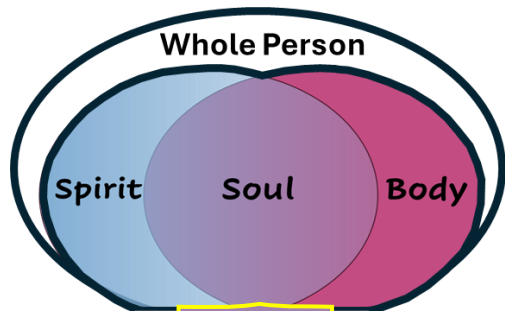


What if feelings / emotions provide a warning that “something is off?”

If ignored, bigger problems might arise!

**We need to go to God ... “the Master” who can “read our heart codes”
and tell us (by the Holy Spirit) “what’s going on.”**

Step 1: Emotional Symptom Example



Feel
Anxious

Prayer: "What going on?"

Holy Spirit reminds you that in one month, you will travel by airplane for vacation and you have a fear of flying.

Response

Prayer : "Why am I afraid?" ... I wasn't afraid when I was younger. ... Why am I afraid now?

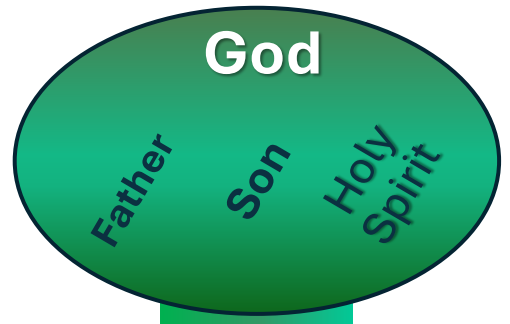
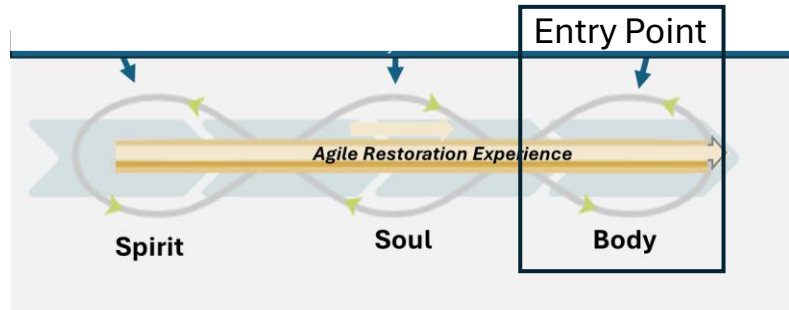
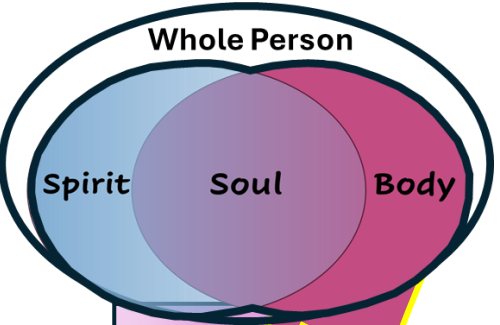
Holy Spirit brings back a childhood memory of hearing about an aunt whose entire family died in a plane crash

Response

Result: You realize that a part of you has become afraid of flying now that you have a family of your own. You now have awareness of what's behind the feeling of anxiety.

Step 1: Physical Symptom Example

Note: This slide was not presented at the conference



Back Hurts

Prayer: "What going on?"

Holy Spirit reminds you that your back started hurting right after a difficult conversation. Response

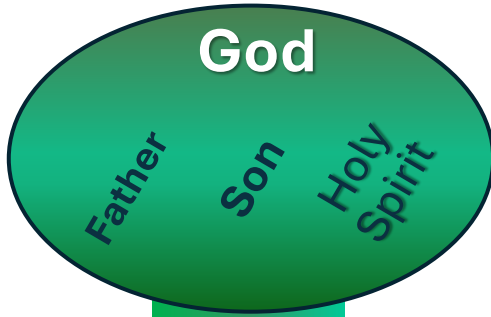
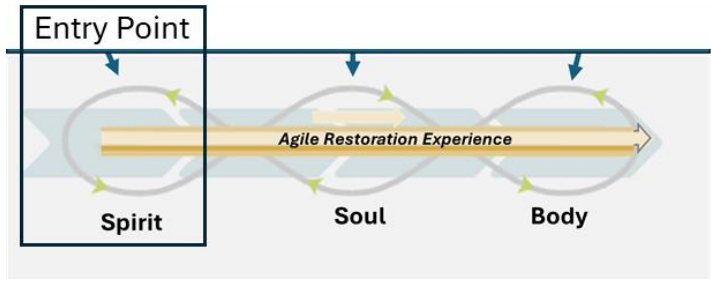
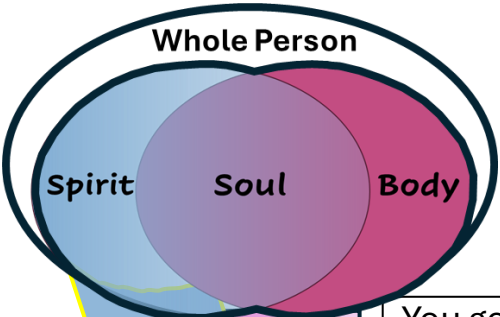
Prayer: "How is the back pain related to that conversation?"

Thought comes to you that when you had difficult conversations with your parents, you never felt "heard." Response

Result: Now you have awareness of *'what's going on'* beneath the physical symptom.

Step 1: Spiritual Symptom Example

Note: This slide was not presented at the conference



Sense a presence

You go to the basement, and you just get a feeling that there is something else down there even though your natural senses don't detect anything.

Prayer: "What going on?"

Holy Spirit reveals that there is a spiritual presence in your basement. **Response**

Prayer: "Why is it here? ... What is it related to? ... What does it represent?"

Holy Spirit reveals that it's related to the computer in the basement. **Response**

Prayer: "What does the computer have to do with it?"

Holy Spirit brings a thought to mind that you've been concerned about the amount of screen time your child has been having. **Response**

Result: Now you have awareness of an issue that needs to be addressed.

All Healing Begins by “Asking God”

- **Matthew 7:7 Ask, and it will be given** to you; ...
- **1 John 5:14- 15** ¹⁴Now this is the confidence that we have in Him, that **if we ask anything according to His will, He hears us.**
¹⁵And if we know that He hears us, whatever we ask, we know **that we have (Gr. ‘ech-o’)** the petitions that we have asked of Him.

- **“have”** = Greek, 2192 ἔχω ‘ech-o’
meaning: “to have” in the sense of “holding in your hand,” ... to wear, to possess
- i.e., When we ask **according to His will**, we know that we receive what we’ve asked.

