

Pathways to Inner Healing

Take a few minutes to share briefly why you might be interested in this inner healing class. What do you want to receive from this class?

For the facilitator, take a few minutes and share briefly about how this class has helped you and about your own journey to inner healing. As you go through the class with your friend, be sure to share from your own life.

Inner healing begins with our understanding of who God is and who we are in relation to God. Because God created us, our very nature is in order when we see ourselves and our situations through God's eyes. But we must know who God is to know how he sees us. The Bible teaches us that God is love (1 John 4:16), and therefore God loves us and he wants what is best for us in every situation. He always works for the good of those who love him (Romans 8:28). So, establishing our relationship with God who loves us is foundational for our healing. If we believe that God is against us or doesn't love us, then our lens becomes disoriented, and we can't make sense of what is happening around us.

Who do you believe God is? What do you believe about his nature?

How do you believe God feels about you?

If you do not yet believe God is love and you don't believe God loves you, ask the Lord to reveal himself to you. Ask the Lord to reveal his love for you.

Jesus also says, ²² "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!" (Matthew 7, NIV). The eyes that Jesus is talking about can be our physical eyes and the things we look at, but they can also be our inner eyes, the things we think about or focus on, as well as the way we see our world: How we see God, ourselves, our past, our future, our relationships, our life, and our situations. The process of inner healing doesn't just adjust our perception; true healing lays a new foundation that allows us to experience life the way God sees our life and recolors our situations the way God sees our situations. How do we know how God views us and our world? We can know through Jesus Christ and the Word he gave us. As we read about Jesus, we can begin to understand who God is because the Bible teaches us that Jesus is the Word of God (John 1:1-18). Jesus also says that ¹⁷ "every good tree bears good fruit, but a bad tree bears bad fruit. ¹⁸ A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit" (Matthew 7, NIV). In other words, when we see God and ourselves in a way that is right and true, the result is good fruit. But when we have a distorted view of ourselves and God, then emotional and physical problems can abound, and healing fails until these views are corrected.

What do you know about Jesus? Who do you believe Jesus is?

Have you ever read the Gospels (the teachings and life of Jesus found in the books Matthew, Mark, Luke, and John)?

How we see ourselves, God, people, and the world around us comes from many different sources. Every day, these sources of “truth” influence us. Some of these sources do speak the truth, and others do not. They speak lies about us, God, and the world around us. They claim to be true, but as we examine them more closely, we can begin to see that they are false. These sources of “truth” can come from our own thoughts and emotions, the news, social media, television or movies, counselors, friends, family, parents, books, religions, religious leaders, spiritism, science, medicine, or something else. We’ve all been influenced by many or all of these things. And if we believe what they say, then we begin to behave, react, and even live out of those beliefs, whether they’re true or false. In other words, they direct our lives and our relationships. They direct how we feel about ourselves, God, and others. They color how we see our past, present, and future. So, for this reason, it’s important that we identify how these sources speak to us, what they are saying, and whether or not they are true, because truth is the key to our healing and growth. False teachings lead us to brokenness, sickness, sadness, and even depression because they actually hurt us and our relationships.

So, what determines truth? Is there a standard for truth that we can count on to guide us? The answer is “Yes!” That truth is found in the Bible. In this inner healing study, you will have the chance to experience that truth and decide for yourself who and what you want to believe, receive, and follow. You’ll begin to see for yourself who is speaking truth into your life and who is not. Even if you don’t believe in God or the Bible, we encourage you to give the Bible a chance. See if the Word of God and the teachings of Jesus speak to your heart. This study is not designed to coerce you to follow Jesus but to allow you to encounter Jesus for yourself and experience his healing. Are you ready for the journey?

Until now, where have you gone for truth? Place a check beside the areas have influenced you the most:

Your thoughts	Television	Family	Religious Leaders
Your emotions	Movies / videos	Parents	Spiritism
The news	Counselors	Books	Science
Social media	Friends	Religions	Medicine

Something else: _____

How have these sources of truth helped or not helped you in your journey for healing?

