

From Chris's Teaching – These questions will help you respond to the teaching, but ask your own questions as well so the Lord can address things not specifically covered below.

1) What has the Lord impressed on your heart today about Psalm 139:8-10, that wherever you are, God's hand will guide you, and His right hand will hold you fast?

~ In your own life, how does this apply? What questions are raised?

~ How would you like to grow in this area of faith? How would He expand or deepen that trust?

2) Invite the Holy Spirit to shed light on your own life, past and present, including:

~ an area of your life that He wants you to see from His perspective

~ something He wants to redeem, heal, or call forth in some way

~ anything in your inner life that is blocking the unfolding of His plans for you

3) Sometimes it is helpful to draw a picture of our relationship with the Lord. Draw a picture of how you see the Holy Spirit. In this picture, where would you put yourself, depicting how you relate to Him. Ask Him how He wants to change this image, representing who He is meant to be in your life.

4) Chris spoke about the love of God (Eph. 3:14-21) —that His work in our lives flows from love, helping us to put our roots down into that love.

~ Do you have a particular memory of feeling deeply loved by the Lord?

~ Reflect on how You experience His love. In what way do you want Him to increase your love for Him, and your responsiveness to His love for you?

~ Wait on the Lord in the quiet. What is on His heart for you at this time, especially in regard to how you know and receive His love. Let Him minister to you in the quiet.

The Creativity of the Holy Spirit

Quiet reflection—also called journaling, is meant to extend beyond processing of feelings and thoughts. One of its main values is in giving God time to speak to us! For example:

☛ Listen

Is He asking questions of you?
Is He providing much needed counsel—His interpretation of your inner thoughts?

☛ Dialogue

Conversation with the Lord brings much understanding and draws us closer to Him.

~ Invite Him to speak to you. Wait in the quiet. Respond. Wait again, etc.

~ Write a letter, poem or psalm to express your heart.

☛ Images that Speak

~ Draw a picture or symbol of what is on your heart.

~ Ask Him for an image that depicts how He sees you or something you're concerned about at this time.

☛ Editing Your Story

Ask Him to bring to light any assumptions or perceptions embedded in your heart and story that are not true. What is true that He would write in place of what is written there?

☛ Quiet

Invite the Lord to minister to you in the quiet. Whether with words or in the simple awareness that He is present with you, let Him "restore your soul" in whatever way you need. • You may want to journal and reflect on this time later.

GROWING IN PRAYER

Learning to Listen Well



Hearing from God is a training school led by the Holy Spirit. We learn to know the heart and language of the Lord, and to understand that He doesn't speak to everyone in the exact same way. He is building a deeper relationship with us individually through different phases of this training. One phase is listening for and discerning the voice of our Lord.

We may be learning or growing in the ability to:

- 1) hear in the context of our own lives, needs and relationships.
- 2) hear for someone we may not even know. We would understand that God has prompted us and will show us what to pray as we wait on Him.
- 3) hear on behalf of one another in a group. We listen together, and we listen specifically as we pray for each one. We learn to wait a moment before we launch in, honoring the Lord by making room for Him to tell us what is on His heart for our sister or brother.

Taught by the Spirit of Truth

John 14:24-26

Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me. All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

John 16:13

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

What we learn through the Holy Spirit comes through what He himself hears from the Father. We can, in turn, ask Him what we need to learn.

—ASK

- 1) that the Holy Spirit would teach you to pray.
- 2) that He would give you understanding of scriptures about the Spirit and prayer that perplex you.
- 3) that He would help you trust His leading in areas of prayer where you need to grow and deepen.

—IN RELATIONSHIP

- 1) God with us: When we bring a new baby home from the hospital we may initially rely on the good advice of others in caring for it. We quickly realize this little one is unique. In a way, its personality will shape how we parent, combining good practices with flexibility based on how they're wired and what they seem to need from us. This also applies to God's training of us.
- 2) We with God: David is a good model of one who knew God. He knew God's heart. He was a man after God's heart and would do all God's will (Acts 13:22). He knew that God knew him through and through

(Psalm 139:1-18). We get to know the heart and purposes of another by listening carefully to what they entrust to us because we really care. Because we really care to know God's ways, we will ask for and listen intently for His leading and purposes.