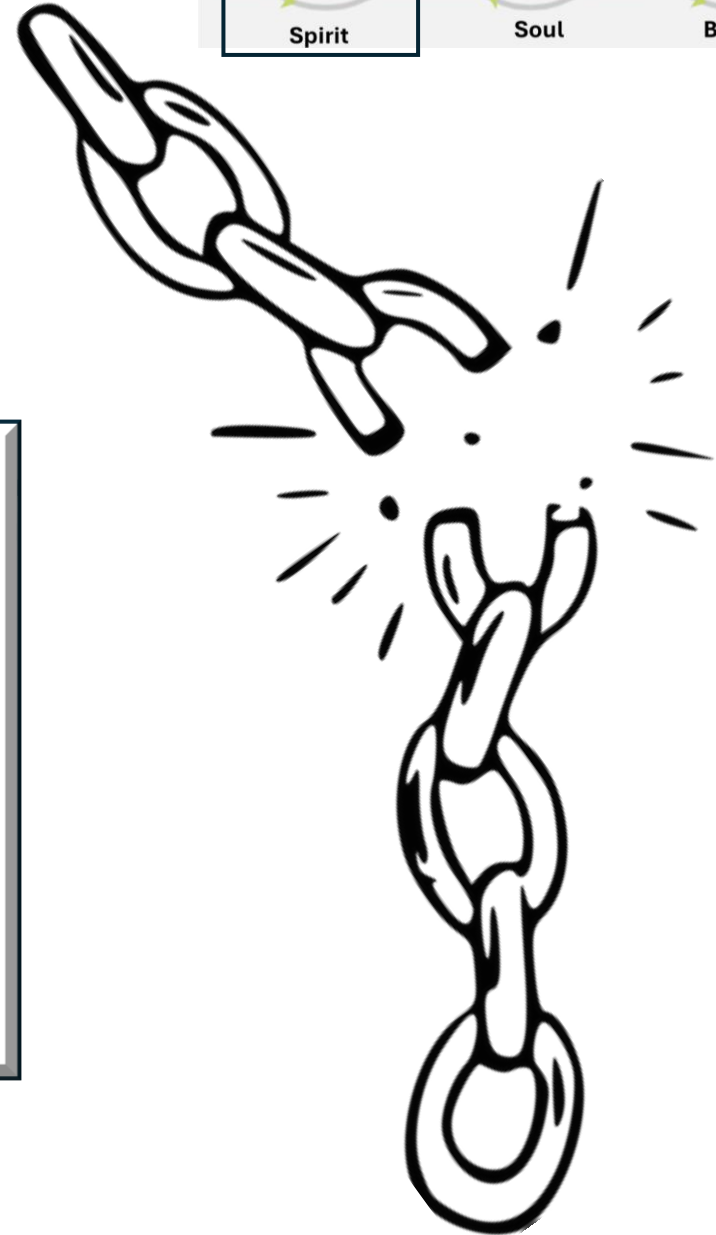
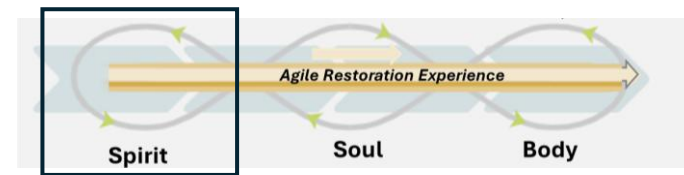


When we are going through trials in life, God wants us to come to Him and truthfully confess how we are feeling ... and **Ask Him for Help!**

Ask for truth ... ask for discernment ... ask Him “What’s goin’ on?” ...
Just go to Him and Ask ... and it will be given!

Step 2: Deliverance from Spiritual Strongholds

This step is about asking the Lord to reveal and deliver you from any spiritual adversaries that are related to this issue.





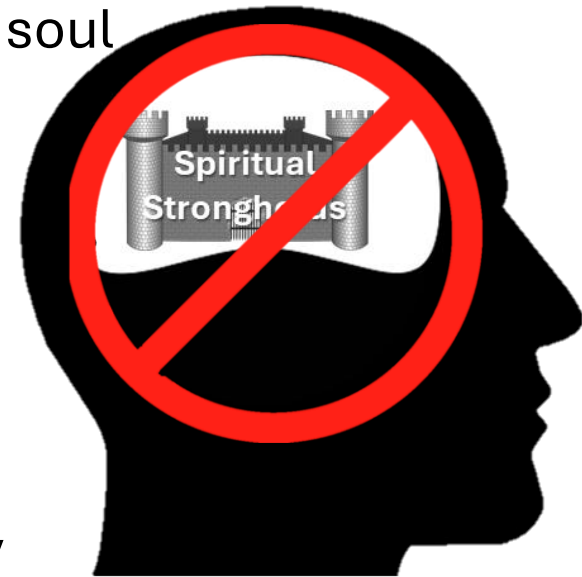
2 Corinthians 10:3-4 For though we walk in the flesh, we do not war after the flesh: ⁴ (For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)

Ephesians 6:12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.

We must ask the Lord for deliverance from any negative spiritual influences that are perpetuating the lies we are believing.

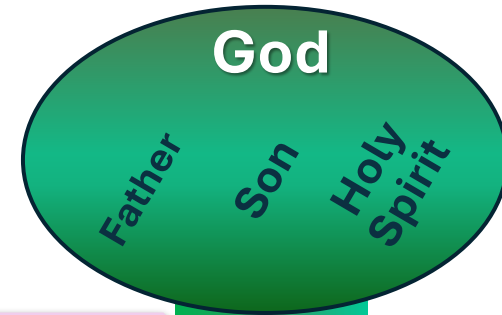
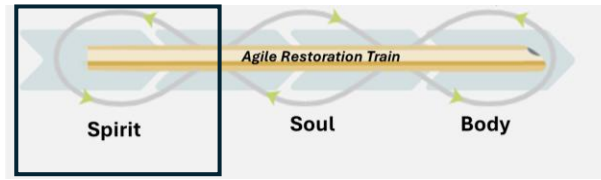
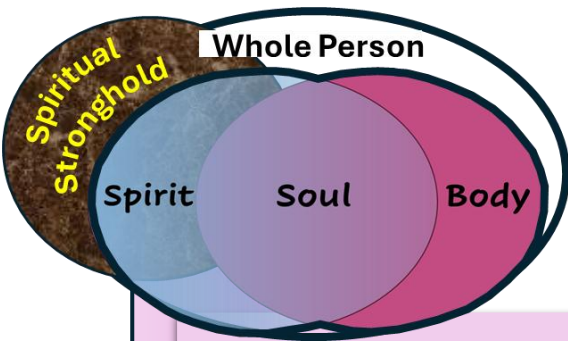
Common Destructive Spiritual Strongholds

- What is a ‘Stronghold?’
 - **Dictionary:** A fortified place or a fortress; An area dominated or occupied by a special group
 - **Spiritual Application:** An area in our heart / soul that adversaries have occupied using fear and lies to keep a part of us captive
- Three Principal Misconceptions that Can Lead to Spiritual Strongholds
 - Incorrect perception of God
 - Incorrect perception of our own true identity
 - Incorrect perception of others and their intentions



**Sometimes we need deliverance from spiritual strongholds
BEFORE we can move on to the next steps of healing.**

Step 2: Deliverance from Spiritual Strongholds



Prayer: "Are there are any spiritual strongholds present?"

If "yes," the Holy Spirit gives you a vision or a word / thought that lets you know there is a spirit of _____ involved n your current issue.

Response

Prayer: "Please reveal any lies that I am believing that 'gave place' for the spiritual stronghold to be established."

Holy Spirit brings to mind thoughts / memories that lead you to understand any underlying lie(s) that you are believing.

Response

Prayer: Ask Jesus to deal with the spiritual stronghold so that it will no longer block the healing process for this matter.

