

SESSION 7

FREEDOMTRACK

Remaining Free

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REVIEW—SESSION 1

FREEDOMTRACK

OUR PERSONAL BELIEF SYSTEM

My PBS is formed by the three main threads of who I am:

- Personality***
- Pain***
- Pride***





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REVIEW—SESSION 2

WHAT IS A STRONGHOLD?

A “Stronghold” is a negatively affected area in our soul that is supercharged with hopelessness in regards to the way we think, feel and act.

WHAT IS TRUTH?

Truth is an accurate representation of that which is under construction and its relationship to all things past, present, and future.

WHAT ARE LIES?

Lies are an inaccurate representation of that which is under construction and its relationship to all things past, present, and future

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REVIEW—SESSION 3

DEFINITION OF REPENTANCE

A change of mind involving both a turning from sin and a turning to God.

Not just the will but the DESIRE to change; to turn from sin.

Key Point to Caring for Our Souls:

Is to admit to ourselves and others

I have a problem

and the problem is me

I cannot solve my problem

And that’s why Jesus came to set me free

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REVIEW—SESSION 4

FROM ORPHAN SPIRIT TO ADOPTIVE CHILD

An *Orphan Spirit* holds their PBS as the absolute truth.

To become an *Adoptive Child*, we must repent of our PBS, not merely the behaviors resulting from it.

It is *our* PBS, we need to accept responsibility of (*not for*), and seek God's healing.

In looking at the 20 differences between an *Orphan Spirit* and being an *Adoptive Child* (see Session 4 workbook, pages 3-8); it is we who need to break free and move from the Orphan to Child with God's help.

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REVIEW—SESSION 5

TO FULLY ACCEPT GOD AS FATHER

We need *Transformation* - Mind, Heart, and Spirit

BREAKING PATTERNS - 6 PRINCIPLES

- | | |
|----------------------------------|--|
| 1. <i>Admit the Sin Patterns</i> | 4. <i>Deal Severely With Your Sin Patterns</i> |
| 2. <i>Don't Compromise</i> | 5. <i>Practice Spiritual Disciplines</i> |
| 3. <i>Get Help</i> | 6. <i>Meditate on Scripture</i> |

Focus on the virtue that is the opposite of the vice you are battling against.

Rob Reimer

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REVIEW—SESSION 6

FORGIVENESS AND RESTORATION

“Forgiveness” does not mean “Agreement”

Forgiveness is Unilateral.

Restoration is Bi-Lateral.

Forgiveness is a Choice.

Restoration is a Process.

Forgiveness is Always possible.

Restoration is sometimes Not possible.

Forgiveness does not automatically restore Trust.

Restoration is a process that requires Time & Trust.

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BEYOND FORGIVENESS IS ON-GOING HEALING**Forgiveness**

Forgiveness begins at a crisis point (*Kairos* Moment), but it must be managed multiple times a day, week, month, year(s) and across a lifetime as we chronologically walk in forgiveness.

Jesus models for us how to do this:

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HEALING WOUNDS

God KNOWS our pain

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. **Hebrews 4:15**

All human pain and all levels of human rejection are experientially understood by Christ

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HEALING WOUNDS

It is God Who HEALS Our Pain

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. **Isaiah 53:4-5**

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HEALING WOUNDS

It is God Who REDEEMS Our Pain

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

Romans 8:28-29

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HEALING WOUNDEDNESS

PROCESSING Our Past

Realize we need to deal with our inner wounds and outer baggage from our childhood.

Accept that our wounds and baggage are ours to deal with regardless of who did the hurting.

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HEALING WOUNDEDNESS

Our life is built on the Foundational Memories of our past


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WTC North and South Towers

Illustration:

Sept. 11, 2001, the World Trade Center



WTC Building 7

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HEALING WOUNDEDNESS

A Firm Foundation

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."



Matthew 7:24-27

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HEALING WOUNDEDNESS

PROCESSING Our Past

When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me.

