Healing our Wounded Hearts



Amanda Buys' Spiritual Covering

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- El Shaddai Christian Church, Durbanville
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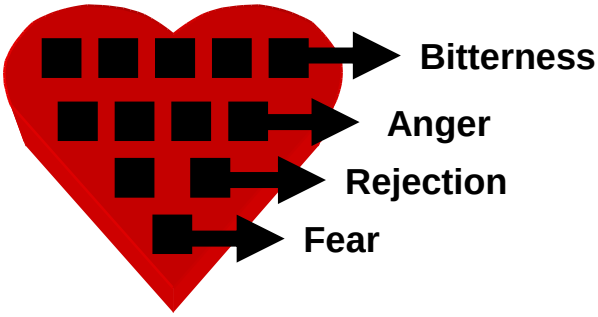
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OPENING INTRODUCTION:

HEALING OF EMOTIONS

PRIMARY AIM: INTIMACY WITH GOD – MOVING CLOSER TO GOD AND REMOVING ALL BLOCKAGES.



Matthew 22:37-40 *"37 And He replied to him, You shall love the Lord your God with all your heart and with all your soul and with all your mind (intellect). 38 This is the great (most important, principal) and first commandment. 39 And a second is like it: You shall love your neighbour as [you do] yourself. 40 These two commandments sum up and upon them depend all the Law and the Prophets."*

SECTION 1:

THE ROLE OF THE FATHER:

Webster:

Father:
The one that gives us significance.

GOD'S MANDATE TO FATHERS

To bless - "baruch":
To kneel down before someone.
To empower to prosper
To succeed in marriage, finances, health, career, ministry, etc.
To have a pleasant, fulfilling journey

Blessing = God's impartation

Cursing = Satan's impartation

} **Of identity and destiny**

"Who am I?" "Why am I here?"
Am I of any value? Do I belong? Do I have a purpose?

THE POWER OF BLESSING



Each male/father is seen as the Priest of his family and the home is seen as a sanctuary. **The father declares these words over his family.**

Num. 6:24-27
24 The Lord bless you and watch, guard, and keep you;
25 The Lord make His face to shine upon and enlighten you and be gracious (kind, merciful, and giving favor) to you;
26 The Lord lift up His [approving] countenance upon you and give you peace (tranquility of heart and life continually).
*27 And **they shall put My name upon the Israelites**, and I will bless them.*

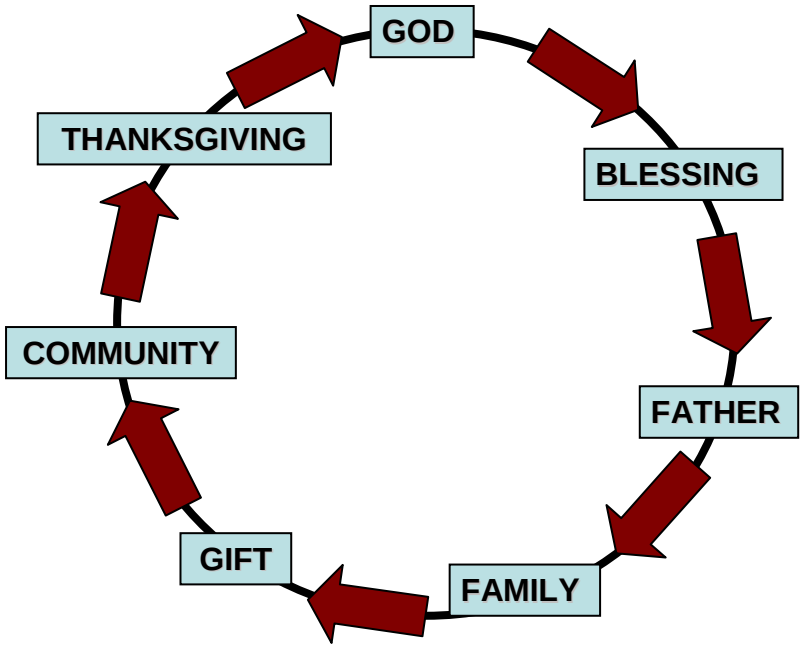
Since we have accepted Jesus as Messiah and are now grafted into the natural olive, i.e. we who are now Israelites in the spirit. We need to make sure that we keep God's Commandments to speak out the blessing over His nation and children.

a) The Power of Blessing



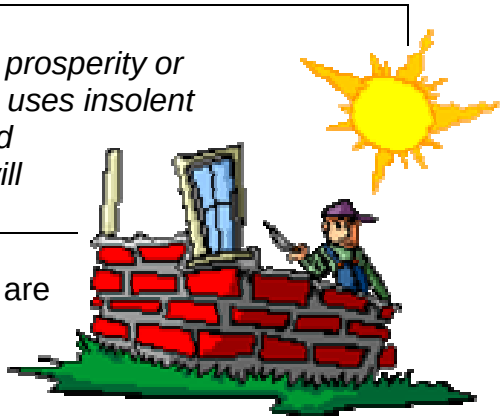
A specific spiritual moment in time when we are able to strengthen our individual bond with God and raise our sights to fulfill our potential.

b) Circle of Blessing



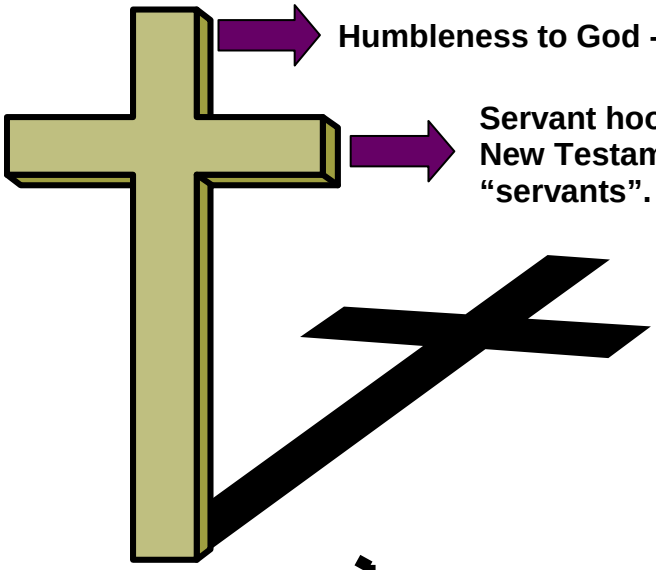
c) Blessing passes through the Father

Gen. 12:3
3 And I will bless those who bless you [who confer prosperity or happiness upon you] and curse him who curses or uses insolent language toward you; in you will all the families and kindred of the earth be blessed [and by you they will bless themselves].



Fathers build houses – words of faith by the father are the key to unlocking God's purpose.

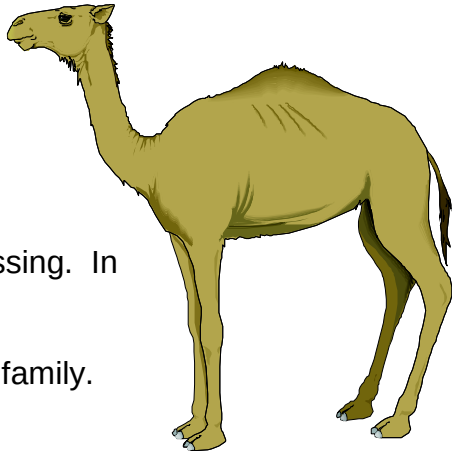
Father's lifestyle:



Humbleness to God - Sons

Servant hood to community. New Testament: we are "servants".

Hebrew letter Gimmel ג



In its picture form it is a camel – a symbol of blessing. In order to use the camel, it has to kneel.

This is the image that a father should give to his family.

WHO AM I?

I am a SPIRIT,
Who has a SOUL,
That lives in a BODY!

1 Thessalonians 5:23 *"23 And may the God of peace Himself sanctify you through and through [separate you from profane things, make you pure and wholly consecrated to God]; and may your spirit and soul and body be preserved sound and complete [and found] blameless at the coming of our Lord Jesus Christ (the Messiah)."*

GOD CONSCIOUSNESS:
The part of my being that has awareness to God and the spiritual realm.

SELF CONSCIOUSNESS:
This is the part of us that is made up of mind, will and emotions.

WORLD CONSCIOUSNESS:
The part of my being that understands the world or environment around me through my senses.

Genesis 2:17 *"In the day you eat of it you shall surely die."*

You must be born again! John 3:3

Ephesians 2:1 *"1 AND YOU He made alive, when you were dead (slain) by [your] trespasses and sins"*

Ezekiel 36:26-27 *"26 A new heart will I give you and a new spirit will I put within you, and I will take away the stony heart out of your flesh and give you a heart of flesh."*

SECTION 2:

Romans 7:22-23
"For I endorse and delight in the Law of God in my inmost self [with my new nature].
But I discern in my bodily members [in the sensitive appetites and wills of the flesh] a different law (rule of action) at war against the law of my mind (my reason) and making me a prisoner to the law of sin that dwells in my bodily organs [in the sensitive appetites and wills of the flesh]."

Romans 8:13
"For if you live according to [the dictates of] the flesh, you will surely die. But if through the power of the [Holy] Spirit you are [habitually] putting to death the [evil] deeds prompted by the body, you shall live forever."

Ephesians 2:4-6
"But God—so rich is He in His mercy! Because of …the great and wonderful and intense love with which He loved us, even when we were dead by [our own] shortcomings and trespasses, He made us alive together in fellowship and in union with Christ; it is by grace that you are saved and He raised us up together with Him and made us sit down together in the heavenly sphere [by virtue of our being] in Christ Jesus…"

The body is guided by the 5 senses.
The power of sin offers temptation through the senses of the body.

- Touch
- Taste
- See
- Hear
- Smell

Romans 7:23
"But I discern in my bodily members [in the sensitive appetites and wills of the flesh] a different law (rule of action) at war against the law of my mind (my reason) and making me a prisoner to the law of sin that dwells in my bodily organs [in the sensitive appetites and wills of the flesh]."

Romans 12:1
"1 I APPEAL to you therefore, brethren, and beg of you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship."

Mind

- Intelligence
- Intuition
- Reason
- Logic

Rom. 12:2
"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Will
Mr. Chooser loves being in control!

Whose boss on your throne? Mr. Chooser?

Emotions
- Sadness
- Anger
- Love
- Joy

What the mind thinks…the feeler will feel!
- Anger or Rage
- Anxiety or Depression
- Pressure
- Greed

Emotions reveal the heart…however emotions **do not** reveal a person's identity!

2 Cor. 5:17
Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Emotions cannot give us **directions** or answer why we feel a certain way.
The **Word** of **God** is the only path to ALL TRUTH…not our emotions.

John 17:15-17
15 I do not ask that You will take them out of the world, but that You will keep and protect them from the evil one.
16 They are not of the world (worldly, belonging to the world), [just] as I am not of the world.
17 Sanctify them [purify, consecrate, separate them for Yourself, make them holy] by the Truth; Your Word is Truth.

We all have a <u>Root</u> System!
What came first?
■ **the <u>fruit</u>?**
■ **the <u>tree</u>?**
■ **the <u>root</u>?**

<u>FRUIT</u> is nurtured by…ROOTS!

We need to examine our root systems!

1 Corinthians 4:4-5
"4 I am not conscious of anything against myself, and I feel blameless; but I am not vindicated and acquitted before God on that account. It is the Lord [Himself] Who examines and judges me.
5 So do not make any hasty or premature judgments before the time when the Lord comes [again], for He will both bring to light the secret things that are [now hidden] in darkness and disclose and expose the [secret] aims (motives and purposes) of hearts. Then every man will receive his [due] commendation from God."

Job 14:7-9 NKJV
"For there is hope for a tree, If it is cut down, that it will sprout again, And that its tender shoots will not cease. Though its root may grow old in the earth, And its stump may die in the ground, Yet at the <u>scent of water it will bud</u> And bring forth branches like a plant."

Matthew 3:10 NKJV
"And even now the ax is laid to the root of the trees. Therefore every tree which does not bear good fruit is cut down and thrown into the fire."

Skeletons in the Closet…

I <u>thought</u> that was under the <u>blood</u>!

Luke 10:19 NKJV
Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

When looking at issues of the **heart**…it may **feel** like **death** is at the door!

SECTION 3:

RETURNING TO THE WAYS OF THE LORD:

JER 6:16 *Thus says the Lord, "Stand by the ways and see and ask for the* ***ancient paths****, where the* ***good ways is****, and* ***walk in it****; and you shall find* ***rest for your souls****."*
But they said, "We will not walk in it."

Ancient [Heb. *Olam*] old, concealed, hidden, perpetual, eternal, timeless, from eternity.

God's ways are heavenly, eternal, timeless. God walked in His ways before man was created.

We are made in God's image and there are established within us His supernatural, timeless, eternal ways; ways of thinking, speaking, behaving and relating to one another.

Since man chose sin, he has departed farther and farther from these ways.

WHAT HAS HAPPENED?

JER 6: 13-15 [The Lord speaks] *"For from the least of them even to the greatest of them, everyone is* ***greedy for gain****, and from the prophet to the priest everyone* ***deals falsely****. And they have* ***healed the brokenness*** *of My people* ***superficially****, saying, 'Peace, peace', but there is no peace. Were they ashamed because of the abomination they have done? They were not even ashamed at all; they did not even know how to blush. Therefore they shall fall among those who fall; at the time that I punish them, they shall be cast down."*

V 13: When needs go unmet, a person tends to become selfish and greedy. Greed and deceit are bound to operate when crucial needs go unmet.

V14: We think we are helping people by attempting to remove the guilt and pain by speaking "*Peace, peace*" without dealing with the root causes of the problems.

V15: When we make short-sighted choices attempting to bring peace without dealing with the roots of the former wrong choices, we harden our own hearts and are not even convicted of any wrongdoing.

Key Qualities

1. ***Who am I?***

Identity: My perception of **me**; "*What am I worth?*"

2. ***Where am I going?***

Destiny: My perception of my function and significance on this earth; "*Why am I here? What am I supposed to do?*"

EPH 6: 10-12 *Be strong in the Lord; draw your strength from Him. Put on God's whole armour, that you may be able successfully to stand up against all the* ***strategies*** *and the deceits of the devil.*
For we are not wrestling with flesh and blood, but against the despotisms, against the powers, against the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere.

Strategies (schemes) Satan sets up management strategies that run themselves because neither him nor even his demonic hosts can personally afflict each person continuously.

If Satan is able to establish his images of identity and destiny in your life, he then has set up a system of governing your life that more or less turns itself and requires very little maintenance or service on his part.

This is an effective **strategy** of destruction in your life.

God has appointed **special agents** on this earth to ensure that His message of identity and destiny is revealed.

Agents = our parents.

Primary job: make sure that children receive God's message of identity and destiny throughout their growing years.

Satan's purpose: Access these very agents of God, the parents, and impart his message of identity and destiny.
SATAN'S MESSAGE

Identity:
- You're worthless.
- You aren't supposed to be here.
- You are a mistake.
- Something is drastically wrong with you.
- You are a nobody.
- You don't belong.

Destiny:
- You have no purpose.
- You are a total failure.
- You'll never be a success.
- You are inadequate.
- You are not equipped to accomplish the job.
- Nothing ever works for you.

GOD'S MESSAGE

Identity:
- To Me you are very valuable and are worth the life of Jesus Christ.
- You are a "somebody".
- You belong in the family of Christ.
- Before the foundation of the earth, I planned for you - you were no mistake.

Destiny:
- You are destined to a great purpose on this earth.
- I placed you here for a purpose.
- You are a success as a person and are completely adequate and suited to carry out My purpose.
- Set your vision high and allow Me to complete great accomplishments in your life.

WHAT HAS HAPPENED TO US?

IS 1:6 *From the sole of the foot even to the head there is no soundness or health in the nation's body - but sounds and bruises and fresh and bleeding stripes; they have not been pressed out and closed up or bound up or softened with oil. No one has troubled to seek remedy.*

Many of us have been deeply wounded and hurt through the impartation of the devil's message of identity and/or destiny, especially by parents and other key individuals.

Satan has a three-fold plan

1. To distort the image of who God has created you to be.

2. To drive you out of the place in which God has called you to dwell (family, marriage, church, employment, city, country, etc.).

3. To steal your inheritance (children, finances, ministry, pension, relationships).

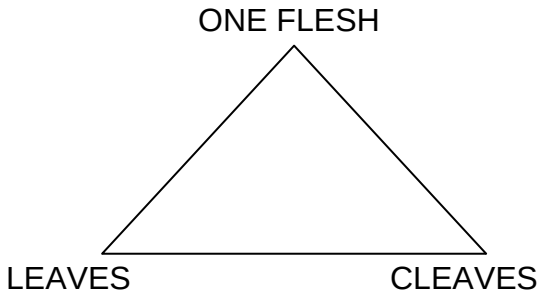
Blessing is God's primary mechanism of imparting His message of identity and destiny into your life.

Blessing: To empower to prosper; *Baruch*; To have a pleasant and fulfilling journey.

Curse: To disempower or to disable the one being cursed from thriving, succeeding or having a pleasant and fulfilling journey through life.

Cursing binds
BLESSING LOOSES

GEN 2:24 *For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.*



People that are blessed by their parents are able to leave in a healthy way, but those who are not blessed cannot properly leave.

Blessings of parents **loose the identity** to **leave** and **thus to cleave**.
Cursing (or by default lack of blessing) **binds** the identity to the parent and **hinders cleaving**.

TWO PRIMARY REACTIONS TO CURSING OF IDENTITY

1. Decision to **isolate from parent** and write him out of your life. "*I don't care what he thinks. It doesn't matter.*"

Result: You bind yourself to that parent. You also loose an internal, emotional focus that will often reproduce in your own life or in the life of your marriage partner - the very qualities you hated in your parent!

2. Decision to **continue striving** after the blessing of the parent, no matter how long or what it costs.

Result: Bind yourself to your parent and are not free to cleave.

EXAMPLE

The mother constantly criticized the son for everything he did and redid all his tasks - nothing he did could please his mother.

Result: "*The best way to avoid being hurt and criticized, is to do nothing.*"

In married life, he defaulted on all his domestic responsibilities. He was still tied to his mother and not free to cleave to his wife and be a proper husband.

BLESSING establishes God's image of identity and destiny.

SEVEN SIGN POSTS:

God has built in seven special **blessing times** into the ancient Jewish culture, through ceremonies, customs, laws and other protective measures to ensure that people would get His message rather than Satan's.

1. Conception.
2. In uterus.
3. Birth.
4. Infancy.
5. Puberty.
6. Marriage.
7. Older age.

Parents are strongmen.

A family is a spiritual entity. There is a spiritual glue that unites a family.

This family unit is created when a covenant is made between a man and a woman in marriage. There is a spiritual protection in marriage and the parents are the strongmen.

MATT 12:29 *Or how can a person go into a strong man's house and carry off his goods without first binding the strong man? Then indeed he may plunder his house.*

House [*oikos*] The descendants thereof.

Satan comes to plunder your house - it means he is after your family. Because of children's vulnerability, God wanted to ensure that children would be blessed right from the time of conception.

The identity of a child is blessed at the time of conception when two primary requirements are met:

1. Parents are in covenant through marriage.
2. The child is wanted, accepted and received.

Marriage creates a protective hedge around children. The Old Testament Law provided protective measures that ensured the well-being of children - all cases of fornication and adultery were capital offences. The penalty was death.

These protective measures were walls that God placed in society to preserve the correct image of *identity* and *destiny* of His people.

Today these walls are no longer in existence - we have forsaken God's ancient paths.

People today struggle all their lives with feelings of being a mistake, depression, fear, irrational anger, lust, guilt, as well as varied demonic afflictions.

The Key-role of the Father

The father is a key-role player in imparting blessing to the children at the different stages of development.

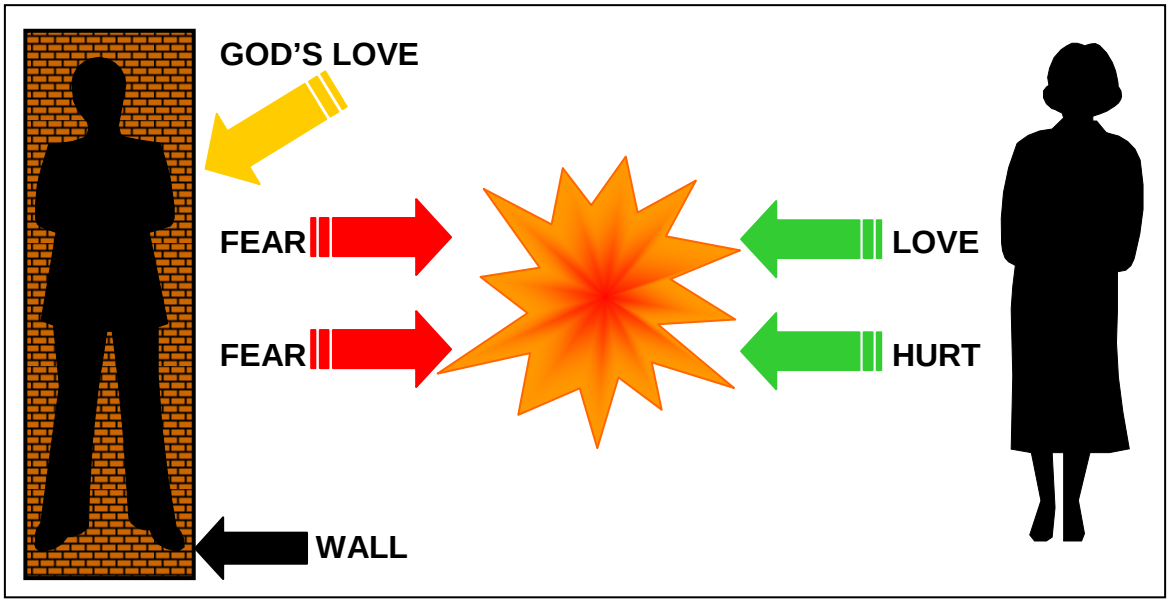
Releasing a child into adult identity is a crucial time: "*Am I a real man/woman?*"

Divorce statistics prove that more often than not, divorce occurs in a family right before the age of puberty of the first-born child. This has to be a **strategy** of the devil to remove the father from home before he has the opportunity to bless and impart adult identity and destiny to his children.

ABANDONMENT OF GOD'S ANCIENT PATHS

By the time most people enter into adulthood, they have endured countless experiences of identity cursing by those close to them.

This results in very thick walls (calluses) being built to keep out further hurt, but also, unfortunately, to keep out love - even from God.



Result: Man cries out to God for help, healing and love and it seems to him God is far off and not hearing his cries.

Truth: God is trying to get His love through to man, but without realizing it, man is resisting that love because of the shell around his heart.
The primary force keeping the wall in tact around the heart is FEAR of being hurt again.

