



New Patterns ☩ Changing Negative Messages

During these times of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time. We then wait, listening for His response. Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart.

I PERSONAL REFLECTIONS

~ From this morning's teaching, what spoke most meaningfully to you? Take time to pray about its message. What do you want to ask of the Lord in response?

~ In the Quiet – Waiting in His Presence ☩ Let Him speak to you about what is on His heart for you this morning.

~ See yourself – your heart, from the perspective of Jesus' love for you. Invite Him to give you a word or image that depicts that love. Write or draw what you see.

II INVITE THE LORD INTO YOUR INNER LIFE ☩ Open to His light and the leading of the Holy Spirit

PROCESSING ~ As healing of our souls is often rooted in our early years, we need the Lord's help in recognizing and naming our experiences and their influence on us. He will help us to locate those places. He will rarely ask us to work on more than one issue at a time. He may help us resolve what we experienced in one prayer time, or, He may give us a season – an extended time for the unfolding of what was involved in that time of our development.

Use handout: *He Restores My Soul ~ Bringing Barriers to Light*

A. The Lord, by his Spirit, will help you recognize barriers He wants to remove**. If an obvious barrier comes to mind, ask Him to:

~ direct you in naming what you took on / experienced

~ help you identify what may be hidden within, a barrier you're not aware of

~ show you about the role it plays in your life

** If you don't feel ready to identify and pray about barriers today, use this time to ask Him to meet you where you are today. Go on to journaling questions Paul Currie has given us (p. 3).

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with prayer and thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

B If the Lord showed you a personal barrier, what do you want to ask Him to do with this issue — *making your request known to Him?*

~ What else would you like to pour out to the Lord, or ask of Him?

C Ask for His help in recalling past relationships where you have responded in a binding way that may still have power over you.

Is there anything you need to repent of, or anyone you need to forgive? Look again at the handout that lists the barriers, and the tools for removing them

~ What stands out to you?

~ Is there a step you could take to remove the barrier – or make a start in that direction?

III MOVING FORWARD

A Open to His Light · Through the leading of the Holy Spirit – as we remain in His light, He will help us identify what is hidden within—barriers we're not aware of. Let Him speak to you about a barrier you weren't able to address today.

~ Listen ~ What does He want to show you about the role it plays in your life? Listen for His leading ... let Him speak to you.

~ Ask ~ What would you like Him to do with this issue? What else would you like to pour out to Him, or ask of Him in the context of this barrier.

B A Season in the Garden of Your Heart? Ask Him to show you what that would look like for you.
~ Your rootedness in God's love → Removal of barriers in your "root system" so you can draw on that love!

~ "Shalom" → bringing harmony, well-being, etc. (see definition)

Broad Hebrew meaning of "Shalom" ... peace



"The Biblical concept of peace has at its root the meaning of 'totality,' or 'completeness.' Important nuances of meaning include such things as 'fulfillment,' 'maturity,' 'soundness,' 'wholeness,' 'harmony,' 'security,' 'well-being' and 'prosperity.' Also connotes absence of war and freedom from disturbance."

Quest Bible, NIV
Note at John 14:27

Psalm 23 ~ Paul's Teaching

1. Is there a phrase or image from Psalm 23 that the Spirit is bringing into particular focus for you today?

It could be for basking in the blessing of the provision of the Lord and Shepherd, or it could be for perceiving a loss or lack or absence -- a barrier in your relationship with him. Spend time in conversation with the Lord and let the Spirit direct you as you journal.

2. Write your own paraphrase of Psalm 23, (or portions of it), making it specifically vulnerable and personal about your current circumstances. As you do so, be aware that you are in conversation with the Shepherd. Pour out what is difficult, where you don't see this confidence within your relationship with him. Listen to what the Spirit says to you.
3. You may not feel courageous or resilient; you may recognize many negative and attacking "voices" within. You may be discouraged or feel defeated at the length of time transformation requires. Offer these to the Lord as honestly as you can: He knows these struggles and your pain completely and wants you to hear his voice saying "You are my beloved child."

John 10:3-4, 10 —————

³ The gatekeeper opens the gate for him, and the *sheep listen to his voice. He calls his own sheep by name and leads them out.*

⁴ *When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice.*

¹⁰ *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

Ephesians 3:16b-18 —————

And I pray that you being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Psalm 23 —————

¹ The Lord is my shepherd;
I shall not want.

² He makes me lie down
in green pastures.
He leads me beside still waters.

³ He restores my soul.
He leads me
in paths of righteousness
for his name's sake.

⁴ Even though I walk through the
valley of the shadow of death,
I will fear no evil, for you are
with me; your rod and
your staff, they comfort me.

⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy
shall follow me all the days of
my life, and I shall dwell
in the house of the Lord forever.