Unique Journey † Wisdom in the Process

Isaiah 55:2-3b † Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; hear, that your soul may live....

Jeremiah 2:13 † ... for my people have committed two evils: they have forsaken me, the fountain of living waters, and hewn out cisterns for themselves, broken cisterns that can hold no water.

Why would we prefer things that don't satisfy? What is there about listening to God that satisfies the yearnings of the soul?

There is a spectrum of attitudes about hearing His voice. There are those who feel it is presumptuous, perhaps even dangerous, to think God would speak to us. There are many for whom the norm is to hear from Him daily in great and small things. They would say, "Why wouldn't you expect God to talk to you?" Many of us are satisfied as we are. We may need to ask God to awaken us to this good gift He has for us.

Why not ask?

Need: The health of our soul can depend greatly on how we approach our heavenly Father. Who else can truly affirm our worth? Who knows and cares about us more than the Lord? No matter how well we are handling things, we may not be in touch with our core needs and desires. We may have thirsts related to our deficits in love and nurture. Or, we may simply be missing the richness of relationship with God and not realize it. We can simply ask that He would draw us back to Himself and give us a thirst for His love – His fountain of living water.

Barriers to Trusting His Voice: The need for caution in assuming we have heard from the Lord is real. That is why we are led on a personal path. "Is it my own voice?" we wonder. God's training includes distinguishing between what we want to hear and the ability to clearly identify His voice and message. He will help and train us to identify our thoughts and desires. We can rely on His help!

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart (Heb. 4:12).

We can test what we are hearing against the truths of Scripture by asking Him:

- 1) Please confirm that this is from You.
- 2) Is this meant for me to know and to pray about, or am I also to share this with someone?
- 3) Is this for now, or sometime in the future?



His word to us can also be a prompt that He wants to speak to us about something more weighty. "Take time to sit with it and with Me. I will show you what you need to understand."

Asking – Seeking – Knocking

Jesus' teaching from Luke 11:9-10 is key in listening prayer. Our asking opens the way for the Lord to respond. Below are examples of basic questions.

FOUNDATIONAL QUESTIONS

These are extremely basic and can be part of our prayer time, or any time. The point is that when we have asked, we stop and wait for a response. We can easily go on to form our own questions.

1) Lord, what is on your heart about this person, situation, task, problem, or me? We go beyond what we see and understand to the purposes of Jesus, which spring from His deep, caring heart. Knowing the purposes of God's heart enables us to act or speak effectively, our efforts focused in the right direction.

2) Lord, what do you have for me in this situation, this day, this assignment, etc? This opens the door for God to deepen our understanding, knowing we are willing to alter our assumptions and honor His Lordship! It clears the clutter of options and puts us on the same path He is on, serving His purposes, which may prove different than ours.

3) Lord, what is the path of love in this particular moment or relationship? We're inviting Him to pave a way for a healing conversation or act that restores what is broken. His way and timing can guard us from human efforts that make things worse or, from failing to address the situation at all.

4) Creative questions; nothing is too basic!! Questions show that our heart is fully engaged—wanting to join Him in what He is doing, and to “know the Father's business” (John15:15-16). Our prayer becomes a conversation rather than a monologue. We can build off of such simple questions as: *What are Your purposes in this moment? What am I supposed to be seeking or asking? Do I have a role here?*

5) The vast realm of dialogue with God! We invite the Counselor into our world by leaving room for Him to speak. He may have answers to questions that haven't yet occurred to us. In quiet waiting there is the “still small voice,” speaking to the quieted heart, with its capacity to hear and understand.

6) Images and Symbols We can ask God to give us a picture of what He wants us to understand. For example, He may want to show us our role, or how a situation is impacting us. We would know how to pray according to His purposes. The image may be a literal representation of what we need to see. Or, it may be akin to Jesus' parables, offering symbols that convey the meaning behind what we are experiencing, or, clarifying what we're meant to learn. The image may stay with us, unfolding God's message like a puzzle, coming together piece by piece, over time.

To listen to God is to look up to Him with the heart. Through the eyes and ears of the heart we see and hear God – we apprehend the transcendent. The Scriptures graciously invite us to look up and see the invisible. (See Ezek. 44:4; Ezra 8:22; Acts 7:55-56; Luke 1:38).