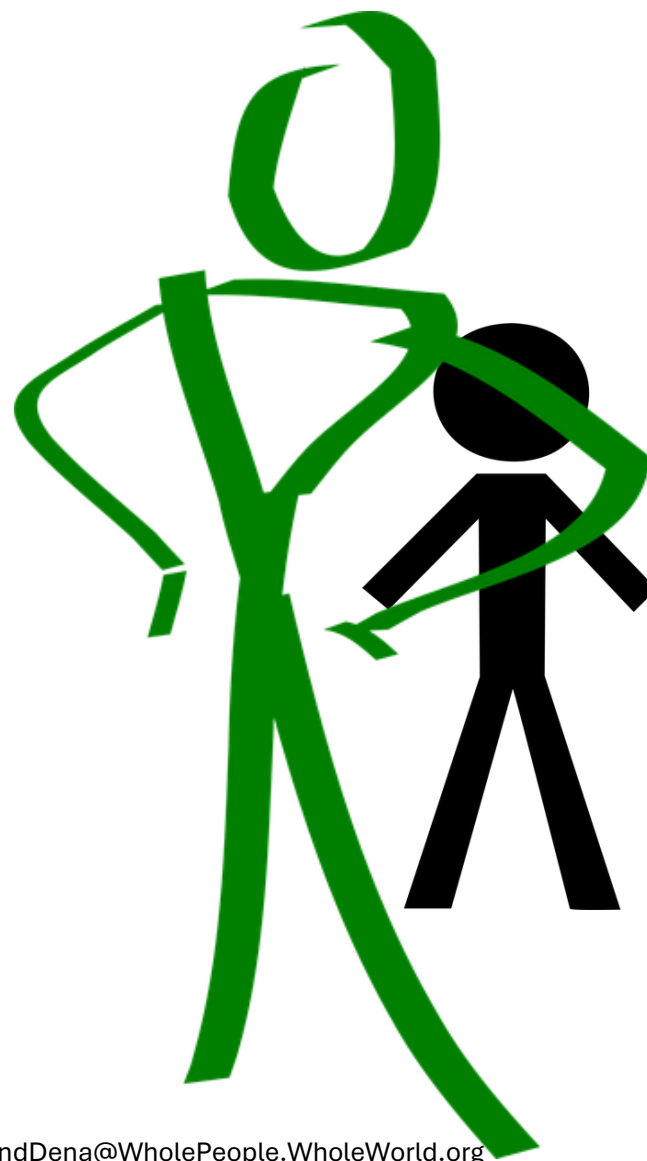
Holy Spirit may give a vision, a word, a thought etc., that brings peace when the burden of the stronghold is released.

Response

Result: You are free of the stronghold that was blocking your healing progression, and you are aware of any lies that had left you open to it.

Step 3: Identify and Change Guardian Behaviors

Step 3 is about discovering how our guardian behaviors have contributed to the problem and learning how to change them to better protect ourselves from trauma.



Personal Examples of Guardian Behaviors

Two examples from our experience:

Avoidance



- **Example #1: Avoidance (Dena's)**

- Part(s) believed that *'people are not safe';* and *'it's better to be alone.'*
- Guardian believed *'isolation from others'* was the best way to protect from further hurt.

Problem: This behavior pattern manifested as loneliness, physical and emotional distance from friends and loved ones, and broken/scarred relationships.

Working Harder



- **Example #2: “Working harder” (Rob's)**

- I had “head knowledge” that God would provide for me and my family, but ...
... there was a “part of me” that believed the lie that: *I alone was ultimately responsible for providing for my family.*
- Another part of me believed the lie that: *my value was a function of my contribution.*

Problem: Work was often set as a higher priority than being home as a husband / dad.

Guardian Behaviors Often “*Miss the Mark*”

- The word “*sin*” in the New Testament is translated from
 - #3900 paraptoma,
 - To fall beside or near something
 - A lapse or **deviation from truth** and uprightness
 - #266 hamartia from #264 hamartano
 - **“to miss the mark”**
- Guardian behaviors lead to sin
 - We miss the mark as our behaviors are **“aimed at”** serving “our parts” (which are believing lies) and not serving God in righteousness.
 - These behaviors lead to actions ranging from “*awkward and ineffective*” to “*inappropriate*” to “*morally wrong*”.



Guardian behaviors are misguided and based on lies. They lead to actions that “*miss the mark*” (sin) and hurt others while trying to protect our wounded parts.

Visualizing the Invisible



- ***Measured Effect***

- Car velocity was measured, and it was found to be moving slower than it was in previous test runs.

- ***Visualizing the Source of the Measured Effect***

- Injecting a fine particulate into the environment allows for **visualization of the wind** that was causing the resistance which slowed the vehicle.



By visualizing the source of the effect, we can better understand what's causing the measurable action in the observable realm.

God Personifies “Guardians” in the Healing Space

Measurable
Behavior

Guardians Personified



Dena’s



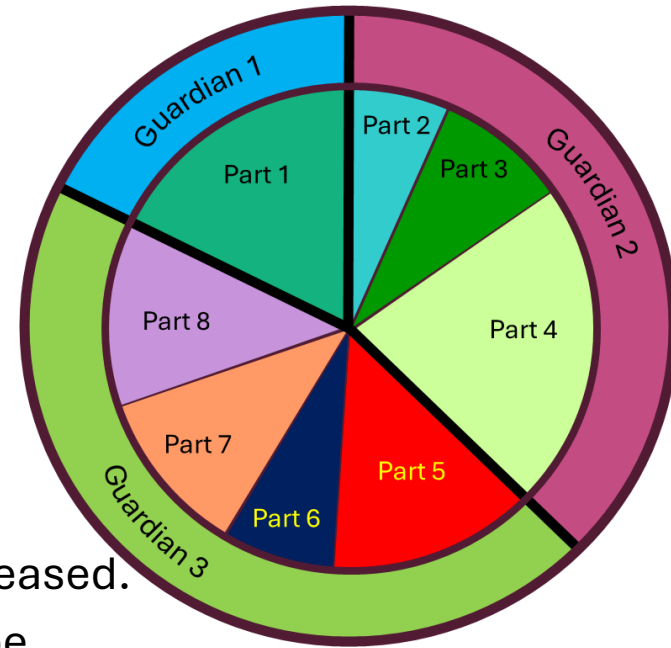
Rob’s



These “guardian personifications” were helpful in our healing experience.

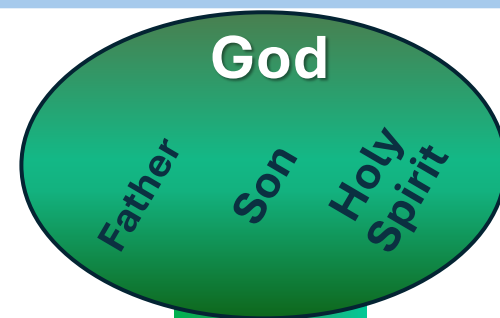
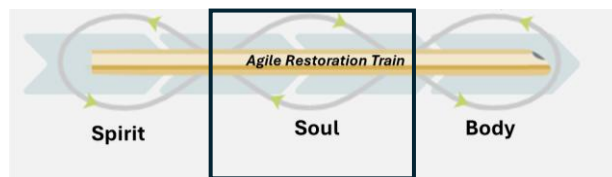
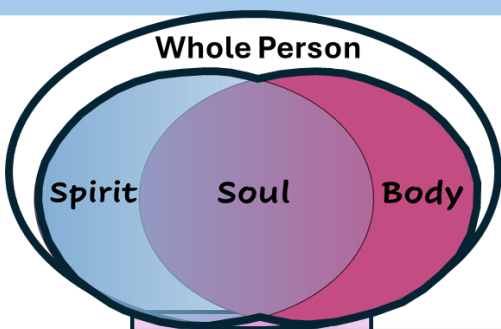
Number of Guardians \leq Number of Parts

- Most people have one, two, maybe three core “go to” guardian behaviors.
- Guardian behaviors are meant to protect but they actually block parts from the healing process.
 - Parts are protected / hidden in our subconscious.
 - The deep pain of past trauma cannot be felt and released.
 - Parts must come forward in our consciousness to be ministered to in the Healing Space.
- In a general sense, parts are associated with one guardian behavior, but one guardian behavior could be associated with more than one part.



Addressing guardian behaviors in the beginning clears the pathway for parts to come forward for healing.

Step 3: Identify and Change Guardian Behaviors



Prayer: Are there any guardian behaviors related to this issue?

If "yes," then the Holy Spirit gives you a vision or a word / thought that lets you know that there is a guardian (or guardians) involved.

Response

Prayer: Please replace these guardian behaviors with healthier and more effective ways to protect myself.

In your Healing Space, God may provide a personified representation of your guardian behaviors and use them as vehicles for healing and re-training of healthier guardian behaviors.