Laying the Foundation

The Bible teaches that Jesus *is* the Word of God, which means that God put his spoken words into the man Jesus so that we might know God – his nature, his character, his feelings toward us, and his direction for our lives. His truths never change, and according to the first book and chapter in the Bible, Genesis 1, we can know and understand that God created our world through his Word. This same Word is Jesus. Yet, we quickly learn in Genesis 2 and 3 that the world God originally designed is not the world we live in today. Part of the process of inner healing is understanding God’s plan for our world and reestablishing our views to align with God’s original plan, instead of the one we’ve created for ourselves. Jesus says that “²⁴ Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.” God compares his truths to a rock, a rock that is stable and will not change, a rock that gives us strength and security in a world that may be falling around us.

Consider the foundations we've depended on in our lives until now. How is God's Word, a rock that doesn't change, different from other sources of truth: our thoughts, emotions, the news, social media, television or movies, counselors, friends, family, parents, books, religions, religious leaders, spiritism, science, medicine, or something else.

Understanding the foundational teachings of Jesus and the Bible is the beginning of building a strong house. For this reason, we've provided you an overview of the Bible and its teachings. Even if you've read the Bible before or heard about Jesus, it's important to make sure that we know and understand some of the foundational teachings of God's Word so that our understanding is solid and healthy. We don't have to read the entire Bible to experience inner healing, but it is important to begin reading the Bible on our own to grow in our knowledge and practice of Jesus and his teachings. In this study, we don't require that you become a follower of Jesus, but knowing what Jesus teaches is the first step in experiencing his truths that will help you in your healing process. For this reason, here are three steps we'd like for you to take:

1. Take a few minutes to watch the video, "[Where Do I Find Meaning in Life?](#)" Share what stands out to you in this video.
2. Take time to read the brochure "[What Does the Bible Say?](#)" to set the foundation for your healing. After each paragraph, and discuss these questions: (Note: Read the trifold according to the page numbers, beginning on page 2.)

What do I learn about God?

What do you learn about human beings and their relationship to God?

Where do I see myself in this teaching?

3. In the Bible, the book of Matthew is a book that focuses on the foundational teachings of Jesus. Reading these teachings will help you to know and recognize where Jesus is leading. Beginning in Matthew chapter 2, we encourage you to commit to reading one chapter a day or watching at least 20 minutes of the [Book of Matthew](#) movie. Are you willing to do that?

Where do my truths come from?

The things we believe about ourselves, others, and God often come from religious experiences and people in our lives. Some of these beliefs may be correct and healthy, while other beliefs are false and need to be corrected. Our false beliefs may come from words that people have spoken about us or to us, from a pattern of experiences, or from significant, painful experiences where lies need to be exposed and replaced with God's love and truths.

Make a timeline list of conversations, events, and memories that have negatively impacted you:

Describe a memory or event that impacted you the most. (Explain what happened and when, who was involved, things said or done that hurt you and why you felt hurt.)

What did you think or feel?

embarrassed	ashamed / shamed	humiliated	rejected	abandoned	inauthentic / fake	afraid	falsely accused	misunderstood	lonely	condemned	incapable / unimportant	worthless / devalued	envious	controlled	manipulated	cursed	hopeless	sad	grief / loss	anxious	confused	bitter / resentful	defensive	prideful / arrogant	bitter / judgmental	Other: _____
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Discussion: (Discuss each one and details add to your story)

What were things that you *said* in response?

What were things you *did* in response?

Lies I've believed and truths I need to receive

Once we've had a chance to explore our past in a safe environment, we can ask the Holy Spirit to reveal any lies we've been believing from these conversations, experiences, and memories. Taking one situation at a time, close your eyes, and ask the Holy Spirit to reveal any lies you've been believing about yourself, someone else, or God. Start with lies about yourself, then someone else, and then God. Write the lies in the first column. Ask the Holy Spirit to reveal his truth and any verses, facts, or perspectives that express that truth. Work with a friend who knows the Bible well to help you.

