

### **3 -Wednesday The Seven Identity Wounds and their Sisters**

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Dr. Bob Schuchts "Be Healed", "Be Transformed" and Ken Kniepmann "Lenten Healing"

7 Identity wounds we inherited from Adam and Eve: NB which lies have I been in agreement with, how might they be related to where I am missing **ABISCUIT** in my life.

**Confusion:** *'I don't understand, I can't figure this out, I don't know what is happening'*

-Disorientation of mind, emotion, heart (Intellect, will, passions) Why do I do what I don't want to do, **distinguishing btwn natural** human experience of confusion and the **wound of confusion**.

**Double mindedness,** *I can't make up my mind, commit and then hesitate*

James 4:4-7 two minds I Cor 2:16 mind of Christ

**False Bearing Burdens:** taking care of the cares/concerns/responsibilities that rightly belong to someone else.

Feels responsible for other ppl decisions. (Messiah complex) (**form of confusion, cannot tell the difference btwn what is mine/ours.** *Abuse victims often blame themselves.*

Matthew 11:28 "come to me all you who are weary and find life burdensome..."

Q: how **do I try to fix/save others?** What burden do I carry that does not belong to me? .

***To be understood***

**Powerlessness:** *'I am overwhelmed, I can't do anything, I am helpless, trapped'*

when things **happen beyond our control, attempt to gain worldly strength** and control over feelings of weakness, vulnerability Instead of trusting god in difficult circumstance, feel overwhelmed, believe there is no way out.

Jn 15:5, vine My power is Made perfect in weakness rather boast my weakness power of Christ dwell in

**Weariness:** when over exert (mind, body, spirit)Sad outcome, attempt own power,

Can be the door leads to Despair/disappointment

**Self-Pity:** When demand sympathy from those around us,May indulge ourselves in our own pain, play the Martyr, 'woe is me' Ignore obvi needs of others

Jonah 4: 10 you are concerned with the gourd plant shade... 120 K

**Self-Neglect:** put **self last constantly**, Phy, Emotion, spiritually,

Can **wear self out and justify /excuse own** feelings of powerlessness, Everything bcs Duty, not free gift.

Mt 6: 33 seek firsts the kingdom of god...all these things given to you.

Q what part of my life right now do I Neglect?

***Blessed***

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**Rejection:** *"I am not loved, or needed. I have no value, no one wants me"*

a wound of '**belonging**' feeling **unwanted/unneeded** .Common children who exp divorce, death of parents, separation Bears self-destructive fruits of **unforgiveness, hard heartedness, resentment**

**Control /manipulation:** As babies, learn to influence the world, get a response from crying. Now more sophisticated ways, operate with own safety as primary concern, Use Control/manipulation to **make own world more predictable and safe**, but others see us as taking advantage of them/using them

***Affirmed, blessed, included, chosen, touched appropriately***

**Hopelessness:** *"It will never get any better, things will never change"*

missing Desire and Belief. **Hope** needs **Desire** for something, **& Belief** *it might happen* -Without Desire, no zeal, enthusiasm**Do you think your future is bleak?** What is the point, I'll never change

Such **Negative thoughts affect our emotions**, apathy

Blind man, spit, mud, go wash... enough hope to try... God can do much with little.

Eldridge book Desire, **If do anything for a year, unlimited resources, do what?**

Don't let How Q get in the way, kills desire. Desire and Discernment... 3 Fathers of Desire.

**Disappointment:** vs natural emotional reaction when things don't go as hoped for (Super Bowl) the wound is a way of thinking (Cognitive Disorder, **Always, Never**, perception)

It's self-inflicted: Do you expect things to go wrong/not work out? Attach unrealistic expectations, things are never as perfect as you imagined.

**Wait for the shoe to drop.** Reg think '*this is too good to last*'.

Ps 102:2-5 Ps 34:1 Furry 9-20 God is close to the broken hearted

**Worry:** 40% will never happen, 30 % past, 12% needless health concerns, 10% petty misc. worries. 8% legit worries. Like Rocking chair, a lot of motion, go nowhere

Self-inflicted torment: "**What if**" I strike out? Not free to go for it

**Think of every possible neg outcome.** Exhausting; Takes a too spiritually, phy, emotion

Irishman, none to be overcome with worry, hired a professional worrier. We have Jesus.

