

# Healing Wounds

## Lesson 10

### TEACHER TO TEACHER

A core tenet of our biblical theology of loving relationships is found in Genesis 2:18 where God says, “It is not good for the man to be alone.” The idea behind the observation and the resulting action of the creation of a “suitable helper” is simple. Mankind is created by God with relational needs that are met through the caring involvement of others. This same idea is at the heart of Jesus’ instruction to his disciples found in John 13:

*A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another. (John 13:34-35)*

The idea behind agapé love is simple. We love one another when we defer to each others’ needs by using our resources to meet those needs. For example, when we see a brother or sister in Christ who is discouraged, we extend encouragement to him or her. When another confesses his sin against us, we extend forgiveness. When we see another in our faith community carrying a heavy burden, we help bear that burden whether it is a physical or emotional one. By reaching out to meet one another’s needs in this way we help remove each other’s aloneness—the “not good” of being alone.

By serving or ministering to one another’s emotional pain, we help thwart the efforts of demonic spirits to establish footholds or strongholds in one another’s lives. In other words, we stand together to resist the enemy. I am certain that this is in part the action that Paul had in mind when he said:

*I...know that you are standing side by side, fighting together for the faith, which is the Good News. Don't be intimidated in any way by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself. (Philippians 1:27-28, NLT)*

In this lesson we will identify five categories of negative emotions in which the devil can operate, establishing footholds and strongholds in our thinking process. Then we will discuss how we can stand together as members of a faith community to prevent demons from taking ground in our lives or to reclaim ground that they have already taken.

As you prepare to teach, may I encourage you to think of those who routinely stand with you to:

- ◆ Caringly comfort you
- ◆ Lovingly admonish you to extend forgiveness to those who have offended you
- ◆ Understandingly receive your confessions and forgive you
- ◆ Strengthen your faith by removing your fear through their love
- ◆ Remind you to—by faith—reject the enemy’s ministry of condemnation

Take time to thank God for these faithful fellow warriors. Ask the Holy Spirit to reveal His plans for you to stand with others to resist the enemy. May He open your eyes to all of His truth as you prepare this important lesson.

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## Studying the Word Together

*Deal with your emotions or they will deal with you.*

*Deal with other people's emotions or they will deal with you.*

—An anonymous but wise person

*One of our early church mottos was, "Helping hurting people." The world is full of them, and over the years God has sent an abundance of people needing our help. Casas has developed a reputation in Tucson for being a caring church. An individual once asked a member where he attended church. Our member answered, "Casas." The inquirer responded, "Oh, that's the church that helps people." —Dr. Roger Barrier*

When I was seven or eight years old I was playing in our back yard. I had specific instructions not to play near the abandoned chicken coop behind our detached garage. Mom left me to play and went to pick up Dad from work, promising to return in about ten minutes.

I loved playing in, around, and on top of that old chicken coop. I remember waiting until Mom was out of sight and then running straight to the "forbidden fruit." This was going to be fun. I could play there for ten minutes and then return to the swings. Mom would never know!

I climbed on top of the coop's tin roof and pulled back a rusty piece of tin, making a "trap door" through which I could jump to the dirt floor about five feet below. Pretending that I was a hero chasing bad guys, I jumped. My feet landed firmly on the ground. I darted to the door of the chicken coop. Then I felt a warm liquid seeping down my arm onto my hand. I looked and saw blood rhythmically gushing from a cut in my arm.

My Cub Scout training in basic first aid came in handy—sort of. I ran into the washroom next to the mud porch and begin washing the wound with soap and warm water. Then I tied a slightly sweaty bandana (Yuck!) around my arm and pulled it very tight to stop the bleeding—just like a real cowboy.

In a few minutes, Mom and Dad walked in. They knew immediately that something was up. It was probably my very pale face and weak-in-the-knees walk that tipped them off. After I told them what happened, they immediately took me to the town doctor.

He smiled and said, "This kind of cut usually requires several stitches."

But it was too late to sew me up. He put a nice clean bandage on the wound, gave me a tetanus shot and sent me home. I feared for a while that I was going to die—either from a horrible infection or from the spanking Dad would likely give me. I didn't die and Dad didn't spank me.

The pain subsided. The wound healed because Mom, Dad, and the doctor made sure it didn't get infected. I haven't jumped through any more rusty tin roofs. However, I still have a three inch scar on my right arm.

The cut from the chicken coop roof was a physical wound. There are other kinds of wounds that require caring attention, too—emotional wounds. Life happens; we get hurt physically and emotionally. Cuts need to be healed and so do damaged emotions.

Emotional pain, like physical suffering, can make us vulnerable to demonic harassment and oppression. When our negative emotions or feelings do not receive careful attention, our thinking process can become faulty and we are likely to respond with inappropriate behavior. Remember the maxim, "Hurting people hurt people." The more severe our unhealed emotional pain, the more we are likely to inflict emotional (or physical) pain upon others.

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In this lesson we will learn to help “hurting people” experience comfort, healing, and spiritual freedom through the Holy Spirit. As healing occurs, the devil loses opportunities to influence thinking and actions that draw the victim of emotional pain away from the love of God and His care and fellowship.