1 Corinthians 13:11

You can't love until you understand His love.
God allows us to go through the process and grow,
maturing through the process with each new step.
In each new step you overcome... you have victory.

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HEALING WOUNDEDNESS

There comes a time in life when a boy or girl get to choose adulthood.

Four things must happen for a boy to become a man and a girl to become a woman:

1. Reject Passivity.
2. Accept Responsibility.
3. Lead Yourself Courageously
(doing something when you are afraid).
4. Recognize That Gratification May Be Delayed

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SOUL HEALING PRINCIPLES

1. God isn't trying to fix us;
He is trying to restore us.

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SOUL HEALING PRINCIPLES

2. Theology 101—God is smart, and He knows stuff we don't know, and He likes to tell us.

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

James 1:5

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SOUL HEALING PRINCIPLES

3. Tell your story

Often what we feel we need to fix is merely a presenting problem (*Anger*) and not the underlying unmet foundational need (*Security*)

We need to dig past the presenting problem to the *Hurts* and *Lies* that are their root cause.

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SOUL HEALING PRINCIPLES

4. Emotional healing takes place in the Soul

Seek for God's presence in the Memory of the hurt, feeling his healing in Solitude and Silence, but then living out his healing in Community.

Good reading material: Strengthening The Soul of Your Leadership (Ruth Haley Barten)

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BLOCKS TO HIS HEALING PRESENCE

1. Passivity
2. We Focus on Self rather than others.
3. We allow Unconfessed Sin.
4. We are still bound by Self Centeredness.

Manifesting itself in:

- prideful thoughts
- feelings of shame
- toxic shame

("how could you," or "you should be ashamed of yourself")

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REPLACING HURTS AND MOVING ON**Realize We Have Been Hurt.**

We can ignore it, or suppress it...

Or confront it

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REPLACING HURTS AND MOVING ON**Release Those Who Have Hurt Us.**

Stop holding onto the hurt.

This is necessary for your well-being.

We know that we have passed from death to life, because we love each other. Anyone who does not love remains in death.

1 John 3:14

Illustration: *A Beach Ball*



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REPLACING HURTS AND MOVING ON**Move On, Risking Future Hurts.**

Avoiding future hurts can make us slaves to fear.

There is no fear in love. But perfect love drives out fear,

1 John 4:18a

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UNCONDITIONAL LOVE HAS FOUR ALWAYS

1. Love Always Bears
 To bear is to cover an offense/to help lift it up.

2. Love Always Trusts
 To Trust, requires to put all my weight on it.
 To Trust, means to never take the weight off it.
 To Trust in relationships means to things:
 - *You never avoid the other person.*
 - *You refuse to disengage regardless of feelings*

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UNCONDITIONAL LOVE HAS FOUR ALWAYS

3. Love Always Hopes
 Hope delights our heart, allows us to rest,
 is sufficient and requires nothing else,
 delights in the one our hope is in.

4. Love Always Endures
 The test of Love is its longevity in the face of trial.
 God's love is Unconditional and has Never failed.
 All human love is Conditional, and at some point Will Fail.

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GIVE EACH OTHER A L.I.F.T.

L — **Love** *unconditionally*

I — **Initiate** *grace*

F — **Forgive** *repeatedly*

T — **Trust** *endlessly*

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DISCUSSION QUESTIONS - see pg 103 in your workbook

Q1: To heal *Woundedness* we must embrace emotional adulthood: which of the tasks in your workbook seems hardest to you?

Q2: Which of the *Blocks to His Healing Presence* listed in your workbook do you find the easiest to deal with? Which the Hardest?

Q3: Which of the four *Love Always* (*Bears, Trusts, Hopes, Endures*) tends to be least present in your life?

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THIS WEEK:

Continue working in your *Life Summary Journal* beginning on page 127 of your workbook.

NEXT SESSION:

Session 8

The Impacts of Freedom