I JOHN 4:20 *If anyone says, "I love God", and hates his brother, he is a liar; for he who does not love his brother, whom he has seen, cannot love God, Whom he has not seen.*

If you don't love others, you don't love God either. If you cannot receive love from others, you also cannot receive love from God. Healing the wounded heart involves pulling down the wall and opening the heart to people in a safe environment.

Fear: Terrifying expectation of rejection, public exposure and ridicule.

The goal of life today for many people is simply pain avoidance and trying to find someone or something to make them happy.

Result: Hardness of heart.

PRAYER STEPS TO HEALING – PRE-BIRTH

1. WE WERE PLANNED BY GOD

Ps. 139: 13, 15-16a
13 For You did form my inward parts; You did knit me together in my mother's womb.
15 My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colors] in the depths of the earth [a region of darkness and mystery].
16 Your eyes saw my unformed substance, and in Your book all the days [of my life] were written before ever they took shape, when as yet there was none of them.

2. JESUS WAS PRESENT AT OUR CONCEPTION

Come in agreement that it was okay for you to be conceived.

Forgive your parents for not wanting you or wanting a child of the opposite sex.

Agree with God that you are what He wanted.

3. TAKE AUTHORITY OVER ANY SATANIC POWER IN FAMILY LINE

PRAYER:
"In Jesus Name we take authority over your inheritance through your father and mother, and break any satanic influence that may have come down to you by inheritance.
We break the demonic seals of any dedications, curses, or entrance by deceit that gave the enemy any right to influence you. We break this power at the point of your conception, or at any other point at which it may have entered you."

4. THE NINE-MONTH PREGNANCY PERIOD.

We bless the child during each month of development. Take authority over all negative influences the child may have experienced. Speak against any anger, fear, negative self-image, discouragement, etc.

Break any additional curses, dedications, or vows that may have allowed satanic power to enter.

5. PICTURE YOUR BIRTH AND SEE JESUS HOLDING YOU.

Allow yourself to feel wanted, loved, safe and protected.

6. AS AN ADULT, HOLD THE BABY AND CUT THE UMBILICAL CORD

Tie and cut the umbilical cord – often signifies some unnatural bond with or over dependence on your parents.

Hold the baby.
Feel: Wanted & Secure

Bless the baby. Love and care for the baby.

ROOTS AND FRUITS OF PREBIRTH CONDITIONS

ROOT	FRUIT AFTER BIRTH
1. Child not wanted 	• Performance orientated • Apologizing • Wishing death • Refusing affection • Craving affection • Frequent Illness • Problems with Bonding • Trying to earn right to be
2. Parents face bad time financially	• Believing I am a burden
3. Mother - Fear of Delivery	• Fear • Insecurity • Fear of Child-birth
4. Child is the wrong sex according to the parents	• Sexual Identity problems • Striving to please • Defeatist attitude – “I was wrong from the beginning”
5. Conceived out of marriage / before parents were ready	• Deep sense of shame • Lack of belonging • I’m a burden
6. Next child after miscarriage / abortion	• Trying to make up for the loss (not being “me”). • Striving / over-serious • Anger at being a replacement
7. Mother loses loved one while pregnant	• Deep sadness • Depression • Death wish • Loneliness

8. Mother heavy smoker, drinker (alcohol)	• Severe anxiety • Chemical damage • Negative attitudes • Low activity level
9. Fighting in home	• Nervousness • Uptight / fear • Feel guilty when in conflict • Taking emotional responsibility for parents
10. Father dies / leaves home 	• Guilt • Self-blame • Anger • Expecting to be abandoned • Death wish • Depression • Craving to find substitute
11. Violent / unwholesome sex, more than one partner	• Aversion to sex • Fear of male organ • Unhealthy sexual attitude
12. Induced labour	• Bonding problems • Masochistic personality • Sexual perversion
13. Unusual painful delivery	• Unacceptable expressed anger • Depression
14. Cord around neck	• Throat related problems • Problems with swallowing • Speech impediments • Anti-social / criminal behaviour
15. Mother is afraid of gaining too much weight / does not eat properly	• Insatiable hunger • Anger
16. Breach delivery	• Higher risk of having learning problems
17. Mother has poor health	• Guilt • Child takes emotional responsibility for Mother.
18. C-Section	• Craving all kinds of physical contact • Trouble with concept of space • Clumsiness

SECTION 4:

UNDERSTANDING EMOTIONAL PAIN 1

BASIC HUMAN NEEDS

The world is having a nervous breakdown. People are irritable, aggressive, tense and anxious. Neurosis is on the march. Year after year there is more illness, more suicide, more violence, more alcoholism and more drug addiction. The world is coming apart at the seams. Valium and Prozac are the glue holding it together.

It seems as though we are all missing something and scrambling to get what we think we've missed. What we seem to want is simply "**more**".

It seems that **emotional deprivation** has become a legacy transmitted from one generation to the next.

In the past there was limited understanding of what children's needs were. It was not widely understood that young children needed to be held and caressed a lot, nor that children had feelings that needed to be expressed. Rather, children were expected to behave and obey. Feelings were the last thing to be understood or respected.

Parents seem to know only discipline and struggle. They want children of character, but what they get are neurotics. It is everybody's fault and nobody's fault.

We are all born into this world a mass of need. The beginnings of our lives are completely dominated by needs that are "hard-wired" in the system.

THE ROLE OF LOVE IS CRITICAL

Love is an essential quality in the fulfilment of needs at every level of development, and is contained in the satisfaction of **all** needs. It must not be a mechanical exercise, but must be rooted in **genuine** feeling.

When we are children each new need in our development must be fulfilled in order for us to **feel loved**.

Love is not just words like "You know we love you", and then you deprive him of real love by failing to touch him. Love means first **understanding** what his needs are, and then satisfying them.

A major portion of the brain is given over to touch. Touch is crucial in early life. Later on, the child has a new set of emotional needs beyond the physical ones. He now also needs to be allowed to express his feelings – to be angry, to be negative, to say "no", etc. In short, his feelings must be respected. He must be allowed to give affection – a hug and kiss spontaneously – and not be brushed aside.

Children learn instinctively what they need to get by in life. It is an automatic response, e.g. a depressed mother makes the child into someone who must cheer her up because he needs a normal, happy, smiling mother. Whatever goes wrong, the child, with no other frame of reference, whose parents are the world to him, thinks it is **his fault**. He struggles to make them feel important, wanted, respected, attractive, liked, smart, whatever it is that they need.

When needs are not fulfilled the child suffers, not for just the moment, but for the rest of his life unless he receives healing through the love of the Heavenly Father.

There is a **timetable** of need; certain needs can only be fulfilled at that time and no other (in the natural).

The hurt gets lodged in a **storage tank**. To be healed means to go back and experience the exact needs of the infant and child. To feel the ache as it really happened and to experience all of one's self – feeling the pain brought on by the original deprivation.

FAMILY FUNCTIONING

Families perform three basic functions to meet their members' needs:

1. Maintenance – meeting physical needs of:

- Food
- Shelter
- Clothing
- Medical care

2. Nurturance

Emotional and Relational needs for:

- Acceptance
- Affection
- Affirmation
- Time with others

3. Guidance

Intellectual and Spiritual needs for instruction on many diverse topics as how to tie a shoe and how to know God.

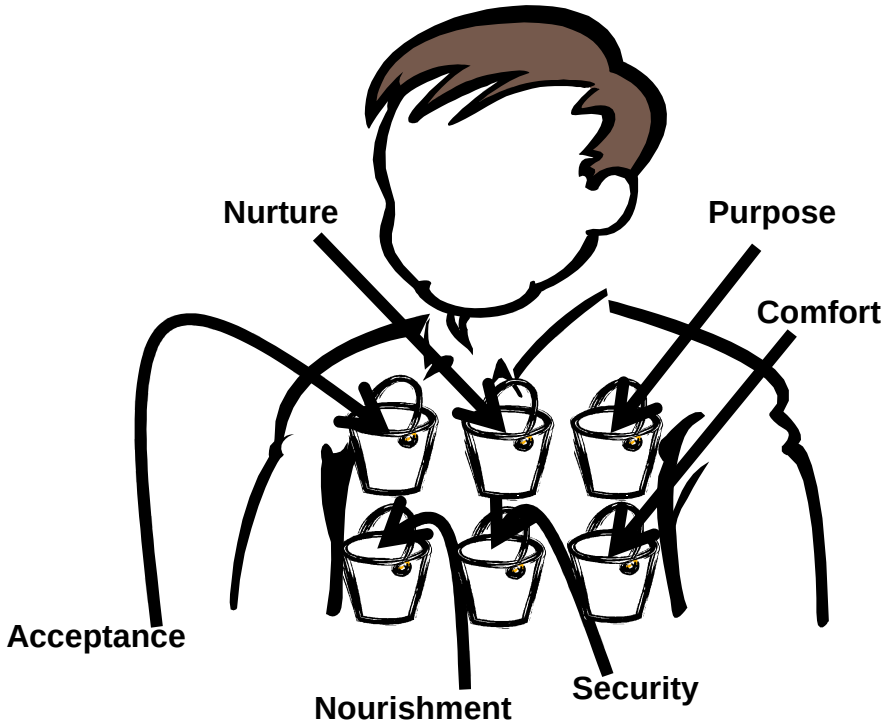
When these needs are not consistently met, we then have an unhealthy family.

Children from unhealthy families are handicapped:

- Personally
- Relationally
- and Spiritually.

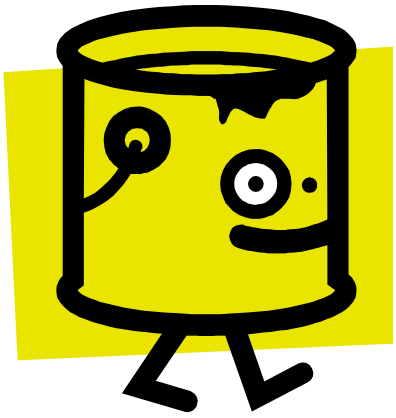
Living with this handicap is like wearing a huge ball and chain labelled "SHAME".

BASIC NEEDS

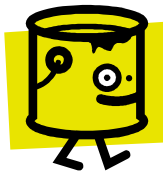


CLIMBING JOY MOUNTAIN:

A Joyful Identity



A Small Joyful Identity



A Weak Joyful Identity
A bucket full of holes
Inability to hold much joy



BUILDING EMOTIONAL CAPACTIY

From 12 – 18 months a child begins processing negative emotional states.

By 18 months the brain can complete a neurological “ring of joy”.
If the “ring of joy” is completed, a person can find their way back to joy from any negative emotion in 90 seconds and experience a unified identity. We do not “forget” who we are while in a negative emotional state.

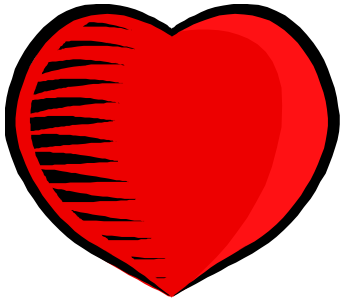
If the “ring of joy” is not completed

- It will take longer to go back to “joy”
- The child (and later the adult) will have a harder time “acting like themselves” while in a negative emotional state.
- Capacity to handle negative emotional states will be impaired.

THE JOY OF THE LORD IS MY STRENGTH!
(Neh 8: 10)

Prov 4: 23:
" Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life."

Note**: The heart is not the emotions – it is not simply doing what our feelings tell us.**



The heart is:

- Your eyes for seeing spiritual reality. (Ecc 11: 9)
- Where understanding resides.
- The origin of spiritual discernment.
- An inner directive.

Trauma falls into **two** distinct categories:

"LOVE VACUUM"
The absence of good things we all need to receive.

↓

Recovery

↓

- Requires sustained loving relationships
- Developing trust
- Takes time and a loving family

"BAD THINGS"
Bad things that should never happen.

↓

Create **FEAR**

↓

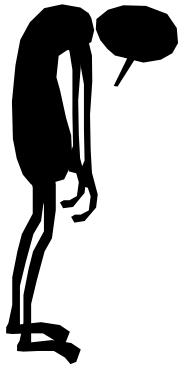
Recovery

↓

"bad events" need to be revisited and the fear deactivated.

NB!! If the treatment does not fit the particular wound, recovery will not take place.

Pain from the past cannot stay in the past, until it receives healing. We dare not try to "forget about pain/forget about the past", or it will block us from connecting to God and to His family. We may try to disconnect in small ways at first, e.g. we may intentionally stay very busy so we don't have to get in touch with feelings. However, being too busy means we lose friends. Eventually we end up completely isolated if we avoid working on our pain. Only when we **face the pain** will we be successful at putting it in the past, so that we can be more effective in getting closer to others.



The world fractures us in many ways throughout our lives, and we are not able to avoid traumas of which leave long lasting scars. We are all broken; we face **woundedness**, **dividedness**, **isolation**, and **oppression**. Particularly in childhood, traumas can have long-lasting effects.

Study after study finds the same compelling conclusion: about a third of us have been physically or sexually abused, and many more suffer from the absences of good things that are necessary for emotional maturation. **School failure**, **depression**, **anxiety**, **poor self-esteem**, **chronic physical illness**, **violence**, and **disturbing sexual urges** are common after effects of traumas – most of which go untreated. Woundedness, dividedness, isolation and oppression result. Broken people will continue to suffer throughout their lives, if they receive no attention to the effects of the early abuse.

The Power of Joy



The world is a fracturing place, and each of us is fragmented to some degree by the world's assaults. God created us with minds that automatically seek to be whole, and the quest for wholeness is wonderfully boosted by **joy** during early childhood.

In a child's **first two years**, the desire to experience joy in loving relationships becomes the most powerful force in life, e.g. look into the sparkling eyes of a little child running toward a parent, arms stretched out in unrestrained joy, you can recognize that an incredible power comes from the joy of "being with the beloved".

Since **joy** is the **strongest force** in life when we are young, it is joy that compels children to overcome the fracturing, so that they can reunify. Their life makes sense because they are looking forward to moments when they can re-connect to joy – being with their beloved. Throughout life, we all long to get joy into every relationship. Without joy in loving relationships, there will be insufficient power to reach wholeness.

When people get their joy properly connected to feelings that have been damaged by a fracturing world, they will sense new power and aliveness in all their relationships. Particularly for those who are in recovery, it is essential to be in authentic, joy-producing relationships, and to build the strength of their joy.

Recovering from traumas is always going to be difficult. If a person in recovery has not been empowered by joy, it may not be possible to face the hurt that will need to be faced. If the person is in this position, the first part of recovery is to build a bigger "joy-bucket" – that means to build a life that is empowered by more life-giving relationships.



What is joy?



Joy is a **shared experience**. It is the delightful feeling that comes from knowing someone is glad to see me. It means: "I'm glad to be alive because somebody is glad that I am alive. Somebody **knows** me and **loves** me right now, and it is a delight to be together."

The joy goes back-and-forth between receiver and giver. Joy begins when someone is glad to see me, which stirs up the same feeling in me.

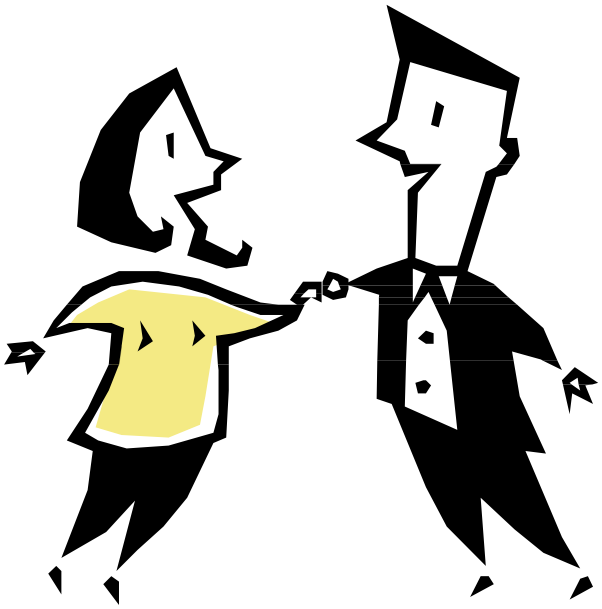
Joy also comes from being in the presence of God, who knows everything about me, and is so overjoyed that I am alive!

His delight in me gives me joy.

Building joy includes getting closer to God and getting closer to people.

Tips for Building Joy:

- Before you fall asleep at night, make every attempt to get back to joy from whatever feelings you may be stuck in.
- Use touch whenever appropriate: hold hands, link arms, give hugs, stay connected while walking and sitting.
- Give little surprises that will cause their eyes to light up, and let your eyes light up too! The joy builds as the glances go back and forth.



Maturity

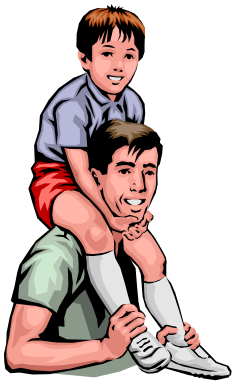


Maturity is about reaching one's potential. That means developing internal resources and using them in a community.

Children are born completely dependant, with resources undeveloped. In order to reach their potential, they need to start off with nurturing parents, and gradually, maturity becomes a self-directed endeavour. Each child will need to know how to get back to joy and to live there, and not get stuck in difficult feelings. Children who do not learn to get back to joy will live in their hurts, and therefore, have difficulty discovering the true characteristics of their hearts. Sticking with young ones through periods of upset and getting them to joy, is the first resource to be developed.

Helping children find the way from difficult feelings to joy, puts joy in charge of all the feelings. The area of the **brain** that is the "**joy area**" is also the "**executive control area**", and that is how God created each of us. When joy is in charge, children are free to discover their heart's characteristics, which means they will be on the path of discovering God-given identities.

Bonding



Becoming mature requires bonds between people – they are the foundation upon which maturity is built.

Bonds are the connections that energize us, motivate our actions and establish our identities.

There are **two** essentially different and incompatible **types of bonds**:

- one based on **fear**
- the other on **love**.

Fear bonds are formed around **avoiding negative feelings** and **pain**, e.g. **rejection**, **fear**, **shame**, **humiliation**, **abandonment**, **guilt**, even **physical pain**.

Love bonds are formed around **desire**, **joy**, and **seeking to be with people** who are important to us. They motivate people to live in **truth**, **closeness**, **joy**, **peace**, **perseverance**, **kindness** and **authentic giving**.

LOVE BONDS versus FEAR BONDS.

LOVE BONDS	FEAR BONDS
1. **Based on love** and characterized by truth, closeness, intimacy, joy, peace, perseverance and authentic giving.	1. **Based on fear** and characterized by pain, humiliation, desperation, shame, guilt, and/or fear of rejection, abandonment, or other detrimental consequences.
2. Bond is **desire driven**. (I bond because I want to be with you.)	2. Bond is **avoidance driven**. (I bond because I want to avoid negative feelings or pain.)

3. Love bonds grow stronger both when we move closer **and** when we move farther away. (When we move closer, I get to know you better. When we move farther away, I am still blessed by the memory of you.)	3. Fear bonds only grow stronger by moving closer **or** by moving farther away. (The closer we get, the scarier it gets, so I have to avoid the closeness or the farther away we get, the scarier it gets, so I have to manipulate closeness.)
4. We **can** share **both** positive and negative feelings. The bond is strengthened by this truthful sharing.	4. We **cannot** share **both** positive and negative feelings. The bond is strengthened by: (1) avoiding negative feelings or avoiding positive feelings; **OR** (2) by seeking only negative feelings or seeking only positive feelings.
5. Participants on both ends of the bond benefit; the bond **encourages** all to act like themselves.	5. Participants on only one end of the bond gain advantage; the bond actually **inhibits** people from acting like themselves.
6. **Truth** pervades the relationship.	6. **Deceit** and pretending are required.
7. Love Bonds continually **grow and mature** people, equipping them to find their hearts.	7. Fear Bonds increasingly **restrict and stunt** growth, keeping people from finding their hearts.
8. Love Bonds operate from the front of the brain (the joy center), and govern "how do I act like myself?"	8. Fear Bonds operate from the back of the brain, and govern "how do I get what I want?"

Motivation

The fear bonds and love bonds we experience during our formative years determine the way that we **motivate** ourselves. When we use **fear**, we threaten ourselves with what will happen if we do not get to work on time, do not lose weight, do not save money, or if we make our spouse mad. We think about the things that could go wrong. We **worry**. We feel **guilty**. We run from **shame**. We **blame** others. We become **emotionally paralysed**. We operate way under potential.

Love bonds motivate us to remain **faithful** under pressure, help others to be all that they were created to be, be willing to endure pain in order to be close to those we love, and to tell the truth even when it hurts.

Recovery

Recovery is about exceeding one's current potential, and reaching one's God-intended destiny.

Eph 2: 10: *"10 For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live]."*

Our destiny has been prepared for us by God. Recovery is getting past the obstacles created by traumas, so that they will no longer block us from reaching the destiny that God has in mind for us.

Within each person is the natural desire to pursue maturity – to reach the upper limits of one's potential. As spiritual beings, there is a deep longing within each of us to exceed what we could do on our own, to be everything that God intends.

Recovery is facing and **embracing** all the pain in our lives, so that we will gain **maximum growth**. It takes other people's loving involvement to develop internal resources (maturity), and it takes God to bring something good out of maturity (redemption), so that we have something extraordinary to give to others.

The Brain and Trauma

Traumas require people to create **protective mechanisms** within themselves that will help them avoid future traumas. It happens without thinking because our brains come equipped to handle traumas. God designed the brain to develop enough strength to rebound from traumas. **Good early bonding** and a **safe living environment** will develop a young person's brain so that the correct brain structures become activated and properly aligned. If there is enough strengthening during early years, brains automatically become regulated by **joy**.



Being human and wanting joy is inseparable. **We are creatures of joy!** Joy is relational. Our Creator made us with brains that want to operate with joy in charge, and that requires us to have lives with relationships that lead us to joy.

Joy becomes the foundation for all the other emotions. The other feelings need to be connected to joy in order for trauma's effects to be overcome. Getting each feeling connected to joy, and setting up joy, as the normal state of life is no small task. Traumas within the **first three years** can interrupt setting up the joy structure, and later traumas can set up new barriers to joy. Joy is intended to be gradually built up to high levels, over time, so that it can become powerful enough to sustain high levels of negative feelings. It is essential for joy to be strong enough to withstand the intensity of trauma-related feelings.

Strong feelings, including trauma-related feelings, need to be worked through to a **resting point**. If strength does not develop, the negatively powered feelings will not get to a resting point, and there will not be a resolution.

Until joy is strong enough, and connected to the other feelings, the trauma-related feelings will dominate, and fear will prevail. If there is resolution, the brain goes back to joy. Without resolution, a person ends up getting stuck in fear.

The goal of recovery is to build joy that is powerful enough, so the other feelings can connect to it and come to a resting place.