## Life Sometimes Hurts

Let's begin by establishing a biblical basis for emotionality. The Bible contains many references to the emotionality of God, Jesus, and the Holy Spirit. Here are a just few examples:

- ◆ Jesus, full of joy through the Holy Spirit, said, “I praise you, Father.... (Luke 10:21)
- ◆ The LORD was grieved...and his heart was filled with pain. (Genesis 6:6)
- ◆ But God was very angry.... (Numbers 22:22)
- ◆ He looked...at them in anger and [was] deeply distressed at their stubborn hearts.... (Mark 3:5)
- ◆ Do not grieve the Holy Spirit of God... [the Holy Spirit can be grieved]. (Ephesians 4:30)

Human beings are created in the image of God. And like every member of the Trinity, we have our own emotionality. We have “feelings.” We respond to life through our emotions. Certainly, we experience both positive emotions and negative emotions. On the positive side are feelings like happiness, joy, elation, peace, confidence, acceptance, approval, respect, security, etc. On the negative side are anger, anxiety, confusion, condemnation, depression, embarrassment, frustration, guilt, insecurity, rejection, shame, etc. Wouldn't you agree that we all enjoy experiencing positive emotions? And wouldn't you agree that many of the life experiences that give rise to negative emotions are often unavoidable?

In Lesson Eight we studied anger, bitterness, and unforgiveness. Obviously anger is a negative emotion. We learned that it should be quickly dealt with so as not to give the devil a foothold (Eph. 4:26). It is

also important for us to deal with other negative emotions for the same reason. In the same way in which anger opens the door to the devil, other long-unprocessed negative feelings give the devil's demons opportunities to establish footholds or to build strongholds in our life. As the anonymous wise man said, “Deal with your emotions or they will deal with you.”

## ▶ A Cup Full of Negative Emotions Makes Us Vulnerable to Spiritual Attack

As I inferred earlier, painful negative emotions are inevitable. But what happens to the emotional pain we experience? Does it go away over time? David Ferguson and Don McMinn explain, “It has been said that emotions that are buried, are buried alive. And not only do they linger, they accumulate.”<sup>1</sup>

We can illustrate how emotions accumulate or build up by using the example of an emotional cup. This will provide us with a picture of the consequences of not properly dealing with painful emotions. Again, let's turn to Ferguson and McMinn for an explanation.

*Imagine pouring water into an 8-oz. Styrofoam coffee cup. The cup has a limited capacity so the water accumulates until the cup is full, and when more water is added, the water overflows, causing spillage.*

*Now, picture having an inner “emotional cup.” Every time you experience a painful emotion, it's as if your cup is being filled up. The unresolved emotions begin to accumulate and eventually you reach capacity, but life keeps pouring in painful emotions. Soon the emotions “spill over” and you begin to display unhealthy symptoms.*

*In other words, strong emotions (hurt, anger, fear), if not properly*

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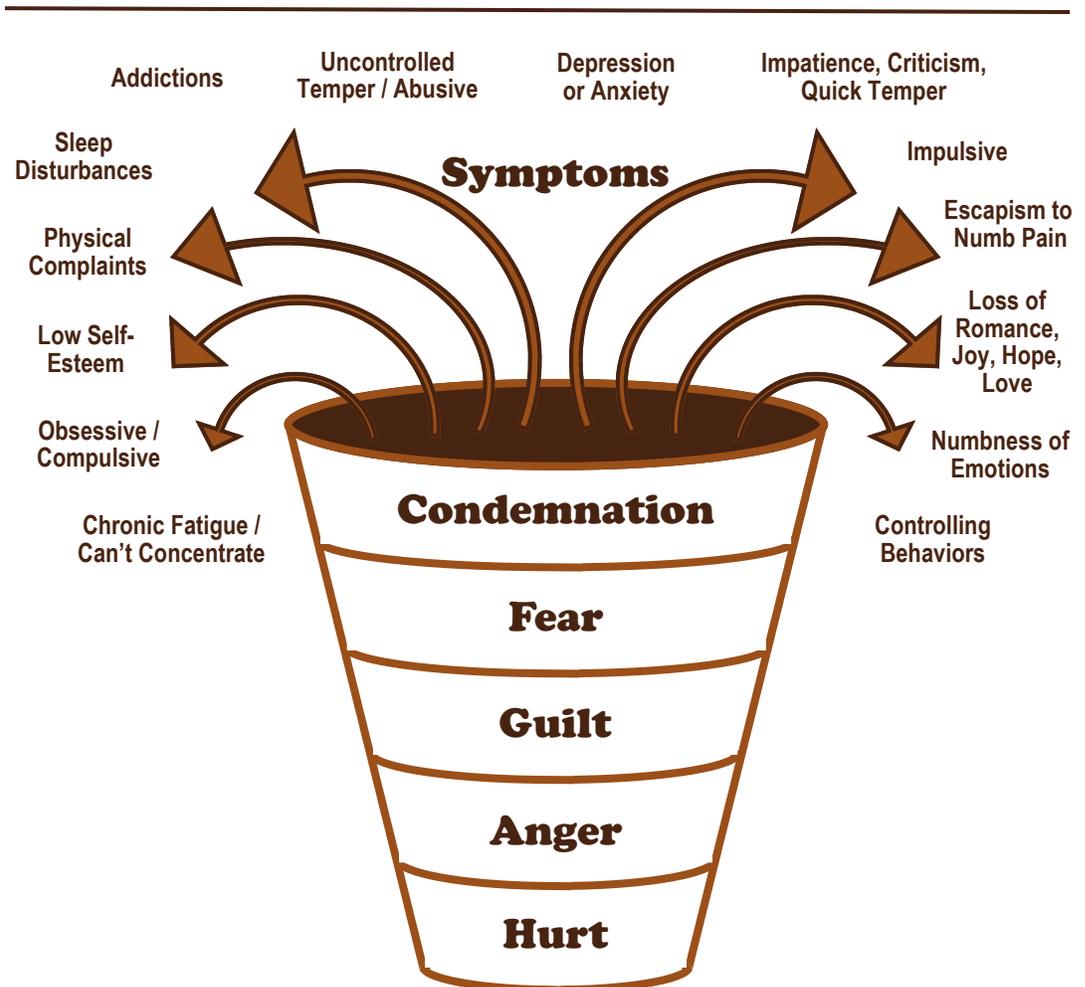
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*processed, begin to accumulate and our emotional capacity can become maxed out. Unfortunately, even when our cup is full, life keeps pouring in painful emotions, and we soon display unpleasant signs of “spillage.”<sup>3</sup>*