Response

(You may see actual changes to your guardian's appearance if you are visualizing in your Healing Space.)

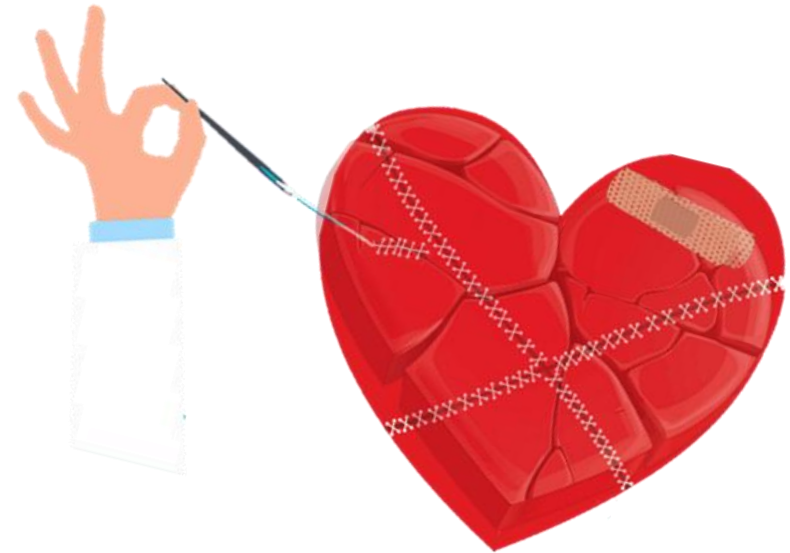
Result: Over time, guardian behaviors will be replaced with healthier ways of responding to situations that trigger subconscious memories of past trauma.



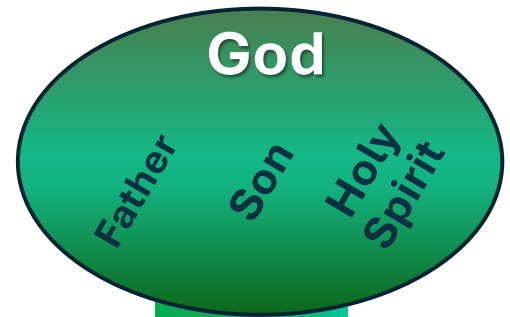
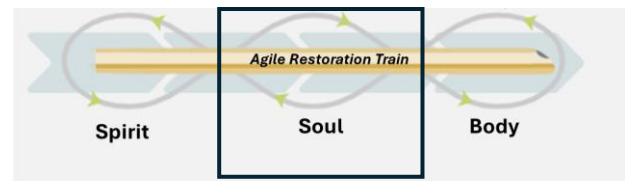
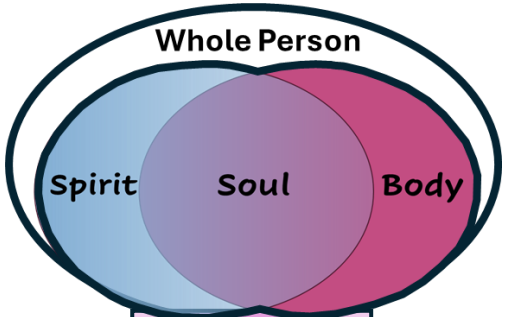
Step 4: Initiate Healing for Our Parts

The wounded parts of our heart / soul have been burdened by past trauma in isolation (subconsciously).

Step 4 is about Jesus ministering to parts in the Healing Space to initiate healing in preparation for integration.



Step 4: Initiate Healing for the Parts Associated with the Issue



Prayer: "God please show me any parts that need healing as related to this issue."


In the Healing Space the Holy Spirit provides some level of a visual representation of the involved part (or parts). They may be distorted or abstract in ways that provide hints at their need for healing.

Response

Prayer: "Jesus, please minister to this part of me."

You become aware of Jesus presence in your Healing Space. This could be visual or otherwise sensed.

Response

... Continued on next chart 

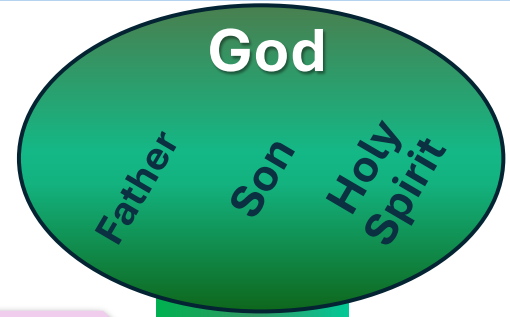
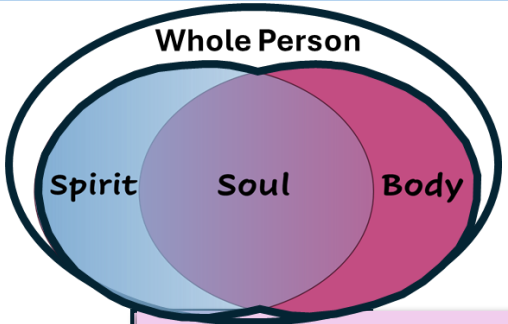
In the Healing Space, God may personify the “*Parts of us*” that have separated due to trauma, to give clues to their healing need.

- Broken / no mouth might suggest a part of you that feels like it can never speak up.
- A body of stone may represent a part of you that feels powerless and unable to move.
- A distorted face may suggest a part that doesn't feel like anyone sees you as you truly are.
- A faded or shaded color may suggest a part of you that feels ignored.



Note: While many can visualize these personifications in their Healing Space, the healing process is NOT dependent upon visualization.

Step 4: Initiate Healing for the Parts Associated with the Issue (Cont.)



Introspection: In the Healing Space, you examine the personified part and look for changes.

In the Healing Space you see / sense changes in the personification of your part. **Response**

Introspection: If the part looks exactly like your undistorted self, then it may be ready for integration. **Go to Step 5**

Prayer If not, ask Jesus to continue to minister to that part and check back to the Healing Space later.

This step is the longest step and may involve incremental changes. It can also result in the discovery of other parts that need healing, or other spiritual strongholds to be addressed that are all related to this same issue. Keep pressing into Jesus and follow the leading of the Holy Spirit.

The Healing Space Provides a Means for Monitoring Healing Progress for Parts

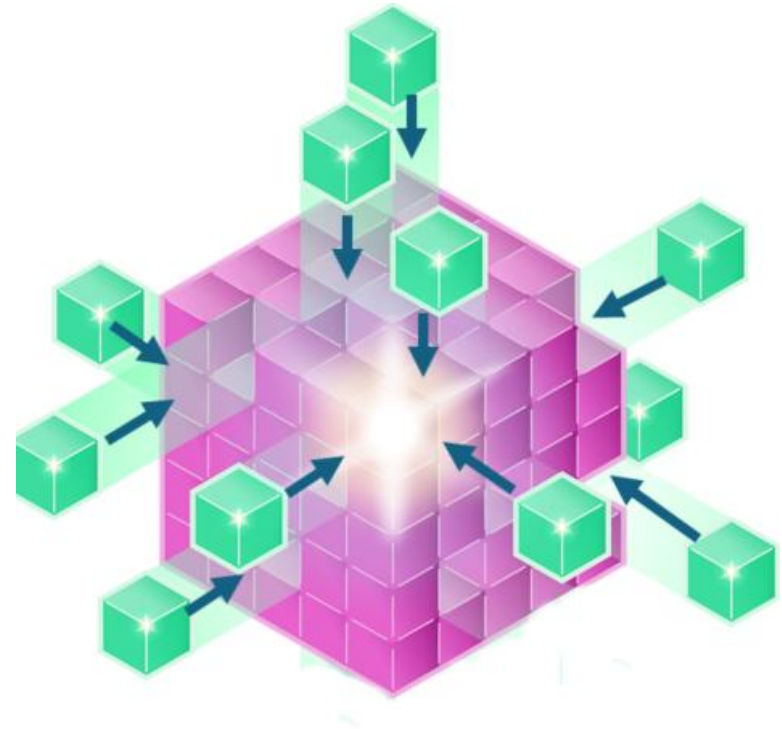


When a part finally looks like your undistorted self, then it “may” be ready to be re-integrated into your “whole self”.