1 Peter 5:6-7 cast all your worries upon him, bc he cares for you. Phil 4:6-7 have no anxiety at all.

**Q What do I worry about?**

**Regret:** focus all thoughts/emotions about **past** vs Sorrow, leads to conversion/repentance

*"How different/better life would be, if things were different **Would've, could've and should've**.... Dead ends (my name is not I was but I AM)*

2 Corth 7:10 godly sorrow, repent without regret vs worldly sorrow, death

Phil 3:13-14 forget what lies behind, strain fwd to what lies ahead

**Deferred Hope:** Dreams almost given up on? Tired for waiting for something you believed would happen (**promo, new home, healing**, now wait in sadness. If not stopped, kill Hope.

**Believe in God but not in his goodness . 3 answers to prayer, Yes, No, Wait**

Waiting builds deeper dependency on God (PF loving acceptance of)

**Affirmed**

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**Abandonment:** "*I'm all alone, no one cares or understands me*"

all alone, isolated, unprotected, uncovered, **If ever been lost as a child, emotions, beliefs? Davis Sq.,**

Those who exp **divorce, death of a parent**, traumatic separation (mom S. America)

Sign of abandonment wound, **hyper loyal**, require /expect others to be as well.

**Loneliness:** can be a way to protect oneself from being hurt again, self-reliance.

Lies: **in the end, I'll always be alone, will be up to me, no one to protect me.**

**Q: what memory.. alone/abandoned?** Name emotions, beliefs about self, others or God. Prese

But we are **meant to live in communion**/relationship with others/god

Matthew 28:20 I am with you always... **Connectedness** is a sign of healing

**Affirmed, included, chosen**

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**Shame:** *I am unlovable, unworthy, bad, stupid, worthless, perverted, damaged*

your inadequate, failure, undesirable

**What do we believe God sees in us when he looks at us?** Masterpiece, Beloved or Disappointment

**Shame deeply wounds our ID**, tells us we are inferior, **motivates us to hide/cover-up failings/inadequacies**, put on a good show/face/mask. Can take **root at early age if not respected/honored as should .. humiliated by**

**parents /authority figures before others**

Abuse victims often blame themselves

**Shame keeps from reconciliation, it's a judgement on oneself**, can become so familiar not recognize it.

**Q which events in my life am I ashamed of?**

**Guilt:** lining up past failings, keeps us attached to them... too far gone, can't recover

vs **SORROW** pricks conscience when sin & helps seek mercy WO attach/agreement to failure

St Ign noticed Guilt was impediment relationship God.

Jn 8 woman adultery, eyes up here **Q: What do you feel guilty about?**

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**Unworthiness:** feel failure, dishonorable, undeserving, unqualified

Nagging shame sabotages own good, **shrinks back/loses courage when life requires a risk** (emotional, spiritual, physical)

**Complacent and mediocre ;Belief god will not accept the fruit from our lives** (Cain n able)

**Condemnation:** God is an angry Judge (how see god/self)

Self-imposed judgment vs under god's, pronounce self unfit/guilty, bound by poor opinion of self  
rom 8:33-34 who will condemn

Rom 8; 1 no condemnation in Christ Jesus

Exp of authentic gaze heals, Discernment 101 every increase of FHL comes from God, want devil as SD?

Shame unaddressed, continues cycle of sin/self-hate ... (**WISEST**) **Shame vs Joy cycles**

Withdrawal->Isolation->Self Indulgence->Emptiness->Self Hatred

Community->Connection-> Self-Gift -> Fulfillment -> Self love

**“Before his gaze all falsehood melts away. This encounter with him, as it burns us, transforms and frees us, allowing us to become truly ourselves. His gaze, the touch of his heart heals us ...enabling us to become totally ourselves and thus totally of God”. Pope Benedict XVI, Spe Salvi**

**Affirmed, blessed, touched appropriately**

**F.E.A.R: Not safe, no one to protect me, afraid I'll get hurt or die**

**Fight, Flight, Freeze**, appropriate when stalked by cougar, actual event

Wound is based on a **perception something bad might happen.**

Car accident, now fear every time, Fear can be imbedded /take 'root', traumatic events

**Doubt:** reg thoughts **'what if I'm wrong/made mistake?** Leads to fearful uncertainty

If recognize, take it god, it will prevent fear from taking root... doubting Thomas

In 20:27 'do not be unbelieving but believe" 2 Tim 1:7 not a spirit of cowardice but of power /self-control

**Unbelief:** *turns back to former way? Israel wanted to go back to Egypt*

Am I focused **on my problem or gods promise** (story? GG Bridge Don't look down)

Mk 9:22-24 father cried out to Jesus I believe help my unbelief

**Mistrust:** expects others **will disappoint us/ not reliable**, therefore I **withhold/pull back, protect self**

Mt 6:30, Lilies of the Field 'will he not much more provide for you, oh you of little faith "

**Insecurity:** like discovering your boarding pass is invalid, denied entry to plan for your dream vacation. This wound keeps us from enjoying the adventure of life.