Just as there are many colors derived from the three primary colors (red, blue, and yellow), there are numerous negative emotions derived from five primary negative emotions. The five primary negative emotions are hurt, anger, guilt, fear, and condemnation. The diagram below represents a cup full of painful feelings spilling over with unhealthy—and sometimes sinful—actions.



Ferguson and McMinn teach that there are three primary results to living with an “emotional cup” filled with painful feelings. They teach that as we suffer emotionally, we become unable (or less able) to experience positive emotions and our personal “spillage” adversely affects all of our relationships.<sup>3</sup> Conversely, there are benefits to emptying the cup of negative emotions:

1. Painful symptoms subside
2. We are better able to enjoy positive emotions
3. We are free to strengthen relationships
4. Our vulnerability to demonic attack is diminished
5. Ground given to the devil can be reclaimed in Jesus’ Name

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Can you picture it? A believer's emotional cup is filled to overflowing with painful emotions. In the midst of his/her pain, demons begin to tempt and deceive. He or she begins to doubt God's love and the truth of His Word. Then the person acts, based upon his/her distorted thinking, and sins—often by hurting others. Does the process sound familiar? (See Satan's Deception Prompts Man to Sin in Lesson 5.)

So what are Christians to do with our negative emotions? How do we empty our "emotional cup" when it is filled with negative feelings? Once empty of negative feelings how is it filled with positive feelings?

## ► **Biblical Antidotes for Negative Emotions**

Speaking on behalf of the Lord, the prophet Jeremiah said, "For I will restore your health to you and heal you of your wounds" (Jer. 30:17). It should be no surprise that, just as we learned that forgiveness was the antidote for anger, we can learn to apply other biblical antidotes to our hurt, anger, guilt, fear, and condemnation. The chart below links each antidote to its related primary negative emotion.

Painful Primary Emotion	Biblical Antidote
Hurt	Receive Comfort (2 Cor. 1:3-5)
Anger	Extend Forgiveness (Matt. 6:9, 12-14)
Guilt	Confess sins (Psalm 32:4-5; 1 John 1:9)
Fear	Experience "perfect love" (1 John 4:18)
Condemnation	By faith receive God's agapé love (Eph. 3:17-19; Rom. 8:1)

### **Hurt / Comfort:**

**H**urt takes on many forms such as disappointment, embarrassment, grief, offense, betrayal, frustration, abandonment, and sadness. There are many levels of hurt: \$5, \$50, \$500, and \$5,000 hurt. Regardless of the depth of hurt we experience, comfort is always the antidote. Paul describes the ministry of comfort in 2 Corinthians:

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.*  
(2 Corinthians 1:3-5)

Notice that Paul identifies God as "the Father of compassion and the God of all comfort." When we are hurting we should always seek God's comfort. Now note that Paul tells the Corinthians that they also are to be comforters. When we are hurting, God may choose to comfort us through a Christian brother. Similarly, when we recognize that others are hurting, we comfort them.

Look back at the "emotional cup" diagram. Notice that hurt (emotional pain) forms the bottom layer of negative emotions. This is because it gives rise to the other emotions. For example, when we are offended, we often become angry. When we are angry, we might hurt others through retaliation. If we retaliate, we experience guilt because of our sin. Our emotional pain can cause us to fear being hurt again. (Anger dwells on the past; fear focuses on the future.) All of this can lead to self-condemning thoughts: "I am so bad that I



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am unworthy of God's love."

The emotional pain that we are calling "hurt" is often reflected in grief over some kind of loss. In Romans 12:15 Paul tells us that we are to "mourn with those who mourn." We can best comfort or mourn with another by first empathetically entering into his or her emotional pain and then expressing our heart response to their suffering. Expressions of comfort may sound like:

- ◆ I am sorry that you are hurting.
- ◆ It saddens me that you felt \_\_\_\_\_ (embarrassed, disappointed, betrayed). I know that must have truly hurt you.
- ◆ I am grieved that you are hurting so much.

Often an expression of comfort will be enhanced by an appropriate and gentle touch. By the way—when extending comfort, avoid judgmental statements like, "You shouldn't feel that way"; platitudes such as, "Remember, God works all things for good, so you are going to be okay"; or trivializing or diverting with statements like, "I was once rejected, too." Also avoid giving advice. Advice is not comforting. It may be appropriate after comfort has brought some healing to offer godly advice or wisdom, but giving advice is never step one when comforting.