Joy Camp



The **first three months** of life are devoted to establishing "**Joy Camp**" as the base of operations. The baby feels joy from being close to the mother when she nurses, rocks, etc. her child. This joyful state is the root of all human development. Living in **Joy Camp** is the basis for understanding mother-love, belonging, peace, security and all our treasured experiences. No matter how far we may roam in our lifetime, Joy Camp is where we wish we were each night as we fall asleep. After the first three months, the baby has developed a clear enough picture in its mind what the mother feels about him. From now on joy becomes very interactive. The main joy structures in the brain begin their serious growth spurt.



Growing up in Joy!

What babies begin to look for are **eyes** that are looking at them with joy. Joy means: **Someone is thrilled to see me!**



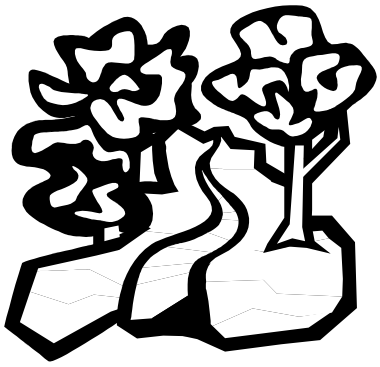
Joy is the emotion that babies will willingly seek on their own. Because they are motivated to have increasingly higher levels of joy, they will keep working toward joy even when things go wrong.

Climbing higher and higher levels of joy, babies literally build brain capacity. We are creatures of joy, so babies that do not see joy on their mother's faces, become full of fear. If they attach to a parent who is **afraid**, **angry** or **distressed** they learn to watch for **threats**. If they do not find eyes that are watching them with joy, they will not attach securely, or if there is no one there at all, they monitor the world for anything that could make them feel bad. They develop **fear bonds** and **fear based identities**. They live by avoidance because they have no hope of getting to joy from the fear in which they are stuck. They do not explore or even seek trails that lead back to joy.

As they grow older, people who never receive this loving bond are always searching for someone or something to make them feel better – often **drugs**, **sex**, **power**, **abusive relationships** or **money**.

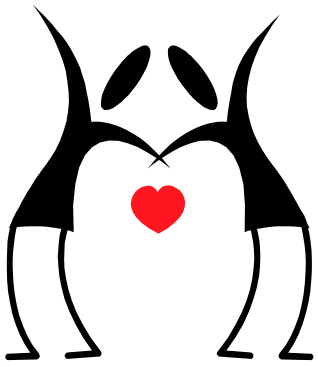
Those with little joy are often overwhelmed and unable to recover from upset feelings in a timely way. As adults, their personalities are **weaker** and the **brains** are **under-developed**. Weakness in the **joyful identity area** of the brain has been found in conditions like **anxiety**, **depression**, **attention deficit disorder** and **eating disorders**, and may lead to **personality disorders** such as narcissistic, histrionic, obsessive-compulsive, or borderline-disorders. People with these conditions suffer from an inability to maintain joy.

Getting back to Joy Camp



Infants must learn the **path** back to **Joy Camp** from all their other feelings. They must be guided from **shame** back to **joy**, as well as from **disgust**, **fear**, **sadness**, **disappointment**, **anger** and **humiliation**. Once the infant knows the path back, it will not be intimidated or deterred by feelings, and will not have to avoid or remain stuck in certain feelings. With **practice** the baby will find paths back to Joy Camp from everywhere – and from every bad thing that happens. The strength to feel feelings while knowing the path back to joy builds **hope**, **resilience** and **confidence**. Always returning to joy after hard feelings teaches **satisfaction**. This develops maturity – one's potential – and brings joy to others. That is one's destiny!

After the **age of three**, the brain structures should be so developed that the child can **self-regulate** his feelings. Traumas cause fractures, which are significant blockages to self-regulations. People need other people to recover from traumas, and thereby return to self-regulation.



God the Father, Creator and Architect of our brains – gave us instructions on how to help our systems recover from traumas. We are commanded to love one another, and to bear each other's burdens.

Being faithful to His command to love is the heartbeat of the Christian community. Love will help us develop properly, and will help us to recover from traumas, so that we can get back on track, and continue to mature.

“Love Vacuum” Traumas – The Absence of Necessary Good Things.

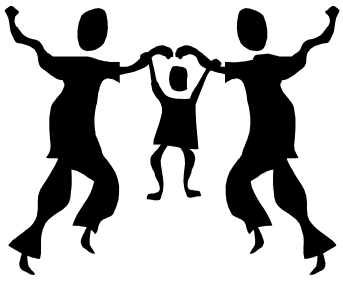
The brain structures that are most seriously affected by Love-vacuum traumas are the places where emotions are handled. Since the **soul** is primarily devoted to emotions, we can call the result of “Love Vacuum” traumas, **fractures of the soul**.

“Love Vacuum” trauma recovery means that sustained love relationships must be available to overcome strong, negative feelings, so that the traumatized person can have a chance to express joy and mature. Developing trust and letting deep feelings emerge, are needed to develop strength, which takes time and real loving relationships.

Most people find it hard to acknowledge “Love Vacuum” traumas as the cause of their **pain**, **depression**, or **isolation**. These traumas are more likely to be remembered than “Bad Things” traumas, but are less likely to be given significance. Their importance is denied, leaving persons puzzled about why they feel so awful about themselves, why they are so afraid to trust, or why they feel the continual need to prove their worth.

With the significance of the trauma denied, they are at a loss to understand where their symptoms come from. They usually fall back to placing the blame on themselves (“I am defective.”) or on their Creator. (“God made me defective.”) When the truth is denied, we lose our way and are impaired in our life. When we honestly face “Love Vacuum” traumas, we open up new life-giving experiences in our relationships, and find them more satisfying!

Evaluating yourself



Did you experience the following good things while growing up? If not, you must accept and face the truth that you are a victim of “Love Vacuum” traumas, and that your emotions are damaged.

- Being cherished and celebrated by one’s parents simply by virtue of one’s existence.
- Having the experience of being a delight.
- Having a parent take the time to understand who you are – encouraging you to share who you are, what you think and what you feel.
- Receiving large amounts of non-sexual nurturing – laps to sit in, arms to hold, and a willingness to let you go when you have had enough.
- Being given age-appropriate limits. Having those limits enforced in ways that do not call your value into question.
- Being given adequate food, clothing, shelter, medical and dental care.
- Being taught how to do hard things – to problem solve, and to develop persistence.
- Being taught how to develop personal resources and talents.

“Bad Things” traumas - Bad Things that Happen

The brain is most seriously affected by “B”-traumas in the **memory area**, so it fits to call the result of this type of trauma **fractures of the mind.**

If the “bad events” have left unresolved feelings or thoughts, the person cannot get back to Joy Camp. This creates a fracture – a separation. Sometimes particularly bad events are mercifully forgotten, and amnesia protects the person from remembering that event. Amnesia is an automatic brain function – instant forgetting – that can be used protectively.

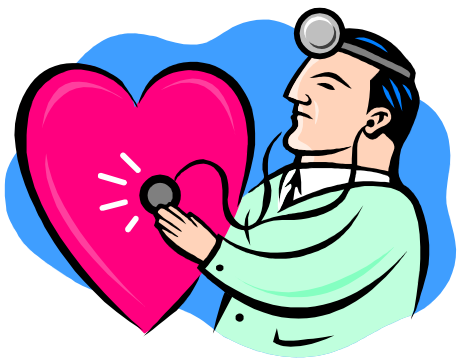
In order to be clear, here is what is meant by calling amnesia “automatic”. When a trauma reaches a high enough intensity level, it becomes overwhelming.
Before the person even knows what is happening, the trauma is **automatically** forgotten, a blank spot in memory appears, and the person has no idea that the trauma happened at all.

The person does not **choose** to forget the overwhelming episode – **it is automatically lost to memory before the person can choose to know what was happening**. Although amnesia temporarily wipes the memory away, it can be remembered later in life.

If wholeness is to be reached, the bad events need to be recovered and healed, so that the blank spots can be filled in. As is the case for “Love Vacuum” traumas, recovery from “Bad Things” traumas can take a long time, although good therapy sessions can speed up “bad event” healing.

A “Bad Things” trauma is harmful by its **presence**. Having been on the receiving end of any or the following experiences can create a “Bad Things” trauma. There is a range of severity in “Bad Things” traumas. It is important to remember that to discount “lesser” traumas is to avoid the truth and miss the healing. **Avoiding and ignoring wounds do not make them go away.**

- Physical abuse, including face slapping, hair pulling, shaking, punching, and tickling a child into hysteria.
- Any spanking which becomes violent, leaving marks or bruises or emotional scars.
- Sexual abuse including inappropriate touching, sexual kissing or hugging, intercourse, oral or anal sex, voyeurism, exhibitionism, or the sharing of the parent’s sexual experiences with a child.
- Verbal abuse of name-calling.
- Abandonment by parent.
- Torture or satanic ritual abuse.
- Witnessing someone else being abused.



Therapy can assist in uncovering “Bad Things” traumas, many which remain lost to the person’s conscious memory, well into adulthood.

We have found that remembering and healing trauma is necessary, or the wound will continue to bring pain. It usually takes more than making a blanket prayer that the Lord will cover everything painful in a person's past. It takes finding the wound, contacting the hurt feeling enough so that it can become connected to joy, and then praying that the Lord will bring full healing to the wound.

Breaking the Power of Lies



Dividedness and woundedness keep people stuck when a person lives life on the basis of the lies that develop as a result of the traumas. Traumatic events often bring a **two-fold destructive legacy** in a person's life. There is a **wound** and there is a **lie**, and people struggle with both.

In order for you to live from your heart, you must live in **truth**, and the lies that are a part of your hurt will need to be broken.

When your life is spent living from your hurt, that means the lies are directing your life.

Examples of lies:

- You will never get better.
- God may help others but He will not help you.
- You are bad.
- You deserve to suffer for the rest of your life.
- You will never be safe.

The lies are tailored to each particular person and to each trauma, but they are all lies, and they keep people living from their hurts instead of their hearts.

The "you-will-never-get-better" lie becomes attached to traumas that are physically painful for hours and hours, and then periodically, the long-lasting traumas happen again. The pain seems virtually unstoppable, and there is nothing the person can do to keep it from happening again.

Those were powerful moments in the person's life, when that lie seemed true. The moment was absolutely overwhelming, which added to the lie that "you will never get better". Breaking the lie is part of healing the wound.

Typically the particular trauma needs to be discovered and receive healing first, before the lie can be broken. This is important because if the wound remains unhealed, the lie can re-attach itself. After the traumatic event has been uncovered and healed, the lie will be exposed. Then it needs to be **identified** and **renounced**, and replaced with the truth.

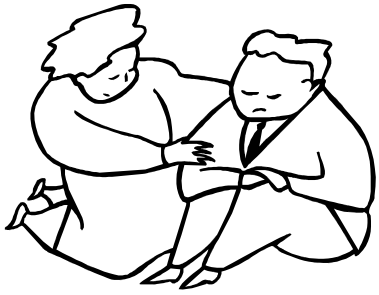
2 Cor. 10: 4, 5: *"4 For the **weapons** of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,*
*5 [Inasmuch as we] refute **arguments** and **theories** and **reasonings** and **every proud** and **lofty thing** that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),"*

Replace with **truth** from the Word:
e.g.:

Philippians 4:13: *" I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency]."*

Joh. 10: 10: *" The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)."*

Guidelines for Getting Unstuck in Recovery:



1. **Identify any "Love Vacuum" and "Bad Things"** traumas in your life, in order to clarify what resources you will need for healing. For example, ***Love-vacuum*** traumas require **caring people** to make up for the deficits you suffered as a child. ***Bad things wounds*** typically require some healing, and both types of traumas leaves **lies**, which need to be exposed, broken, and replaced with the truth.
2. **Identify specific emotions** that you get stuck in, or those that are the ones you work extra hard to avoid. Intentionally allow yourself to experience these and look for ways to get back to inner stability, primarily by receiving love and support from those close to you, and by using the lessons that maturity has taught you.
3. **Identify the lies** that were embedded with the wounds that may be unhealed in your life. Actively bring God's truth to break the power of the lie. To know the truth allows one to be set free to live in freedom.
4. Seek **prayer covering** from others for your healing. Pray that God would heal your wounds, identify lies, and replace them with His truth.

GET BACK TO JOY!!!



The Life Model: MATURITY INDICATORS (page 1 of 5)

THE INFANT STAGE: BIRTH THROUGH AGE 3
(Newborns and toddlers are included here, up to the age where they can effectively say what their needs are.)
PRIMARY TASK to be completed during this stage: **Learning to receive.**
PRIMARY RESULTING PROBLEM in adult life when this task is not completed: Weak or stormy relationships.

PERSONAL TASKS	**COMMUNITY AND FAMILY TASKS**	**WHEN THE TASKS FAIL**
1. Lives in joy: Expands capacity for joy, learns that joy is one's normal state, and builds joy strength.	Parents delight in the infant's wonderful and unique existence.	Weak identity; fear and coldness dominate bonds with others.
2. Develops trust.	Parents build strong, loving, bonds with the infant – unconditional love.	Has difficulty bonding, which often leads to manipulative, self-centred isolated, or discontented personality.
3. Learns how to receive.	Gives care that matches the infant's needs, without the infant asking.	Is withdrawn, disengaged, self stimulating, and unresponsive.
4. Begins to organize self into a person through relationships.	Discovers the true characteristics of the infant's unique identity, through attention to the child's behaviour and character.	Has an inability to regulate emotions.
5. Learns how to return to joy from very unpleasant emotion.	Provides enough safety and companionship during difficulties, so the infant can return to joy from any other emotion.	Has uncontrollable emotional outbursts, excessive worry and depression.

The Life Model: MATURITY INDICATORS (page 2 of 5)

THE CHILD STAGE: AGE 4 THROUGH 12
(Age 12 is the earliest age this stage can be completed.)
PRIMARY TASK to be completed during this stage: **Taking care of self.**
PRIMARY RESULTING PROBLEM in adult life when this task is not completed. Not taking responsibility for self.

PERSONAL TASKS	COMMUNITY AND FAMILY TASKS	WHEN THE TASKS FAIL
1. Asks for what is needed – can say what one thinks and feels.	Teaches and allows child to articulate needs.	Continually contrives situations and manipulates people in desperate attempts to receive; poor self-care.
2. Learns what brings personal satisfaction.*	Helps child to evaluate the consequences of own behaviours, and to identify what satisfies him or her.	Becomes addicted to food, drugs, sex, money, power, or possessions, because life lacks purpose.
3. Develops enough persistence to do hard things.	Challenges and encourages child to do difficult tasks the child does not feel like doing.	Experiences failure, remains stuck and undependable, is consumed with comfort and fantasy life.
4. Develops personal resources and talents.	Provides opportunities to develop the child's unique talents and interests.	Fills life with unproductive activities, despite God-given abilities.
5. Knows self and takes responsibility to make self understandable to others.	Guides in discovering the unique characteristics of the child's heart.	Fails to develop true identity; conforms to outside influences that misshape identity.
6. Understands how he or she fits into history as well as the "big picture" of what life is about.	Educates the child about the family history as well as the history of the family of God.	Feels disconnected from history and is unable to protect self from family lies or dysfunctions that are passed on.

* Find a more in-depth study on Communicating Love on page 42.

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THE ADULT STAGE: AGE 13 TO BIRTH OF 1st CHILD
(Age 13 is about the earliest age at which adult-level tasks may be accomplished.)
PRIMARY TASK to be completed during this stage: **Taking care of two people simultaneously.**
PRIMARY RESULTING PROBLEM when this task is not completed: Lacks the capacity to be in mutually satisfying relationships.

PERSONAL TASKS	COMMUNITY AND FAMILY TASKS	WHEN THE TASKS FAIL
1. Cares for self and others simultaneously in mutually satisfying relationships.	Provides the chance to participate in group life.	Is self-centered, leaves other people dissatisfied and frustrated.
2. Remains stable in difficult situations, and knows how to return self and others to joy.	Affirms that the young adult will make it through difficult times.	Conforms to peer pressure, and participates in negative and destructive group activities.
3. Bonds with peers; develops group identity.	Provides positive environment and activities where peers have time to bond.	Is a loner, with tendencies to isolate; shows excessive self-importance.
4. Takes responsibility for how personal actions affect others, including protecting others from self.	Teaches young adults that their behaviours impact others and impact history.	Is controlling, harmful, blaming, and unprotective to others.
5. Contributes to the community; articulates “who we are", as part of belonging to the community.	Provides opportunities to be involved in important community tasks.	Does not become a life-giving contributor to the community, is self-absorbed and uses others - drains society.
6. Expresses the characteristics of his or her heart in a deepening personal style.	Holds the person accountable, while still accepting and affirming the aspects of his or her true self.	Is driven to "play roles", prove self to the world, get results, and seek approval.

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THE PARENT STAGE: BIRTH OF 1st CHILD UNTIL YOUNGEST CHILD HAS BECOME AN ADULT
PRIMARY TASK to be completed during this stage: Sacrificially taking care of children.
PRIMARY RESULTING PROBLEM when this task is not accomplished: Distant or conflicted family relationships.

PERSONAL TASKS	**COMMUNITY AND FAMILY TASKS**	**WHEN THE TASKS FAIL**
1. Protects, serves, and enjoys one's family.	The community gives the opportunity for both parents to sacrificially contribute to their family.	Family members are (1) at risk, (2) deprived, and (3) feel worthless or unimportant.
2. Is devoted to taking care of children without expecting to be taken care of by the children in return.	The community promotes devoted parenting.	Children have to take care of parents, which is impossible, and often leads to (1) child abuse/neglect and/or (2) “parentified" children - this actually *blocks* their maturity instead of *facilitating* it.
3. Allows and provides spiritual parents and siblings for their children.	The community encourages relationships between children and extended spiritual family members.	Children are vulnerable to peer pressure, to cults, to any misfortune, and are less likely to succeed in life's goals. Parents get overwhelmed without extended family support.
4. Learns how to bring children through difficult times, and return to joy from other emotions.	The community supports parents by giving them encouragement, guidance, breaks, and opportunities to recharge.	Hopeless, depressed, disintegrating family units develop.

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THE **ELDER STAGE: BEGINNING** WHEN YOUNGEST CHILD HAS BECOME AN ADULT
PRIMARY TASK to be completed during this stage: **Sacrificially taking care of the community.**
PRIMARY RESULTING PROBLEM when this task is not accomplished: The overall maturity of the community declines.

PERSONAL TASKS	**COMMUNITY AND FAMILY TASKS**	**WHEN THE TASKS FAIL**
1. Establishes an accurate community identity, and acts like self in the midst of difficulty.	The community recognizes elders in the community.	There is meaninglessness, disorder, loss of direction, and disintegration of all social structures from government to family.
2. Prizes each community member, and enjoys the true self in each individual.	The community provides opportunities for elders to be involved with those in all of the other maturity stages.	Life-giving interactions diminish, along with life-giving interdependence, stunting the community's growth. Fragile, at-risk people fail to heal or survive.
3. Parents and matures the community.	The community creates a structure to help the elders do their job, which allows people at every stage of maturity to interact properly with those in other stages, and listen to the wisdom of maturity.	When elders do not lead, unqualified people do, resulting in immature interactions at every level of the community.
4. Gives life to those without a family through spiritual adoption.	Places a high value on being a spiritual family to those with no family.	When the "familyless" are not individually taken care of, poverty, violence, crisis, crime, and mental disorders increase.

COMMUNICATING LOVE



Proverbs 10:12 *"…Hatred stirs up contentions, but love covers all transgressions…"*

LOVE IS THE MARK OF A CHRISTIAN

It is indeed a sure fact that love covers a multitude of sin.

Take for instance a child caught out red handed committing a transgression – the parent's love for that child doesn't condemn him forever! Yes, he may get a good hiding or scolding, but in the end, love comes through and covers up all harsh words, and even red backsides!

And, the child answers that love by forgiving so readily!

Have you noticed how easy a child forgives? Oh, that we may all become like little children again!
For the child who grows up in a stable home and in a healthy family, it is so much easier to go through life in one piece. That child absorbs the loving relationship between his parents day after day, and it fills him with a confidence that they love him also. This inspires him to go out into the world and give love to others.

On the other hand, children often attract guilt upon themselves when parents have a stressful relationship. A parent therefore has such a tremendous responsibility to give that child peace of mind, by working progressively towards a peaceful and healthy relationship between father and mother, and creating a safe and warm environment for the child to develop in.

This pattern in the home creates the blueprint for the child that he 'files' in his subconscious mind and he will implement it the moment he grows up and finds himself with the same responsibilities of marriage and family life.

John 13:35 *…By this shall all men know that you are My disciples, if you love one another and if you keep showing love among yourselves…*

Love is a command from the Lord ~ **Love** features our identity as Christians ~ **Love** binds us together as a Christian society!



If we love one another as the Word teaches us, **the world** will see it, **the world** will get hungry and thirsty for it and **the world** will come knocking at our door to get touched by it. Why is that? What is drawing them? Love is the pure manifestation of Jesus Christ within us, and by shedding our love abroad, the world will know that we belong to Him.

But how can we show love if we haven't been loved? We need an example of course! And what better one can we have than looking at the love Jesus has for us! After all, He came from Heaven to earth, to show the way ~ from the earth to the cross, our debt to pay ~ from the cross to the grave ~ from the grave to the sky… In the same way, we as parents must follow in His footsteps, leading in paths of righteousness, feeding with love and patience, and creating a safe-house for our children to develop and mature in …to secure them ~ in Him and in love.
Of course love consists of two sides: **Giving** and **receiving**.

In giving, **action** is taken. In receiving, **feeling** is experienced. It is not always such a simple task to give love, for sometimes you don't know how **your way of giving** that love, will be received. Different people will interpret love in various ways. You get, for instance, those who **say** they love, but don't show it. On the other hand, you have those who go through the motions of **showing love**, but never voice it. And then there are those who practice both, but have **no emotions** going along with it.

There is a balance in all of these. That balance we will have if we live, and move and have our being in Him. Jesus Christ is our perfect example of love, because He is Love. Let's look for instance how He acted out love in the practical, every day life during those three years of His ministry on earth:

Matthew 8: 2, 3 *... And behold, a leper came up to Him and, prostrating himself, worshiped Him, saying, Lord, if You are willing, You are able to cleanse me by curing me. And* ***He reached out His hand and touched him,*** *saying,* ***I am willing…***

Mark 10:13 *…And they kept bringing young children to Him* ***that He might touch them*** *…and He said: Allow the children to come to Me – for to such belongs to the Kingdom of God…*

Luke 13:34 *…O Jerusalem, Jerusalem, you who continue to kill the prophets and to stone those who are sent to you!*
How often I have desired and yearned to gather *you children together around Me, as a hen gathers her young under her wings,* ***but you would not!***

Luke 22:51 *…But Jesus said, Permit them to go so far as to seize Me. And* ***He touched the little insignificant ear and healed him****…*

Luke 23:34 *…And Jesus prayed,* ***Father, forgive them,*** *for they know not what they do…*



You see here that Jesus expressed love through **touching**, **speaking**, **weeping**, **healing** and **praying**. These are just a few examples – there is a vast spectrum to be seen in the Word which portrays the infinite love He demonstrates even today in a great variety of manners ~ whether it be supernaturally or through His Body here on earth.
Become still for a moment, look inside your own heart, and discern what your greatest need is. Is it perhaps to feel loved, accepted? God has created man with this vacuum ~ which can only be filled by love, firstly, from God and then from man's fellow creatures. And He has created us with the capacity to give love.