What lies did you hear and believe? (about yourself / someone else / God)	What's the truth?		
	Based on God's Word (see verses about Identity , Promises , or other)	Based on the facts	Based on a different perspective

Ask the Lord if there are any other lies you've been believing about yourself, others, or God. Share what the Lord revealed and add them to the chart above. Fill in the other columns with truths.

Renounce the lies that you've believed about yourself, others, and God. You can say, "Lord, today I renounce the lie that I believed about..." Imagine putting these lies in a box. Close the box and hand the box to Jesus. Close your eyes. What does Jesus do with this box?

Close your eyes and ask the Lord for forgiveness for the lies you've believed about him, others, and yourself. What does he say to you in return?

Close your eyes and imagine that the Lord gives you a box in exchange for the one you just gave him. What's in that box?¹

If what you receive from Jesus doesn't align with God's heart, character, and feelings about you, read these passages and try the exercise again: (Zephaniah 3:17, Isaiah 43:1-5, Isaiah 54:5, 1 John 3:1, Romans 8:37-39, 1 John 4:19). Look at more passages about God's love for you, if needed.

Injustices and God's heart

Throughout the Bible, God shows us that he is a just God. In other words, God's actions are not only fair and morally right, but they are also predictable. God tells us how he judges in his Word, the Bible. In this way, we can know what to expect from him and won't be surprised by his actions. He's not duplicitous, making a promise one day and not fulfilling that promise the next day, nor will he change his mind on the day we face him. Jesus said, "There is a judge for the one who rejects me and does not accept my words" (John 8:48). We know that God is love; so, as a judge, God is also loving. But a loving God does not allow sin to go unnoticed or unpunished. That wouldn't be love. He wants to bring righteousness into our world and right every wrong. Why? Because that's what love does.

But our world doesn't always understand God's standards for what is right and wrong. Isaiah 59:8 says, "The way of peace they do not know; there is no justice in their paths. They have turned them into crooked roads; no one who walks along them will know peace." From this passage, we learn that God longs to teach us ways so that we can discover his peace. Yet, he understands that we too have been hurt by the injustices in our world, and he wants us to know how he feels about these injustices, that he didn't cause them, and that one day he will judge and punish anyone who does not turn from a life of intentionally hurting others and never taking responsibility for those hurts.

Below is a chart for you to write the injustices that you believe were committed against you in the situation you shared about earlier. Take some time looking up verses about these injustices and write verses that speak God's heart about these injustices. If you don't know any verses, you can do a search online, such as "What does the Bible say about _____?"

¹ Adapted from Dawna de Silva, Teresa Liebscher, *Sozo: Saved, Healed, Delivered*, 2016 (Shippensburg, PA: Destiny Image).

Were there injustices committed?	What's God's heart about this? (verses)

How did I cope?

We all respond to challenges and hurts in our lives in different ways. Some people show anger, while others hide their feelings and stay quiet. Others may even use “being nice” to avoid conflict, when inside they have all kinds of feelings that they’re afraid to express. Others use joking or phrases like, “That’s okay!” But perhaps they’re not being honest with themselves, God, or others around them about how they really feel. They may not even feel that their true feelings have value. Learning how to work through our problems and using healthy ways to cope is not natural for most people, but we can learn new ways of coping that please and even honor God. Healthier ways of coping is a big step toward emotional and physical healing. Coping with Jesus’s help, instead of apart from his help, heals our hearts, our relationships with others, and our relationship with God.