### Anger / Forgiveness:

Remember what Jesus taught about forgiveness while teaching His disciples to pray:

*This, then, is how you should pray:  
 "Our Father in heaven.... Forgive us  
 our debts, as we also have forgiven our  
 debtors. And lead us not into  
 temptation, but deliver us from the  
 evil one." For if you forgive men when  
 they sin against you, your heavenly  
 Father will also forgive you. But if you  
 do not forgive men their sins, your  
 Father will not forgive your sins.  
 (Matthew 6:9, 12-14)*

In Lessons 7 and 8 of this series we discussed the forgiveness process—the antidote of anger. We've learned that we deal with our own anger by forgiving those who have offended us.

Unresolved anger and bitterness are certainly sins in the eyes of God. God chooses to forgive our sin because of Christ's crucifixion, and Jesus taught both his disciples and us to forgive as we have been forgiven.

### Guilt / Confession:

After sinning against God or offending another, a believer with a sensitive conscience will experience conviction by the Holy Spirit that will result in feelings of guilt. Guilt can be a heavy burden to bear. When weighed down by guilt, we usually feel more distant from and less intimate with God. We are likely to have the same feeling toward the one we have offended. David writes in the Psalms of the burden of conviction and guilt, as well as the prescription for lifting that guilt:

*For day and night your hand was  
 heavy upon me; my strength was  
 sapped as in the heat of summer. Then  
 I acknowledged my sin to you and did  
 not cover up my iniquity. I said, "I will  
 confess my transgressions to the Lord"  
 —and you forgave the guilt of my sin.  
 (Psalm 32:4-5)*

The root of the Hebrew word rendered "confess" in the passage above means to know or to acknowledge. When we confess to God or to another, we are acknowledging our sins as they have been made known to us. Through confession, we agree with God that we know and understand our sin. The Apostle John says this of the relationship between confession and forgiveness:

*If we confess our sins, he is faithful  
 and just and will forgive us our sins  
 and purify us from all unrighteousness.  
 (1 John 1:9)*

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We deal with our guilt through confession. We lift the heavy weight of guilt by truthfully acknowledging our sin and the fact that our sin is offensive both to God and to those we offend.

## Fear / Love:

**A**nger and guilt keep us anchored in the past. Fear focuses on what we believe might happen in the future. Fear makes it difficult for us to trust God and others. Without trust we find it difficult to risk the kind of vulnerability that leads to the deeper, soul-satisfying intimacy that makes our relationships so precious to us.

We find clues in several Bible passages concerning how believers can deal with fear. First, consider that the Apostle John said:

*There is no fear in love. But perfect love drives out fear.... (1 John 4:18)*

When we experience God's caring or loving involvement in our lives (directly from Him and indirectly through others), our faith and trust in Him rises and our fear diminishes. Our concern for our future protection and provision subsides.

Much of our fear is based upon deception and lies. The relationship between fear and right thinking is emphasized in Paul's second letter to Timothy. He said:

*For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of a calm and well-balanced*

*mind and discipline and self-control.*  
(2 Timothy 1:7, AMP)

Practically, we deal with the negative emotion of fear by receiving love from God and His saints. We also must identify the lie or deception that fuels our fear, renounce it, and declare aloud God's truth. Then if a spirit of fear is ministering to us, we can command it to cease its ministry to us and to depart from us in the Name of Jesus the Christ.

## Condemnation / Faith:

**O**f condemnation, Ferguson and McMinn say, "...there is one heart-wrenching, spiritually-debilitating emotion that God never wants us to experience, one that we should never accept as just 'part of life': condemnation... [Yet] many people suffer under the burden of condemnation; it clings to their soul like barnacles on the side of a ship. It is part of Satan's strategy to 'kill, steal, and destroy' the abundant life that God has promised us (John 10:10)."

Condemnation can be defined as judged to be unfit or to pronounce sentence, punishment, or judgment. Condemnation can come from:

1. Others who blame us for things for which we are not morally responsible
2. Our own self-talk through which we judge ourselves for things that we are not responsible for
3. Satan's use of condemnation as he attacks us in our thinking processes

Condemnation Might Sound Like	In Contrast, God Would Say
<ul style="list-style-type: none"><li>◆ I can't do anything right</li><li>◆ I'll never be as good as others</li><li>◆ I'm a bad person</li><li>◆ I don't matter to anyone</li><li>◆ It's always my fault when things go badly</li><li>◆ I'm not worth loving</li></ul>	<ul style="list-style-type: none"><li>◆ Your soul is more valuable than anything that is in this world (Luke 9:25)</li><li>◆ I loved and valued you so much that I gave my Son for you (John 3:16)</li><li>◆ I have accepted you just as you are (Rom. 5:8; 15:7)</li><li>◆ You are of great value to me (Matt. 6:25-34)</li></ul>



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Condemnation often is confused with the conviction of the Holy Spirit about our genuine guilt of sin. Look at the differences between the two.

Condemnation	Conviction by Holy Spirit
1. Comes from others, self, and Satan	1. Comes from the Holy Spirit
2. Is general in nature	2. Is always specific
3. Attacks who we are—our identity	3. Addresses acts that we have done
4. Ultimately steals hope for the future	4. Can ultimately produce hope
5. When feeling condemned, we should reject the lie and embrace the truth	5. When feeling convicted, we need to confess

We can free ourselves of condemnation by embracing God’s truth and standing in faith against the condemning lies, regardless of their source. Remember, truth always trumps a lie. The Bible says:

*There is now no condemnation for those who are in Christ Jesus.... Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died — more than that, who was raised to life — is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? (Romans 8:1, 33-35)*

## Helping One Another

If you have been part of Casas’ Teaching Community for any length of time, you know that our call is to help people “close the gap” between their present spiritual reality and the life promised in Scripture through the Sunday Morning Experience. The process of “closing the gap” is at times difficult. It requires learning to grow through inevitable suffering and battles with the evil one. This means that when our souls are painfully wounded we need to experience healing. It also means that when we find ourselves ensnared by doubt, fear, and deception we may require help from others in our faith community in springing open the devil’s traps.

