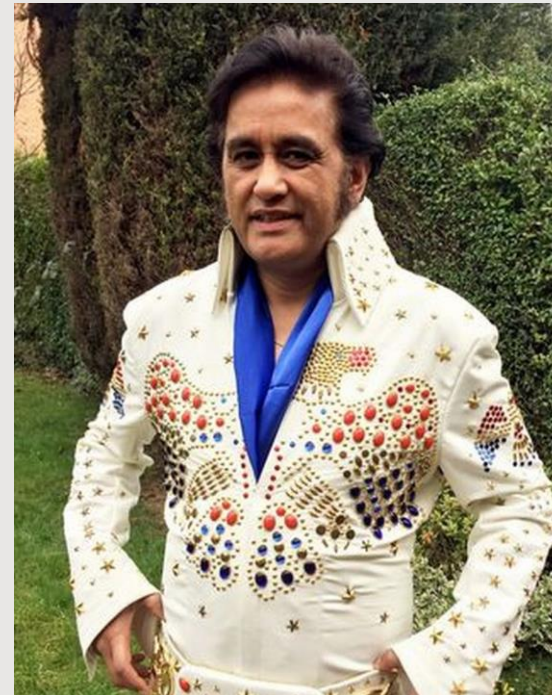




Building A Healthy Church
The Journey of Healing Part 1





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caught in a trap of....

- negativity,
- wrong mindsets,
- limiting beliefs,
- toxic relationships.

**GODS HEART IS FOR
YOUR HEALING**



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Luke 4:18-19

“The Spirit of the LORD is upon me,
for he has anointed me to bring Good News
to the poor.
He has sent me to proclaim that captives will
be released,
that the blind will see,
that the oppressed will be set free,
and that the time of the LORD’s
favour has come”



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Traps to fulfilling our God given purpose:

- The Comparison Trap
- The People Pleasing Trap



Proverbs 14:30 *“A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.”*

If you're preoccupied watching others or wishing you have what they have you will miss seeing what God is doing in you.

What's the answer?
Ecclesiastes 4:4



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QUESTION TO CONSIDER: *WHOSE APPROVAL ARE YOU LIVING FOR?*

- Without affirmation from others will never flourish in our full potential.
- The shadow side of the desire for approval the fear of disapproval – it derails us from Gods path
- Psalm 27:10 NLT



- **Because of these unresolved issues, some of you have wounds from your past that may be compromising your walk with God.**
- **Jesus cares deeply about all of your story and doesn't want you to live in people pleasing trap or a comparison trap.**
- **Matt 12:18-21**



WHAT DO YOU DO NOW?

- 1. Let your journey of healing begin.**
- 2. Take your personal responsibility.**



UNDERSTANDING THE JOURNEY OF HEALING

DYSFUNCTIONAL BEHAVIOURS



CHRONIC NEGATIVE EMOTIONS



FALSE BELIEFS



EMOTIONAL WOUNDS

UNDERSTANDING THE JOURNEY OF HEALING

DYSFUNCTIONAL BEHAVIOURS

- *Dysfucntion = any impairment, disturbance, or deficiency in behaviour, acting out*
- *In families it can mean poor communication, frequent conflict, emotional or physical abuse, and more such as unpredictable or irrational behaviour*

UNDERSTANDING THE JOURNEY OF HEALING

DYSFUNCTIONAL BEHAVIOURS



CHRONIC NEGATIVE EMOTIONS

- *Living with (and, even worse, thriving on) drama, problems or stress.*
- *Regularly waking up uninspired, numb or apathetic.*
- *Incessantly enduring feelings of anger, resentment, despair or frustration, fear, insecurity, anxiety.*
- *Only ever talking about your problems.*

UNDERSTANDING THE JOURNEY OF HEALING

DYSFUNCTIONAL BEHAVIOURS



CHRONIC NEGATIVE EMOTIONS



FALSE BELIEFS

- *Sometimes we believe that we're not adequate, not significant, not accepted, that we're not good enough.*
- *Labelling or rating yourself (or someone else) - e.g. 'I'm stupid /hopeless /useless /worthless.*
- *These false beliefs underneath the surface of our lives have been shaped by some painful events and wounds.*

UNDERSTANDING THE JOURNEY OF HEALING



FALSE BELIEFS

What are irrational, self defeating beliefs?

- *They distort reality*
- *They block you from achieving your goals and purposes;*
- *They create extreme emotions which persist, and which distress and immobilise; and*
- *They lead to behaviours that harm yourself, others, and your life in general.*

UNDERSTANDING THE JOURNEY OF HEALING



FALSE BELIEFS

Dysfunctional thinking:

- *Awfulising: using words like 'awful', 'terrible', 'horrible', 'catastrophic' to describe something - e.g. 'It would be terrible if ...', 'It's the worst thing that could happen', 'That would be the end of the world'.*
- *Cant-stand-it-itis: viewing an event or experience as unbearable - e.g. 'I can't stand it', 'It's absolutely unbearable', 'I'll die if I get rejected'.*
- *Demanding: using 'shoulds' or 'musts' - e.g. 'I should not have done that', 'I must not fail', 'I need to be loved', 'I have to have a drink'.*

FALSE BELIEFS

What do I actually believe?

1. HOW SUCCESSFUL AM I?

I would be more successful if....

LOW 1 2 3 4 5 HIGH

2. HOW SIGNIFICANT AM I?

I would be more significant if....

LOW 1 2 3 4 5 HIGH

3. HOW FULFILLED AM I?

I would be more fulfilled if....

LOW 1 2 3 4 5 HIGH

4. HOW SATISFIED AM I?

I would be more satisfied if...

LOW 1 2 3 4 5 HIGH

FALSE BELIEFS

What do I actually believe?

5. HOW HAPPY AM I?

I would be happier if....

LOW 1 2 3 4 5 HIGH

6. HOW MUCH DO I ENJOY GOD?

I would enjoy God more if....

LOW 1 2 3 4 5 HIGH

7. HOW SECURE AM I?

I would be more secure if...

LOW 1 2 3 4 5 HIGH

8. HOW PEACEFUL AM I?

I would have more peace if....

LOW 1 2 3 4 5 HIGH

STRONGHOLD TEACHING HANDOUT

The lie: that I am abandoned and forgotten, that I will always feel alone

Effects in my life: withdrawing from others; thinking people don't like me; seeming aloof; frightened; fearful

BIBLE REFS

PRAYER Dear Heavenly Father,
I say no to the lie/reject the lie that.....

I say yes to/accept the truth that.....

Mark of the days:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27
28 29 30 31 32 33 34 35 36 37 38 39 40



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CONCLUSION:

GODS HEART IS FOR YOUR HEALING



*“He who has an ear let him
hear what the Spirit says
to the churches.”*



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