Place a check mark next to each way that reflects how you coped with the situation in your life that you discussed earlier.

lie, be dishonest , conceal	<input type="checkbox"/>	go silent / shut down / ignore / avoid
sleep more / emotionally numb out / isolate	<input type="checkbox"/>	exercise / do a hobby / read
binges watch videos / TV movies (types) /listen to unhealthy music	<input type="checkbox"/>	sleep more / emotionally numb out / isolate
gaming / surfing the net / gamble	<input type="checkbox"/>	binges watch videos / TV movies (types) /listen to unhealthy music
turn to sex/ impurity / sensuality / romance / adultery	<input type="checkbox"/>	gaming / surfing the net / gamble
overeat/ eat unhealthy foods / undereat / bulimia	<input type="checkbox"/>	turn to sex/ impurity / sensuality / romance / adultery
turn to Satanic practices or spiritism	<input type="checkbox"/>	overeat/ eat unhealthy foods / undereat / bulimia
drink / smoke / do drugs	<input type="checkbox"/>	turn to Satanic practices or spiritism
work more than usual/ shop or spend	<input type="checkbox"/>	drink / smoke / do drugs
gossip / slander	<input type="checkbox"/>	work more than usual/ shop or spend
think bad thoughts about the person, yourself, and God	<input type="checkbox"/>	gossip / slander
consumed yourself mentally with the just agree and yield to the other person, even if it was unhealthy for you	<input type="checkbox"/>	think bad thoughts about the person, yourself, and God
make an inner vow (I will never _____)	<input type="checkbox"/>	consumed yourself mentally with the just agree and yield to the other person, even if it was unhealthy for you
push the person to respond / stalk / manipulate	<input type="checkbox"/>	make an inner vow (I will never _____)
seek revenge	<input type="checkbox"/>	push the person to respond / stalk / manipulate
harm others/ violence / anger / insult	<input type="checkbox"/>	seek revenge
self-harm / attempt or desire suicide	<input type="checkbox"/>	harm others/ violence / anger / insult
self-harm / attempt or desire suicide	<input type="checkbox"/>	self-harm / attempt or desire suicide
pray for yourself / pray for the person	<input type="checkbox"/>	self-harm / attempt or desire suicide
study God's Word	<input type="checkbox"/>	pray for yourself / pray for the person
journal / process	<input type="checkbox"/>	study God's Word
use spiritual resources to learn and grow	<input type="checkbox"/>	journal / process
talk to a friend / counselor, read self-help book	<input type="checkbox"/>	use spiritual resources to learn and grow
talk to the person, apologize, reconcile	<input type="checkbox"/>	talk to a friend / counselor, read self-help book
Other: _____	<input type="checkbox"/>	talk to the person, apologize, reconcile

Give examples of how you coped with the situation you shared. Try to be specific in the details you share. Discuss why you think you cope in these ways.

How are ways you coped with your challenge healthy and/or unhealthy?

How do you feel about how you coped? What did you learn about yourself? In what ways do you want to grow?

How have I sinned?

When we have problems in our lives, we may have contributed to the problem in some way, or we may be a victim. As a victim, we may not have caused or been responsible for any part of the abuse, and identifying false guilt is an important part of our healing. This can be worked through in the lies vs. truth section of this process. We can sin, however, in ways we respond, react, or cope with our struggles. If we are not victims, then oftentimes, we also played a role in the conflicts and challenges we've faced in our lives. No one is sinless, and one part of healing is identifying where we've sinned, confessing that sin to God and the people we've sinned against, reconciling, and possibly making amends for our sins. The Bible calls this repentance.

What is sin? Sin is an action or thought that hurts us, God, or other people. Sin is the opposite of love. Since God is love, then God has no sin because everything he does is out of love for us. Love reflects the heart of God. I Corinthians 13 says that love is patient and kind. Love doesn't compare people to each other but sees tremendous value in each person. Love isn't proud, boastful, or rude. It never tries to be better than someone else. Love isn't selfish, but considers what is best for another person and works toward their good. Love isn't easily angered and doesn't focus on the wrongs and faults of others. Love rejects evil but also rejoices when a person is honest and walking in the truth. Love speaks truth and points others toward truth. Love helps and protects others and trusts their hearts. Love hopes for the best and acts out of that hope. Love never gives up, closes the door, or ignores people. Love is hard, but it never leads to failure, even if that love is never returned (13:1-8). If we haven't responded to a person or problem with love, then we can begin to identify the sins in our lives. We can also see our sin in how we've coped with life's difficulties and the relational conflicts we've had.