The New Testament writers were careful to tell the members of local churches how to help one another deal with both positive and negative emotions. For example, we are taught to:

- ◆ Rejoice with the happy (Rom. 12:15)
- ◆ Encourage the discouraged (Heb. 3:13)
- ◆ Mourn with the grieving (Rom. 12:15)

- ◆ Comfort the hurting or troubled (2 Cor 1:4)
- ◆ Accept the rejected (Rom. 15:7)
- ◆ Bear with and forgive the guilty (Col. 3:13)

I want you to notice that each action indicated above is an appropriate response to an expressed feeling or emotion. This is part of the “healing work” of the church. Let’s take a look now at how we can help those who are suffering the pain of negative feelings or emotions. Let’s consider how we, as caring Christians possessing the incomparable great power of the Holy Spirit (Eph. 1:19), may help our brothers and sisters in Christ act upon and/or experience the Truth of the Word to bring healing and freedom.

### ► **The Role of Bible Fellowships and Small Groups in Healing and Deliverance**

**B**ible Fellowships—faith communities—and their associated small groups offer safe places for people to be vulnerable with one another, sharing both the joys and sorrows of their lives. In the safety of a

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unified community of believers, people can experience Christ's love through the caring involvement in their lives by their Christian brothers and sisters. Paul said it:

*We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.*  
(1 Thessalonians 2:8)

I often hear stories of our Bible Fellowships sharing their lives together during times of both celebration and sorrow. For example, some of our departments have worked with Casas' Benevolence Ministry to provide financial assistance to members who are suffering through severe illness. Others have joined together to celebrate the marriages of children and mourned with members who are grieving the death of a loved one.

Just as Paul encouraged church members to share their lives with one another, he instructed them to stand together as a unified community against their enemies, presumably both human and spiritual.

*I...know that you are standing side by side, fighting together for the Good News. Don't be intimidated by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself.*  
(Philippians 1:27b-29, NLT)

When a faith community stands together—caringly involved in each others' lives—the enemy's schemes to deceive, to engender doubt in God, and to destroy life are thwarted. Remember, God said, "It is not good to be alone" (Gen. 2:18). Jesus said that the lost will know that we are His disciples because we love one another well (John 13:34).

## Application Ideas & Questions

There are two main ideas in this lesson. First, we understand that six categories of unhealed emotional pain provide the demonic with opportunities to:

- ◆ Deceive believers
- ◆ Cause believers to doubt God and His Word
- ◆ Entice believers to sin

Second, we understand that as the unified faith community ministers to each other's pain in the Name and Power of Jesus, healing occurs and the schemes of the enemy are thwarted.

Here are some questions to consider when leading your Bible Fellowship to apply the principles and truths presented in this lesson:

1. How aware are your Bible Fellowship members of the enemy's ability to gain footholds or establish strongholds through unhealed emotional pain, anger, guilt, fear, and condemnation?
2. How well prepared are the people in your department to help one another "empty the emotional cup of negative emotions"?
3. What obstacles to effective ministry in this area does your Bible Fellowship face?
4. What might be done to remove those obstacles?
5. Do the leaders in your department know how and when to refer members to Pastoral Ministries for help that the Bible Fellowship is not equipped to provide?

<sup>1</sup> Ferguson and McMinn, *Emotional Fitness: Developing a Wholesome Heart*, copyright © 2003 by Intimacy Press, Austin, TX, p. 25.

<sup>2</sup> Ibid.

<sup>3</sup> Ibid, pp. 29-31.

<sup>4</sup> Ibid, p. 105.

<sup>5</sup> Ibid, pp. 106-107.

*Notes* 

# Commentary

## Casas' Healing or Spiritual Transformation Model

Casas has long recognized a relationship between emotional pain and spiritual bondage. Over the past three decades we've dedicated ourselves to being "stretcher bearers" carrying hurt and enslaved people to Christ for healing and deliverance (Mark 2:1-5; 11-12). We believe that the church as the Body of Christ must carry on Jesus' healing and deliverance ministry. Dr. Steve Dowdle has spent nearly 20 years leading our effort to develop a balanced approach to ministering to the whole person. The result is what we have come to call "Casas' Three-Tier Healing or Spiritual Transformation Model." Our model is based upon our biblical worldview and incorporates a balance of teaching, counseling, healing prayer, deliverance prayer, and persevering prayer. It relies completely upon the ministry of Christ through the Holy Spirit. Study the chart below to broaden your understanding of how Casas works to "bind up the brokenhearted, to proclaim freedom for the captives" (Isa. 61:1; Luke 4:18).

