

### **Friday Evening Session: "Rooted"**

- Two assumptions for our weekend together:
  - The theme: learning to "root" our lives in the love of Jesus Christ. [Ephesians 3:17-19]
    - "that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height - to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God."  
Ephesians 3:17-19
  - Learning to live "rooted in the love of Jesus Christ" is not just about understanding and obedience – but healing.
    - "The Spirit of the Lord God is upon Me, Because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified." Isaiah 61:1-3
- Paradigm for understanding how we heal:
  - Life's circumstances – and our need for help.
  - Biblical truth and instruction.
  - Emotional wounding
  - False beliefs
- The Big Lie: God doesn't love you and will never love you. You must go through life...empty.
  - Trauma
    - "Something happened to us a long time ago. It happened more than once. It hurt us. We protected ourselves the only way we knew how. We are still protecting ourselves. It isn't working anymore."  
John and Linda Friel, "Adult Children"

### Take-Aways:

- Do you want to be healed?
- Father, what's underneath that hinders me from being rooted in your Son's love – and that needs to be healed?
- Father, what hinders me...that needs to be healed.
  - What am I feeling?
  - What am I believing?
  - When did it start?

### ***Saturday Morning Session: "Shame"***

1. What fills us – when the love of the Father doesn't fill us is a negative emotion called shame.
2. Shame was birthed in the Garden of Eden – as a result of sin. [Genesis 2:25-3:13]
  - "Shame is an irrational sense of defectiveness, a strong sense of being uniquely and hopelessly different and less than even other human beings."
  - "It is a belief that one is at the core a deformed being, fundamentally unlovable and unworthy of membership in the human community. It is the self-regarding the self with the withering and unforgiving eye of contempt."
    - The difference between guilt and shame
      - "Guilt is about what I do; unhealthy shame is about who I am."
      - "Guilt tells me I made a mistake. Shame shouts that I am a mistake."
      - "Guilt can be forgiven. Shame requires me to cease to exist."
3. How shame is "birthed" in us:
  - Family
    - "Shame is often instilled at a delicate age, as a result of the internalization of a contemptuous voice, usually parental."
    - "The parent is a mirror for the child, which gives them a sense of themselves and their feelings before they have the capacity to achieve this on their own."
  - Society
  - Church
4. Signs of Unhealthy Shame
  - We manifest shame in our relationships – with self, others and God.
  - We hide and live in captivity to shame's darkness:
    - Closet behaviors
    - Closet attitudes
    - Closet pain
5. Healing from Shame
  - Repent of strategies and defenses that keep us hiding in and controlled by shame.
  - Bring our shame into the light – where love can begin to heal us!

"While in the absence of light darkness seems to wield unlimited power, in reality it is no match for the light. However, devouring and devastating the power of darkness may seem, DARKNESS MUST YIELD TO WHEREVER LIGHT SHINES!"

Marcus Barth, "Ephesians"

### ***Saturday Evening Session: "Letting Go"***

1. "The wounding people, events and experiences in our lives – and our wounded responses – produce voices that speak so loudly it is difficult for us to hear and receive the Father's love."
2. "Grieving is a gift God gives to His children to help us heal from those wounds so that we can begin to hear the Father calling us His beloved."

"The pain of un-grieved loss – though buried like a drum of toxic waste deep in our psyche – continues to seep the pus of our wounds into our lives. The wounding voices continue to shout because it is impossible to heal [to forgive and let go] if we have not first allowed ourselves to grieve." [Anon.]

- We must "accept the reality of the loss"
- We must "experience the pain of the loss"
- Then and only then we can begin to make meaning of the loss and move on.

Dr. Terry Smith

"When the tears flow, it opens up the channels and clears a passageway so that the fresh air of God's grace can get down into the deep recesses of the soul where healing needs to take place. [J. Wright]

"Weeping may endure for a night...but joy comes in the morning." [Psalm 30:5]

3. In Hebrew culture, grieving is built into the fiber of the everyday life of God's people.
  - It is everywhere in her stories, her literature and her daily response to the world.
  - It is part of the character of the Servant of Yahweh – her Messiah [Isaiah 53].
4. In fact, Israel's Psalms of lament are a key form of helping God's people express their grief and find healing from their pain.
  - Psalms of lament are cries from the human heart to God about the pain, the cost of the pain and our desperate request that God come and heal the pain and make things right.
  - "The Psalms of lament provide a language for pain so that the reality of the loss and the pain from that loss can be addressed." [Dr. Terry Smith]
5. How do we grieve?
  - We pour our hearts out [lament] to the Father.
  - We tell our story [lament] in safe community.
6. The results and consequences of grieving or not grieving...
  - Freedom...to hear the Father's voice calling us His beloved.
  - Or...continuing to live desolate lives where we constantly download our pain upon others.