

# **An Invitation to a Healing Journey**

## **Video Series Listening Guide**

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## Part One

# Why we need a Healing Journey

Wounds of the past can impact our lives,  
our walk with Jesus, and our relationships with others.

### Barriers or Places where we are stuck

1. Memories – recent to very distant
2. False Beliefs – about ourselves, others, the world, God
3. Emotions - that rise up in unpredictable ways
4. Behaviors – dysfunctional behaviors that get in the way of our freedom in Christ

### Terry's Story - The past leaking into the present

1. **Jesus wants to heal our wounds**
2. **Jesus wants to use our wounds to bring healing to others.**

### What do you mean by “Wounds”?

#### Definitions

Trauma: Anything that disrupts the normal developmental process

Rupture: A compromise to our well-being, an unaddressed emotional wound

Repair: When a wounding moment is addressed and processed by the wounding party, bringing healing to the wounded individual.

#### Types of Wounds

1. Type A: Wounds of Aggression (any form of abuse; sexual, physical, emotional, spiritual, or verbal)
2. Type B: Wounds of Withholding (any form of neglect; emotional or physical)
3. Type C: Wounds of Event Trauma (natural disaster, death, accidents, sudden or difficult illness)
4. Type D: Wounds of Betrayal (power/authority misused; broken trust or injustice)

5. Type E: Wounds of Long-Term Duress – the “water torture” of trauma (humiliating nicknames or consistent verbal put downs)

**Wounds of the past can leak into our present lives:**

- They can **distort** the way we view the people and the world around us.
- They can become a **disorder** that effects our ability to function in the world and every-day life.

## Experiential:

What must we acknowledge and surrender so that we can start a healing journey; find healing in our place of brokenness?

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## Reflection:

What type of wounds are in your story?

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Do you see how wounds have effected others in your family or friend circle?

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Where have your wounds leaked into your present?

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## Part Two

# The Vehicle for the Journey - Formational Prayer

Unaddressed emotional wounds can cause us to be “stuck” and compromise our formation toward Jesus and our true identity.

### David’s experience with wounds

*My wounds stink and fester...I am bowed down and brought very low; all day long I go about mourning....I am feeble and crushed; I groan because of the tumult of my heart...My heart throbs, my strength fails me; and the light of my eyes – it also has gone from me. . My friends and companions avoid me because of my wounds; my neighbors stay far away.” Psalm 38: 5-11 ESV*

The baggage or weight of wounds causes us to

- have disproportionate, negative emotions and reactions to situations and others
- wield a “shield” to hide or guard, or wield a “sword” to attack or defend
- display dysfunctional behaviors
- be stuck in our formational journey

In contrast, the wounds of Jesus bring healing. He can heal our wounds and make them a positive in our lives. While “Healing Wounds” sounds like an oxymoron, Corrie Ten Boon, aptly noted that “*The object of our greatest pain can become the source of our greatest blessing when offered to God.*” Jesus can bring us deep peace and cause us to flow with Living Water rather than “stink”.

### The Great Exchange

*The Spirit of the Sovereign Lord is upon me, because the Lord has anointed me to bring good news to the poor; he has sent me to **bind up the brokenhearted**, to proclaim **freedom for the captives**, and **release from darkness** for the prisoners, to proclaim the year of the Lord’s favor, and the day of vengeance of our God; to **comfort all who mourn**, and provide for those who grieve in Zion; to bestow on them **a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness**, a planting of the Lord for the display of his splendor.” Isaiah 61: 1-3 NIV*

- My shame for His inheritance
- My shame for double portion and everlasting joy
- My brokenness, mourning, insecurities for New Life
- My healed wounds for healing of others

*“Now the Lord is the Spirit, and where the Spirit of the Lord is there is freedom. And we all, who with unveiled faces contemplate the Lord’s glory, are being*

*transformed into his image with ever-increasing glory, which come from the Lord, who is the Spirit.”*

2 Corinthians 3:17-18

Once we allow the Lord to come into our place of deep wounding we experience **freedom** and **transformation**; not simply behavior changes. Our negative memories will be transformed into life-giving memories.

### **Formational Prayer** - Prayer that transforms

- 1. A Ministry of the Holy Spirit** - The Holy Spirit leads us on a Journey of Descent into the emotional wounds of our past.
- 2. Moving through a caregiver** - A person who is a wound healer; a counselor, friend, small group leader, whose own journey can bring Jesus' healing to others.
- 3. Who brings individuals into the presence of Jesus** - The place of true healing and transformation.
- 4. And into the places of their pain, brokenness and deep wounding.** Jesus meets us in the unfinished, wounded places of our past and brings healing and wholeness.

Formational Prayer is a form of prayer that positions people before Jesus to bring healing to their deepest wounds so that they can be formed more into the image of Jesus and their true identity.

## Reflection:

What stood out to you? What is stirring for you?

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Do you use a shield or a sword to protect yourself?

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How does your dysfunctional behaviors effect those around you?

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What feelings come up as you think about Jesus healing your wounds?

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What hesitations do you have about asking Jesus to heal your wounds?

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What questions do you have?