True listening prayer is obedient listening. To listen to God is to obey Him. Wisdom from above is received by those who are prepared to obey it. To listen in prayer for the voice of the Lord is to find the mind of Christ. • Leanne Payne¹



¹ Listening Prayer by Leanne Payne
A Hamewith Book, Baker Books, Grand Rapids, MI
Summary of excerpts, Chapter 8, Listening to God, pp. 121-132

FAMILIAR SCRIPTURES THAT CALL US TO DRAW NEAR

Psalms 27:4, 8 • Isaiah 55:1-3a • Song of Songs 2:14
Acts 13:22 • Revelation 3:20 • Psalm 139:1-18

Psalm 139: 1-6

O Lord, you have searched me and known me!
You know when I sit down and when I rise up;
you discern my thoughts from afar.
You search out my path and my lying down
and are acquainted with all my ways.
Even before a word is on my tongue,
behold, O Lord, you know it altogether.
You hem me in, behind and before,
and lay your hand upon me.
Such knowledge is too wonderful for me;
it is high; I cannot attain it.



Where shall I go from your Spirit?
Or where shall I flee from your presence?

WRITING AS WE PRAY

BENEFITS OF A PRAYER JOURNAL*
DRAWING ON THE SPRING OF LIFE



1. Taking time to write out what is going on in our lives and what we think and feel about these things is even more valuable when we do it prayerfully.
2. The writing we do can unlock our soul because we must work to express what is real to us.
 - Find the words, the language
 - Identify the dynamics, as we see them
 - Open to God the recesses of our soul in detail, including how a situation has affected us
3. Investing genuinely in our communication with our Maker and Redeemer honors Him.
Rev 3:20 He knocks; we invite Him in
Ps.27:8 He says, "seek my face." And like King David we say, "Your face, Lord, do I seek."
4. Processing within our hearts in the light of Scripture makes room for His Presence: the Word made flesh who dwells in us. We make room for His Presence as we notice where our soul is cluttered, or focused on the presence of other things that vie with His Lordship.

*We use the term *journal* as opposed to diary or notebook because, by definition, it is more personal: "a record of experiences, ideas, or reflections kept regularly for private use".¹ A diary or notebook often includes a record of events, transactions, observations and memoranda. (Merriam-Webster on-line dictionary)

Developing a Journaling Method

Writing in your journal can be completely freestyle and spontaneous. But if you feel the need to establish a pattern, and order the path, here is a simple Bible study method gleaned from Interspersy Christian Fellowship, based on *Lectio Divina**.

1. Exactly what does the text say?
2. What is the interpretation of the text?
3. How does the text apply to my life?
4. What, beyond these considerations, is the Lord saying to me through this text?

Brief explanation of what each step might cover

1. What does the text say:
 - Facts involving people, place, setting or action, any historical facts which impact your understanding of the passage.
 - Statements about God's character or nature.
 - Promises or claims, either conditional or unconditional, to be appropriated.
 - Anything else which strikes you about the facts involved.

2. What is the interpretation of the text?
 - What is the message of the speaker(s)? For example, if Jesus is speaking, what lesson or information is He conveying?
 - What meaning is there in this passage for the people involved in the scene? For example, in reading about Noah you might interpret his actions in light of God's message to his generation.
 - Go beyond the facts to the underlying meaning in the context of the passage and its general application.
3. How does the text apply to your life?
 - Apply the text and truth to your own life. Does it call for a response? Does it call for self-examination? Is there something to lay hold of for your life? (For example, reading the Sermon on the Mount moves us to examine our lives according to Jesus' most central teachings.)
 - Internalize and personalize the truths in any way that seems appropriate, asking God for insight.
 - If God speaks to you about something you should do in response, use this time to pray, to yield, etc.
4. What else might the Lord be saying to you through this?
 - During this time, allow the Lord to speak further to you about yourself, and about Himself.
 - Wait in silence for several moments, worshipping, listening, allowing time and quiet for the Lord to speak into your heart—to dialogue with you.
 - Write down anything else He brings to mind.
 - We don't always hear something specific from the Lord, and we don't always have words for what we feel.
5. It is good to have the freedom to just BE in God's presence, whether or not we come away with a fresh impression or message. We may simply want to minister to the Lord in worship, just telling Him that we love Him. We may need to wait in His Presence, letting the Holy Spirit wash or fill or renew us in some way.