	<b>Tier One</b> <i>Knowing and Experiencing God</i>	<b>Tier Two</b> <i>Spiritual, Emotional, and Physical Healing</i>	<b>Tier Three</b> <i>Deep Healing</i>
<b>Assumptions</b>	All Christians need healing at this level. The evangelical church is effective at this level.	All Christians need healing at this level to some extent. The evangelical church is weak in this area.	Many Christians need healing at this level. The evangelical church, in general, seems impotent at this level.
<b>Individual Needs</b>	Salvation, discipleship, community, belonging, acceptance, support, comfort, love, prayer, worship, service	Freedom from spiritual and emotional bondage, physical healing, acceptance, agape love, caring support	Healing of deep, emotional wounds (abuse, neglect, abandonment), deliverance from strongholds, to know God's love, to be accepted, to develop trust, to be loved unconditionally
<b>Process</b>	Insight oriented, rational/educational, Holy Spirit directed, obedient application of biblical truth, confession of sin	Holy Spirit led and empowered obedient confession and renouncement of sin	Healing prayer, deliverance prayer, persevering prayer
<b>Method</b>	Teaching, preaching, counseling, mentoring, discipling, caring	Healing prayer, "seven-step" prayer, deliverance prayer, discipleship, counseling, flow of spiritual giftings	Healing prayer, deliverance prayer, persevering prayer
<b>Results</b>	Spiritual growth, relational healing, worldview modified, lifestyle and values change, feelings of comfort and support, reconciliation with God and others, experiencing God's love	Spiritual and emotional freedom, deliverance, relational healing, physical healing, increase in faith, spiritual growth enhanced, experiencing God's love at deeper levels	Healing of emotions, deliverance from demonic oppression, relational healing, increased trust of God and others

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This model is explained in detail in Dr. Dowdle's recently released book titled *Helping the Hurting in Your Church*.<sup>1</sup>

### **Pastoral Ministries' Role in Healing and Deliverance**

For more than twenty years Casas' Pastoral Ministries department, formerly called Pastoral Care, has helped many who struggle with emotional and physical pain to experience healing. They have helped those wrestling with spiritual bondage find freedom in Christ. The Pastoral Ministries Team is made up of ministers, pastoral counselors, and various

prayer teams composed of volunteers who have a passion for intercession. Many of the team members have spiritual gifts such as healing, prophecy, discernment, word of knowledge, word of wisdom, mercy, and encouragement. The Holy Spirit imparts His power through these kinds of gifts to bring about healing and spiritual freedom.

Participants in Casas' "Sunday Morning Experience" can contact the Pastoral Ministries department (878-1136) in order to make an appointment to meet with a pastoral counselor, a Healing Prayer team, a Seven Steps to Freedom team, a Celebrate Recovery leader, or a support group leader.

<sup>1</sup> Steve Dowdle, *Helping the Hurting in Your Church*, copyright © 2007 by Casas Adobes Baptist Church, co-published by Casas Adobes Baptist Church, Tucson, AZ, and Creation House (a Strang Company), Lake Mary, FL.

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#### RESOURCES NEEDED:

- ◆ 2-sided copies of Lesson Notes / Take-Home pages
- ◆ Pencils or pens for each person
- ◆ Dry erase markers and marker board or felt tip markers and a flip chart

#### TIMEFRAME:

- ◆ 35 minutes

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## Suggested Lesson Plan

**NOTE TO TEACHER:** This *suggested* lesson plan contains many elements that, if employed, will help maximize learning for life-change in your Bible Fellowship. If you are an experienced teacher, you have freedom to create your own plan based upon the “Studying the Word Together” section. If you are less experienced, we suggest that you “stick to the plan.” However, even less-experienced teachers should feel free to modify the plan based upon the needs of your Bible Fellowship. This plan is designed to be presented in 35 minutes. It is important, therefore, that you carefully plan your presentation so that you communicate the main points with brevity and clarity.

#### Important Scripture References:

- ◆ 2 Corinthians 1:1-5
- ◆ Matthew 6:12, 14-15
- ◆ Ephesians 4:32
- ◆ 1 John 4:18
- ◆ Romans 8:1, 33-35

#### Teaching Goals:

- ◆ **Learn:** Learners understand that five categories of unhealed emotional pain can provide the demonic with opportunities to deceive believers, to cause believers to doubt God and His Word, and to entice believers to sin.
- ◆ **Learn:** Bible Fellowship groups learn that as the unified faith community ministers to each other’s pain in the Name and Power of Jesus, healing occurs and the schemes of the enemy are thwarted.
- ◆ **Experience:** With thanksgiving, remember “standing together” to thwart the enemy’s schemes (Philip. 1:27-29).

#### Before Class Begins:

- ◆ Distribute handouts.
- ◆ Draw the “empty cup” diagram and corresponding table from the handout on your marker board. Omit the arrows for now.

#### STEP ONE: GETTING READY TO LEARN (5MINUTES)

- ◆ Tell your department that you are going to discuss how your Bible Fellowship can help one another experience healing by helping each other apply biblical antidotes to five categories of emotional pain or “wounds.”
- ◆ Ask them to focus their attention to the unlabeled “cup” diagram found on their handout. Explain that the layers in the cup represent categories of emotions that might be present in their “emotional cup.” Draw the cup on your white board and label the layers: hurt, anger, guilt, fear, and condemnation.
- ◆ Be vulnerable with your group, telling them which of the categories have caused you the most concern. You might give a brief example of your own challenge with a particular category. (Do not describe what you have done about it.)
- ◆ Now ask them to place a check mark beside one of the categories with which they sometimes struggle.
- ◆ Pray specifically for your group; ask the Holy Spirit to reveal some truth to them during the course of the lesson that will help them obtain a measure of healing and freedom from their “battle wound(s).”

# Resisting the Enemy

## Lesson 10

### Healing Wounds

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### STEP TWO: LIFE SOMETIMES HURTS (20 MINUTES)

*(Use material found on pages 10-3 to 10-8 to prepare for this section.)*

- ◆ Remind your department that life is sometimes good and that life is sometimes painful. Tell them that we experience both the joys of life and the pains of life through our emotions or feelings—both positive and negative—and there is nothing wrong with human emotionality.