Place a check beside any sinful ways you coped, reacted, or responded to the situation you shared earlier. You can look at the coping chart and at your responses to the questions about what you said or did in the situation.

hated / unforgiveness / bitterness	unrighteous avoidance	selfishness / greed	rudeness / disrespect / interrupting	anger / arguing / shouting	cursing / speaking hateful words / sarcasm	rebellion	acting recklessly or rashly, including speeding, violence, spending	avoiding responsibility / disobeying the law / not paying bills / stealing	suing without genuinely attempting reconciliation	judging / criticalness	causing division	complaining / grumbling	ruled by fear of circumstances or future	ruled by fear of man	idolatry	lack of love or concern	making an unwise promise, breaking a promise	pride / self-honor or glory / competition	self-hatred / envy	not willing to acknowledge wrong or be disciplined for wrongdoing	believing lies about ourselves or others	not seeking the Lord through prayer, reading the Word, listening	not seeking help / not confessing to someone who can help me	not trusting God / faithless / hopeless	Other: _____
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Give examples of how you sinned in the situation in your life that you discussed earlier. Try to be specific in the details you share.

Write the names of the people you sinned against in this situation, including God and yourself. Write any examples of how you sinned against them.

Close your eyes and ask Jesus for forgiveness for the sins you've committed against him, others, and yourself. If you feel you are able, speak your prayer aloud. Then listen. What does he say to you in return?

Imagine putting these sins in a box. Close the box and hand the box to Jesus. Close your eyes. What does Jesus do with this box?

Close your eyes and imagine that Jesus gives you a box in exchange for the one you just gave him. What's in that box?²

Being forgiven

Acknowledging our sins before God and experiencing his forgiveness for our sins is one of the most powerful inner healing tools we can experience. As we learned earlier, God values justice, and he does not let sins go unpunished or undisciplined. In other words, someone has to be punished for our sins – sins against God, others, and even ourselves. That's a lot of punishment! Yet God loves us. He does not want to punish us eternally for our sins or be separated eternally from us. What does he want in return? He wants us to turn away from our sins and learn from what we did, grow, and change. Jesus already died on a cross for our sins, meaning that he voluntarily took on the full punishment we deserve for every sin we've ever committed against him, ourselves, and others. But God sent Jesus to die for us and teach us how to live in a way that honors God. He did this out of his great love for us! Placing our faith and trust in Jesus as the Savior of the world, turning away from our sins, and following Jesus are the first steps in having a relationship with God, one that will last and will secure our place in heaven instead of hell for

² Adapted from de Silva and Liebscher, *Sozo*.

Transform: Pathways to Inner Healing

eternity. At the end of this study, you will have an option to complete a study called [What Does the Bible Say?](#) This study will lead you more deeply in how to have a thriving and lasting relationship with God through Jesus.

Have you ever placed your faith and trust in Jesus as the Savior of the world, turned away from your sins, and decided to follow him? Is this something you desire for your life? Even if you say no, you can still experience the goodness of his teachings. We encourage you to keep learning from him and allow him to impact your heart and life and lead you toward greater healing.

Forgiving others

Forgiving others who hurt us is also one of the most critical steps we can take for our own healing. Yet, for many of us, this is the hardest step. Forgiveness is not easy, but it's important to have a biblical understanding of forgiveness. Even if we receive God's forgiveness through Jesus, God still disciplines his children here on earth, just as a good father disciplines his children so they can learn and grow from their mistakes. Perhaps we grew up under parents who disciplined us out of anger or violence. God's discipline for children who turn to him is never that way. He loves us and will do everything he can to help us overcome sin and learn how to live a life that is fruitful and full of love and light in this dark world. His discipline may be hard at times, and it may hurt, but it's always out of love, and he never takes his love from us. Read what the writer of Hebrews says about God's discipline:

⁷ Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? ⁸ If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. ⁹ Moreover, we have all had human fathers who disciplined us, and we respected them for it. How much more should we submit to the Father of spirits and live! ¹⁰ They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. ¹¹ No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. ¹² Therefore, strengthen your feeble arms and weak knees. ¹³ "Make level paths for your feet," so that the lame may not be disabled, but rather healed. (Hebrews 12)

What is the role of God's discipline? (vv. 10-11, 13) How is his discipline sometimes different from human discipline?