*"Lectio Divina", a Latin term, means "divine reading" and describes a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us. In the 12th century, a Carthusian monk called Guigo, described the stages which he saw as essential to the practice of *Lectio Divina*. There are various ways of practicing *Lectio Divina* either individually or in groups but Guigo's description remains fundamental. *The Order of Carmelites / www.ocarm.org*

SING A NEW SONG



*Oh sing to the Lord a new song;
sing to the Lord, all the earth!
Psalm 96:1*

Our dialogue with the Lord, spoken, prayed, sung, or written, is an opportunity for the release of the song of our heart. That deepest heart song gives Him access to us beyond the filters of our thought life. A song rises from the emotional self, a spontaneous expression of how we feel, whether we're joyful, sorrowful, grateful or needing a way to express our deep love for Him.

What characterizes that dialogue?

How often we respond by applying His truths, as we must, but miss or avoid real transparency with Him? Do we know the full value of His Presence in our inner lives? Are we familiar with the tender, personal counsel of the Lord that comes with a different meaning: His affection for us.

To sing a new song is to release the wellspring of our heart in response to His love.

HOW DO WE GIVE GOD GREATER ACCESS TO OUR HEART ?

1. RESPONSE TO A FELT NEED + IN TOUCH WITH OUR THIRST

- Ask the Lord to show you what He desires of your love that He does not have?
- Ask yourself what is lacking? What am I not seeing? What exactly does God have for me that I am not thirsty for?
- Do you recognize His invitations to engage more personally with you?
- Ask God to help you experience His love more deeply—to be more receptive to Him.

2. PREPARED GROUND: QUIETED AND RECEPTIVE

Find time with the Lord when you can give Him your full attention — a quieted mind and an open spirit. Pray for receptivity to His voice. Consider scriptures that point to this intimacy with God and pray them as your own. (Ps. 27:8; Song of Songs 2:14)

3. MINISTERING FROM A HEART I KNOW!

The quality of our security in God's love affects how others receive our ministry. God affirmed David as a man "after His own heart" who would do all His will. What value do we put on the fruits of knowing God's heart as it affects our serving? One precious gift of a deepening relationship with the Lord is that we know Him, and are known by Him, more experientially. His Presence in us is apparent to those we serve, and we become more sensitive to what moves God's heart.

Surprised by Love?

Have you ever received a love letter or card expressing affection or affirmation for you? Our God is an emotional, feeling Person. As we form a habit, and build a highway of real dialog in our souls, He will use that way to speak of how He feels toward us. As a parent looks for ways to affirm and bless a child, so our Father longs to "speak tenderly"¹ to us. In some cases, He has waited a long time to convict our hearts—to prepare us to really hear and internalize His "I love you."

To quote a listener, Frances J. Roberts, who has recorded much of God's counsel in her book Come Away My Beloved,² this assurance of God's love is essential to all else. Below is a portion of one message: The Love Covenant.

Service is the salvage of love. It is like the twelve baskets of bread that were left over. The bread that was eaten was like fellowship mutually given; and the excess and overflow was a symbol of service. I do not expect you to give to others until you have first eaten. I will provide you with plentiful supply to give if you first come to receive for your own needs.

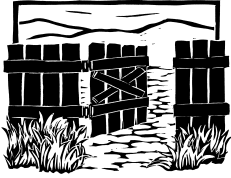
This is not selfishness. It is the Law of Life. Can the stalk of corn produce the ear unless first it receives its own life from the parent seed? No more can you produce fruit in your ministry unless you are impregnated with divine life from its source in God Himself. It was from the hands of the Christ that the multitudes received bread. From His hands you also must receive your nurture, the Bread of Life to sustain your health and your life.

This is His love-covenant with you. It is the message of John 15:4: "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you unless you abide in Me." This abiding is a love relationship, and this is why I said, "Service is the salvage of love."

Service will be futile and burdensome unless it springs from an overflowing heart. Overflowing not with good intentions and condescending self-righteousness, but overflowing with the love of God. This you do not have of yourself, nor can you give, however much you might desire to do so. You shall possess this love only as you wait upon Me, and take time to absorb it from Me, like a quiet flower takes life from the warm rays of the sun.