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## Part Three

# How Memories are Stored in our Bodies

### Kathy's Wound

"A single statement can impact a life." -Dr. Meeker, *Fathers and Daughters*

### Three types of memory by Daniel Shechter, *Searching for Memory*

<b>Semantic Memory</b>	"Pieces of information, facts or sequences."	Doesn't create an emotional response
<b>Procedural Memory</b>	"Things that we learn to do consciously, but over time can engage with out much thought."	Doesn't engage one emotionally
<b>Episodic Memory</b>	"Memories that impact our beliefs, feelings and actions that grow out of experiences we have."	Deeply engage our emotions

**Ingredients of Episodic Memory** - that is more powerful than Semantic or Procedural Memory.

1. Image
2. Sensations (Sensory)
3. Feelings
4. Behavior
5. Meaning

### Terry's (positive) Episodic Memory

### Impact of Negative Episodic Memory

When we experience wounding in the past, those wounds are not stored in the left brain as pieces of information in our left brain. They can engage us at many levels: emotionally, intellectually and physically.

*"When we have not resolved our past, it is the first thing we see when we look to the future."* - Susan Brysen

*"If we don't deal with the 'evil' behind us, we will evoke that same 'evil' in front of us."*  
- Henri Nouwen

## Experiential:

Share with a partner a significant life event. **When sharing** use your senses to tell the story. What did you see, hear, smell and feel during that past event?

**As you listen** try to work on being fully present and identify any emotions you are seeing in the other person as they share. (7 minutes per person)

## Reflection:

How was the experience of sharing your story episodic?

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Have you experienced God healing others through your wounds? Share what that experience was like.

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**Part Four**  
**The Relationship between  
our Wounds and our Dysfunctional Behavior**

Dysfunctional Behaviors are sinful things we do in our lives  
as a way to protect ourselves or get what we need.  
Our dysfunctional behaviors are formed from our deepest wounds.

**Exercise: Vignette of the Girl at 14**

What kind of false beliefs might she have about men? About intimacy? About self?

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What kind of feelings might she have felt immediately during and after the car situation?

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What kind of dysfunctional behaviors might she embrace as a way of avoiding or killing pain?

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What feelings might surface for her when she is triggered by her sexual relationship with her husband?

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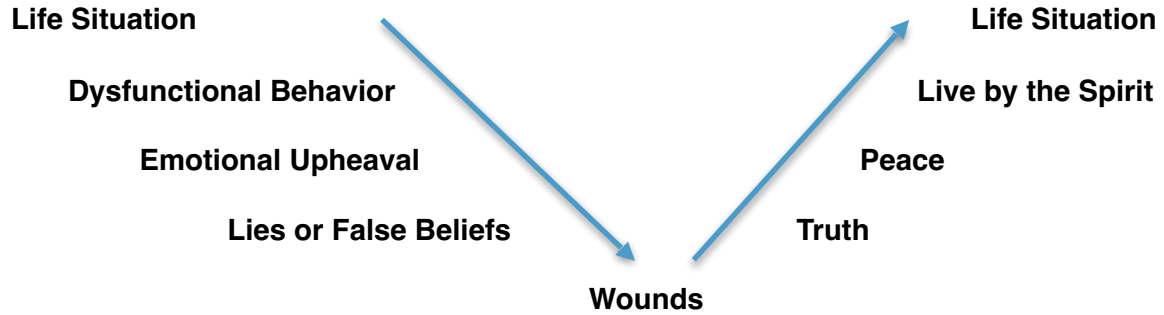
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***Our Dysfunctional Behaviors are impacted by Life Situations***

**A Structure of Healing**

*A cause and effect relationship between wounds and behavior.*



**Exercise: Vignette of playing outside and hearing an argument**

What false beliefs might be shaped and held through this episode?

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What feelings/emotions would arise from this current life situation?

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What dysfunctional behaviors might one embrace as a result of these wounding experiences?

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## **PART FIVE**

# **Experiencing Jesus in our wounds**

It is hard to meet Jesus through performance. Our deeper experiences with Jesus often happen not performing for him, or on a mountain top, but in a ditch, a low point.

Behavioral scientists are finding that learning a concept or fact won't rewire the brain to initiate new activity or new behavior. *Semantic* memory is stored in the left brain as a concept. A deep wounding event or episode is stored in your emotions, in your body and both sides of the brain. You need a new, positive event/episode to be set free, not facts or formulas.

### **The journey toward healing happens through community:**

1. Walking with Other Christians
2. Through a Process
3. With the Holy Spirit

***Wounded healers helping the wounded.***

### **A Tool: The Safe Place Prayer**

An exercise in which we turn to the Lord in prayer and ask Him to use our imagination to create an internal place of safety where we can experience the presence of Jesus Christ and talk with Him.

Safety must be established before processing a wound

### **Imagination in Safe Place Prayer**

We are going to ask the Holy Spirit to use our imaginations, our earliest learning tool. Many of Jesus's teachings drew on imagination and his disciples' ability to visualize His teachings. When you imagine God taking you to a safe place, our body actually experiences it.

# Experiential: Practicing Safe Place

A short time of prayer, in a comfortable position, breathing deeply to focus and reduce tension. Ask God to give you a picture of a safe place that you can go to daily and visit with him. Invite him: "Come Holy Spirit." Ask the Holy Spirit to create a safe place in your imagination. Pay attention to the sights, sounds, smells. Let it become an episodic memory.

Invite Jesus to join you in that place. Be present. Notice your emotions. "I feel \_\_\_\_\_".

Ask the Lord if he wants to say something to you. Or you may want to say something to him. Engage in the presence of the Lord. Thank him. Let him know you will return.

## Reflection:

What does your safe place look like?

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What did Jesus say to you or show you in that place?

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What questions do you have?

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