But how do we give our love effectively? What paths do we have to follow to end up in the right place ~ together with our children and those around us?

If you are a parent, you will know that it's not that simple to communicate your love effectively all the time.

We make mistakes, and we tend to repeat those mistakes. Sometimes it takes a long time to repair that damage, to build trust and to break down walls between you and your child or any other person, for that matter. The 'crowbar' needed here, is **love**! Often emotion has to take second place in this kind of repairing. Sometimes we must take a rational decision to break down those barriers.

To achieve an effective result here, a few things must be kept in mind:
♥Love is not ……. To give your children or others everything they desire.
♥Love is not ……. To let them always have their way.
♥Love is not ……. To never let them wait.
♥Love is not ……. To never let them cry.
♥Love is not ……. To compromise God's instructions in bringing them up or making them feel good.
♥**Love is ……To give yourself**.



In order to achieve this, we must learn to discern the different "color and sound" of love! We must discern the "wave" on which the other person is and how he will interpret and receive our love-gestures. Love has in a sense an emotional color and sound to it.

That which one person experiences as love, another can quite easily interpret as rejection, and there are a few more examples in this!

Listen and watch for instance when people near you talk in a foreign language which you don't understand. You can only interpret the meaning of their words by watching their reactions, listening to the tone of their voices and perceiving how the one talked to, reacts. Often it "seems" and "sounds" as if they are offensive or defensive, but the next moment they will laugh, pat each other on the shoulder and walk away. It's because that language is foreign to you, and you could only interpret it on your level of perception.

The same happens when your perception of giving love, is not understood by the other person ~ he misinterprets it for something else, and misses it. And you may feel rejected by his reaction.



It is, however, very true that **love is a universal language!** There are many ways to communicate love:

- **To serve one another**
- **To encourage**
- **Giving time to one another**
- **Touching and being close enough to be touched**
- **By giving**

1. SERVING ONE ANOTHER

Galatians 5:13 *…For you, brethren, were called to freedom; only do not let your freedom be an incentive to your flesh and an opportunity or excuse for selfishness, but through love you should serve one another"…*

How can we express love by serving? Have your ever experienced that you want something to be done so badly, like for instance your vehicle needs washing, but you just don't have the time and you need it to go somewhere? And then, when you get to it, you find that someone saw your need, and did it for you? Emotions of gratitude flood you immediately, isn't it? And then you look for opportunities to do something to recompense that person?

You serve with love every time you see someone's need and go out of your way to do something for him or her. It is doing something that is not necessarily your responsibility, but just because you saw the need, you decided to do it for him or her.

Titus 3:8 *…so that those who have believed in God may be careful to apply themselves to honorable occupations and to doing good, for such things are not only excellent and right in themselves, but they are good and profitable for the people …*

2. ENCOURAGING ONE ANOTHER

Romans 12:10 *…Love one another with brotherly affection as members of one family, giving precedence and showing honor to one another…*

Words are a powerful medium, whether it is spoken audibly, written down, or even received in the mind or spirit. Words can build up, encourage, influence, inspire, reject, hurt and **love.** Words can even create ~ in the physical or spiritual realm.

Ever noticed how an encouraging word draws open a dull curtain in someone's eyes? Even if it's just for a flash of a second, a word of building up, praise or a compliment sincerely meant lightens up somebody else's countenance. And, it is a seed that you have planted in that person, and it will surely grow!
It is worth the effort to practice yourself in being an encourager. One day, when you least expect it, this bread that you have cast on the waters, will surely return to you!

3. GIVING YOUR TIME

Colossians 4:5 *… making the very most of the time and seizing the opportunity…*

Time is precious, isn't it?

I have come to the conclusion that **time** can be our enemy, or it can be a reliable friend. It all depends on if we have given our time as a sacrifice to God to be redeemed unto His Kingdom.

We often pray: "Lord, I want to be like You ~ I want to think like You, talk like You, have Your power in my every-day life and ministry". But we fall short of spending **quality time** with Him in an intimate atmosphere. How then can we expect to be conformed to Him? How can we expect to grow and mature in our walk in life and be likeminded to Christ?

If you are a child of the Father, you are on the guest-list to sit at the feast table of the King every day. Here He wants to sit with you and share His heart while you can have sweet communion with each other. **Don't ever allow one meal to go by with your chair being empty!**

This is true in every relationship. The more time we spend with another person, the better we get to know each other ~ and if we are perceptive, we will absorb the good from each other and give it out to others.

This is called fellowship.

Our children need our quality time. Have you ever watched an animal, like for instance a dog or a cat lying in their basket with her newborn litter?

She allows you (although not at ease), to pick them up one by one to cuddle and stroke them, but the moment you put them back with her, she **sniffs** them through, and then shuffle them into a position until she is satisfied. It is just as amazing to watch sheep with their newborn, grazing in the field.

Those little lambs wander off, bundle together and have a ball playing in the grass. But the moment the flock starts moving in a direction, and those sheep all start bleating, the lambs start bleating, and to us they all sound the same. But, I promise you, every lamb ends up with his own mother, because she **sniffs** him out! And beware the lamb that tries to suck from the wrong mother!

She just gives him a rough bump with the nose! I am telling you this to illustrate how we can **"sniff"** our children by spending quality time with them.

Out there in the world they can pick up all sorts of strange ideas, and bring it home with them.

If we don't **take the time** to sit and talk with them, listening to their hearts, we will grow apart and get estranged from each other, and they will wander off into strange playgrounds and end up with the wrong "mothers!"

To give your ear and mouth to someone else, can be interpreted as a love-act by that person. To communicate, involves that you invest yourself by listening and responding in love and sharing of yourself.

Hebrews 13:16 *…But to do good and to communicate, forget not: for with such sacrifices God is well pleased…*

4. TOUCHING AND BEING CLOSE ENOUGH TO BE TOUCHED

Mark 10: 13, 16 *…And they kept bringing young children to Him that He might* ***touch*** *them …*
v.16 *…And He took the children one by one in His arms and fervently invoked a blessing,* ***placing His hands upon them****…*

Your whole day can be lighted up by a touch in time. If you are a woman, you must have experienced the difference it makes when your husband brushes by, touching you for a brief moment? Or if you're a man, doesn't it warm your heart when you are busy in your study with those boring accounts, and your wife comes in with a cup of tea and massages those weary shoulders?

These are touches that say: *"I miss you. You are important to me. I see what you are doing for me, I want to be with you".*

Likewise a child thrives under the loving touch of his parents. Learn to touch ~ not only with your hands, but with your eyes also!

5. GIVING

John 3:16 *…For God so greatly loved and dearly prized the world that He even gave up His only begotten Son…*

To receive in love, is just as an important gesture as to give in love. Some people are natural givers, and it comes quite easy for them to give.

It warms the heart when an unexpected gift is received ~ however small, it doesn't matter. It is especially those gifts you receive apart from special days like birthdays, etc. When you get the unction next time to buy a flower for a friend, don't ignore it; try it! It brings a warmth and softness in the heart and eye.



If love then is a universal language, but everyone doesn't understand it the same way, what is the solution?

We can start by examining ourselves. Which of the above-mentioned manners of love giving do you feel comfortable with? Which one is **you**?

Then that one is your number one way of expressing love and it will also be the way in which you will expect to be loved. Now, list the rest of the above mentioned manners in the order from the most **you** to the least **you.**

Let's look at a few examples to illustrate this principle:

The "Toucher" and the Communicator

Ben and Veronica were married for 15 years – they had a good marriage, however, in some way or other, they always missed each other.

When they heard about the different manners of loving, all became clear.

Ben is a **toucher**. He wants to show love by touching and being close, and that is the way he expects to be loved too.

Veronica is a **communicator**. She wants to talk, to encourage, etc., and that is the way she expects to be loved by others, especially by her husband.

Of course they would miss the mark!

Once they realized which love-language was top priority for each of them, they could meet each other on their own levels and be fulfilled.

The Giver

Mr. and Mrs. Greenwood have three children. The middle one, John, is a giver. Since he was a toddler, you could always find him busy 'making' something, wrapping it in gift-paper, or wanting to buy some things for the other members of the family. **Gift giving is John's main way of communicating love!** And that will also be the love-language he will understand when given to him.

The Server and the Listener

Think of Martha and Mary. Martha was a **server;** Mary was the **"quality time giver**" and a good listener. Had Martha understood this, it would have been no problem for her having to do the work all by herself. That was anyway her way of showing her love for the Lord – by serving Him and His disciples.

Mary, on the other hand, was hanging on His lips, sitting there in awe ~ not at all interested in the preparation of food for this group of men or in serving them in the physical!

Luke 10:38-40 *…Now while they were on their way, it occurred that Jesus entered a certain village, and a woman named Martha* ***received and welcomed*** *Him into her house. And she had a sister named Mary,* ***who seated herself at the Lord's feet*** *and was* ***listening*** *to His teaching. But Martha, overly occupied and too busy, was distracted with much serving; and she came up to Him and said, Lord, is it nothing to You that my sister has left me to serve alone? Tell her then to help me to lend a hand an do her part along with me! …*

Now look at that! Two sisters from the same family, the one a devoted server, and the other ……a devoted listener!

Martha's concept of giving and receiving love was: *"Tomorrow morning I must get up at five to kneed the bread, to pick some fresh herbs and to prepare those delicacies for the Master and His men. Oh I am going to make it worth the while for them! Just to see them enjoying this food, will make me happy!"* **Martha showed her love by serving**, but wrongly expected the same from Mary!

Mary on the other hand, was probably thinking: *"Tomorrow the Master will be here! Glory! To think I will have a whole day of sitting at His feet, listening to His words of wisdom! Who wants to eat? I can just sit there and drink and eat my spirit to the fill ~ sheer pleasure!"*



See how easily we can misinterpret each other? Now think for a moment about yourself, think about your spouse or children or parents or friends.

See if you can "categorize" them in one of these groups.

CONCLUSION

The manner of love you prefer, will be the manner that you yourself use the most – more than the other manners.

You are capable of communicating love in all the other ways too, it is just that you prefer your own, special way. Practice yourself, however, in all the other ways of communicating love, and be sensitive for others.

If you have children in your life, be on the lookout for their specific love-language. At a certain age, from about 7-8, their preference will start showing.

Remember, you are a unique person, created by a living God. He has made you with all those specific capabilities. Although the circumstances in which you were brought up can distort your perception of the giving and receiving of love, you are uniquely "wired" by God to speak this love-language.

But also remember this:

Philippians 2:3,4 *... Instead, in the true spirit of humility, let each regard the others as better than and superior to himself, thinking more highly of one another than you do of yourselves. Let each of you esteem and look upon and be concerned* ***for not merely his own interests****, but also each for the interests of others.*

You may have all the gifts of the Spirit, but if you don't have love, you fail.

Therefore, be prepared to be flexible towards others, in order to learn their specific love-language. Don't love yourself more than others – esteem others' needs higher than your own.

Train yourself and your children in biblical love. That is the ultimate guide to teach us how to communicate love ~ love without "self" pulling it!

Aim towards creating a home for your family (and yourself), which is feathered out with love ~ if love is communicated unconditionally in the home, it will waft out to the world and to others who need it desperately!

By this the world will **see** and **smell** and **follow**.

1 Thessalonians 3:12 *…And may the Lord make you to increase and excel and overflow in love for one another and for all people, just as we also do for you.*



PETITION FOR MEETING OF BASIC NEEDS

Father, God of Israel, You are the Creator of the Heavens and the Earth! You have Created _____, You formed his/her inward parts; You did knit _____ in his/her Mother's womb. **(Ps 139: 13)**

Because You chose to give _____ the Breath of Life – he/she lives today! Regardless whether _____'s parents planned or wanted him/her, You chose to have given _____ life, welcoming him/her into this world!

Father, _____ 's basic needs, he/she has had since conception, have not been met to the extent of being able to grow to full maturity.

The lacking of acceptance, security, sense of purpose, nurturing, acknowledgement, etc have caused _____ to experience trauma and blocking his/her way to mental, emotional and spiritual maturity.

We bring _____ to Your Throne of Grace, placing him/her at Your feet and petitioning You to start a recreation work in his/her life, in the Name of Jesus.

Thank You, Father that You are not bound by time and can start this work in _____ even from the time of conception. We petition against Father Time and his time clocks over _____ life, in Jesus Name. We pray that he/ she be unbound from any of the stages of development, preventing _____ to grow to full maturity.

We ask You to redeem back every second of his/her life from Father Time that has held him back, in Jesus Name. We petition You to start to stimulate his/her neuron connections, as You spiritually meet each of the basic needs _____ experienced at those specific stages in his/her life.

Even where curses and sin have caused certain traits to be almost embedded in the brain and blocking certain connections and growth, we petition You, as You cleanse him/her from these sins, to start to reconnect the dendrites for new Godly pathways in his/her brain.

Father, we know that it is You who open new ways for us, where there seem to be no way. You fill up the valleys and flatten the hills. Therefore do this to _____ mind, according to Your Word in **Isaiah 40: 3 – 4**.

Where damage has been done to _____ during pregnancy due to lack of nutrition, alcohol, drugs or smoking, we petition full restoration of his/her body, soul and spirit from that time.

We petition You Father, to start to cleanse _____ from all negative and damaging thought patterns, perceptions of life in general, of himself, others as well as of who You are. Will You fill those empty 'buckets' of need with Your unconditional love and teach _____ to discover joy camp and start living from Your overflowing supply of acceptance, security and comfort.

Father, we pray that You will cancel every ungodly, unhealthy balance or type of neurotransmitters and other chemicals/ hormones in his/her life, blocking change of thought patterns and causing anger, aggression or depression. We pray that even the unhealthy demand by the receptors will be removed, that the shape and sensitivity of all receptors will change according to Your supply of love, in Jesus Name.

Father, we ask You to remove all ungodly barriers between the needed neurons and to break any ungodly seals over certain areas of _____ brain in Jesus Name.

We petition that _____ will therefore be enabled to receive Your love, acceptance, nurture, etc.

Father God, we petition You, according to Your Word in **Isaiah 61**, that _____ mind's eyes and mind's ears will open up and start to recognize, see and hear Your truth and be set free from the damage and hold of the past. We pray that _____ will become well known with joy camp and create new, Godly perceptions.

We pray that an unlocking of _____'s potential, gifts, insight and identification with Your opinion of him/her will take place, increasingly in _____'s life, in the Name of Jesus.

Father, we pray that as _____ spend more and more time in Your healing presence, Your overflowing love will fill the needs of _____ as an embryo, a new born, a baby, toddler, child, teenager, young adult, etc.

(During each and every stage of development _____ has already gone through.)

We petition that _____ will eventually even overflow in his/her own need 'buckets' and be able to, not only grow to maturity, but also minister to those around him/her with overflowing love and joy.

We pray and petition all of the above in the Name of Jesus Christ

Amen!

SECTION 5:

EL-SHADDAI – THE NURTURING FATHER

This teaching is **not** New Age. It is about the original plan God had in mind when He created mankind.

We need to get back to that original design, as Jesus Christ has paid the price for us to be fully restored and healed to the image and likeness of our Creator.

Because of the brokenness of humanity, the New Age movement has stepped in with counterfeit answers, false christs, Mother Earth, Mother God, etc. The world equates femininity with sensuality. This is not Godly femininity but Jezebelic in controlling the minds of men with sexual powers and lust.

Religion always plays down emotions. Often religious people value obedience and see it as more important than emotional relationships. Power anointing for the gifts of the Holy Spirit doesn't change our hearts. We must have a **living love experience** where we allow Father God to touch us in an intimate, personal way.

My prayer is that you will receive revelation knowledge concerning the very heart of God and His awesome character, of Who He really is, and that this knowledge will lead you into His perfect rest.

Many of us have had ample teaching about how to be a good mother or a good father, we've studied the Word and attended seminars, etc. We're continuously trying to work the love of God into our families from the outside in. We're trying to wear this love on the outside and make it penetrate from the outside in instead of from the inside out. This burdens us with so much "stuff" to do – the "right" things – that we end up with shame and guilt because we fail in our relationships at home. Because of this feeling of failure we get involved in activities at church, work, sport, etc. and the cycle starts all over again. We never get to the root of our problem.

HOW DO I GET "MORE" OF GOD'S LOVE?

From the moment you are born again in Christ you receive the fullness all of God's love. In all eternity you will never be able to receive more of God's love than you already have at that moment. You'll never receive any more of His glory or any more of His anointing because at the moment of your rebirth, God takes residence in your spirit man. He's at home in your spirit man and your spirit man has been renewed in Christ. You are created in God's image. How do you improve on that? How can you mature in that? The love of God in your spirit simply wants to burst forth!

The problem of not receiving God's love, however, lies in your unrenewed soul (mind, will and emotions) where the strongholds exist. You need more **revelation** of how much you are being loved. It's not a matter of receiving more love. It's a matter of releasing what you already have.

This is a **process**. *Why is it so difficult for the love of God to break forth in our lives?* To answer this we must go back to the beginning. Where did it all start?

Gen 1:26-27
Let Us make man in Our image…God created man in His own image…male and female He created them.

At the core and essence of God there is **male** and **female**. That is how God was able to create woman.

The world, however, values only masculinity. In almost every world religion, femininity is minimised. Women are devalued. Why?



Satan has been trying to destroy Godly femininity on the earth. **Masculinity** is all about **doing**, creating some-thing, analysing, intellectua- lising, the need (greed) for wisdom and knowledge etc. **Femininity**, on the other hand, is about **being** and knowing, about communion, union, relationships, intimacy, bonding and the power to receive, Generally, men give and women receive.

God created everything for bonding or union. At the very core of the creation of mankind is nurturing love. Intimate, loving relationships are at the core of Godly love, but the world and religion emphasise masculinity.

What God is busy doing on the earth today is restoring His tender, nurturing, gentle heart. Every time there's masculinity without femininity, there will be gravitation towards law, legalism, performance, task orientation etc. There needs to be a balance between the two.

Even spirit-filled women can operate only from their masculine side, which opens them up for a Jezebelic spirit. Satan's counterfeit for Godly nurturing love is the Jezebel spirit. [See Additional reading no.1-3.]

Gal 3:28
…there is not male and female; for you are all one in Christ Jesus.

We are created in God's image and His Seed abides in us. Inside the nature of every human being both **masculinity** and **femininity** exist. **Homosexuals** operate mainly from one side of their nature. Generally speaking, these males tend to function mainly from their feminine side while lesbians concentrate on their masculine side. It is therefore easier to minister to the male homosexual than to the lesbian because his receiving nature predominates

There are many more women than men in our churches today because women are easier to minister to in a heterosexual community. Men have to learn to embrace the fullness of the nurturing aspect of their nature, which is the sperm/DNA/genetic code of God that lives within them. This will enable them to receive the fullness of the **anointing** of God, the **glory** of God and the **love** of their wives and children because **receiving** comes from nurturing.

Example
When a baby boy lies in his crib, his hands are moving all the time. He wants to **do** something! A baby girl's mouth moves: She wants to **communicate**!!

In the spirit realm there is **neither male nor female** (Gal 3:28). God calls us to drink from both aspects of His nature and character, since His seed abides in us.

1 John 3:9
No one born of God [deliberately, knowingly, and habitually] practices sin, for God's nature abides in him [His principle of life, the divine sperm, remains permanently within him]; and he cannot practice sin because he is born of God.

Everything in us gravitates towards our Father's image. If we resist imitating our Fathers image, we may indulge in substitutes like alcohol, drugs, pornography, anti-depressants, sleeping tablets and eventually suffer from stress-related diseases, etc.



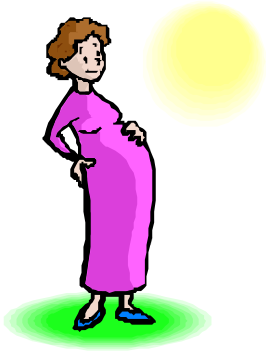
Men tend to deny their nurturing side and choose to acknowledge only their masculinity, i.e. to be performance-driven, non-relational, a taskmaster, a workaholic, etc. Their whole identity is in work, doing, intellectualising, analysing, gathering more knowledge and wisdom, BUT denying relationships. The business world of today focuses on masculinity.

Please note that being performance-driven is not a problem. The problem starts when there is an imbalance between performance and relationships; when more attention is given to either one or the other.

Nurturing builds relationships, gentleness, tenderness, love, bonding, etc. This is what God has created us for. **God's value system is nurturing love, i.e. relationships.**

We were created with everything inside of us needing love and acceptance; needing the ability to receive. **There has to be an aspect of nurturing love before we can give, because we cannot give what we haven't received**. Nurturing is thus an aspect of one's being that enables one to receive.

3. WHERE DOES OUR NURTURING LOVE LIFE BEGIN?



Mothers are our first contact with this aspect of love. They determine how we view relationships throughout the rest of our lives. Thus, the way we react in relationships is based on the degree of bonding we have experienced with our mothers. Your relationship with your mother was your first source of love, femininity, nurturing and tenderness. These experiences start in the womb and continue throughout the first two years of your life. Your mother, not your father, was the dominant caregiver.



By the age of six, eighty percent of one's personality has already been formed. The predominant period during which this ability to receive forms, is the first two years of life in relationship with the mother. Studies done during the nineties have shown that depression is already seeded in the heart of a child before the age of two!

Ps 22:9
…You made me hope and trust when I was on my mother's breast.

You learn to trust life and relationships during that period of being on your mother's breast.

Example:
A Biblical example is Moses. After Pharaoh's daughter found him, Moses' mother was called to breast feed him. This prepared him with an inner strength to face Pharaoh and to lead the people out of Egypt.

The opposite of trust is fear. Our bonding with our mothers as babies will determine how we respond later in life – with love or fear, with trust or distrust.

NB: Nurturing is not only breast-feeding. Sometimes breast feeding can be physically impossible. However, the mother can still continue with the nurturing process even while bottle-feeding.

Scientific studies have shown that the thoughts of the mother affect the child inside the womb. What the mother hears, feels or thinks affects the emotions of the child. [See Additional reading no.4.]

Example:
The mother thinks of smoking a cigarette and the child's heartbeat increases. At the moment of conception one becomes a living spirit and there is spirit-to-spirit communion between the mother and the child in the womb.

Nurturing love teaches children to trust. Mothers must help their children "to awaken" nurturing love; **children must learn to receive**. The mother must bring this ability, this nurturing love, forth.

If this doesn't happen the child will identify with masculinity and will not know or learn how to receive love, resulting fragmented relationships.

People living out of masculinity cannot **sustain** loving relationships, because they don't know how to **receive** love, therefore not being able to **give** love. The only way they know is to **perform**, but performance doesn't meet emotional needs. Many of God's children are handicapped in the realm of love, because they have never learned to trust while on their mother's breast.