Again: While many can visualize these personifications in their Healing Space, the healing process is NOT dependent upon visualization.

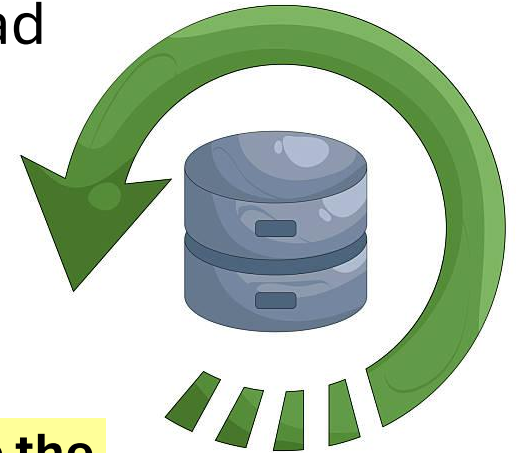
Step 5: Re-Integration of Parts within “The Whole”

Step 5 is about integrating our parts to restore “the whole” that was “*who we were*” before trauma caused parts of us to separate.



Re-Integration is part of God's Work to Restore What He Created

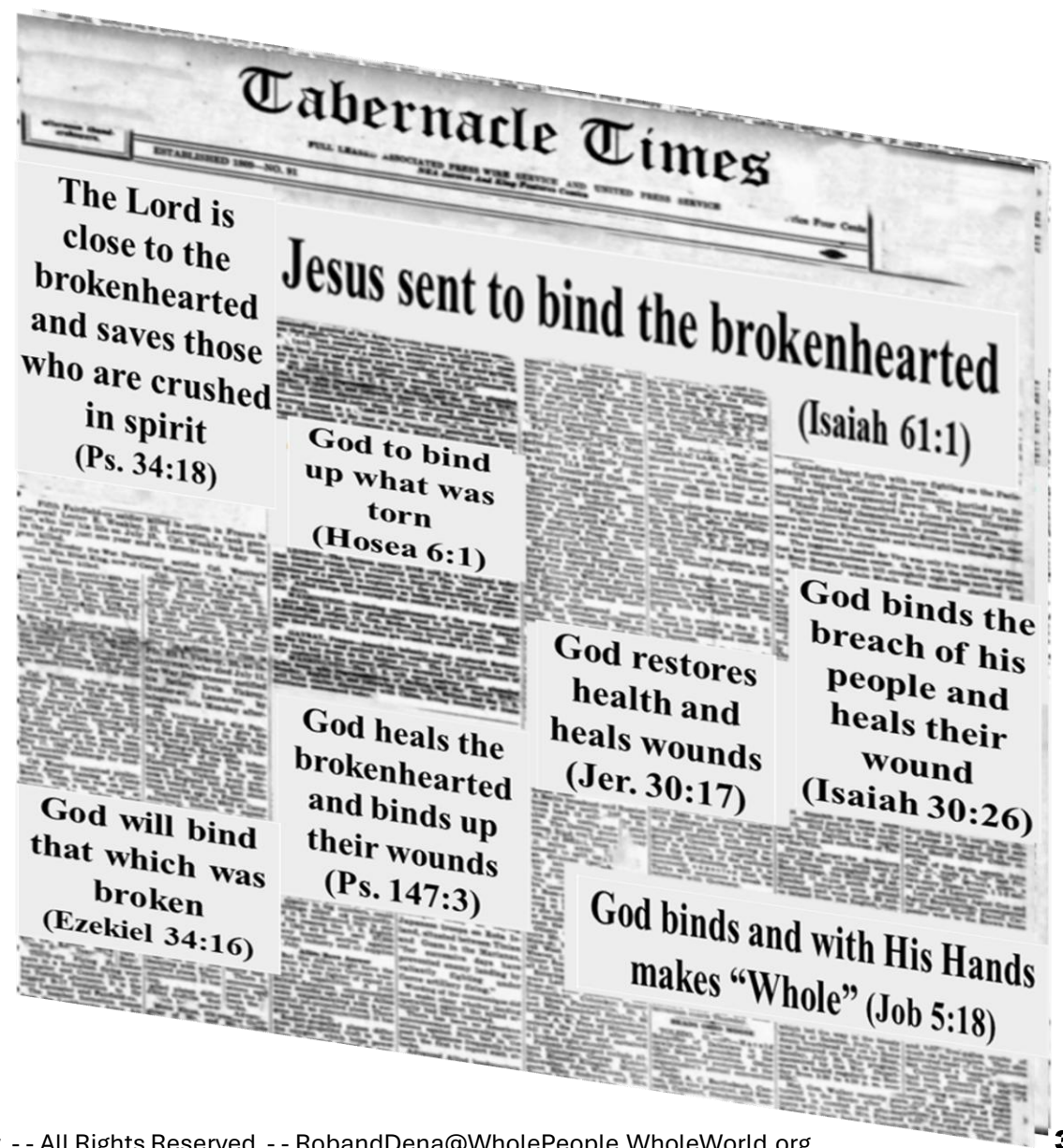
- God created man on the 6th day and at the end of the 6th day, God looked back on all that He had created and said: “It is very good.”
- Ephesians 1:3-4
 - ³ Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly *places* in Christ:
 - ⁴ According as **He hath chosen us in Him before the foundation of the world, that we should be holy and without blame** before Him in love: Jesus!



What God originally created and called “very good,” became corrupted and broken through deceit and belief of lies.

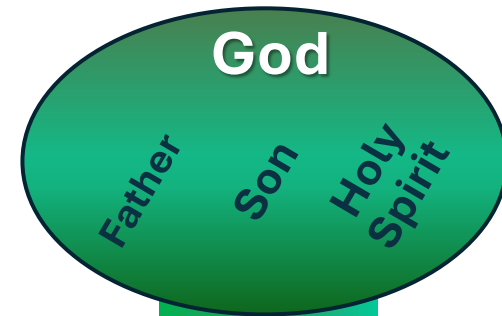
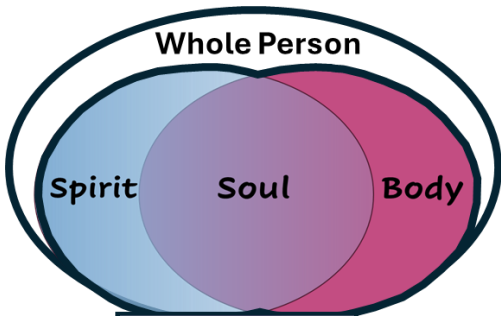
God MUST BE working within us to restore us to that “very good” state ... since He planned for us to be Holy and Blameless before He created us.

The Bible Speaks to God as “Binding up” and “and Making Whole” that which has been “Wounded” and “Broken Apart”



Step 5:

Re-Integration of Parts within “the Whole”



Introspection: In the Healing Space, ask if the part is ready for integration?

Holy Spirit gives a sense (visual or otherwise) of “yes” or “no”. Response

Introspection: If “yes” then, in the Healing Space, welcome the part back in and thank Jesus for His ministering work.

Prayer: If not, ask Jesus to continue to minister to that part and check in to the Healing Space later.

It is very important not to rush the integration step because of the risk that the part could be re-traumatized and separate into your subconscious mind again.
However, the healing process is incomplete until integration occurs.