NEW PATTERNS ~ CHANGING NEGATIVE MESSAGES

Second Saturday + December 10, 2022

I ~ Tending the Garden of My Heart

a) **Inner Healing** | Among the sources of pain and brokenness we live with—some of which are connected to the work of the evil one, there is a boundary line. As His children, we live in the light of God's Kingdom. As believers, we have access to the provisions of Father's love, Jesus' work on the Cross, and the active presence of the Holy Spirit with us and in us. *These* sources include:

- ~ redemption through Christ
- ~ the authority of the name of Jesus
- ~ the work of the Holy Spirit
- ~ holy scripture, God's powerful word
- ~ the presence of Jesus within us
- ~ prayer, and God's promise to answer our prayers

b) ~ The "roots" of our hearts are planted in the soil of God's love (Eph.3:16-19).
~ The provisions listed above are all **living and active** according to His word (Heb. 4:12-13), available as we draw on them by faith.

c) God has
~ provided a door of access to the riches of Jesus' redeeming work, and
~ the role of the Holy Spirit, released to us when Jesus left the earth

d) And, God has given us the choice to ASK Him for all that we need when we encounter painful times in our lives, deep woundedness, or other blockages that rob us of peace and well-being.

—Luke 11:9-10;13

"So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For every one who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

— John 14:13-27

¹³ *And I will do whatever you ask in my name, so that the Father may be glorified in the Son.* ¹⁴ You may ask me for anything in my name, and I will do it.

¹⁵ "If you love me, keep my commands. ¹⁶ **And I will ask the Father, and he will give you another advocate to help you and be with you forever—** ¹⁷ **the Spirit of truth.** The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

¹⁸ I will not leave you as orphans; I will come to you. ¹⁹ Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. ²⁰ On that day you will realize that I am in my Father, and you are in me, and I am in you. ²¹ Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them."

²⁵ "All this I have spoken while still with you. ²⁶ 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.

²⁷ Peace* I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

→ SHALOM - Definition of broad Hebrew meaning of "**Shalom**" | **Peace**

Definition, note at John 14:27, Quest Bible, NIV

"The Biblical concept of peace has at its root the meaning of 'totality,' or 'completeness.' Important nuances of meaning include such things as fulfillment, maturity, soundness, wholeness, harmony, security, well-being and prosperity. Also connotes absence of war and freedom from disturbance."

II ~ Asking God to Lead Us When Healing is Needed ~ Identify our source of pain, and guide our path in prayer

WORK OF HOLY SPIRIT | The Soil of God's Love



- ~ In our roots – some hidden issues / from womb to present time
- ~ Over time: process may be ongoing
- ~ Helpful analogies:
 - Garden/roots – Ephes 3:14-22 • God's love, cleansing and restoring us
 - Shepherding – Psalm 23 • Personal Guidance: the outward and inward tending in our daily walk with Jesus

Ask → Give Him access to our root system

- Barriers in my history? How/why did they form?

Presence → Where was Jesus in this moment / situation?

- What would He do/say? Ministers to us there. Time to receive what He is doing.

Light → Work of the Holy Spirit

- Keys: direction in knowing how to pray
 - ⊕ about a memory or barrier
 - ⊕ perhaps also about a way that it defined us
 - ⊕ Renounce something and replacing it with truth

Cross → All in love | all with forgiveness
restoration = shalom/Jesus' peace
(John 14:27)

Symbols / Images → meaningful to US: help us get at

- 1) nature of what we experienced
- 2) image of ourselves, as we saw ourselves + as He saw us
- 3) nature of whatever healing He offers during your prayer time
- 4) whatever will give context, hope, clarity, etc.



"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 defining ourselves in ways that are not of God

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
- » 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 ▪ peacekeeper ▪ 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.

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 applies to 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.

1) Name what was done against you

Less effective: "My mom left when I was two, but I know she loved me, and I'm sure she must have been too immature to handle having a baby."

More effective: "My mom left when I was two. I was **abandoned**¹, and I experienced a lot of **pain and loss as a result** ²."

¹ Using the word for what really was not right will also help you forgive what really happened to you. Though you may understand why someone did something, as part of your forgiveness you do not have to excuse them or take responsibility for their choice.

² Naming what you suffered or experienced as a consequence for someone else's betrayal or offense will help you clearly release them for the cost of their sin to you.

2) Before the Lord, say that you are forgiving this person, and what you're forgiving them for.

Less effective: "Lord, help me forgive my neighbor for what she did." This is a good prayer to pray when you need help, but it is not the same as naming the offense which you then forgive.

More effective: "Lord, **I forgive Mrs. Smith for her negligence** in letting her dog run wild, and **causing me to be hurt** as a result."

3) At this point, you may realize you are not ready to forgive, not because you're unwilling, but because there are deeper issues that have impacted you through this relationship. The Lord will help us identify losses, hurts, additional offenses we will need to forgive, and also blessings and gifts, associated with the circumstance.

4) Now, release this person from any judgment you have held in your heart toward them.

- » we are judged in the same way we judge others; only God can judge
- » we're also acknowledging many things about them that only God knows, remembering that they deserve His grace and forgiveness just as it has been extended to us in similar circumstances.

5) Identify/ask forgiveness for sinful ways in which you responded to the offender.

Less effective: "Lord, I am sorry for any ways I reacted."

More effective: "Lord, **I have held a grudge** toward Mrs. Smith, and talked negatively about her to many people. I am sorry, and as **I forgive her now**, I ask that you would also **forgive me for closing my heart to her and exposing her sin to others** all these years."

6) Receive absolution (I John 1:9), in Christ's name, through the person you're praying with, (or when you next participate in Communion and the words of absolution are spoken).

7) Is there anything more? Yes.

- » How do you want God to bless those you have just prayed about?
- » What requests do you have of the Lord, that He may bring restoration to your heart?
- » Ask that the Lord "seal" in you the work done at this time, and keep you in His love and freedom.