4. "STORGE" LOVE



This kind of trusting, nurturing love is called "storge" love. It is a Greek word meaning "stork", these birds being the most tender, loving and nurturing of all birds. They constantly touch each other, e.g. the younger storks help the older storks to fly by coming in underneath them and letting the older storks rest their wings on the younger storks' wings.

"Storge" love means something like "natural love" or "family love" and refers to "**nurturing**". "**Nurture**" means **to cause something to come forth**. "Storge" love causes something to come forth in a person's life, i.e. **the ability to be able to receive love and to give love**. "Storge" love brings forth empathy, compassion, tenderness and meekness.

Our first taste of "storge" comes through our mother – a touch, a breast filled with nourishment, the loving tones of her voice. In the relationship between child and mother the baby doesn't realise that it is a separate being from its mother. The baby only experiences the feelings of security and love.

It is through the nurturing love of the mother that a baby develops a sense of being and selfhood and receives the first imprint of femininity.

"Storge" love has both masculine and feminine forms and we have various experiences of these during our childhood. By the time the baby reaches the age of two years the father starts to play his role of giving "storge" love. However, if the baby has not received this nurturing love from the mother, it would be unable to receive this love from the father and would also be unable to receive it from or give it to its brothers and sisters.

"Storge" love is primarily administered in **three** ways:

- Large amounts of **affectionate touch**.
- **Eye contact** (83% of what you learn comes through the eye gate).
- **Tone of voice** (not just words like "*I love you*"). A baby understands the mother's **tone**, not the words.



As the mother meets the child's needs, so the child learns to trust authority, life, relationships, etc. If trust is not learned, fear sets in. The child will have a fear of bonding, relationships, receiving, etc. Nurturing love is shut down. A lack of "storge" love fills one with anxiety, fear, weeping, brokenness, etc. If a mother only operates from her masculine side, she wouldn't know how to communicate love, tenderness, etc. It can go back for generations where the women in that family line were all masculine and dominant and the men passive and with an Ahab spirit.



A mother may also have become too "professional" to nurse her child!



Satan's plan throughout the ages has been to destroy nurturing upon the earth. Gen 3:15 – *…I will put enmity between you and the woman…* Why?

The greatest need of a child is not physical, but is the receiving of "storge" love, which is foundational for the development of a person's emotional and spiritual life with God.

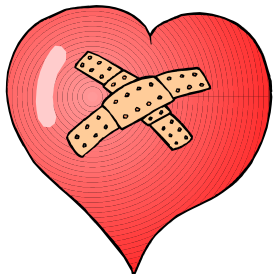
During the second world war, the Nazis did an experiment in the concentration camps where a group of new-born babies were taken away from their mothers, put into isolation units and were not allowed to be near any other person or baby. The only contact they had was when their diapers were changed every few hours or when they were bottle-fed. No unnecessary touching or speaking was allowed – only the physical needs were met. Six months later, all fifty babies had died!

5. WE WERE CREATED FOR LOVE!

Scientific data obtained during the nineties have shown that each human being needs to be touched at least thirteen times per day in a loving, non-sexual way. In the absence of touch, illness and disease may start to invade the body, causing cancer, heart disease, etc. People who are touched in a loving way are much less prone to sickness.

The New York Times reported the results of tests done on orphaned Romanian children. Because they never received "storge" love during their foundational months, they were unable to see, hear or speak. There was no medical explanation for this. The conclusion was that because of the lack of "storge" love in the first months of life, certain vital chemicals did flow to the brain, even though the children had healthy organs. The chemicals that cause humans to see, hear and speak were absent. The children were later put in American homes and showered with love, but even this could not counteract the negative effects of the lack of "storge" love.

We were created for love, which we must have so that our physical bodies and emotions can function healthily.



Babies who have been abandoned at birth (male or female), always have their hands wrapped around and play with their genitals. Those who have not had much "storge" love during their infant years (or were not touched in the right way during their childhood), will begin to allow themselves to be touched in wrong ways in their puberty years. This is because "storge" love (affectionate touch, tenderness, loving eye contact, tone of voice etc.) is foundational to healthy "eros" love. "Eros" is the Greek word for sexual attraction, not just the sexual act, but also the sexual and physical attraction drawing two people together.

"Storge" love must flow freely to you from the time in your mother's womb, during birth and into infancy. "*You are a wanted child, a desired child, a cherished child*." Studies have shown that people who do not receive this free flow of love, will be drawn into sexual issues in an unhealthy way, because **pain seeks pleasure**. This can start as early as birth. When we are wounded or feel like orphans, having no sense of comfort or a safe place, **fear** and **insecurity** are brought forth which leads to **isolation** and unhealthy **independence**.

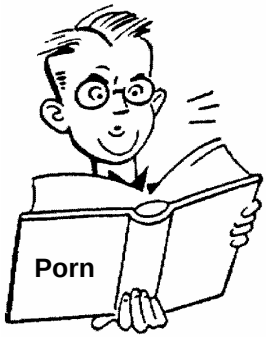
6. MEN AND BOYS

We were created for a loving, secure home environment. When that doesn't happen during childhood and especially during puberty, natural, healthy, sexual desires will begin to **heighten** and **increase** and wrong drives and urges will begin to **grip** us.

Children left in the arms of a nanny or a bottle can develop serious sexual drives and urges because "storge" love is missing. If a mother never nurses her child with "storge" love, the child is left **empty** and **angry**.

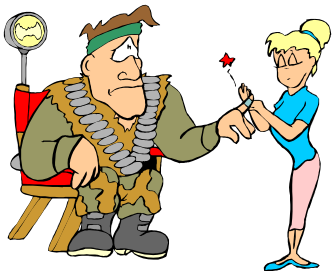
Example
Men can develop obsessions with women's breasts. A mother's breasts are God's source of comfort for the child.

Prov 5:19
…let her bosom satisfy you at all times…



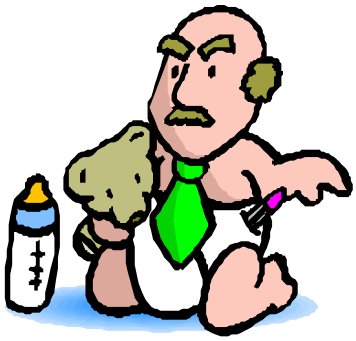
A woman's breasts give life, comfort and nurture to the husband in marriage. When a man was not nurtured by his mother he tries to meet that unfulfilled need with a woman's breasts in adulthood. Men have testified that they could remember being captivated by women's breasts from the early age of three to five years old. This carries on into puberty and their whole mind is filled with lust, fantasies and pornography. These men become **addicted** to **lust**, **compulsions** and **desires**, which then result in masturbation.

The media is filled with nudity and lust, the reason being that our homes lack “storge” love.



Pain seeks pleasure: We start looking for love in all the wrong places.

Example
In their teenage years, many people become hooked on pornography, which results in addiction to masturbation.



In a nutshell, men are looking for nurture and comfort, because home was not a place of rest, comfort and peace. This results in the child finding counterfeit affection and a false source of comfort: The climax when masturbating produces a moment’s rest, day after day, month after month, year after year. Even when grown up, these men are still little boys in grown-up bodies looking for rest and a source of comfort.

When dating, all they want are the girl’s breasts, which is the counterfeit affection. There is a “hidden agenda” because it is not the girl he is after, but he wants his unmet need for “storge” love met. He’ll say the right things, but there is a wrong motive in his heart. All he wants are her breasts, the counterfeit affection. After marriage this man is not so tender and affectionate anymore. What he never got from his mother, he is now expecting to get from his wife. This marriage is built upon sex with no emotional intimacy because the same coldness that was between mother and son now occurs in the marriage relationship. So many marriages have foundations, which lack “storge” love.

7. WOMEN AND GIRLS

If “storge” love was unmet in a girl’s life, she can turn out to be a lesbian. If she wasn’t nurtured at her mother’s breast, she can become fascinated with women’s breasts instead of men’s bodies at puberty.

Another result of unmet love from the mother and father, is that sex becomes the price she is willing to pay in order to feel loved.

Illegitimate children may be born to these girls because they are looking for something of their own to love and to hold. They think that “eros” love will fulfil their “storge” love need.

A fatherless society exists all over the world and the youth of the day view sexual promiscuity as the norm. There is so much **anger** and **violence** amongst them because of the lack of “storge” love within the home. Until this need is met we will be susceptible to sexual temptation. There are those who continually yield to such temptation.

It is not wrong to have a love need – God created you that way! BUT, it causes tremendous problems if you seek to have this love need met in the wrong way. Many people do not realize the depth of bondage they're getting into when they look to **sexuality** to meet this need; they do not realize the power of the realm of fantasy, pornography and masturbation.
According to 1 Cor 6:18 all other sins are outside the body but the immoral man sins against his **own** body. Nothing produces **shame** more deeply in our lives than sexual sin because it clings to the body.

8. STEPS IN SEXUAL SIN

While dating, the girl allows her boyfriend's hand into her blouse. She allows herself to be touched in the wrong way, which leaves her body feeling unclean.

The next night out, she allows it to go a little further … she feels a little dirtier … then their sexual encounters go further and further and with it the feeling of defilement increases. The result of this is sexual tension, excitement and passion and it feels so good that it can't be wrong; it feels so good …
Because of the unclean feeling she starts to justify the situation, saying, "*Well, we do love one another*…" only to find herself pregnant. Does she then go for an abortion?

Once you feel unclean, you lose the sense of God's love. Now you move deeper and deeper into counterfeit affection because the sense of God's love is cut off, and you don't want to go to church anymore. **You choose another source of comfort**. **You** make the choice and **you** carry the consequences of your actions. Choosing against your parents' morals (Biblical morals) could get you pregnant and could lead you to destroy your first child.

The **shame** and **guilt** following the use of this counterfeit affection can be carried with a person for many years and may lead to all sorts of bondage (physical, emotional, spiritual, mental etc.). This shame is so hidden – we need God to unlock these areas so that we can be delivered and healed in the Name of Jesus.

9. LIFE IS A CHOICE

What will you choose?

Whatever you choose, you also choose the consequences that go with your choice.

If you choose to sin, the consequences are a wall of separation between you and your spouse, between you and God and most seriously, the consequences of every choice of darkness you make **today** will be inherited by your children **today**.

If you pick up pornography **today**, your children will start to struggle with sexual drives, urges, masturbation, addiction and counterfeit affection. If you choose darkness **today**, if you choose to comfort yourself **today** because you are so hurt and wounded from the lack of "storge" love, then it **is already working in the spirit realm in your children.**

Exodus 20:5
…I the Lord your God am a jealous God, visiting the iniquities of the fathers upon the children…

Many men wonder why their wives are not free with them in the marital bed; why their wives seem so cold and distant. This could be because the wife, when in bed with the husband, feels the spirit of uncleanness about him because of where he has allowed his thought life to go. When he then tries to approach her sexually something holds her back and he gets angry and blames her, her youth, etc. But it is the purity in her heart for God that cannot yield to the spirit of uncleanness in her husband. Husbands, you choose the behaviour and you choose the consequences!

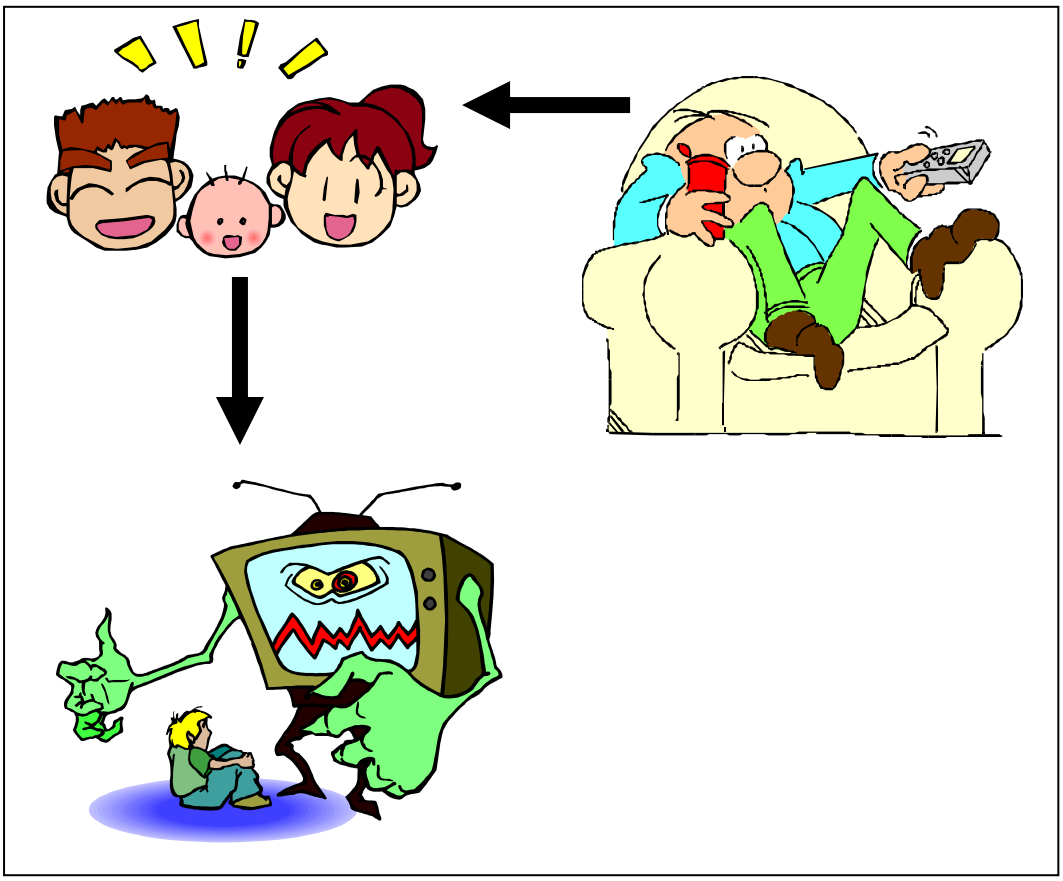
Once again, please note that this unclean spirit can work through men as well as through women. The above- mentioned situation could occur the other way round as well.

Most of us didn't have the "storge" love need met as infants. Most of us chose counterfeit affections during our teenage years and as a result are still struggling with addictions today.

You choose today whether you want to continue in this way!

Deut 30:19
…I have set before you life and death…choose life, that you and your descendants may live…

This means that if Dad watches pornography (or any other ungodly program) on TV, the whole family goes there with him (in the spirit)!



10. "STORGE" LOVE DEFICIT

Wounds develop





"I don't have a safe place to go!"
You are left with a sense of being a spiritual orphan – no place to go.



Fears and insecurities follow

Hidden anger starts showing in two ways:

Aggressively (outward)



Passively (inward)



You are angry because you were not given what you were created to receive. Your inner child is still angry, even though you might be an adult. Anger is a control mechanism that we use to gain control so that we can stop hurting. It cuts us off from natural, healthy, loving bonding relationships and leaves us in isolation.

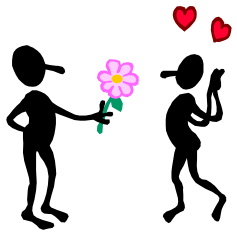
Prov 18:1
He who wilfully separates and estranges himself [from God and man] seeks his own desire…

Pain seeks pleasure

⬇

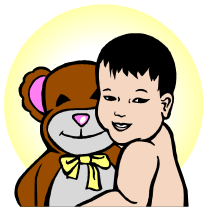
Counterfeit affections are sought

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- Men seek sexuality, fantasies, pornography, etc.
- Women seek 'Prince Charming' who they compare to their spouse (a spirit of Jezebel is released and your marriage is in trouble!)

⬇



This brings you to a place of counterfeit affection where you want to bond with something – some type of emotional dependency – in the fantasy realm. There's an emotional dependency on escapism in your thought life, e.g. day dreaming about the pastor, cell leader, colleague, etc. You can become involved in unhealthy relationships, e.g. finding someone you can talk to who will understand you, who knows your feelings, etc. You allow yourself to dwell there (in the realm of counterfeit affections). This will cut you off from intimacy with God because it leaves you with a sense of failure, shame, guilt, fear, etc. You feel scattered and separated. "Nobody loves me. / Nobody cares about me." **You chose your source of comfort and with it you chose the consequences.**

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Emptiness

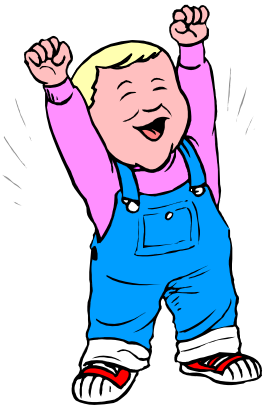
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These counterfeit affections lead to **hidden death wishes**: "*Life is too painful to live*" and "*I wish I was never born*". This causes the body systems to shut down, resulting stress- related diseases (chronic childhood diseases, allergies, asthma, muscle disorders, continuous failure, hidden anger, etc.).

This is what happens when we do not seek our comfort from God.

We all need a Father with "storge" love – we all need El Shaddai.

11. LET THE HEALING BEGIN!



No human being in your adult years can fully meet your love need.

If you believe that your spouse, boyfriend, girlfriend, etc. can meet your love need, you are putting a demand on that relationship. When you expect a person to meet your deepest need, the relationship is built upon **control** and **manipulation**.
Only God can give you the "storge" love you missed or were robbed of in your childhood.

Many arguments in relationships are one-sided.

Example
The wife continually tells her husband that she doesn't get enough attention and affection. The more she demands, the more her husband will retaliate because he doesn't want to be manipulated and controlled. Now she gets angry and counterfeit issues start to arise. She starts comparing him to other men, the pastor, etc. – "He speaks so tenderly to his wife – you never do that!" The more she moves in the counterfeit affection, the unhappier she becomes. She sets herself up for strain, self-condemnation, guilt and depression.

Only God can meet that deepest need but then we must be *willing* to separate ourselves from the counterfeit affection.

Examples of counterfeit affection

- Food
- Religious activity
- Ministry
- Work
- Business
- Etc.

- TV
- Sport
- Shopping





People try to find their source of **identity**, **comfort** and **security** somewhere else rather than with God.

Perhaps you feel today that you have been victim, that you were doomed from the start and that your only way of survival was counterfeit affection. Perhaps you're asking: "*How can I be responsible for the 'storge' love I did not receive?*" Answer: Your responsibility is in what you chose as your source of comfort. God's answer to brokenness is:

Jer 31:3
…I have loved you with an everlasting love; therefore with loving-kindness have I drawn you and continued My faithfulness to you.

There has never been a moment in time that you were not loved.

Jer 1:5
Before I formed you in the womb I knew and approved of you [as My chosen instrument], and before you were born I separated and set you apart, consecrating you…

Ps 27:10
Although my father and my mother have forsaken me, yet the Lord will take me up [adopt me as His child].

God saw every time your mom and dad couldn't give you "storge" love. He is running towards you with His love to draw you into His arms.

Ps 71:6
Upon You have I leaned and relied from birth; You are He Who took me from my mother's womb and You have been my benefactor from that day. My praise is continually for You.

Do you realize that the doctor did not pull you from your mother's womb? Father God, your Creator, was there at the moment of your birth, to draw you into His arms.

BUT, somehow you reacted to your mother's thoughts, her fears, her anger for being pregnant, "*You're not welcome here*"; "*You're an intruder*"; "*I don't want you*". The way a baby copes when rejected is to cut itself off from receiving love.

You see, **love is a choice**. You build walls of isolation and loneliness around you as a means of protection. In order to receive love you have to bring down your walls. You will have to take the risk of being hurt, disappointed or rejected again.

John 14:18
I will not leave you as orphans; I will come to you.

Did you feel that you have been a spiritual orphan from birth? God promises that He'll come to you.

John 14:21
The person who has My commands and keeps them is the one who [really] loves me; and whoever [really] loves Me will be loved by My Father, and I [too] will love him and will show Myself to him.

The Greek word for "show" means, "*I will make myself known to one or more of your five senses*."

John 14:23
…We will come to him and make Our home with him.

God wants to make His home in you. No matter how much you've failed, Daddy will still feel at home!

When you've had a bad day (which happens to all of us!) separate yourself from all the pressure, put on a tape/CD about the Father's love. Tell Him how you feel and that you need **Him** and that you do not want to run to counterfeit affections.

This is not about re-bonding to an earthly father or mother – only El Shaddai can meet your deepest needs.

Is 49:15, 16
…Can a woman forget her nursing child, that she should not have compassion on the son of her womb? Yes, they may forget, yet I will not forget you. Behold, I have indelibly imprinted (tattooed a picture of) you on the palm of each of My hands…

No matter what kind of mother or father you've had, no matter how deeply you've been wounded, God will not forget you. He is constantly reaching out to you with His "storge" love.

Is 66:11-13
*That you may **nurse** and be **satisfied** from her consoling **breasts**, that you may drink deeply and be delighted with the abundance and brightness of her glory…you will be **nursed**, you will be carried on her hip and trotted [lovingly bounced up and down] on her [God's maternal] knees. As one whom his mother comforts, so will I comfort you…*

God will pour His "storge" love into the barren areas of your soul where your mom and dad had never been able to meet that need. One of God's Names is El Shaddai, which means "the Many-Breasted One".

God wants to make Himself known to our five senses:

2 Cor 1:3
*Blessed be the God and Father of our Lord Jesus Christ, the Father of sympathy and the God of **every comfort**.*

Is 66:13(b)
You shall be comforted in Jerusalem.

Jerusalem is a type and shadow of the Body of Christ. We hold each other when we cry and as we minister. We are not the Source, He is. But we can comfort one another by being Jerusalem for each other.

When you allow God to meet your deepest need for nurture and comfort, He'll work from the **inside out.**

His love will awaken the nurturing love within you so that you'll be able to receive love naturally in order to be able to give it away – doing what you were created to do.

12. PRAYER

Father, I need your help. I ask You to come and deal with this deep issue of our hearts. Come with Your tenderness, Your gentleness and Your love.

Father God, I come in Jesus' Name. I long to experience Your comforting heart – Your El Shaddai heart; to experience You as 'the Many Breasted One', meeting the deepest need of "storge" love in my life.
I know I have to release my mother. I bring her to the cross right now.

"Mom, I needed your love so much. I did not realize how much I needed it until right now. Mom, you weren't always able to give me the love I needed.

I need to forgive you. I need to release you because Father is calling me to His Nurturing Heart. I need to let go of you. I've got to let go of the need I've had for you to make things right with me. I've got to release you, Mom.

Mom, I forgive you for not knowing how to take me in your arms and to provide a place of safety and comfort. I realize how much you may also have been hurting, so I forgive you for not opening your heart to me in a way that I could fully believe and fully receive.

I needed you so much, Mom. I needed living words. Maybe you were too hurt yourself. Mom, I forgive you for not speaking those loving words.