The First Five Steps are About Triage in Preparation for the Healing that Follows

Step 1: Awareness of Problem in the Real World and Initiating the Search for Truth

Step 2: Deliverance From any Spiritual Strongholds

Step 3: Identify and Change Guardian Behaviors

Step 4: Initiate Healing for the Parts Associated with the Issue

Step 5: Re-integration of Part(s) within “The Whole”



Steps 1 through 5 are iterative and some cycles may overlap.

Steps 1 – 5 of the healing process are like coming into a M.A.S.H. unit after being rescued from a prison camp. You have multiple wounds that all need triaged. Some must be addressed first as they are the most critical and some get discovered during treatment.

The completion of these cycles sets you up for healing!

Case Study for Whole Healing Process Steps 1 - 5

Scenario adapted from a story in “Living Fearless” by Jamie Winship



Married for 10 Years



Husband (pretend name = Doug)

- High School Graduate
- Has been working in construction ever since graduating High School

Wife (Pretend name = Mary)

- Has been working part time and going to school at night
- Is just about to complete her studies and obtain a Graduate Degree

Case Study for Whole Healing Process Steps 1 - 5

Scenario adapted from story in “Living Fearless” by Jamie Winship

Doug

- Suddenly started avoiding going home after work and has been stopping off at a bar instead
- Feels guilt and shame about his avoidance behavior but doesn't know why he's doing it or what else to do
- Hasn't said anything to his wife about how he is feeling

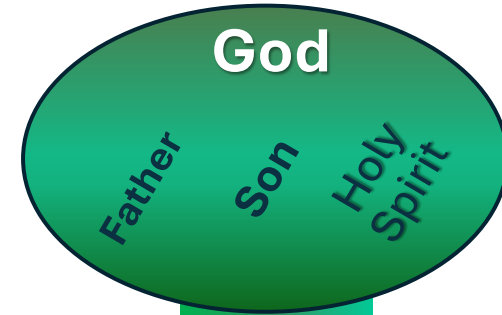
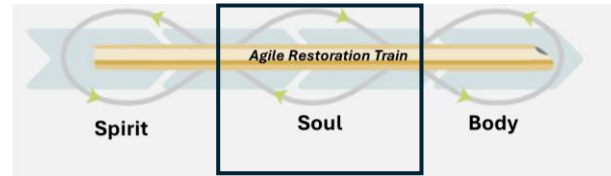
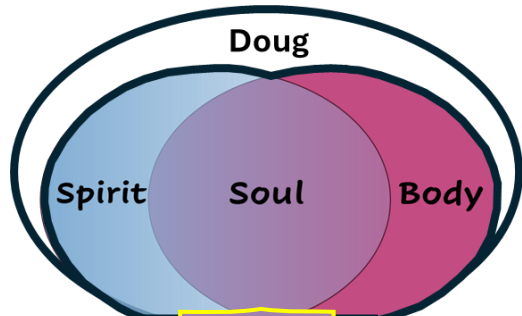


Mary

- Feeling increasingly distant from Doug as she has been focused on her degree and he has not been around much
- Feels angry at Doug because she approached him to ask why he is stopping at the bar after work, but he just shrugged and walked away
- Beginning to assume that Doug has either lost interest in their marriage or worse.

Lack of open / honest communication leaves door open for development of beliefs built on assumptions / lies, ... not truth.

Step 1: Doug Goes to the Lord to Confess How he is Feeling



Feel
Anxious

Prayer: "I am anxious about going home and being with my wife. What's going on? Why am I afraid to go home?"

Holy Spirit reveals to Doug that beneath the fear, he is feeling ashamed. His wife is pursuing a Master's Degree, but he only has a High School Diploma.

Response

Prayer: "Yes, I have felt shame before about my high school education compared to her Bachelor's Degree .. but wasn't anxious. What's going on now? Why am I afraid to go home?"

Holy Spirit helps relate this feeling to his childhood memory of his mother leaving their family after she got her advanced degree.

Response

Now Doug is aware of the shame that was behind his feeling of anxiety.

Case Study for Whole Healing Process Steps 1 – 5 (cont.)

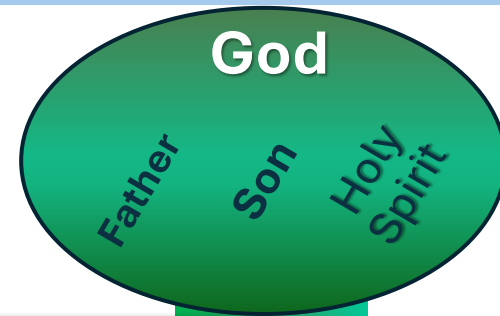
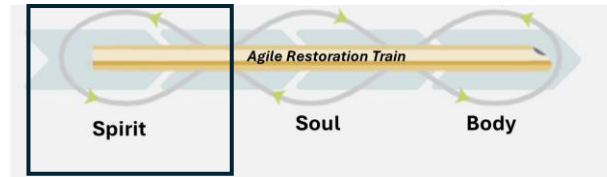
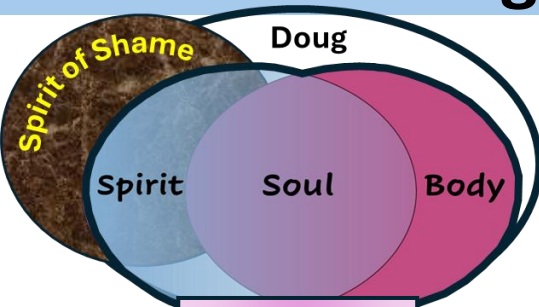
Scenario adapted from story in “Living Fearless” by Jamie Winship



- Relevant Background on Doug
 - Doug’s father was a High School graduate who worked in construction just like him.
 - His mother got her Master’s Degree, and to his understanding, she left the family to seek a life with the “higher educated” crowd.
 - Doug loves Mary, but deep inside, there is “**a part of him**” that is afraid that history is going to repeat itself and that she will leave him after she gets her graduate degree.
 - He feels shame about their educational differences and shame about his avoidance behavior ... but can’t seem to change the cycle.

The effects of unresolved trauma from Doug’s childhood are emerging as current events are triggering suppressed memories and feelings

Step 2: Doug Goes to the Lord to See if there are Spiritual Strongholds from which he Needs Deliverance



Prayer: “Are there any spiritual strongholds involved?”

Holy Spirit reveals the needs deliverance from a “spirit of shame”.

Response

Prayer: Please deliver me from this spirit of shame and reveal any lies that I have been believing which left me open to this spirit.

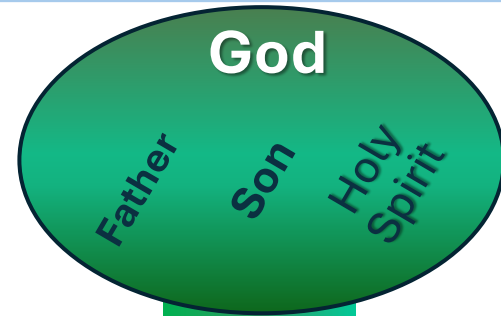
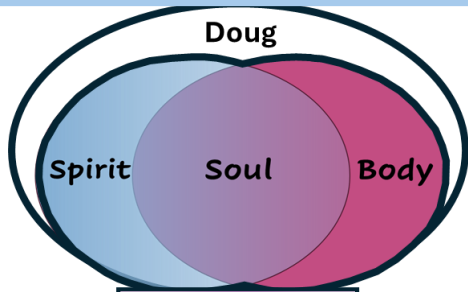
The Holy Spirit reveals that he has been believing a lie that a person’s worth was a function of their education level.

- This he had “given place” for a spiritual stronghold related to shame.

Response

Now Doug is freed from the spirit of shame but needs to keep going to the Lord for the truth that will set him free and protect him from future spiritual strongholds.

Step 3: Doug Goes to the Lord to see if there are Guardian Behaviors that Need to Change in Order to Heal



Prayer: “Do I have any guardian behaviors related to this issue?”