1. Point out that each member of the Trinity is depicted in Scripture as having feelings or emotionality.

- ▶ Jesus, full of joy through the Holy Spirit, said, “I praise you, Father...” (Luke 10:21).
- ▶ The Lord was grieved...and his heart was filled with pain (Gen. 6:6).
- ▶ But God was very angry... (Num. 22:22).
- ▶ He looked...at them in anger and [was] deeply distressed at their stubborn hearts (Mark 3:5).
- ▶ Do not grieve the Holy Spirit of God... [the Holy Spirit can be grieved] (Eph. 4:30).

2. Next point out that just as demons can establish a foothold or stronghold in our lives when we hold on to anger (Eph. 4:26), they also can do so when we fail to biblically deal with other negative emotions.

#### ◆ The Emotional Cup

1. Use information on pages 10-3 to 10-5 to explain in detail the concept of an “emotional cup” filled with negative emotions.
2. Tell your members that there is good news: We have been provided with biblical antidotes for these negative emotions.

Using information on pages 10-5 to 10-8, describe each category of negative emotion; draw an arrow to its biblical antidote and fill in the table for the handout.

- ▶ Hurt / Comfort
- ▶ Anger / Forgiveness
- ▶ Guilt / Confession
- ▶ Fear / Perfect love
- ▶ Condemnation / Receive God’s love by faith

### STEP THREE: HELPING ONE ANOTHER IN OUR BIBLE FELLOWSHIP AND SMALL GROUPS (7 MINUTES)

*(Use the material on pages 10-8 to 10-9 to prepare for this section.)*

- ◆ Tell your group that the New Testament writers were careful to tell the members of local churches how to help one another deal with both positive and negative emotions. For example, we are taught to:

1. Rejoice with the happy (Rom. 12:15)
2. Encourage the discouraged (Heb. 3:13)
3. Mourn with the grieving (Rom. 12:15)
4. Comfort the hurting or troubled (2 Cor. 1:4)
5. Accept the rejected (Rom. 15:7)
6. Bear with and forgive the guilty (Col. 3:13)

- ◆ Have someone read aloud 1 Thessalonians 2:8 (on handout). Explain the importance of “sharing your lives together” in your Bible Fellowship community just as you share the truths of Scripture through teaching.

- ◆ Have someone read aloud Philippians 1:27-29 (on handout). Explain that when a faith community stands together—caringly involved in each

## Lesson 10

### Healing Wounds

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# Resisting the Enemy

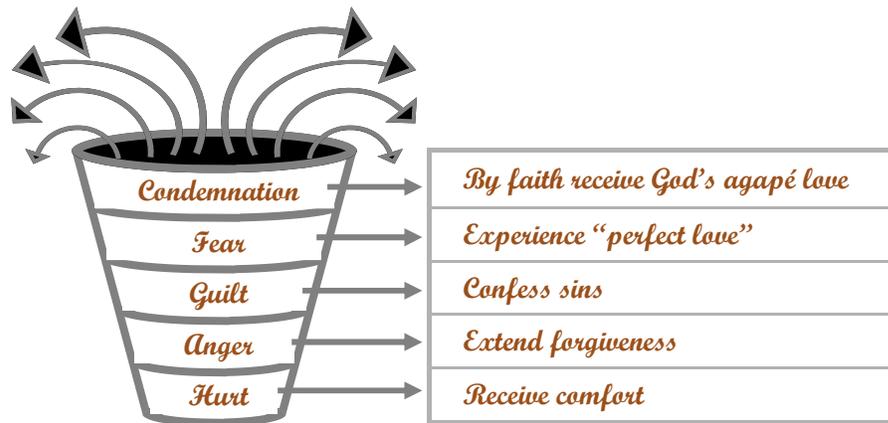
others' lives—the enemy's schemes to deceive, to engender doubt in God, and to destroy life are thwarted. Remember, God said, "It is not good

to be alone" (Gen. 2:18). Jesus said that the lost will know we are His disciples because we love one another well (John 13:34).

## STEP FOUR: APPLICATION & CLOSING (3 MINUTES)

- ◆ Ask one or two in your department to "remember aloud" how you have stood together as a Bible Fellowship with someone who needed to experience healing of their battle wounds (e.g., a time when you have comforted someone, helped someone be reconciled to God through forgiveness, received someone's confession, ministered to fear through love, etc.).
- ◆ Close with prayer thanking God for the healing that he provides through the faith community.

## Lesson Notes Blanks:



- ◆ We experience ... joys of life and the pains of life through our emotions or feelings.
- ◆ Just as demons can establish a foothold ... when we hold on to anger (Eph. 4:26), they also can do so when we fail to biblically deal with other negative emotions.
- ◆ Benefits to emptying the cup of negative emotions
  1. Painful symptoms subside
  2. We are better able to enjoy positive emotions
  3. We are free to strengthen relationships
  4. Our vulnerability to demonic attack is diminished
  5. Ground given to the devil can be reclaimed in Jesus' Name
- ◆ New Testament writers told members of local churches how to help one another deal with both positive and negative emotions. For example:
  1. Rejoice with the happy (Rom. 12:15)
  2. Encourage the discouraged (Heb. 3:15)
  3. Mourn with the grieving (Rom. 12:15)
  4. Comfort the hurting or troubled
  5. Accept the rejected (Rom. 15:7)
  6. Bear with and forgive the guilty (Col. 3:15)