Lies: incapable, inadequate, unacceptable, not good enough, accepted, embraced

*Q how do we react when we feel insecure?*

**Safe**

Where **Faith** and Trust has been wounded:

**Confusion, Fear**

Where **Hope** has been wounded/broken:

**Powerlessness, Hopelessness**

Where **Love** has been wounded/broken:

**Rejection, Abandonment, Shame**

*Each Sacraments Heals a particular wound. Can you match them up?*

**Confusion, Powerlessness, Rejection, Hopelessness, Abandonment, Shame, Fear**

**Baptism, Reconciliation, Eucharist, Confirmation, Marriage, Holy Orders, Anointing of the Sick**

**Divorce Proceedings, Review beforehand what you are breaking up with & what you're in agreement with**  
**Identity Lies from Identity wounds (CPR HAS F) Give voice/whisper as you Announce/ Renounce,**



***In the name of Jesus Christ, I renounce the lie that [e.g., I am alone, I'm not loved, I am not safe, I'm bad, I am trapped, things will never change, or I have to figure it out]. I announce the truth that [e.g., you (God) are with me, you love me unconditionally, you are my protector, you have made me good, you set me free, you are my hope, or you give me understanding].***

***Confusion: In the name of Jesus Christ, I renounce the lie that I have to figure everything out by myself and that nothing makes sense and everything is confusing. In Jesus' name, I announce the truth that I have the mind of Christ (1 Cor 2:16) and that the Holy Spirit will give me wisdom, understanding, and enlightenment when I ask (1 Cor 1:7; Jas 1:5).***

***Powerlessness: In the name of Jesus Christ, I renounce the lie that I am powerless, weak, stuck, trapped, a victim, helpless, and so forth. In Jesus' name, I announce the truth that God's grace is made powerful in my weakness, so when I am weak, I am strong (2 Cor 12:8-10). I announce the truth that I can do all things through Christ who strengthens me (Phil 4:13).***

***Rejection: In the name of Jesus Christ, I renounce the lie that I am unloved and unlovable. I renounce the lie that I am not wanted, desired, or good enough. In Jesus' name, I announce the truth that I am the Father's beloved (1 In 3:1). I am loved, valued, wanted, and cherished by God and others (Rom 8:31-39).***

***Hopelessness: In the name of Jesus Christ, I renounce the lie that nothing will ever change and I will never have what I want or need. I renounce the lie that life is meaningless and that I have nothing to live for.***

***In Jesus' name, I announce the truth that my hope is steadfast and that he makes all things new (Rv 21:5). I announce the truth that God is at work in me and he will bring it to completion (Phil 1:6).***

***Abandonment: In the name of Jesus Christ, I renounce the lie that I am alone, that no one understands me or cares for me. I renounce the lie that God has abandoned me. In Jesus' name, I announce the truth that Jesus is always with me (Mt 28:20). He will never leave or forsake me (Heb 13:5). I announce the truth that I am surrounded by a great cloud of witnesses (Heb 12:1).***

***Shame: In the name of Jesus Christ, I renounce the lie that I am bad, dirty, ugly, stupid, worthless, perverted . . . [fill in other beliefs based on shame]. In Jesus' name, I announce the truth that I am accepted, cherished, washed, cleansed, and restored in Christ (1 Cor 6). I announce the truth that Jesus does not come to condemn me (1 In 3:17-21).***

***Fear: In the name of Jesus Christ, I renounce the lie that I am not safe, that I am unprotected, and that if I trust, I will be hurt, let down, or die. In Jesus' name I announce the truth that God is my rock, my fortress, my deliver, and my protector (Ps 23, 27, 91). I announce the truth that God's perfect love casts out all fear (1 In 4:18).***

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**Prayer for Sealing and Blessing**

Father, I thank you for this healing through the name of Jesus Christ and by the power of your Holy Spirit. I praise you for your great mercy and power, and for sending Jesus in the power of the Spirit to heal our broken hearts and to free us from all bondage. I ask now for you to seal this healing and to close any remaining doorways, by the precious blood of Jesus, and the gentle ministry of your Holy Spirit. I pray that you will bless (me or other person) now with a new infilling of your Spirit and with a new understanding and authority of (my/their) identity in Jesus Christ. Please especially bless (any area of wounding).