Holy Spirit reveals that his “avoidance” behavior is making the problem worse.

Response

Prayer: “Please minister to me and show me a healthier way to protect myself.”

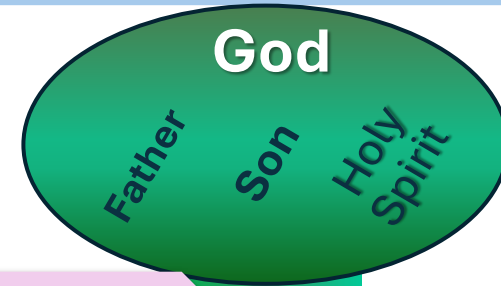
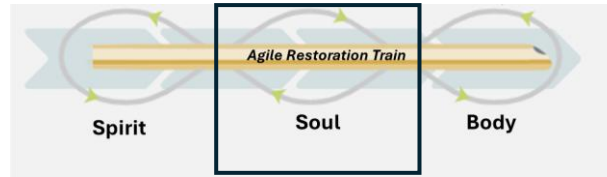
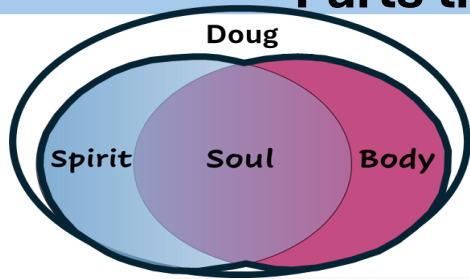
Holy Spirit begins to give Doug ideas for new behaviors that will protect him in healthier ways.

Response

While Doug’s fear-based guardian-behavior was intended to “protect him,” it was creating conditions that could trigger the very separation that he feared!

Step 4:

Doug Goes to the Lord to See if his Heart / Soul has any Parts that have Separated / Isolated Over this Issue



Prayer: “Do I have any “parts” related to this issue?”

Holy Spirit reveals that he has “a part” that separated in childhood. That part believes that people will eventually leave to be with their educational peers.

Response

Prayer: Please minister to that part of me. Please show me the truth about what happened between my parents.

The Holy Spirit reveals to Doug the following truths:

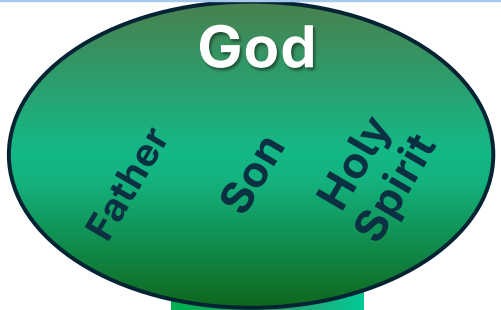
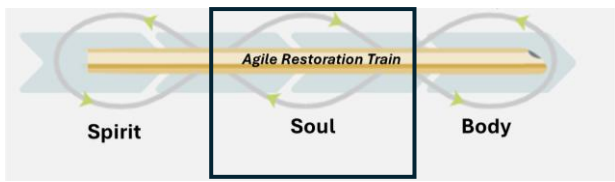
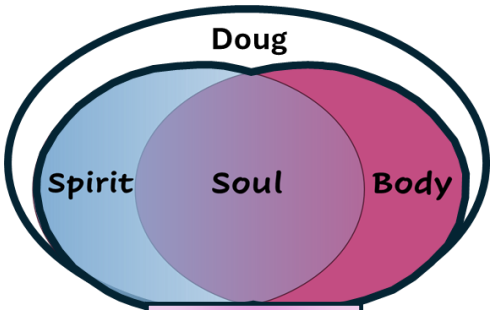
1. His value is based on being a “child of God” – not education
2. Parents’ educational difference was not their primary issue.
3. His friends, with educational differences in their marriages, have been happily married for many years.

Response

These truths have freed Doug from the bondage of lies he was believing and have put him on a path toward healing and integration for this “part” of him.

Step 5:

Re-Integration of Parts within “The Whole”



Introspection: In the Healing Space, Doug asks if his part is ready for integration.

Holy Spirit gives Doug a “sense of a yes”. Response

Prayer: Father, thank you for completing this work to begin healing for this part of me.

Doug is ready to share all of this with Mary as his spiritual and emotional healing has been initiated and he feels comfortable being honest and sharing the “why” that was behind his behaviors.

Case Study for Whole Healing Process Steps 1 – 5 (cont.)

Scenario adapted from story in “Living Fearless” by Jamie Winship

Doug



Mary


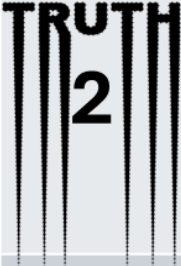

- **By going to the Lord and honestly** confessing his thoughts, feelings, fears and beliefs, **Doug received the truth** that he needed for healing.
- **The truth set him free** from the lies he had been believing and from the bondage of fear, anxiety and the spirit of shame.
- **This freedom empowered Doug to change his behavior** and he approached Mary honestly to confess his fears; share his feelings of shame and guilt; and explain the real truth behind his avoidance behaviors.
- **He told Mary he loved her and was sorry for the way he had been acting** and for not trusting that he could approach her and be vulnerable.

- Mary had no idea of the real reasons behind Doug’s behavior.
- **She never knew that the trauma of his parent’s divorce had left him with a belief system built on lies and guardian behaviors that were simply trying to protect him from being hurt in the same way again.**
- **Mary had empathy for Doug,** and her compassion made forgiveness simple and natural.
- **She told Doug that she loved him, and their honest communication brought them closer together.**

Honest communications brought the truth to light and broke the cycle of guardian-based behaviors based on beLIEving lies.

For my yoke *is* easy, and my burden is light.
(Matthew 11:30)

The Three Truths

| Truth # | Description | Derived Emotion | Example from case study (Doug and Mary) |
|--|---|--|--|
|  | The truth of what is happening, in the real world, right now | <p>Negative emotions like anger, sadness, anxiety, guilt, shame, etc.</p> <p>Feelings drive us toward Step 1 of the Healing Process</p> | <p>Doug is going to the bar after work on the construction site and feels anxiety, guilt and shame because he doesn't want to do that and isn't sure how to change his behavior.</p> <p>Mary doesn't know why he's doing it, and she feels angry that he isn't coming home and spending time with her.</p> |
|  | Revelation of how the adversaries have used our past traumas to cause problems in our lives | Usually evokes anger toward the adversaries as well as sadness, and/ or regret that things "didn't have to be this way" | Working with the Lord, it was revealed to Doug that the enemy had used the lie (<i>that people of different education levels never stay together</i>) to enable a spirit of shame to affect Doug throughout his life. Now it is impacting his marriage and Doug feels angry about what the enemy has done. He also feels regret that it has come to this. |
|  | <p>The truth about why everyone has been acting the way they have</p> <p>The TRUE motives for everyone's actions have been revealed</p> | <p>Evokes compassion as you realize that Truth #1 is based on trauma and the actions were simply misguided attempts to protect ourselves from being hurt again</p> | <p>When Doug becomes aware of the truth regarding the trauma in his life that was the catalyst for his going to the bar, he has compassion on that "part of him" that experienced trauma as a child and the feelings of shame and anxiety disappear.</p> <p>When Mary learns those same truths, she has compassion on Doug and forgiveness is natural and immediate.</p> |

Confessing the Truth and Being Vulnerable Elicits Compassion and Forgiveness

- When someone does something that offends us, we don't always know:
 - **what** all was done
 - Or **why** it was done
- Honest confession:
 - puts the truth on the table and reveals the trauma beneath the behaviors
 - reveals underlying beliefs and the **LIEs** within those be**LIE**fs



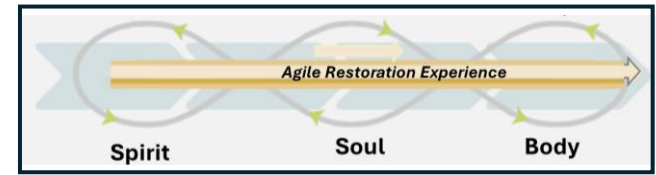
The truth is a pathway for compassion and forgiveness.