¹ Hosea 2:14

² Barbour Publishing, Inc., Uhrichsville, PA, 2002; pp. 204-205
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LISTENING PRAYER

GATEWAY TO GOD'S HEART

MAINTAINING A HEALTHY HEART

In our dialogue with God, trust grows. He knows and understands us. Being listened to by Him is a gift! We accept that He wants to speak to us personally. When our dialogue is about the health of our soul, we can trust that He can build into our souls these foundational truths: **I am a loved one, created by God. He knows me. God is for me!**

As we know, in our subconscious the responses to what we experience in daily life shape how we define ourselves. How we interpret what's communicated to us about ourselves, spoken or unspoken, becomes part of our self-image. When we live with damaged emotions and false definitions of ourselves we see life through a filter, and we don't function as God meant us to. There is a false self and a true self. Only our Maker can restore our souls to the original person He created.

If we recognize that we need help, there are many good resources available: good therapists, counseling pastors and church focus groups, and many written resources. But the practice of maintaining our souls on a daily basis can be more significant than we realize. We make room through our dialogue with the Lord for His truth to sort out what we cannot see ourselves.

—"The Holy Spirit searches all things, even the deep things of God (1 Cor.2:10). He searches our hearts and intercedes for us according to God's will" (Rns 8:26-27).

Jesus, our Redeemer, has shown us how to maintain our outward lives through Word, Sacrament, worship, repentance, thanksgiving, and dependence on His life within us. He has redeemed our inner life as well—the root system of our history, using these same provisions.

—"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me" (Gal.2:20).

It takes time to notice, in the light of His Presence, what we are carrying, and what is beneath the surface that God wants us to notice or name. What is fueling the painful things we struggle with?

—God "has searched me and known me" (Ps. 139:1-17). I cannot get away from His Spirit. Even my inmost being is known to Him who made me.

Inviting You In ▪ "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me" (Rev. 3:20)

Just as we are, and in the context of how we pray and what we need, we ask Jesus to meet with us. At meal times with people we trust, our guard is down. This is the fellowship He offers – a dialogue where we don't need to fear judgment. He receives us and the conditions of our lives—hopeful or

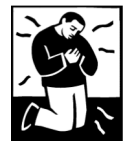
difficult, with grace. Our questions invite Him to go to deeper areas of our souls—to the details, like the inner workings of a finely crafted clock. It is a way of trust—of gradual revelation at a pace we can handle.

Identity Questions about our identity lead to the basic question of who has had authority to shape us—the right to speak into our soul, to tell us who we are? This helps us sort out before the Lord the various defining messages we've internalized. We learn to ask whether another's comments and perceptions are trustworthy. Are they to be received and applied, or laid aside? In this sorting process, we learn who we are not – what is not true about us, which frees us to operate only out of what is true according to the Lord.

Identity questions address evaluations and attitudes about myself and my potential to mature as myself. He will bring up, out of the subconscious, these shaping communications: messages, labels, roles, assignments, inner vows and directives. Our questions before God will be very basic:

- Is this message true? Is this role I have been playing in my family, or other social system, true to who I am? How has it defined my life? Is this label or role I've accepted pleasing to God, drawing me to be my highest self before Him?
- Has a decision, for example, an inner vow to never do certain things, or always do certain things—the setting of my will in this way, helped me walk by faith? In what way is it a barrier to honoring God's will for me? Am I following the directive or script of someone else rather than God's living path?

Law vs Grace The Lord will show us how to access the redemption of the Cross where we are conforming unconsciously to a variety of laws, assigned by others or ourselves. We ask for His light to uncover self-made rules, judgments, and self-blame related to our attempts to atone for real or imagined errors. He will help us name those laws and receive forgiveness and grace.



True or False? We must let God begin to "diagnose" the condition of our soul by simply exploring what is and is not TRUE from His point of view. It may relate to our self-image or our image of God. Knowing what is there will not in itself heal us. But we have a basis on which to receive God's healing words and open a process of restoration in our hearts.