Even though God disciplines us, how does he feel about us? (v. 7-8)

Why do you think God's discipline an important part of our healing and relationship with God and others?

Discipline is a part of a healthy life and a healthy family. As a part of God's healthy family, he can discipline us as our heavenly Father but still forgive us. If we submit to his discipline, learn from our mistakes, and continue growing, then we will one day live with him. That's a promise in Hebrews 11:9: if we submit to our heavenly Father, we will live with him.

Paul also tells us, "Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you" (Ephesians 4:32). So, what does it mean to forgive those who hurt us? When we forgive, we're asking God to release a person from eternal punishment for the sin they committed against us. We're not asking him to release them from discipline or justice that is needed to help them learn right from wrong. That's not how God forgives us. Depending on what was done to us, it may be difficult to let go of our angry feelings. But when we look to Jesus, we see his example: he forgave the people who killed him as he was dying on the cross. When facing the men crucifying him, he said, "Father, forgive them. For they do not know what they are doing" (Luke 23:34). Jesus understood that if they had known the eternal punishment they would face for crucifying the Son of God, they would never have done what they did. Jesus shows these men compassion and asks the Father to also forgive and show compassion.

But we must understand that Jesus wasn't saying, "Father, don't let them ever have to learn from this horrible mistake they're making. Don't ever lead them away from this type of behavior. It's ok. Let them do this to other people. Don't ask them to change or help them to change." No! That's not at all what Jesus was saying because that wouldn't be love, and God is love. Jesus is saying, "Father, don't punish them eternally in hell for this. Show them love. Have mercy on them. Don't make them pay back in hell every penny for this sin against me and make them completely miserable on this earth, even though that's what they deserve. Help them overcome sin so that they can be with us in heaven. Break their hearts over what they've done so they can turn to you and change! Father, continue to show them love, and help them!" That's the heart of Jesus. If the people who crucified Jesus had turned from their sins and asked Jesus to forgive them and help them, he would have wrapped his arms around them, loved them, taught them, and helped them overcome their sin. This is the same love that the Father has for us. He never hardens his heart against us or closes a door that can't be opened.

How is this definition of forgiveness different from or similar to your definition? Do you want to adopt and practice biblical forgiveness? Explain.

To be a true follower of Jesus, we must do what Jesus did. That's why Jesus said, "¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins" (Matthew 6). This means that we must release people and keep our hearts open to anyone who wants to reconcile and overcome the challenges of sin in their lives if we want our heavenly Father to forgive our sins. If a person is being physically or verbally abusive, some form of separation from that person may be wise and necessary; however, wishing death upon another person, wanting to be eternally separated from them, resolving never to speak to them again or show them love, treating them in a way that is hateful or rude, or never giving them a chance to reconcile is not forgiveness. If we have this heart, we will not be forgiven. So, we must work toward steps to forgive people who have wronged us, even if it takes time and much prayer and counsel. If the person is unsafe for us, then forgiveness and love may come in the form of prayer, rather than contact or relationship.

Go through each lie and forgive (or release) the person who created that lie in your mind. Ask the Lord to forgive them for harming you. If you're not ready to forgive, close your eyes and ask the Lord to help you and to reveal any blocks in your heart that are hindering your ability to forgive. Share what the Lord reveals to you.

If you are ready to forgive, then go through the list of injustices that the person has committed against you and forgive (or release) the person sinned against you. Ask the Lord to forgive them for harming you.

How can I love?

Showing love after we've been hurt is another important part of our healing. We may have already tried to show the person love and they didn't respond well. If this happens, we should feel encouraged by the ways we've tried to love them. However, there still may be areas where we can grow in showing love, and this next section will allow you to explore those areas. Love may be in the form of direct contact, but love can also come in the form of healthy boundaries to create healthier spaces for that contact. Whether we show love in person or even from a distance, love is crucial to our healing. We cannot stay bitter and heal at the same time. But we can take steps toward love.