Mom, I needed tender tones of voice, but many times the tones hurt me and the words pierced me. I would rather have had a spanking than to have been subjected to those words. So, Mom, I forgive you for not using softness and tender tones. I release you, Mom.

Mom, I needed eye contact to see your love for me in your eyes. I needed to know that your love provided a safe place for me in times of failure. Your eyes cut through me. Mom, I need to forgive you that your eyes were not a gate of love into your heart. Instead I received that look that caused me to fear; I feared bonding with you; feared receiving love; feared receiving you. Mom, I forgive you and I release you.

Mom, so many times I just needed to be drawn unto your breast. I was insecure but you weren't always comforting; you weren't always there to nurse and nurture me. There were times it hurt so much. Mom, I forgive you. I release you.

Mom, when I was in the **womb**, I just wanted you to invite me to life. I wanted you to **welcome** me. Your thoughts did not always do that. There were times that the pregnancy wasn't convenient for you.

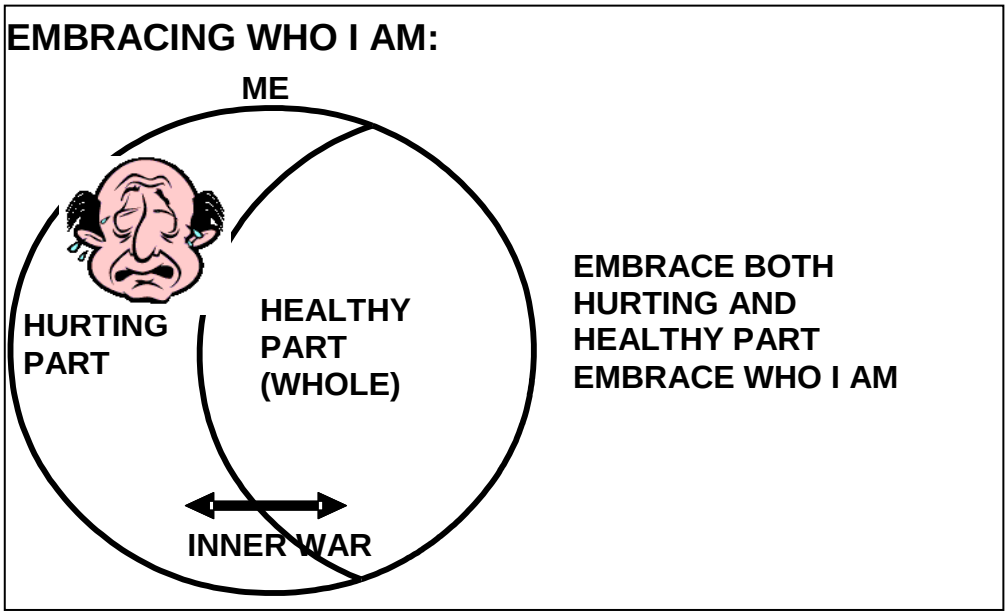
It wasn't a joy to you. Mom, I forgive you for not having had joy every moment that you carried me in the womb. I forgive you for not receiving me as a gift of love."

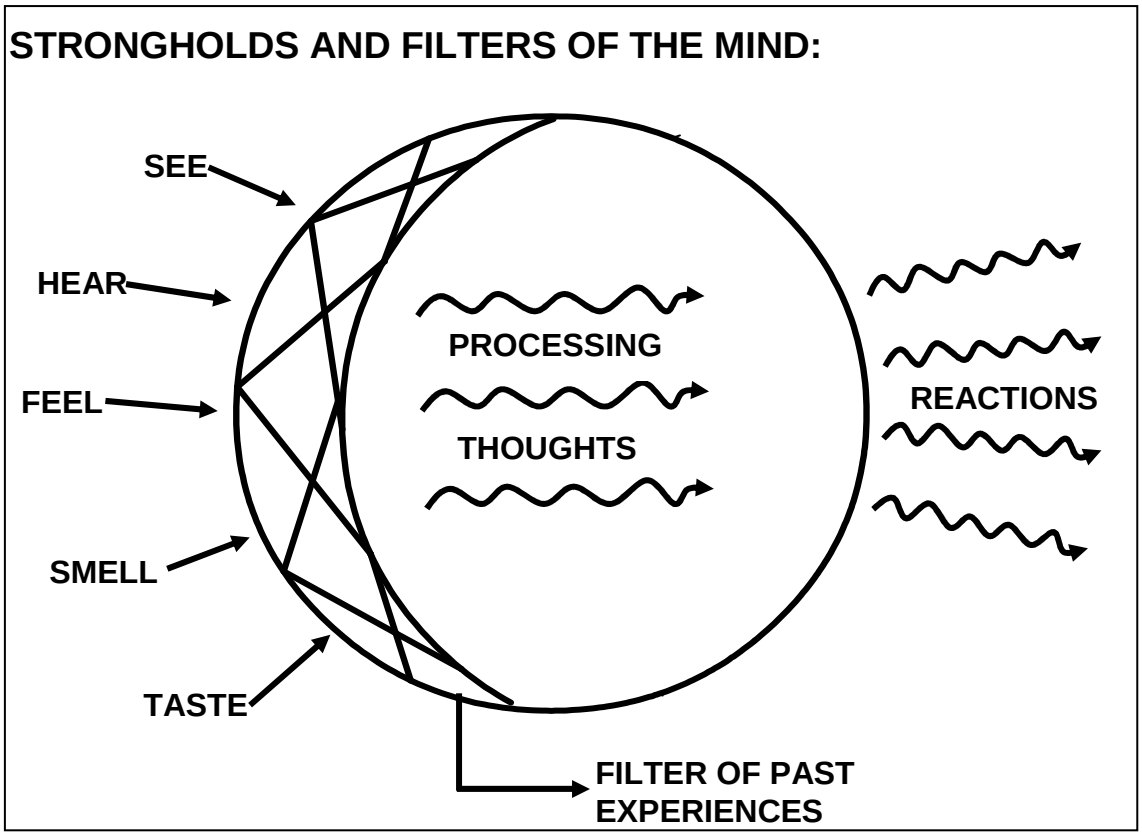
In the Name of Jesus Christ of Nazareth I now renounce anything not conceived in love in my mother's womb. I renounce rejection, anger, bitterness, abandonment, fear and insecurity.

I forgive my mother for the sexual shame she carried that was imparted to me in the womb because of any sexual activity outside of marriage.

[Continue to pray as the Holy Spirit leads you in dealing with your own specific details.]

- Forgive and release everyone and everything you need to.
- Ask forgiveness for having chosen counterfeit affection and name them **specifically**.
- Ask God to come and heal all the wounds and to fill up all the barren areas of your soul with His "storge" love.
- Perform a powerful prophetic act: Have a spiritual mother speak the blessings over you that you should have heard and received and that you longed to hear from your own mother's heart.


EMBRACING WHO I AM:
ME
HURTING PART
HEALTHY PART (WHOLE)
INNER WAR
EMBRACE BOTH HURTING AND HEALTHY PART EMBRACE WHO I AM


STRONGHOLDS AND FILTERS OF THE MIND:
SEE
HEAR
FEEL
SMELL
TASTE
PROCESSING
THOUGHTS
REACTIONS
FILTER OF PAST EXPERIENCES

LOGICAL DATA BASE / TRUTH:

- Non-emotional
- Seminars
- Bible Studies
- Does not require interpretation

EXPERIENTIAL KNOWLEDGE

The belief we hold based on our experiences.
Much of this is in subconscious form.
Requires us to come to a conclusion/interpretation

In a real life situation – Experiential knowledge tends to override logical truth.

What we “feel” is true rather than what we “know” to be true.

Our behaviour & emotions are directly linked to our experiential knowledge.

We can fill our brains with logical data and have some success, but struggle will remain until the power of sin (the lie) is broken by Jesus bringing truth into our experience.

UNDERSTANDING EMOTIONAL PAIN 2:

SUBSTITUTE NEEDS

When needs are not fulfilled, substitute/secondary needs take their place, e.g.

1. A dominating mother renders the child passive and weak, thus creating a "need" in the child to either dominate a partner in adult life or to marry a dominating spouse. He/she marries a dominating partner in order to go on acting dependant.
2. A child who was rejected/ignored may grow up with a need to be famous. His whole adult life will be spent trying to boost his ego or feel important.
3. Being unloved makes one feel unattractive. The later struggle then is to attract everyone, regardless of whether or not they really matter to one's life.

Healing lies in letting oneself **feel** the devastating feeling of not being wanted or desired. This allows one to see that the inability to love was the parents' problems and was not due to some inherent flaw in the child. This can only happen when one stops struggling against needing constant reassurance, and feels to its depths the lack of love.

When someone is deprived in childhood they grow up confused about the **difference between love and need**. They tend to fall in love with someone who can fulfil their needs.

We never see beyond our needs no matter how smart we are. Unmet needs make us dumb in specific relevant areas. We do not perceive a person realistically. We always see our needs first.

EMOTIONAL PAIN

When people's needs remain unfulfilled they are transformed into emotional pain. We are familiar with the pain of a toothache, bodily injury, etc. The pain we experience when we feel unloved/unwanted is just as real: anxiety, depression, headaches, stomachaches and unfocused fear. When needs for love and affection, touching and safety go unmet, the child is driven to take protective action and seek fulfilment in another way.

If there is no way for needs to be met then **repressive forces** will stifle the need. **Repression is an automatic response to the pain of emotional deprivation.**

Later on in life one begins to substitute gratifications with tranquillisers, cigarettes, food, drugs, alcohol, sex, etc. These substitutes then have to do what touch should have done: to relax us.

As human beings we were not created for rejection, abuse, etc. There is only so much we can take and this causes **repression** to take place. The depth of repression depends on the level of pain.

The most catastrophic pains are the early ones that are life threatening, e.g. coming close to death at childbirth or the pain of hopelessness of ever being loved as a small child. Our bodies are set up to produce a morphine-like product to block the awareness of the pain so that the baby will not die or, in the case of an adult, so that the person can get on with his life.

HOW DOES EMOTIONAL PAIN WORK?

Example

If we start to freeze, we hurt. When the pain is too much we go numb and feel nothing. When we start to thaw and feel again we hurt once more.

Emotional pain is repressed and forgotten. An emotional numbness ensues, an inability to feel. When the pain is later remembered, the hurt begins anew. Thus, we hurt in the first instance when the emotional pain occurs, and we will hurt later if we allow ourselves to **remember** the original pain.

Please note: The difference between **repression** and **dissociation** is that with repression the forgetting happens **gradually**. With dissociation it happens **immediately**.

The great wonder is how it is that such a gigantic amount of pain can reside compressed in our bodies without our being aware of it. It is **repression** we must thank. Repression **diffuses** its energy so that it is found in high blood pressure, compulsive sexuality, asthma, daydreams, poor posture, headaches, etc.

The needs and the pain are what drive us, using up tremendous energy, e.g. the neurotic cannot relax.

EMOTIONAL MEMORY

Emotional pain can accumulate and be stored. Clearly this is a function of memory. From very early in life, even in the womb, we code and store our memories. What used to be outside is now inside. All the smells, sights and sounds of every minute of our lives can be called forth any second of our lives.

A complete environment in every minute detail is in our brains and bodies as a duplicate copy. Moreover, we respond first to that inner environment and then to the outside one. The **traumatic memory** becomes a **filter** that determines how we later respond to events.

When experiencing trauma during our early years, our systems have a way to **encapsulate** this pain and **isolate** it internally until we are grown up and able to experience and work through the pain.

Emotional memory is not the same as **conscious recall**. We can easily remember our good times in childhood. It takes only a bit of recall. But no wilful conscious determination is going to recall painful, emotional memory. Those can only be remembered on an emotional level by the feeling system. The idea of a hidden memory of pain is difficult to accept because pain being hidden cannot be recalled with ease. We call this "**core pain**". It is like a force of gravity – a totally unconscious influence that is always there.

Core pain The great hidden secret of our day – repressed needs, feelings and pain.

REPRESSION: THE GATES OF THE BRAIN

The main mechanism through which pain is repressed is called **gating**. **Gating** is a process that controls the **perception** of pain, not the pain itself, by **blocking** the mass of electro-chemical impulses that constitute pain from reaching the higher levels of the brain.

The **gating system separates thinking**, **feeling** and **sensing** levels of consciousness and controls input all the way along the nervous system.

Thoughts, disengaged from feelings then have a life of their own.

Gating works in two directions:

1. It keeps feeling and sensation from the thinking level.
2. It prevents ideas and concepts from affecting our emotional level, e.g. "someone has lost touch with reality".

One loses touch with the outside world only after one has lost touch with the inner world.

Example of gating

Rugby players can play an entire game with severely broken bones. They only become aware of their pain after the game – when the intensity of their attention is shifted away from the game.

Emotional shocks are no different than **shock therapy**. This massive input stays in the system – what goes in must come out eventually, whether impulses from a shock machine or impulses from being traumatized as a child.

We are discussing an **information overload**. The gates are not too worried about content. It is the force of the trauma that counts. When the level of trauma, say incest, is great enough they swing shut.

Unfortunately, when the gates in the brain shut down against pain they also shut out our history with it.

We no longer remember the trauma nor **the needs** and **feelings** that went with it. We are **deprived** of exactly the kind of memory we need to resolve the crippling effects of those old traumas.

We never repress without having to bear the **consequences**. There is always a price to pay.

The degree of gating/repression is in proportion to the amount of pain, e.g. massive pain during child birth will take a great amount of energy forever after to keep that pain in its place. This output of energy is continuous because the imprint of the trauma never leaves.

GATING AND SEVERED COMMUNICATION

Gating results in the **blocking of communication** from **one level of consciousness to another**. This is why so many memories remain unconscious: Our thinking brain is not in communication with other parts of the brain that contain important information.

The **strength** of the gate has to do with the **amount of pain**. The system will automatically allow only a bit at a time into consciousness. It allows just enough to be integrated, and no more.

Example

A patient who was a victim of incest had been counselled over a period of months. Little by little the story unfolded…

1. Fear in the dark as a child.
2. Footsteps coming down the hall.
3. Shadow in the room.
4. Sensation of something big and sharp between her legs.
5. Months later… Daddy!

The gating system allows us to **feel one way** and **act another**. It allows us to be in **contradiction** with ourselves. It allows us to remember the timetables we learned at age six in school, while having no memory of the emotions we had at the time.

The reason is that we **first** gate the **pain**, then the **associations** that might bring it up, until we have blocked out all memories surrounding it, i.e. places, times, scenes, etc.

When we suffer from **shock** there is often **amnesia**, e.g. the way most of us are born leaves us in a state of shock just after birth. No wonder so few of us can remember our birth!

The gates are the agency of **self-deception**, e.g. a person is certain he is relaxed, while repressed rage elevates his blood pressure. He sees no connection between his blood pressure and feelings. Gating has sealed off awareness.

Gates **preserve** our **internal reality** in its **pure form**. They **buffer** and **protect** feelings. The problem is that in becoming insensitive to ourselves we become insensitive to others. We do not see their pain, we can't empathize or have compassion for them.

Later in life a person who is heavily gated or repressed may suffer from an **autoimmune disease** such as **arthritis** in which the real person, his cells and tissues, is attacked as if it were a stranger or alien to be attacked. **We become allergic to ourselves!**
With large **storehouses of painful memories** there are many **defence mechanisms**, e.g.:

1. Some defend by fleeing into their head with ideas, philosophies, belief systems, fantasies, etc.
2. Others defend by a **flurry of activity** that keeps the feeling away. Busy, busy, busy…
3. Others talk incessantly.

By using these **defences** they try to create hope and avoid the pain, e.g. a person who was never listened to and never shown any interest, forces the issue, making others listen all the time. The force of the defence would be found in how loudly they speak and the speed of their sentences.

REPRESSION IS DENIAL OF THE REAL FEELING

Every person in pain **denies**. We are **hiding** from ourselves. The pain of being unloved stays behind in the unconscious while we go about trying to feel loved. Pain is a blessing because when it is felt it sets in motion the forces of healing.

NATURAL PAIN KILLERS: THE ENDORPHINS

How does repressed/gated pain stay repressed and linger on?

The body produces a natural substance for the control and management of pain. Pain is gated both by the **electrical system** and a **chemical counterpart** that act together in the body.

The electrical stimulation causes the production of this morphine-like substance in the upper brainstem. The amount of that substance produced seems to be equivalent to the amount of pain. This is called **endorphin**, which sustains the repression of pain over time.

ENDORPHINS: KEYS AND LOCKS IN DEALING WITH PAIN

Endorphins hold the secret to unlocking the causes of many diseases. Their levels indicate the amount of pain we are handling. Once repression exists, we not only stop feeling, but its existence keeps us from knowing that we are repressed. **When repression reaches a critical level called depression, we are feeling the effects of repression.**

Repression sets the **limit of feeling**: You only feel up to your repressive boundary. You could be feeling at four on a scale of ten and not know it!

With the benefit of repression, we can keep on producing and working though haunted by pain – it is often the pain that drives us to produce.

PAIN, REPRESSION AND ENDORPHINS IN DISEASE

Pain + repression = disease.
Anxiety + no repression = survival.

It is not just pain that makes us vulnerable to disease; it is pain **and** repression.

Anything that blunts pain, i.e. tranquillizers, anaesthetics, etc. also blunts the **immune system**. **Natural killer cells** are the cells in the immune system that kill invading **antigens**, the **carriers** of disease. Even a single shot of morphine compromises natural killer cell response. When morphine is prevented from working by other chemicals, natural killer cell activity is enhanced.

Repression operates in the **brain** as well as in the minute cells circulating throughout the **bloodstream**.

Deep pain means **deep repression**, and that means an increased possibility of **cancer**.
The way we live our lives is a reflection of our basic physiological tendencies. Research indicates that someone who is **repressed** and “inward orientated” is much more likely to contract immune system breakdown diseases. A **high intensity** type person is more prone to having a heart disease or stroke.

Pain + repression = disease.
Pain + suffering = survival.

Active suffering, acute anxiety and pain, felt and directly experienced, would seem to be preventative of catastrophic disease.

Why would feeling anxious aid survival? The body is in harmony under such circumstances. One is **hurt** and one **feels it**. You operate within a consistent **reality**.

A person who is hurt, but continues to function as though the hurt never existed, is obviously not in harmony with himself. There is an **inner war** taking place, with one part of the system fighting the other.

NOT FEELING PAIN IS ADAPTIVE AS A CHILD BUT BECOMES NON-ADAPTIVE OVER THE LONG RUN.

What saves our life early on – repression – is what kills us eventually.

Can a person die from a lack of love? Yes!

LEVELS OF CONSCIOUSNESS AND THE NATURE OF MIND

Illness can result from a pattern of **deprived need → pain → repression →** special category of **memory** called **imprints**.

Mind is the structure/framework within which all this activity and drama takes place.

The mind is not just in the brain. The brain processes information from everywhere in the body. Every cell in our body is an information processor. Cells in the immune system store old information, recognize enemies and stir the system into combat readiness.

They remember when the same enemy was present in the past, and give orders to clone themselves to do battle.

The **immune system is a mind** that has memory, recognition and command capabilities. It has its own language, not words, but it definitely communicates. It informs the natural killer cells to multiply and fight against cancer cells. It also informs the hypothalamus in the brain about its activities.

The **immune mind** lies in the lymphocytes – white blood cells that produce antibodies to fight disease. There is therefore a **mind** that helps us to **survive** and a **mind** that **reasons** and uses **logic**.
The verbal mind allows us to say what is on our **mind** (singular) but not what is on our **minds** (plural). The verbal mind may be cut off from the lower levels of organisation and not have the foggiest notion of what is going on below.

THE SURVIVAL MIND, THE FEELING MIND AND THE THINKING MIND

There are **three distinct principal minds**:

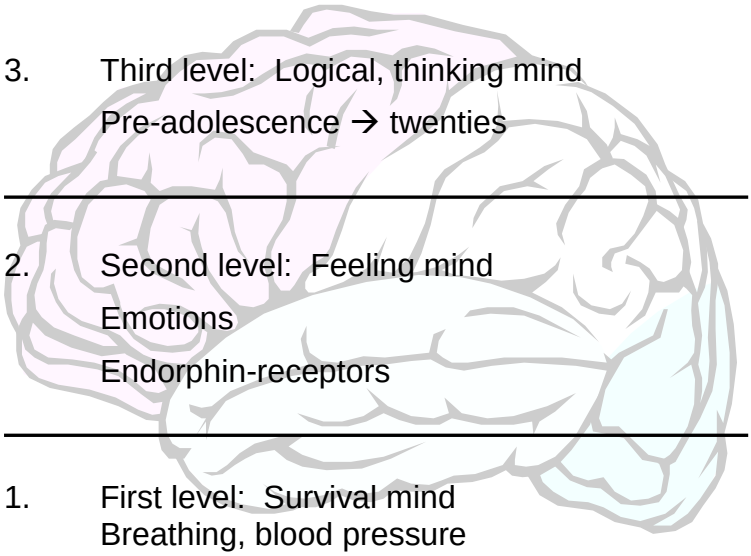
1. **The survival mind**: This mind keeps us breathing and our blood pressure constant.
2. **Feeling mind**: It generates and processes emotions or feelings.
3. **Verbal, logical, thinking mind**: It uses language and solves problems.

They are all three interconnected in the brain. Each of these is a separate entity with different functions.

Damage to the logical, verbal mind may not affect the feeling mind at all. Humans can process emotions without using the section of the brain called the **cortex/thinking mind**.

The survival, feeling and thinking minds function on three **different levels of consciousness**. There is clearly some sort of gating system that manages to keep these three levels distinct from one another.

The three levels of consciousness: A side view



3. Third level: Logical, thinking mind
   Pre-adolescence → twenties

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2. Second level: Feeling mind
   Emotions
   Endorphin-receptors

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1. First level: Survival mind
   Breathing, blood pressure
   Stress hormone: nor-adrenaline

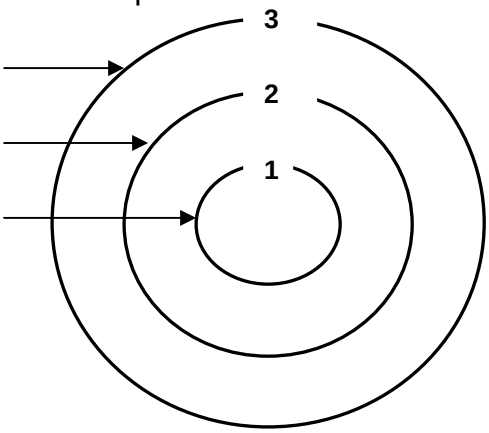
Mind development: A view from the top

Concentric circles – neuropils

Thinking brain

Emotional level

First line –
Survival mind



- **First level of consciousness**: ± three months old in womb to six months old in life.
- **Second level**: **Emotional level** - ± six months old onwards.
- **Third level**: Pre-adolescence – into twenties – it is continuous with the development of the highest level of nervous tissue, the cerebral cortex.