Neglect, abuse, lack of adequate nurture of any kind, raises an important foundational question. Does it line up with the truth about myself, my life, fruitfulness, honor, sacredness—my value in God's eyes? Have we exchanged God's objective truth for human messages. We're asking God to replace false ways, i.e., perceptions about ourselves that we've agreed to. We then stand WITH GOD over our wounded or damaged souls, giving Him access to cleanse, comfort, repair, and reconstruct. * Find on page 6 a fuller explanation of these inner dynamics. Included are prayers you can pray by yourself, with trusted friends, or in a prayer ministry setting.



HE RESTORES MY SOUL" ✚ BRINGING BARRIERS TO LIGHT

- 1) Identifying and naming what is false
- 2) Renouncing (breaking agreement with) wrong ways of operating
- 3) Repenting of the ways we define ourselves that are not of God

BASIC TOOLS FOR REMOVING BARRIERS

1 Discern and Name

- ~ clarify/dialogue over what you are encountering
- ~ name the core message, vow, etc. and identify how it has functioned in or impacted your life

2 Renounce and Replace (The following is for renouncing a message. Adapt this for labels, roles, etc.)

"In Jesus' name I renounce (use the words of the message). I break my agreement to operate according to this message, etc. (More detailed prayer may follow.)

Ask the Lord to speak His true message that replaces the false one. Wait on Him; He will most often give that new message to you if you are praying about this, or to the person you are praying with. Pray simply to replace the old message with what the Lord has spoken to you. (More detailed prayer may follow.)

3 Breaking a Vow

Where a vow is being broken, use the same format. Repent of any awareness of how you've chosen to be governed by this vow, e.g., to take matters into your own hands, or take a path other than one of faith in the Lord.

4 Repent and Release

In the context of these prayers, forgiveness is often needed, for another person or for your own sin. If you have not already done so:

- 1) repent for your part in embracing a lie, or failing to trust or respond to His Lordship.
- 2) repent for other consequences related to the situation (attitudes, actions, blame of self or others, etc.).
- 3) forgive others, or ask Him for forgiveness.
- 4) release the person (or yourself) from judgment, acknowledging that God only must be the judge.

5 Affirmation and Blessing

In these prayers, we ask God to "bring His healing word" at any level or juncture along the way. This simply means that He knows what message or affirmation is needed to close the wounds we have brought to Him.

After praying through, to break any of these barriers, ask for His words of blessing over the person and their new path, opened through this time. If that person is you, ask the Lord to bless you in the area you have just processed with Him.

COMMON BARRIERS AFFECTING OUR IDENTITY

Messages and Labels

Affect our worth or identity in ways contrary to our God-given identity as beloved children, created to belong, to love, and to serve Him in meaningful ways with the gifts and talents placed in us.

- » Messages and labels influence us in hidden ways:
 - spoken to us by others
 - formed unconsciously through negative experiences or neglect
 - formed through praise or comparisons based on achievements, etc.

Examples: I am unlovable ▪ I don't matter ▪ I am stupid ▪ I'm always on the outside ▪ I won't amount to anything ▪ I can't do
- » Labels about status or perceptions that limit/disable:
Ex: average ▪ loser ▪ underachiever ▪ poor
- » Labels we serve or need to live up to: gifted child ▪ high achiever ▪ good girl ▪ handsome/beautiful

Vows: responses to hurtful messages and experiences

- » Influential inward controls about what we will always, or never do or be. They may steer us away from dependence on God to work toward healing in our situation or bind us to our own strategy of avoiding pain and vulnerability instead of placing our faith in the Lord.
- » Can serve as helpful boundaries at first, but later become bondages/laws we serve.
- » Can actually affect our health and act as "curses" that close us off to His blessings.
Examples ~ "I will always ..." or "I will never ..."
I won't try ▪ I will never trust ▪ I will not grow up
▪ I will never voice my opinion ▪ I will always appear cheerful ▪ I will always be in control ▪ I will never cry

Roles and Assignments

Within family system – adopt certain ways of functioning:

- » to keep the family intact
- » take on someone else's emotional issues or unsatisfied ambitions to please/placate them
- » adapt ourselves for the sake of others, perhaps to avoid personal conflict, pain or responsibility.
- » Assignments: e.g., manager ▪ fixer ▪ peace-keeper ▪ scapegoat, etc.

Sins • Where we have denied, buried or been unaware of ways in which we are offending God, failing to respond to His Lordship, or hurting others, we need simply to have this uncovered and dealt with.