Look at these options for showing love. Place a check by any steps you've already taken. Place a dot beside any steps you would like to take. Place an X beside any steps you are unwilling to take. If the step does not seem appropriate for your situation, leave it blank.

work through my thoughts and feelings with God	share my true feelings in love with myself, God, or the person	maintain communication with the other person	speak directly to the person, rather than turning to gossip or slander	apologize to the person and God for the things I said or did, reconcile (if possible)	use God's Word and truth to manage unhealthy thoughts about myself, others, and God	set healthy boundaries with the person as needed (be specific)	keep my heart open to the person	pray for myself and the person	leave vengeance to God	report wrongdoing to proper authorities	pursue self-care (healthy alone time, work balance, exercise, processing time, proper sleep, healthy eating)	spend time with the Lord, seeking his guidance through the Word, spiritual resources, or biblical counseling	forgive the person	serve the person, be generous toward them, build trust in the relationship	listen and seek to understand the person, their thoughts, their heart, their brokenness and pain	maintain a quiet, gentle, and humble spirit	encourage them with my words, show gratitude, speak love and life into them	acknowledge truth in what they say
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spend time with them as a friend by doing something they enjoy	teach or coach the person in an area, strengthen them spiritually	speak scripture over the person in prayer or in-person	place God's values and truths above peoples' values and truth	respond in love, conviction, or truth, not fear	wait patiently upon the Lord for his wisdom and guidance	consider the other person's needs and interests as well as my own	keep a promise	avoid an unhealthy commitment	stop trying to win an argument to prove that I was right	say "No" when needed and stand my ground humbly and gently	remember my identity in Christ	remember God's promises for me and for them	receive God's discipline in humility	restore or make right something I did wrong	trust God, stay hopeful	share the Gospel with the person, point them to Jesus	remain peaceful, using gentleness and love in action to win them to Jesus instead of my words	release the person and the situation to the Lord; receive peace	Other: _____
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Discuss your responses to these steps.

Make a specific plan to take some or all steps you've chosen. If you need to work through difficult steps, commit to praying about those steps and continue meeting to discuss with the facilitator. If needed, look at helpful verses. In the end, choose the steps that you believe are most helpful to you and the person(s) involved in the situation.

Conclusions

What are healthier coping strategies I want to adopt in my life?

What areas of love do I want or need to pursue?

What have I learned about myself through this process?

What have you learned about the other person through this process?

Spend time praying to the Lord about everything you've seen and learned.

- Ask Jesus for forgiveness and direction over each of the areas. Thank Jesus for his forgiveness.
- Ask Jesus for help in the areas where you struggle and thank him for his help.
- Pray for the other person and ask Jesus to help them.
- Take time to pray scripture over yourself and the other person.
- Pray to love the person and over any actions you feel the Lord is asking you to take. Pray for wisdom in how you should respond.
- Take time to listen to the Holy Spirit. Write what you learn.
- Thank Jesus for his guidance.

Spend time seeking wisdom in the Word. Write what you hear and learn.

Consider how you can use your story to encourage others and bring glory to the Lord.

Repeat this process for other challenging conversations, events, and memories you listed at the beginning of this study.

What's next?

If you need additional counsel and personal spiritual growth, we recommend the following resources:

EXPLORE: [What Does the Bible Say?](#)

TRANSFORM: [Relationship Success](#)

TRANSFORM: [Overcoming Struggles](#) (and biblical counseling resources from Citizen's Church [Recovery](#) Program³)

TRANSFORM: [Transformational Communion](#)

Any book from the *Boundaries* series, by McCloud and Townsend

Professional biblical counseling

³ The link for the Citizen's Church Recovery Program will redirect you away from Connect the Nations and to the Citizen's Church website. Please contact us if this link is broken or does not connect you to their Recovery program.