FIRST LEVEL

Imprinted pain and its memory on the **first line** are the **least accessible**. They therefore tend to be the **least believable** later on because they are so difficult to retrieve and understand. No language is going to help in that understanding either, which further complicates the problem.

SECOND LEVEL

As the infant develops, he begins to relate to a larger world than that of mother's breast and the crib. At this point, the **limbic system** predominates. The infant can now develop emotional attachments to his parents and relatives. Now he can feel **emotional** suffering.

THIRD LEVEL

This level of thinking comes to predominate around age twelve. By adolescence we possess three full levels of consciousness that correspond to the three principal minds. They function as follows.

First level

Sensory level that deals with sensation and mediates **bodily impulses** and states. This level incorporates the **survival mind**.

Second level

Affective-expressive level mediates the complex processes involved in **creating** and **expressing feelings** and **emotions**. This is the level of the **feeling mind**.

Third level

Cognitive/thinking level: Provides discrimination, comprehension and meaning with regard to feeling states. **Thinking mind level**.

EXPERIENCING PAIN

First level: Raw sensation of pain.

Second level: Emotional development of pain.

Third level: Conscious recognition of pain.

Normally, a feeling/attitude that we have towards some person, object or activity is comprised of all three levels of consciousness: Sensation, emotion and cognition. The three are interconnected and work in harmony.

But, when feelings are overwhelming, e.g. “They don’t like me”, the fluid interconnection among the levels is disrupted. Now there is **fragmentation** and **blocking**. Each level has its own repressive system and so it is possible to be cut off from the most primitive impulses and needs, e.g. forget to eat, unable to sleep, etc.

It is possible to be so disengaged from emotions that **one no longer knows what one needs or what one feels**.

It is possible to be disengaged from thinking so that one has ideas and concepts that are completely unrelated to what is going on “below”, e.g. a business executive thinks he feels terrific; he is so disconnected from his own physical reality that it takes a stroke/heart attack to get the true message through to his mind.

PAIN: THE ORGANIZER OF THE MIND

Pain dictates the structure of consciousness because pain is not just an ordinary experience. Pain occurs as a result of threats to the survival of the system.

The ability to feel pain is the key to survival, biologically and psychologically. Those who cannot feel pain are in constant danger of being destroyed by something they cannot feel and thus cannot avoid.

Gated and repressed pain is responsible for a kind of **fragmentation** and **disconnectedness**.

Bringing pain to full consciousness will liberate a whole new system of consciousness rather than simply produce an awareness of one specific pain or another.

There is evidence indicating that the **higher central nervous system** (the third level of consciousness) exerts a powerful **suppressive influence** on the experience of pain. This suppressing tendency means that the third level can **control** sensory input and what can be experienced.

When the third level is lulled, as in sleep, coded memories in the unconscious return with alarming force in our nightmares, e.g. the precise feeling from a birth trauma can ascend: Feelings of being **crushed**, **drowning**, **suffocation** or **strangling**.

The three levels of consciousness work all the time and make up the mind. Each level has its separate function and different biochemical system. The **feeling level/second level** is packed with **endorphin receptors** that act to gate pain.

Lower down at the **first level** where **deep pains** are imprinted we find a heavy concentration of a **stress hormone** called **noradrenaline**. It helps mediate terror.

What we call **mind** develops in stages in the newborn infant as the brain itself develops in **concentric circles** known as **neuropils**.

The **first line** functions involve the bodily midline: Gastric, respiratory, bladder and bowel functions. They are controlled by the inner portion of the brain and is practically fully functioning soon after birth.

The **second level** (emotional level / limbic system) is also functioning soon after birth.

Only some years later the **thinking brain** will be fully functional. In the meantime, traumas will be handled by the lower neuropils. Thus, the newborn will develop colic, etc.

When a trauma occurs very early in life the **instinctive, rather than intellectual brain**, will deal with it, pumping out more acids, accelerating the heart rate, raising the blood pressure and elevating body temperature. This **survival mind** is the only mind equipped to deal with early trauma.

Trauma at this level (**survival mind level**) could cause colic, vomiting and breathing difficulties. A five year old who is constantly made to feel ashamed or guilty is suffering on an **emotional level**. Now the pain will be processed not only on the survival level, but also in the emotional centres of the brain.

This child can act out this emotional pain in school with his peers.

He can now discharge the energy of pain, something a newborn cannot do.

Memory is coded differently on each level of consciousness, e.g. a patient reliving a birth event has no words, no baby cries, and no free movement. The memory contains all of the details surrounding the trauma – no part of it has changed.

Example

1. A woman who has the imprinted trauma of a weak and helpless father who could not protect her, may find other weak men in her life and struggle to make them strong – a symbolic attempt to produce a real, protective father.
2. Early trauma is often an oxygen starvation at birth followed by massive dilation and the subsequent throbbing experience. In later years this can be the cause of **migraine attacks**. It is a biological memory of survival and the attempt to conserve oxygen.

No level of consciousness can do the work of another. The **feeling mind** cannot solve a geometry problem. Each level has its own memory system and therefore one cannot try to **remember** a **feeling**. **It has to be felt in its own way.** The immune system remembers a viral attack for decades; the cortex remembers with specific words and figures.

Example: The appearance of forceps' marks will reappear on the forehead when patients relive their birth trauma.

Memory is therefore retrieved in different ways – memories of smells that are only reawakened by smells, etc.

THE FUNCTIONING OF THE MIND

A well-balanced person has a balanced mind. There is fluid access to the lower levels and an intelligence that serves the feelings and instincts. This allows the person to react instinctively to situations and make immediate yet appropriate decisions.

We also know that the most crucial factor in psychological and physiological development is that of **key events** during the **nine months of pregnancy**. This is when trauma experienced by the mother can alter the brain system, the hormone balance and the anatomy of the baby, not to mention its psychological state.

So, the brain is not a blank slate, but possesses certain tendencies that are either evoked or nurtured, or suppressed, depending on one's life circumstances.

The lower the level upon which the traumas are imprinted, the more they determine later behaviours and symptoms.

BELIEF SYSTEMS/STRONGHOLDS

When thoughts are not anchored into feelings, the upper level mind can be programmed to believe in unreality. When a person is hypnotized he can undergo an experience and then be told he will have no memory of it. And he doesn't! A mental suggestion can cancel a memory. That is how fragile memory is.

Pain also tells memory to keep quiet, not to intrude or make a noise. The so-called conscious mind forgets, not the lower one.

WHAT IS A NERVOUS BREAKDOWN?

Nerves don't "break down". Defences do. When the gating system breaks down because of drugs, or more often because life has become too tough, the person may go crazy. He is using his now overwhelmed cortex to handle the onrush of early pain. He no longer makes sense, is irrational, and imagines what isn't there. Actually, it is there, but can't be seen – old shattering memories. The person doesn't know the source, but he senses danger and focuses it externally, e.g. parents divorce and one leaves the home. For the child the memory of such an event remains well hidden, as does its meaning, which is that the child will never be with both parents again. All of the pain and its memories become unconscious. The person then walks around in a "semi-coma" for the rest of his life and isn't even aware of it.

Great parts of him are inaccessible. He cannot learn from his past history because it is buried in his mental archives.

It is possible to help someone later on to become **aware** of these events, but you cannot make him **conscious**. Only the experience of pain can produce consciousness.

With an **unconscious emotional life** one neither perceives nor understands and is a **victim**, unable to use past experience to comprehend the present.

The mind does a wonderful thing: It pretends that the earlier brain belongs to someone else. They are two worlds apart. The upper brain cannot recognize the pain the body is undergoing.

PRAYER FOR HEALING

Jesus paid the price to set us free. He gave His very life so that we can **live**. He will never force His way into your life. You need to invite Him to come and help you to open these prison gates in your mind so that His healing power can set you free!

1. The Old City of Jerusalem had 12 gates. One of them was called "Gate of the prison" (Neh 12:39). Repressed memories have placed us into a prison – where we are tormented and locked away from living the abundant life, from being free to be used by the Lord and fulfilling our purpose and destiny in His Kingdom.
2. **Ps 24:6-10**
   This is the generation of those who seek Him, who see Your face, O God of Jacob. Selah! ***Lift up your heads, O you gates; and be lifted up, you age-abiding doors****, that the King of glory may come in. Who is the King of glory? The Lord strong and mighty, the Lord mighty in battle.* ***Lift up your heads, O you gates; yes, lift them up, you age-abiding doors****, that the King of glory may come in. Who is this King of glory? The Lord of hosts, He is the King of glory. Selah!*

If we only live from the conscious, healthy part of who we think we are, we can never truly be whole. We need to be aware of who we are in totality (thus, all three levels of consciousness) and be redeemed on all three levels. Every fragmented part needs to be recognized, retrieved and redeemed by the work of God's Holy Spirit.

DISSOCIATION IN A NUTSHELL

Dissociation is when you go through the motions of a very traumatic memory but you are not connected to the experience.
It seems like a movie you have watched. You star in it, but it's not really you.

Dissociation is a defence mechanism developed by children when life becomes too traumatic for them to handle.
Dissociation from memories are called repressed memories / DID (Dissociative Identity Disorder).

The brain simply compartmentalizes experiences, emotions, and behaviours necessary for survival into different identities.

Sometimes these identities actually have different names, or they may simply have identity through their functions or feelings.

One compartment or personality may not even have any awareness of other personalities. This condition represents a very high-level of dissociation.

The problem with dissociation is that it seemingly works for children because it helps the pain or trauma go away on a temporary basis and allows the child to continue moving on in life.
But it is still a dysfunctional way of approaching life and can cause many difficulties when the child reaches adulthood.

Dissociation is a defence mechanism that helps a child to survive the tension and abuse that they experience at home.

As an adult, their methods of dissociation can be through drugs, alcohol and isolation but this is very destructive, and they also hinder the person from dealing with issues and relationships in a mature way.

The same dissociation that helps a person survive when they are small can be very destructive when they get older.

If they continue to dissociate, this keeps them from being truly connected to their own real feelings and prevents them from experiencing true intimacy with themselves, other people and God.

SECTION 6:

THE ACCEPTABLE YEAR OF THE LORD

ISAIAH 61:1-4

THE SPIRIT of the Lord God is upon me, because the Lord has anointed and qualified me to:

1. preach the Gospel of good tidings to the meek, the poor, and afflicted;

2. He has sent me to bind up and heal the broken-hearted,

3. to proclaim liberty to the captives

4. and the opening of the prison and of the eyes to those who are bound,

5. To proclaim the acceptable year of the Lord [the year of His favor] and the day of vengeance of our God,

6. to comfort all who mourn,

7. To grant [consolation and joy] to those who mourn in Zion—to give them:
   - an ornament (a garland or diadem) of beauty instead of ashes,
   - the oil of joy instead of mourning,
   - the garment [expressive] of praise instead of a heavy,burdened, and failing spirit–

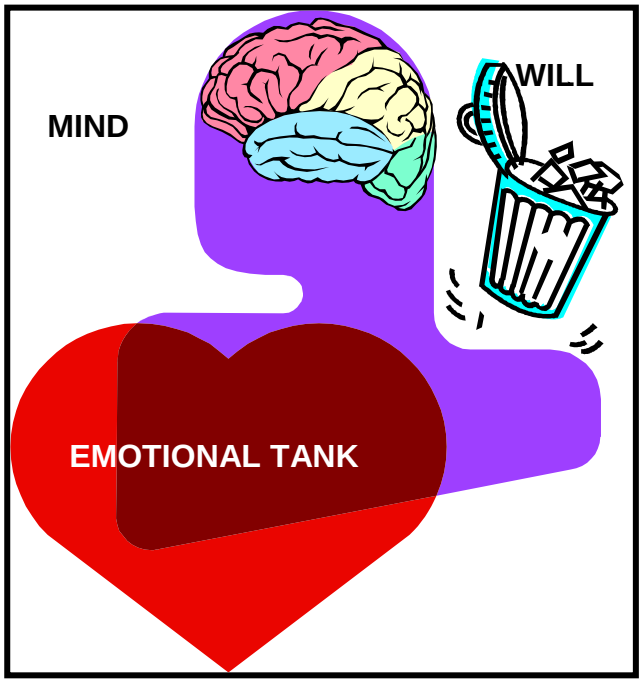
That they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified.

8. And they shall rebuild the ancient ruins; they shall raise up the former desolations and renew the ruined cities, the devastations of many generations.

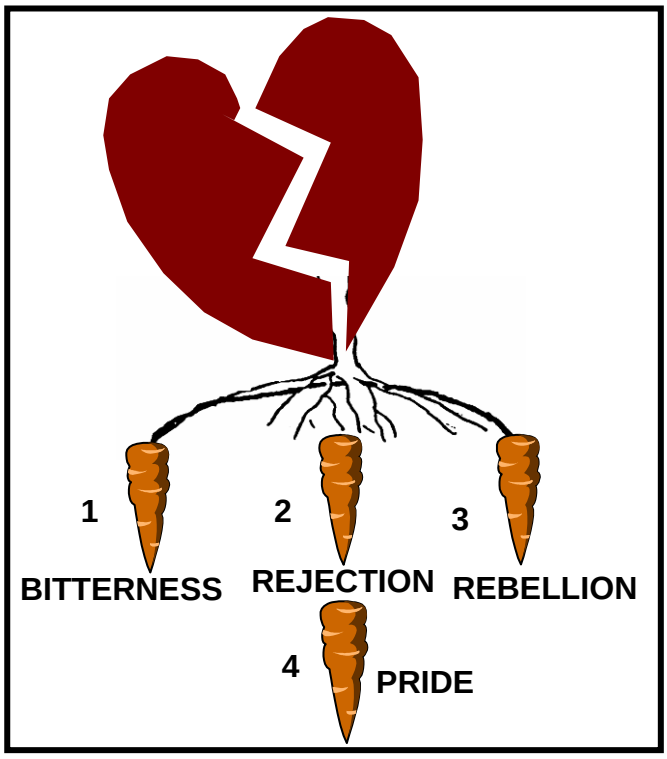
Luke 4: 18
The Spirit of the Lord is upon Me, because He has anointed Me the Anointed One, the Messiah, to preach the good news, the Gospel, to the poor; He has sent Me to announce release to the captives and recovery of sight to the blind, to send forth as delivered those who are oppressed, who are downtrodden, bruised, crushed, and broken down by calamity.

Main objective of Satan is to BRUISE man.

These bruises give him a foothold in a person's life.
Fears, insecurities, bitterness, rejection, broken relationships, etc.


MIND
WILL
EMOTIONAL TANK

Bruise:


1
BITTERNESS
2
REJECTION
3
REBELLION
4
PRIDE

1. ROOT OF BITTERNESS

Heb 12: 12-15
So then, brace up and reinvigorate and set right your slackened and weakened and drooping hands and strengthen your feeble and tottering knees and cut through and make firm and plain and smooth straight paths for your feet (yes, make them safe and upright and happy paths that go in the right direction)
Strive to live in peace with everybody …
Exercise foresight and be on the watch to look after one another to see that no one falls back from and fails to secure God's grace, in order that no root of resentment (bitterness or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it…

Root of Bitterness – no 1 problem in a Christian's life.

An eye for an eye and
A tooth for a tooth
} we will all be blind &
toothless without God!

You cannot drive bitterness out – you must work with the relationships through which it came in.

Jesus was bruised by satan, but satan could get foothold because Jesus never became bitter.
Hurts you hold onto will always end in bitterness.

Fruit of Bitterness

Bitterness is a toxin that poisons the whole system:
- Comes out in your conversation.
- Is seen in your deeds and attitude.
- Physical health deteriorates.

1. **Bitterness defiles others – always negative, critical.**
2. **Bitterness builds walls of isolation**
   a) Fear of being hurt again
   b) Fear and distrust of people
   c) Fear of being exposed
   d) Loneliness
3. **Bitterness always ends in broken relationships.**
   a) Cut people out of your life – hatred.
   b) Critical attitude – always blaming others
   c) Self pity and dejection.

Damage of Broken Relationships
1. Hatred
2. Blind spots
3. Insensitivity – self-centred, very touchy

4. Immaturity

- Selfish
- Jealousy
- Tantrums
- Demands own will
- Show-off
- Spiteful
- Moody("silent treatment")

NB: *Maturity comes through Relationships!*
Make a list of all that hurt you and reasons why.

2. PROGRESSION OF REJECTION

- **AT BIRTH**



Eph. 2:10 – Unique and special
Jer. 1:4-8 – No accident
Phil. 2:13 – Single-minded / purposeful

God makes no junk

- **BRUISES**



Very low self-esteem
Prov. 23:7 *"As a man thinketh in his heart, so is he."*

1. Broken parent-child relationship.
2. Unfair treatment
3. Sexual abuse
4. Violence
5. Words / curses

- **RESULTS OF REJECTION**



Builds walls to protect against everything and everyone – good and bad.

1. Emotional immaturity
2. Loneliness and fear
3. Self-rejection
4. No self-identification
5. Unstable relationship with God
6. Love vacuum
7. Seeks position and recognition

- **REACT IN TWO WAYS**

WITHDRAWN	**COMPETITIVE**
	
PASSIVE	AGGRESSIVE
SHY	OFFENSIVE
DREAM WORLD	COMPETITIVE
NON-COMPETITIVE	PERFORMER
DEPENDANT	INDEPENDANT

3. REBELLION:

1 Sam. 15:23 – Saul wanted HIS will.
"Behold, to obey is better than sacrifice…For rebellion is as the sin of witchcraft and stubbornness is as Idolatry…"

WITCHCRAFT: Your own desires and own reasonings become superior to God's will / Word.

REBELLION:
- Satan's nature
- Adamic nature
- Refuses to be restricted
- Refuses discipline
- Refuses authority

Rebellion is NOT a demon – it is an attitude of the heart.

Prov. 28:9
He who turns away his ear from hearing the Law of God and man even his prayer is an abomination, hateful and revolting to God.

ANOREXIA:

Ps. 107:11, 17, 18
11 Because they had rebelled against the words of God and spurned the counsel of the Most High.
17 Some are fools [made ill] because of the way of their transgressions and are afflicted because of their iniquities.
18 They loathe every kind of food, and they draw near to the gates of death.

Proverbs 14:6
6 A scoffer (fool) seeks Wisdom in vain [for his very attitude blinds and deafens him to it], but knowledge is easy to him who [being teachable] understands.

Prov 14:6 (Footnote: Ampl.)
The word "Fool" in the O.T. seldom, if ever, is used to describe the feebleminded, imbecile, idiot, or moron.
Rather, it always has within it the meaning of a rebel, especially against God and the laws of order, decency, and justice. Notice in Proverbs how many such characteristics of rebelliousness are listed against the fool, and see God's attitude toward them.

RESULTS OF REBELLION

- The flesh rules – Food, alcohol, sex, masturbation.
  Emotion – jealousy, strife, envy, anger.
- Homosexuality – Rom 1: 21-28
- Witchcraft – manipulate and control, take revenge, you become your own authority
- Schizophrenia – 2 roots * Rejection
  * Rebellion
- Blocks learning process / unteachable
- No self discipline
- Keep putting things off.
- "Couldn't care" – state of mind and language
- "Don't tell me what to do!"
- Mocking people in authority
- Will rather suffer than submit.

JEZEBEL



Rev. 2: 18 – 25
The queen Jezebel holds 5

Rev. 17 – Rides on a beast.

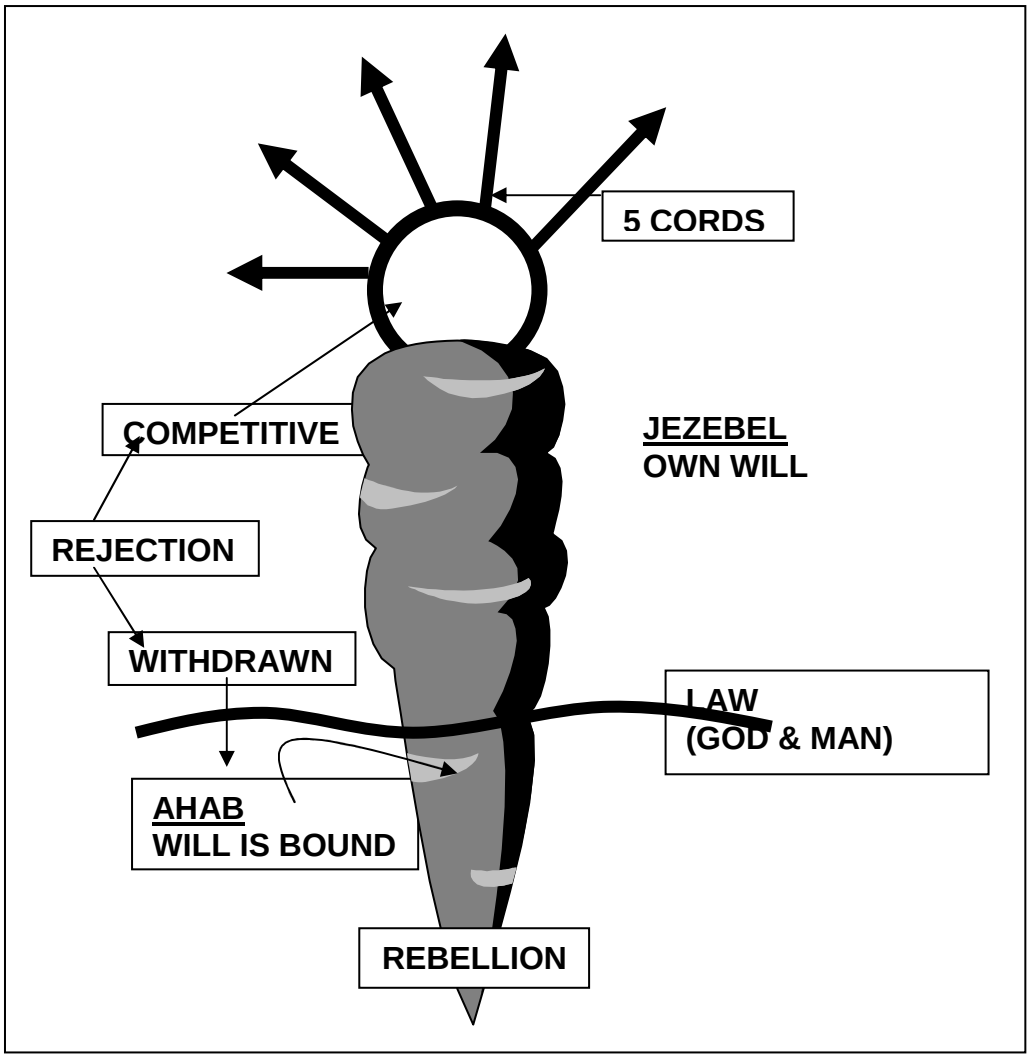
1. **verse 24** – Controls occultic demons.
2. **verse 20** – Food offered to idols – compromise – waters down God's discipline.
3. **verse 20** – Immorality – controls lust and perversity.
4. **verse 20** – Teaches and misleads; manipulates, dominates, intimidates.
5. Prophetess, controls religious demons.



