

Monday: Frameworks for understanding the Path to Healing our Broken Hearts

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2563 The heart is the dwelling-place where I am, where I live; according to the Semitic or Biblical expression, the heart is the place "to which I withdraw." The heart is our hidden center, beyond the grasp of our reason and of others; only the Spirit of God can fathom the human heart and know it fully. The heart is the place of decision, deeper than our psychic drives. It is the place of truth, where we choose life or death. It is the place of encounter, because as image of God we live in relation: it is the place of covenant.

Jesus came to heal the brokenhearted: Luke 4:18 / Isaiah 61 *The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favor,*

Destructive things I CANNOT stop doing? Ppl pleasing, perfectionism, compulsions, drivenness, substance abuse
Things that cause me to OVERREACT in difficult situations? Minor stresses turn into misery
REOCCURRING bouts of emotional pain? Rage, anxiety, depression, suicidal, shame, illogical fears

Frameworks to help map out the path to healing our broken hearts.

3 Dynamics of formation that are vital for growth and maturity in the Christian life

1. Self-Knowledge: Self-aware of thoughts, feelings, desires. Awareness of own wounds & desire to be healed. "How are you?" 3 Fathers with corresponding desires. **God the Father**, spiritual desires, **Father Adam**, basic human needs/desires (A BISCUIT) and **Father of Lies** who perverts both Spiritual and Human desires.

2. Self-Acceptance: Where we find our identity, extremes of Achievements & Failures (CPR HAS Failed)
Identity crisis in the church and the world. Identity is received not achieved. Parable prodigal son & Good Samaritan
God loves you and there is nothing you can do about it.
St. Catherine Siena: "*Discover who you are called to be and you will set the world on fire.*"

3. Self-Gift: When receive self as gift can make a gift of oneself. Vocation, Mission, Ministry.
Spiral effect: We continue to grow in self-knowledge, acceptance and gift throughout our life.

"The reason I speak to them in parables is that 'seeing they do not perceive, and hearing they do not listen, nor do they understand.' With them indeed is fulfilled the prophecy of Isaiah that says: 'You will indeed listen, but never understand, and you will indeed look, but never perceive. For this people's *heart has grown dull*, and their ears are hard of hearing, and they have shut their eyes; so that they might not look with their eyes, and listen with their ears, and *understand with their heart and turn and I would heal them.*'" Math 13:14-15

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• **EB2: Events/ Experiences** ->shape **Beliefs**-> create **Emotions** -> drive **Behavior**

Events: Positive or Negative (Type A/B Trauma)

Shape Beliefs -> Self (Lies), **God** (Lived Theology) **Others**(judgements) the **World** –

Narrative: our interpretation of the events – Expectations, Attitudes: Victim or Victor? Spiritual Farsighted, Need Holy Spirit to help us see clearly. Metanoia, Romans 12:2

Create our Emotions -> Language of the Heart. **Heart Monitors**, tell us if being loved or not.: **Express our desires:**
Delight is joy of fulfillment of desire; *Sorrow* the loss over the good desired; *Fear* is the threat of that loss of what we desire;
Hope, expecting receive that good we desire ; *Despair*: because of the perceived impossibility to receive those desires;
We feel what we believe, cannot change what we feel. Emotion can serve us or enslave us. You cannot selectively mute one
Emotions impacts physical health* Joy / Delight/ Love: Dopamine / Serotonin. Negative or Dark emotions shuts down our
heart's capacity receive/give love (Stress hormones from Anxiety, Grief, Anger, Fear).

The body keeps the score by Bessel van der Kolk & Deadly Emotions, Don Colbert

Drive our Behaviors ->Actions/Responses or Reaction. Addictions will remain until they are encountered with compassion and truth not condemnation and shame.

Christian life is not Behavior Modification, it's Metanoia: transformation of one's (Belief system)

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**What is not transformed will be transmitted * Truth will set you free*

Holiness is Wholeness, integration of our past with our present for hope of glorious future.

Primary healing is our core identity. Self-acceptance allows for authentic self-gift. The greatest commandment.

2 Cor 10:5 *“We take captive every thought and make it obedient to Christ.”*

- **Security,(SA) Maturity, Purity (SG)**
Insecurity, Immaturity, Impurity

Our Heart is like rings in a tree, all our life’s experiences are recorded and stored in our hearts.

“I have a patient, an eight-year-old little girl who received the heart of a murdered ten-year-old girl. Her mother brought her to me when she started screaming at night about her dreams of the man who had murdered her donor. She said her daughter knows who it was. After several sessions, I just could not deny the reality of what this child was telling me. Her mother and I finally decided to call the police and, using the descriptions from the little girl, they found the murderer. He was easily convicted with the evidence my patient provided. The time, the weapon, the place, the clothes he wore, what the little girl he killed had said to him ... everything the little heart transplant recipient reported was completely accurate.”

Deadly Emotions by Don Colbert MD

• **DUI’s:** Obstacles that can impair our hearts journey towards a more abundant life

D’s: Denial of our Brokenness, **Diminishment, Dealt** with Before, Don’t open that **Door**

U’s: Unforgiveness, Unconfessed sin, Unrepentant, Unhealed wounds (Identity lies) **Unbelief, Unworthiness**

I’s: Inner vow: Resolutions motivated by fear to protect oneself (**self-reliance**) “I will never trust/ let anyone get close”

S’s: Soul Ties: unhealthy attachment / unholy bond with another person (Specific prayers to break Be Restored, 212)



Soul Ties: *In the name of Jesus Christ, I renounce all unholy attachments with [name of person]. I take the sword of the Spirit, which is the word of God, and break and cut all unhealthy mental, emotional, physical, sexual, or spiritual ties with [name of person]. Lord, I ask you to forgive us both for sinning against you and each other. Please release us each to live in the freedom of the Holy Spirit. In the name of Jesus Christ, I take back whatever I handed over to (name/him/her/them) and I give back whatever I took from (him/her/them)*

Bitter-Root Judgments: are the perceptions we form about others, ourselves, and God based on our past or present woundedness. These judgments are usually associated with **unforgiveness** and lead us to condemn ourselves or others. They are different from healthy judgments (discernments of right and wrong). When we hold bitter judgment toward a person or groups of people, ourselves, or even God, we develop a distorted image of them and lose sight of their inherent goodness. The following prayer can be used to release these judgments. You may pray it in relation to God, yourself, and others.

Lord, I acknowledge my perceptions of [name of person] are not loving. [Name the specific judgments--and be real with the way you view this person in a negative light]. In the name of Jesus Christ, and by the power of his precious blood, I now renounce these judgments [name each judgment] toward [name of person]. I ask you now to free me to see [name of person] the way you see them and to bless them now. Please forgive me for holding this person in contempt and losing sight of their dignity.

Inner Vows: The prayer is simple. The more challenging part is asking the Holy Spirit to show you where you have made ungodly vows. They are usually areas of repetitive struggle where you have tried to handle situations in your own strength. Start by praying to ask the Holy Spirit to reveal where you are bound by an ungodly vow. (These vows are often accompanied by a wound and bitter-root judgment.) When you become aware of a vow, ask for the strength and grace to release it. Pray:

In the name of Jesus Christ, I renounce the vow that [name the vow, e.g., I will never be like my mother or father, I will protect myself, I will never trust a man or woman again, or I will please people so that I won't be rejected]. I ask you, Lord, to forgive me for relying on myself, and I now ask you to bring me into new freedom in the Holy Spirit.