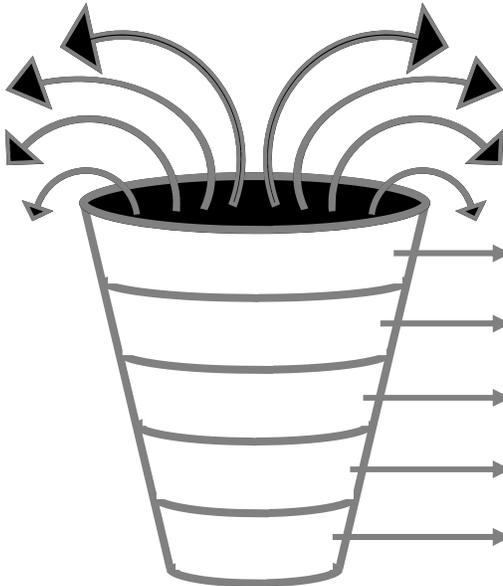
# Resisting the Enemy

## Lesson 10

### Healing Wounds

# Today in My Bible Fellowship

## The Emotional Cup → The Biblical Antidote



	—Rom. 8:1
	—1 John 4:18
	—1 John 1:9
	—Matt 6:9, 12-14
	—2 Cor. 1:3-5

- ◆ We experience both the joys of life and the pains of life through our \_\_\_\_\_ or \_\_\_\_\_.
- ◆ Just as demons can establish a foothold or stronghold in our lives when we hold on to anger (Eph. 4:26), they also can do so when we fail to biblically deal with other \_\_\_\_\_.
- ◆ Benefits to emptying the cup of negative emotions
  1. Painful symptoms \_\_\_\_\_
  2. We are better able to enjoy \_\_\_\_\_ emotions
  3. We are free to strengthen \_\_\_\_\_
  4. Our vulnerability to \_\_\_\_\_ is diminished
  5. Ground given to the devil can be reclaimed in \_\_\_\_\_
- ◆ New Testament writers told members of local churches how to help one another deal with both positive and negative emotions. For example:
  1. \_\_\_\_\_ with the happy (Rom. 12:15)
  2. \_\_\_\_\_ the discouraged (Heb. 3:15)
  3. \_\_\_\_\_ with the grieving (Rom. 12:15)
  4. \_\_\_\_\_ the hurting or troubled
  5. \_\_\_\_\_ the rejected (Rom. 15:7)
  6. Bear with and \_\_\_\_\_ the guilty (Col. 3:15)

## Today's Scriptures

**2 Corinthians 1:3-5:** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.

**Matthew 6:9, 12-14:** This, then, is how you should pray: "Our Father in heaven... . Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

**1 John 1:9:** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

**1 John 4:18:** There is no fear in love. But perfect love drives out fear....

**2 Timothy 1:7:** For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of a calm and well-balanced mind and discipline and self-control. (AMP)

**Romans 8:1:** There is now no condemnation for those who are in Christ Jesus....

**1 Thessalonians 2:8:** We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.

**Philippians 1:27b-29:** I...know that you are standing side by side, fighting together for the Good News. Don't be intimidated by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself. (NLT)

## Next Week's Lesson: Our Spiritual Armor

**Daily Reflections****R  
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**B**egin each daily reflection by meditating a few minutes on the suggested Scripture passage. Seek to listen to the Holy Spirit as He speaks to you. Then consider the comments and questions about the passage. Be aware of both your thoughts and your feelings. Respond to God through both.

**Monday:** *...whoever wants to become great among you must be your servant and whoever wants to be first must be slave of all. (Mark 10:43-44)*

Reflect for a moment upon the paradox created by Jesus' teaching. Greatness requires one to be a servant. Prominence requires one to be a slave. The "great" and the "first" are servants dedicated to voluntarily meeting the needs of those over whom they exercise influence. Ask the Holy Spirit to speak to you about your state of "being" as a servant. Be aware of your heart response to His revelation to you.

**Tuesday:** *For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many. (Mark 10:45)*

As you meditate on this passage, imagine Jesus speaking these words directly to you through His Holy Spirit. What does this passage suggest to you about Christ's heart for you? As you experience His heart to serve you, respond to Him with heartfelt gratitude.

**Wednesday:** *Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. (John 13:3-5)*

Mentally picture this scene in the small upstairs room where Jesus and the disciples had gathered. See Jesus, dressed as a menial slave, moving from one disciple to the other and washing each one's feet, beginning with Judas and ending with Peter. Now, imagine Him washing the dust from your feet. Does the water feel refreshing as it flows over your feet? Let His eyes meet yours as He wipes your feet dry with the soft linen towel. Tell Him what you are thinking and feeling. Listen carefully to His response.

**Thursday:** *When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. (John 13:12)*

Let Jesus' question to the disciples penetrate your heart. Prayerfully give Jesus an answer to the question, just as if He had asked it directly of you. How do you sense He is responding to your answer?

**Friday:** *You call me "Teacher" and "Lord," and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them. (John 13:13-17)*

Interact with these verses in a very personal way. What example has Jesus set for you? What form of service does "feet washing" take in your life? Have you ever thought that certain acts of service or ministry were beneath your dignity? If yes, confess your act of placing yourself above your Lord and then experience His forgiveness. If no, express your gratitude for His example of service and your pleasure in serving Him by serving those He loves.