AHAB



JEZEBEL



4. THE ROOT OF PRIDE

This is a very difficult area to deal with because we all resist the truth of pride in our lives.

When the disciples argued about who is the greatest, Jesus called a child.

The spirit that operates in God's Kingdom is HUMILITY.
The world places a high value on PRIDE: talents, abilities, family pride, etc.

THE IMAGE OF PRIDE.

The image of pride is erected to hide worthlessness.
It is not real, but the person believes in it and all his worth comes from it.
The image becomes like a god that has to be satisfied.

The image now becomes an idol, because all the person's energy is needed to maintain it – by WINNING – which makes him feel good; by oppressing others to exalt himself; by boasting about what he owns or can do, etc.
Pride NEVER wants to be wrong.

Never say you're sorry – unteachable spirit.

FRUIT OF PRIDE.

- Performance.

He is driven to accomplish things – must excel.
High achiever, works harder.
Results: Even though a great success, he has problems with relationships.

Relationship with God is on the basis of his achievements.
Sets very high standards for himself.

Pride makes him believe that he can please God by his works.
Note: You cannot grow to be more acceptable for God. We are TOTALLY acceptable.

- Perfectionism.

He sets himself standards higher than normal. He, thus, places himself above others and is critical of those who do not accept the same standards.

Description: Lack of love, indifferent to the needs of others, insensitive, quick to judge, sharp tongue, critical and impatient.

Results: Critical, harsh attitude, strict.
Self-righteous – tries to bargain with God – fasting, prayer, etc.

Transfers rejection to children and spouse –nothing is good enough!

Poor relationship with God – has to achieve for God.
A life filled with works.

- Competition.

Continual striving to be better that others – to be first, to be better, to gain recognition.
Selfish, self-willed, elevation of self, ambitious, jealous.

2 Cor 10:12
Not that we have the audacity to venture to class or even to compare ourselves with some who exalt and furnish testimonials for themselves! However, when they measure themselves with themselves and compare themselves with one another, they are without understanding and behave unwisely.

Eg: status: cars, house, clothes, etc.

Results:

- Enmity – competition will destroy relationships.
- Compare ourselves with others continually – want to be the best.

- Jealousy and envy.
  Remember: Never promote yourself in ministry!!
- Unforgiveness. (esp. yourself)
- Bitter, disapproving, hypersensitive, harsh.
- Results: Guilt and condemnation. You must pay!! No grace for you!!
- Bitterness and hatred, blames others.
- Blindness and deception.
- Pride requires revenge, not forgiveness.

- Critical and self-centred.

He demands the central role. Breaks others down in company.

Results: Will destroy a relationship by constantly correcting or judging the other person.

Will focus on the bad points in others but only on his own good ones.

- Unteachable.

- Unbelief.
  - Pride is independent and self-sufficient.
  - No-one else is needed.
  - Finds it difficult to receive. Untouchable.

Results: Strives with God for results.
Seeks His blessings.
(Faith grows out of humility. Humility and faith seek after the goodness of God)
Desires honour from people.

HOW TO CUT THE ROOT OF PRIDE.

1. Ask God to show you the deception of pride.

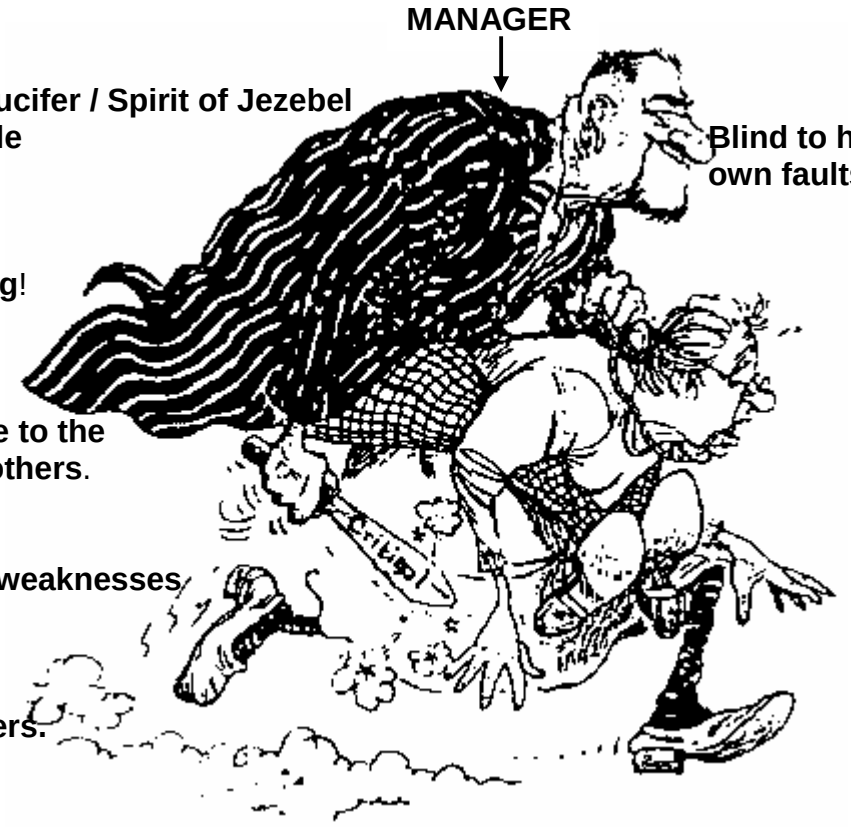
2. Receive the truth of your self-worth – it does not matter where you've come from – you are now a child of the Most High God!!

3. Ask God to break the image of pride so He can bring the true person of who you really are, to the fore.

4. Change the motivation of your heart from pride to LOVE.

CRITICAL AND SELF-CENTERED

Pride demands that a person is centred only around himself and his own **needs and** then requires the central role. He then becomes critical of others.



SECTION 7:
HEALING OF EMOTIONS

Matt. 5:8
8 Blessed (happy, enviably fortunate, and spiritually prosperous—possessing the happiness produced by the experience of God's favor and especially conditioned by the revelation of His grace, regardless of their outward conditions) are the pure in heart, for they shall see God!

Therefore, in those areas of your heart where you are not pure, you will not see God.

We interpret every subsequent experience in the light of the judgments that we have made and according to the expectations that were developed in response to what happened in the past.

If we passed many judgments in the past, our outlook on life and on the LORD will be twisted.

Only after confession, conversion, forgiveness and the old way of seeing things is nailed to the cross, and we have received the gift of a new heart and mind, only then will we be able to see GOD clearly.

	FATHER	MOTHER
1. Did you experience wholesome contact?		
2. Were you held on their laps?		
3. Did they read you stories?		
4. Did they work long hours away from home?		
5. Did they take the initiative to spend time with you?		
6. Did they affirm or criticize you?		
7. Could you take them into your confidence?		
8. Did they discipline you appropriately?		

Any areas where we allowed bitterness or where we judged our parents, we created barriers in our hearts. Our spirits are darkened in those areas and we cannot truly know GOD.

Prov. 20:20, 27
20 Whoever curses his father or his mother, his lamp shall be put out in complete darkness.

Suppressed anger and grudges become the dark glasses through which we later see GOD.

We grow up to adulthood, but we do not lay down the things of a child.

1 Cor. 13:11-12
11 When I was a child, I talked like a child, I thought like a child, I reasoned like a child; now that I have become a man, I am done with childish ways and have put them aside.

FORGIVENESS

Heb. 12:15
15 Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it—

There are four basic laws in the WORD OF GOD which affect our lives every day.

- Judging and being judged. Matt. 7:1-2
- Sowing and reaping. Gal. 6:7-8
- Doing the things you judge in others. Rom. 2:1

Add all four of the above the principle of increase:
Hos. 8:7(a); James 1:15

The law of Judgment is not only applied to deliberate, open actions, but also to those that we hide in our hearts, suppressed, unknown and unspoken.

Once formed, these judgments will bring forth definite results. Roots of bitterness that are not taken to the Cross, will defile.

These roots are certainly the strongest negative forces in our lives and they cause havoc in ourselves and in others.

This judgment upon the root of bitterness is the driving force behind repeated patterns of trouble and devastation in our lives. The power of the root of bitterness comes from GOD'S unchangeable law which causes us to reap what we sow.

WHAT IS THIS BITTER ROOT JUDGMENT?

- Our sinful reactions to hurt.
- Judgmental statements against people.
- Refusal or inability to forgive.
- Reaping what we sowed.
- The power to defile many, including ourselves.

NB: Bitter roots are not the painful or terrible things that happen to us, nor are they the sins of those who have harmed us; BITTER ROOTS ARE OUR OWN SINS!!!!

Roots of bitterness defile the mind with expectations, i.e.

- A psychological habit in our nature
- A self-fulfilling profession, in that we force people to complete our picture of how things should happen.

WHO IS RESPONSIBLE?

☞WE ARE!! GOD holds us responsible for our own sinful reactions to what happened to us.

☞ 1. CONFESS YOUR SINS AND RECOGNIZE THE SINFUL PATTERNS IN YOUR LIFE WHICH AFFECT YOUR LIFE AND THE LIVES OF OTHERS.

☞2. REPENTANCE: CHOOSE TO CHANGE, BE DETERMINED TO STOP PATTERNS BY NAILING ALL JUDGEMENTS AND EXPECTATIONS TO THE CROSS.

☞ 3. ASK FOR FORGIVENESS: BECAUSE YOU JUDGED, YOU HAVE TO BREAK THE POWER OF THE JUDGMENT THAT YOU MADE. FORGIVE THOSE THAT HURT YOU…

LORD, FORGIVE ME THAT I JUDGED / HATED MY FATHER. FORGIVE ME THAT I CARRIED THIS ATTITUDE OVER INTO MY PRESENT RELATIONSHIPS.

Destroy the old structures of judgment, expectations, habits, attitudes and reflections. Nail them to the cross.

“LORD, CAUSE THESE HABITS TO DIE BY THE POWER OF YOUR CROSSS (HABITS AND ATTITUDES OF ANGER). LORD, LAY A NEW FOUNDATION IN ACCORDANCE WITH YOUR WORD AND YOUR CHARACTER.”

LITTLE JACK

Example: A person’s sin is like a man throwing a ball at a wall. At a given time it will return to him.

Gal. 6:7
DO NOT BE DECEIVED. GOD IS NOT MOCKED, FOR WHATEVER A MAN SOWS THAT HE WILL ALSO REAP.

BIG JACK (25 years later)

By the time that it returns to be reaped, it has grown enormously.

James 1:15
THEN WHEN DESIRE HAS CONCEIVED, IT GIVES BIRTH TO SIN; AND SIN, WHEN IT IS FULL GROWN, BRINGS FORTH DEATH.

The longer it stays unconfessed, the larger it becomes.

CONVERTED JACK

GOD, unwilling that any should perish, sent JESUS to identify with our sinful condition.

JESUS, took our sins upon HIMSELF and died in our place. Our sins were canceled and the law of sowing and reaping was fulfilled by HIM and in HIM.

Matt. 5:17
Do not think that I came to destroy the Law and the Prophets. I did not come to destroy, but to fulfill.

We are called to press through and to seek and to grasp the life that CHRIST has bought for us by HIS death and resurrection.

Phil. 3:10-15
We are also called to walk in a daily discipline, according to **Rom. 6:6-14.**

HEARTS OF STONE AND INNER COVENANTS

Eze. 36:26
I will give you a new heart, and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.

A heart of stone is a defense mechanism, a hiding place where we believe we will be safe from hurt, but in reality it will make us the loneliest people on earth.

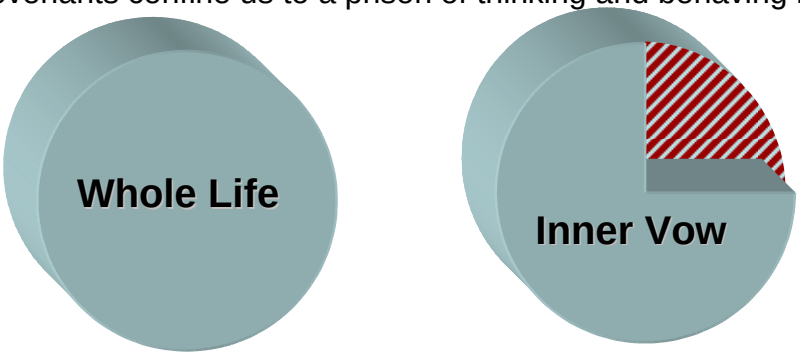
The church is full of hearts of stone, people who can love and serve others, but will not allow others to serve them.

Healing is hard work; it requires time and understanding and support from family and friends.

INNER COVENANTS / VOWS

Inner covenants are one aspect of hearts of stone. Although they are made early in life (the first six years) and very often forgotten, they serve as pointers that control our reactions to situations and the people around us. It is learnt, and functions like a computer.

Inner covenants confine us to a prison of thinking and behaving in a pre-cast form.



You take a slice of your life into your own hands. "I will…" / "I will never…"

You are telling God:
Hands off of that area of my life. When we make vows, we make them most of the time in judgment of others.

First, we remove God's power from that area of our life, and then when we judge others, we set ourselves up to be judged.

EXAMPLES OF INNER COVENANTS / VOWS

I will never…..

- allow anyone to love me
- be weak
- need anyone in my life
- share anything that is mine
- tell a woman anything
- open my heart again
- trust anyone
- allow anything to touch me

I will always……

- stay apart
- be in control of my life

PRAYER:

I renounce this inner covenant, namely…….

I release my life from the vow that……. (be specific and name the vow). I give that portion of my life back to Your Grace, power and authority. I repent for judging……. (be specific) and rebuke every demon assigned to this vow in Jesus Name.

Through the power and authority of Jesus Christ, I now break this covenant. I command my body, soul and spirit to remember it no longer.

Counsellor declares:

In the Name of the Lord Jesus, you are now free and restored to your original purpose!!
You no longer need to think, feel or behave in accordance with this covenant!!

THE REWARD OF REJECTION

Earthly rejection, properly embraced, is an opportunity to gain heavenly treasure eg. Pearl – gritty grain of sand inside an oyster.

Jesus intends that we turn our pains into pearls.

Rev 21: 21 – Twelve gates were twelve pearls.
Acts 14: 22 "We must through many tribulations enter the Kingdom of God."

Rejection: God's Special Tool

When God destines a saint for extraordinary influence in the Body of Christ, He prepares him through the rejection of people. This will tenderise him to handle God's people with exceptional care and tenderness.

Although men are rejecting us, God is allowing it in His sovereign plan for a divine purpose.

If we respond properly to it, then God will use our rejections to shape and conform us into the image of Christ.

As long as we perceive men as the source of the rejection, we will struggle in our attitudes towards them.

Freedom comes when we give thanks to God who allows it for a higher purpose.

NB! Rejection is a vital ingredient in the training up of end time leaders – and it will continue to maintain and guard our hearts in humility.

When people reject you, but you are set on fire with the love of your Father for you, then you are able to give yourself to your fellowman in love regardless of how he treats you.

You can love again, knowing that eventually man will fail you. Your security is in God's love. Rejection builds character!!!

Answer – Forgiveness

2 steps:
1. "I forgive you"

2. "Father, not only do I forgive them, but I'm asking You to forgive them as well. I'm asking You to blot out of Your records in heaven this sin that they have committed against me. When they stand before You, may this sin not even appear against them."

Acts 7: 60
Lord, do not charge them with this sin. (Stephen)

Now, accept your Father's love!

He accepts you because of who He is, not because of who you are! Until you are established on the inside in the love of God, you will always be susceptible to the wounds of rejection.

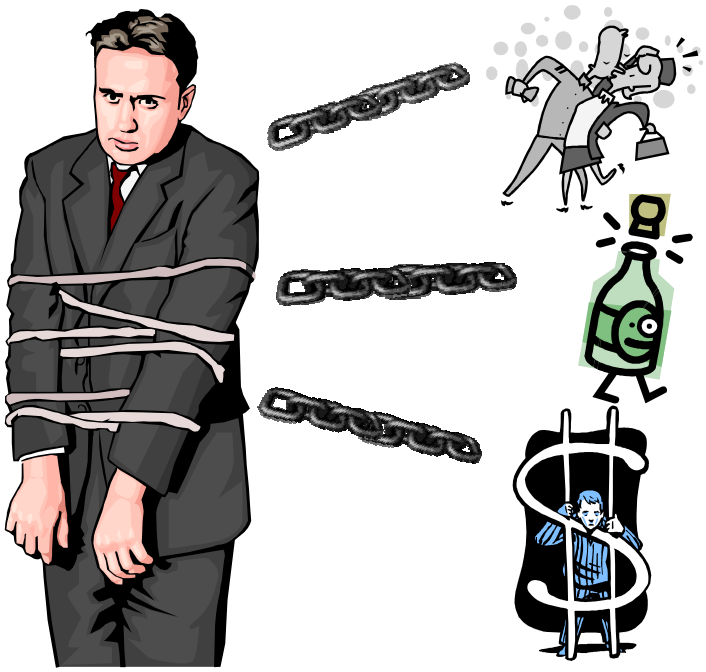
HEALING FROM REJECTION:

To whom are you looking as the source of your acceptance?
We suffer rejection when we look for acceptance from people but do not get it.

Our Prayer:
"Lord, Your acceptance in my life is what I need. When You accept me, then I can deal with those that do not accept me. I am complete in Your love."

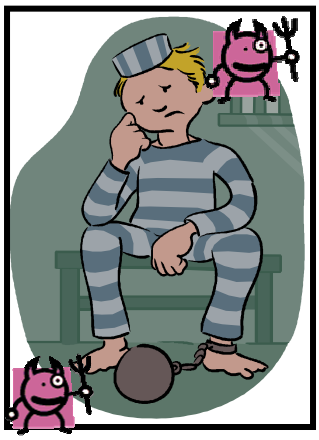
Col 2: 10
And you are complete in Him.

UNFORGIVENESS – SELF / OTHERS:



Ties you to that which you cannot forgive. (**You become like the one who has hurt you**). You can also imprison yourself – self-forgiveness.

UNFORGIVENESS



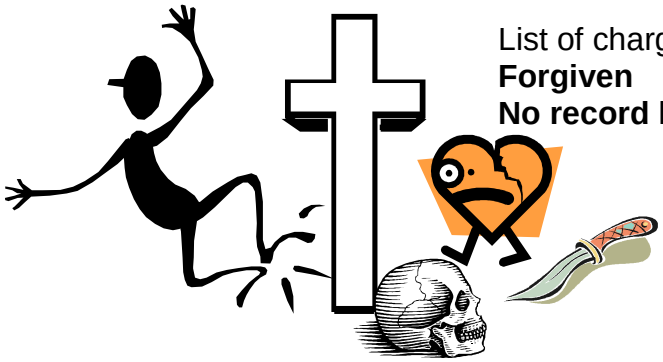
TORMENTED:
Physical – diseases
Mental
Spiritual

} Binds you and keeps you away from God's Fullness

FORGIVENESS



What is forgiveness?
The prison doors are opened and you are released.



List of charges are destroyed. **(Col. 2:14).**
Forgiven
No record kept.

Joh. 20:21-23
21 Then Jesus said to them again, Peace to you! [Just] as the Father has sent Me forth, so I am sending you.
22 And having said this, He breathed on them and said to them, Receive the Holy Spirit!
23 [Now having received the Holy Spirit, and being led and directed by Him] if you forgive the sins of anyone, they are forgiven; if you retain the sins of anyone, they are retained.

Luke 6:37
37 Judge not [neither pronouncing judgment nor subjecting to censure], and you will not be judged; do not condemn and pronounce guilty, and you will not be condemned and pronounced guilty; acquit and forgive and release (give up resentment, let it drop), and you will be acquitted and forgiven and released.

James 5:16
16 Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]...

Confess your sins to God - FORGIVEN
Confess your sins to one another - HEALED



IT IS REACTIONS, NOT EVENTS, THAT REQUIRE HEALING

1. WE ARE SINNERS, THEREFORE, WE SIN – WE REACT TO WHAT WE HAVE DONE – UNHEALTHY REACTIONS!

Tendency to HIDE!
- From ourselves
- From others.

If we confess – FORGIVENESS!
If we hide – CAPTIVE!

2. VICTIMS – BEING SINNED AGAINST

Anger is normal! Also fear, resentment, bitterness, etc.
We tend to hang onto these reactions.

3. FEELING GUILTY

When we are victimized, we tend to blame ourselves for what others have done to us – we are bad or defected.
The reactions have to be healed.
The events cannot be changed.
The events cannot be healed.
BUT
Our response and abiding attitude towards others, self and God can be redeemed.

Guilt and shame can be replaced by self-forgiveness based on accepting God's forgiveness.
Anger, resentment and bitterness can be replaced by FREEDOM!

ADDITIONAL INFORMATION THAT IS NOT PART OF THE POWERPOINT PRESENTATIONS:

THE ISSUES OF FACING DEATH OR SEPARATION

There are many types of deaths to be dealt with, each having its own issues:

- Miscarriages
- Abortions
- Infant death
- Death due to tragic accidents
- Serious illness
- Death of older persons
- Divorce
- Romantic Break-up
- Close friendships

1. Agree with God that it is all right for this person to be gone.

2. Deal with guilt over past relationships or unfinished business.

3. Release from any bonding to the person.

4. Cope with the pain of separation.

5. Allow yourself to grieve.

Steps to Healing of Grief:

- Acknowledge the truth of what happened.
- Allow yourself to feel the pain.
- Experience Jesus in the separation event.
- Give your pain and damaged emotions to Him.

DIVORCE, SUICIDE OR REBELLIOUS SEPARATION

This can wound a person even more than the normal death of a loved one since it involves the choice of a living person to abandon his or her family.

There is the pain of loss as well as the pain of rejection. Added to this is usually a burden of guilt over how things might have gone differently.

With these kinds of separation there are underlying spiritual principles or laws that have been violated.

The consequences of the sin of that event and those sins that led up to it must be dealt with thoroughly.

Suicide carries even more pain. It is so final. The act of suicide is inherently anti-relational and can produce gaping personal wounds.

Unanswered questions abound: “How could Daddy just leave us like that?”

This kind of pain is the most intense kind of anguish, wounding and anger.

Both grieving and forgiving often takes longer. Self-forgiveness and forgiveness of God – for allowing the events – may be especially difficult.

(These are very important guidelines, because many people do not know how to and sometimes never work through grief.)

Recommended reading on handling grief:

- Praying through Sorrows – Dutch Sheets and Chris Jackson
- Minute Meditations for Healing and Hope – Emily Barnes
- Shattered Dreams – Larry Crabb
- The Pressure’s off – Larry Crabb
- Where is God when it hurts – Philip Yancey
- Pain, Perplexity and Promotion – Bob Sorge
- Intimate Friendship with God – Joy Dawson
- Experiencing God – Henry T. Blackaby
- On Mission with God – Henry T. Blackaby
- The Winning Attitude – John C. Maxwell
- The Purpose-Driven Life – Rick Warren
- Most important of all: THE BIBLE!