Tending Your Heart Part 3 - Handout

Overcoming Wounds and Lies to Restore Intimacy with God

THE BATTLE OVER INTIMACY

- The enemy's strategy is to kill our intimacy with the Lord by speaking lies against the character of God or our value/identity in Christ (Matthew 27:43).
- We believe lies in our hearts (Romans 10:10) – but are often desensitized to the lies.
- God alone knows our hearts. We ask the wonderful Counselor to reveal the lies (Is.9:6).
- Lies are mostly sown in wounds. We must forgive the offender to break the power of the lie born there.

PROCESS TO BREAK THE POWER OF THE LIE – THROUGH FORGIVENESS

- Forgive whoever wounded us that led to believing the lie.
- Renounce lies about God or ourselves.
- Repent for partnering with the enemy and for giving those lies authority.
- Receive from God the truth that will ignite our hearts to replace the lies believed there.
- To receive, we must first yield & make room in our hearts to embrace what God says.
- Unpack with Him what He says by asking Him more questions until it is practical and helpful. Then declare and rejoice in the truth until our hearts are full!
- This way, our minds are renewed & our hearts strengthened so we can both recognize and resist lies, temptations, and hindrances to enjoying intimacy with the Father.

Some reasons that we might resist forgiving someone

- Minimizes our pain - if I forgive I am saying what they did was OK
- Ungodly Justice/Revenge - we want punish the offender by holding on to the offense
- Minimize the need – but hidden resentment
- Denial – do not acknowledge sin against us
- Guilt/Blame - we have unacknowledged guilt in an offense against them so that holding onto blame cancels our guilt (marriage or parent-child relationships)
- Self Protection - distance ourselves in our heart so they can't hurt us again
- Taking up an offense – pain caused others
- Unresolved grief or loss

JOURNALING STEPS TO FORGIVENESS AND HEALING

Ask & Listen:

- Father, what lies do I believe about You? List them.
- Father, what lies do I believe about myself? List them.

FORGIVE, RELEASE AND BLESS

- Father, who do I need to forgive who led me to believe this lie?
- Am I willing to forgive_____? (If not) If I don't forgive ___what will my life be like?
- If I do forgive ___what will my life be like?
- What do I need to them forgive _____ for? (Ask: What else? – be thorough!) We need to forgive for more than the act, but for what I was led to believe as a result – the heart wound.

Pray & Listen:

Father, I forgive ____ for ____ and for leading me to feel ___ [repeat as often as needed]
Father, is there anything else I need to forgive _____ for in this area?

Father, I take their sins against me and the wounds I received and lay them upon the body of Jesus on the cross. Jesus, I thank You that You bore all my pains and sorrows (Isaiah 53:4-5) so I don't need to carry them anymore.

I repent for my sinful reactions, any bitterness, resentment or anger I have had toward my offender. Father, do you forgive me? (Yes) Then I forgive myself.

I release ___ from all their offenses & wounds against me. I bless them in Jesus' name.

RENOUNCE (The lies He revealed to you at the beginning.)

- Father, I renounce the lie that You ____ [corresponding lies about God].
- Father, I renounce the lie that I am____ [negative identity, or lies about my value to God]

REPENT

- Father, forgive me for partnering with the enemy and believing these lies (be explicit) about You (or about myself).
- Father, do you forgive me? (Yes) Then I forgive myself.

RECEIVE!! (ESSENTIAL - SPEND TIME HERE)

- Father, what do you have for my heart in exchange for these lies?
- Unpack what He says until it is practical and helpful!

REJOICE!! (ESSENTIAL)

• Thank Him for what He has given, declaring and receiving His truth in your heart.

Going Deeper: Listening Journal

- Father, is there any situation in my life right now where I find it hard to trust You?
- (If so) Father, is there any lie I believe about You here?
- Father, is there any lie I believe - about myself? OR - in this situation? Is there anyone I need to forgive in relation to this lie? (If so, go to "Steps to Forgiveness” Handout making sure you receive truth for the lie)
- Father, how has unforgiveness in my life affected my interaction with You? With others?
- Father, how will forgiving change my life?