Step 6: The Healing Phase

This is the step where actual healing takes place.

Up to this point, we have just been triaging to put healing measures into place.

During the healing phase, we must work with the Holy Spirit to identify and implement precautionary measures that prevent re-traumatization while we heal.



Philippians 1:6 Being confident of this very thing, that **He who has begun a good work in you will complete it** until the day of Jesus Christ.

Healing Phase Requires Protections to be Maintained

- **Analogy:**

You break your arm trying to roller blade down a hill on a mountain bike trail

- Steps 1 – 5 are the diagnosis and triage

- You get X-rays to find out what's wrong
- You set the bone
- You put on your cast



- Step 6 is where you let the bone heal but protect it by maintaining the cast and avoiding situations that might damage it (e.g., Keep it dry, don't bang it, etc.)



- **Likewise:** In the Whole Healing Process, we must put in place (and maintain) protections to allow healing to occur

- Stay away from people, places, and activities that were sources of trauma until you're healing is complete

- Pray for the people in your life, who are sources of trauma so that God can begin to heal them as well ... that will make it is safer to interact with them once you are healed.

Step 6 Involves PTSD-Like Experiences

War Veteran Analogy

A war veteran may react to a popped balloon as if it were actual gunfire because of memories of past trauma. PTSD victims need healing to re-learn a real threat vs. a non-threat with similarities that trigger memory responses.



We remember what past trauma felt like ... and when similar circumstances come up, they may begin to trigger “PTSD-like” responses.

Whole - Healing Process Application

But God is always there to reminds us of the truths He has revealed in the healing process ... and this brings peace and diffuses our reaction.

Eventually we more quickly differentiate real threats vs. memory triggers, and strong reactions are only present for real threats.

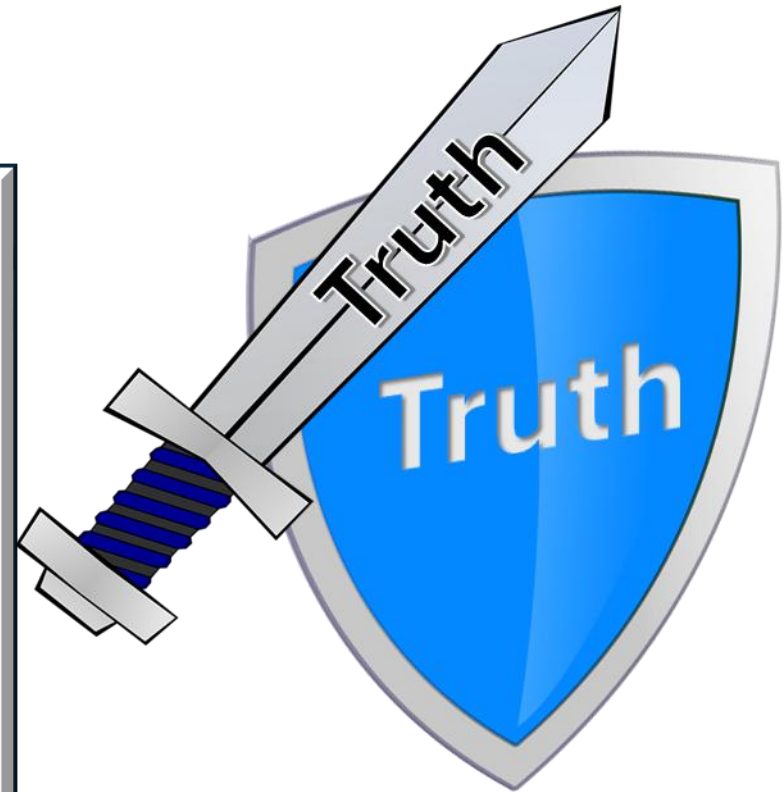


Step 7: Moving Forward After Healing is Complete

In this step, our “healed self” moves forward to discover God’s purpose for us and to walk in our true-identity, patterned after Jesus.

During this phase, we must work with the Holy Spirit to maintain awareness of adversaries’ attempts to re-establish strongholds.

We must utilize truth to resist them and cause them to flee.



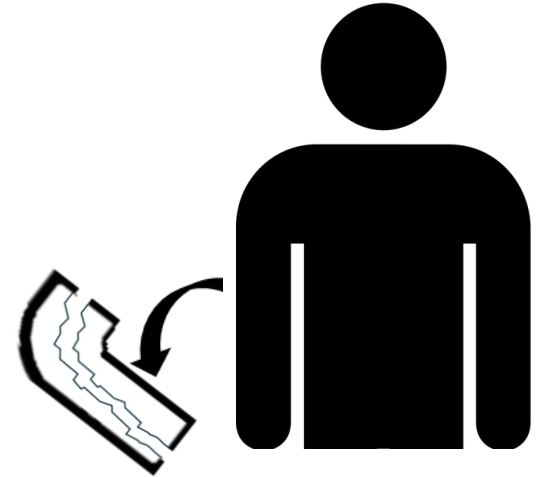
Moving Forward Requires Discernment

- **Analogy:** Your bone is healed and the cast is off

- You are not going to go out and roller blade down the mountain bike trail again

- But you can:

- Immediately start showering without a bag on your arm
- Gradually start playing safer sports that you couldn't do while healing



- **Likewise**, when the Whole Healing Process is complete, you don't throw yourself back into unhealthy, trauma inducing environments.

- You must work with the Holy Spirit to discern what activities, places and people are safe for re-engagement.

- Just as healed bones are stronger than before, **our healed self is stronger** than prior to healing, but that doesn't mean we can throw ourselves back into trauma inducing environments.

Taking Off the Training Wheels

- **Analogy:** You've just taken the training wheels off of your bike.
 - Your parent is running behind you as you pedal off
 - You are doing it yourself but they are right there in case you wobble
 - Gradually, they allow you to take on more responsibility so that you learn to do it more independently
- **Likewise,** moving forward in step 7, God will take off the “*training wheels*” so that we might learn to walk in the freedom and spirit-led authority that “Whole Healing” empowers.



Goal: To Practice Living in the Natural World while remembering the truths that we've learned through the Healing Process

Jesus' Emotions Were Always Aligned With the Truth of What Was Happening in the Present

Jesus was occasionally frustrated with the apostles:

“Have I been so long time with you, and yet hast thou not known me, Philip?”

When James and John wanted to call down fire, He rebuked them.



Before He raised Lazarus from the dead, Jesus wept in sadness with Mary and Martha over the grief of Lazarus' death.



Jesus was furious with the money changers in the Temple



Jesus was in emotional anguish in the Garden of Gethsemane.



Jesus was not emotionless ... but His emotional responses were always aligned with truth in the moment!

He never “reacted” based in fear, belief of lies, or self-defense.



Matthew 11:29

My yoke is easy, and
my burden light.

John 8:32

And ye shall know
the truth, and the
truth shall make
you free.



Wrap up for Part 2



We now have a better understanding of ...

... **the role of “truth”** in the healing process.

... **the core principles within the seven steps** of the healing process

... how the “Whole Healing Process” represents **a deeper level of sanctification** within God’s threefold salvation journey.

... **how steps 1-5** of the healing process **are repeated** as new issues arise.

... how **working through “The Three Truths”** leads to **compassion / forgiveness.**

... how we must **work with the Holy Spirit to prevent re-traumatization.**

---how we must **work with the Holy Spirit to resist the adversaries’** attempts to reestablish strongholds.

... how our healed self will be like Jesus in that **our emotions will be aligned with the truth of what’s going on around** us and not reactions based on past unhealed experiences.