

# **FREE IN HEART**

## **CLASS 3: The Process of Healing: Trauma & Restoration**

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### **I. Review**

Last week, Hannah led us in exploring the fear that binds us and the invitation to live unshakeably. She introduced a five-step tool to help return to place of trust: Trust, Surrender, Relax, Receive, Thank.

### **II. Understanding the Relationship Between Trauma and Disease**

In this teaching, I will introduce two diagrams that serve to illustrate two opposing processes – one of trauma and the other of restoration. First, it is necessary to establish some foundational understandings concerning our body, soul, and spirit and how they relate, the formation of strongholds, and unconditional love.

### **III. The Conflict of Flesh and Spirit**

**1Jn 4:18** *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.*

A. The two processes we will illustrate of trauma and restoration are played out in our souls (mind, will, and emotions), and are an expression of the conflict between our flesh and Spirit.

B. We are meant to be governed by our human Spirits in the entirety of our being, but we are enticed in our flesh to choose sin and disobey God's Spirit. (Tri-partate Being see; 1 Thess. 5:23)

1. Ex: The flesh is like dirt and grit that fall into a finely crafted watch, it is foreign to the way the master craftsman designed us.

C. Learning to choose our spirits, and deny our flesh is the process of sanctification, it is also the path to inner healing, deliverance, and physical healing.

**Gal 5:16** *I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*

D. When we choose the Spirit, we experience all the benefits of right relationship with God, called blessings. One of the blessings of right relationship is health and wholeness. One of the curses of not walking with God in our fallen world is sickness and disease. (Deut 28)

**Rom 6:6** *knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin...Rom*

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*6:11 Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.*

E. Christ through the cross, destroyed the power of sin, so that we may choose to reckon ourselves dead to its influence.

F. Yet our flesh and sin wage war against our Spirit. So we have a conflict in ourselves, but “thanks be to God!” Christ granted us victory in this battle already.

G. We must appropriate this victory through: CHOICE, which takes place in the soul. We choose to set our minds on things above, we choose to enter the emotions of God (forgiveness, mercy, love), and we must choose to resist temptation. God is the one who empowers us to do this through grace.

H. Before Jesus died there was no Spirit living in us to choose to obey love, now we can choose to let our mind will and emotions be governed by our Spirit, which is perfectly comfortable giving and receiving love.

I. Choosing to obey God is always the choice to love, which is the only choice our Spirit knows how to make.

***Rom 8:7 Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.***

1. Therefore, the matter of holiness becomes not an issue of discipline and self-effort, but rather of simple choice. Choosing to abide in your spirit (the real you) instead of your flesh (the counterfeit you).

2. You cannot make your flesh more spiritual, the effort to do that is called self imposed religion, and Paul makes it clear that it profits nothing. How many of us have tried this? (Can anyone give an example)

***Col 2:23 These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh.***

J. The opposition of the flesh to the Spirit causes us to have to make a choice. **You cannot discipline your flesh; you can only choose to obey**

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**by agreeing with the Spirit.** (Ex: striving to fast out of guilt, serving with the hope of being noticed and commended, arguing over revelation to prove yourself, prophesying in order to impress, praying for healing to feel a sense of self-worth and importance, ministering to meet your own need to be needed)

**Gal 5:17** For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, **so that you do not do the things that you wish.**

K. All these examples, are good spiritual activities but are worthless when done out of a wrong identity; the identity of your flesh (orphan), instead of the identity of your Spirit (a son). A Son can serve in secret, because He knows His Father will reward him openly. A Son can pray for healing moved with compassion for the sick, because He is sharing in His Father's heart.

L. These emotional and revelatory treasures are already available to you in the Spirit. They are the fruit of your Spirit, which only knows how to please God and love.

M. The ability to make this choice between dwelling in your flesh or spirit is the fruit of self-control.

N. We can grow in our ability to make this choice, but we must understand that **we do not need to train ourselves in human effort to do something new.** Our spirits are already familiar with how to do what God has asked of us, to love.

1. This is why Peter says:

**2Pe 1:3** *as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,*

2. And why John explains:

**1Jn 2:27** *But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him.*

O. Abiding in Him, is choosing to dwell in your Spirit man who is

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conformed to the image of Christ.

1. For this reason it can be said “His yoke is easy and his burden is light” (Matt 11:28) and “His commandments are not burdensome” (1 John 5:3). You Spirit is already equipped and at home in love, it is not something new we need to learn to do.
2. You have already been made a new creation in Christ; you just have to walk in the identity of who you have been created to be. That identity is in your Spirit, not in your flesh. It is by the Spirit that we now know Christ.

***2Co 5:16*** *Therefore, from now on, we regard no one according to the flesh. Even though we have known Christ according to the flesh, yet now we know Him thus no longer. 17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.*

***Gal 5:25*** *If we live in the Spirit, let us also walk in the Spirit.*

P. Understanding the process of trauma and restoration, will allows us to choose in each area of our lives to dwell in Father’s House of love as cared for children (the Kingdom of heaven), instead of the House of the “Father of Lies” which is filled with spiritual orphans/bondslaves (the kingdom of this world).

***Col 1:13*** *He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love,*

Q. We all know and believe this is true of Christians, but do we understand how to dwell there continually “all day everyday” abiding in love. We want to learn to dwell in Father’s house experientially, and not just doctrinally. This is the place where we will find wholeness, living in Father’s house.

***Eph 2:2*** *in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, 3 among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. 4 But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you*

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*have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus,*

R. Scripture teaches that we have been given the mind of Christ and that we are seated with Him, but it is strongholds of ungodly beliefs that prevent us from walking in our renewed minds and experiencing the truth of the what scriptures tells us is our inheritance.

### **IV. Definition of Strongholds**

A. Strongholds are accumulations of ungodly beliefs and lies about God, His kingdom, and our identity as His children.

1. Agreement with ungodly beliefs leads to sin, and creates darkness that gives the enemy permission to traffic in areas of our lives.

***2Co 10:4*** *For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*

B. Strongholds form as a result of the lies and accusations of the enemy communicated through series of traumatic events and wounding.

C. Strongholds consist of habit structures of thought.

1. A habit structure of thought is when a pattern of thinking has been repeated often enough to become involuntary (ex: thoughts of self-hatred every time you look in the mirror)

2. Thankfully, through meditation you can produce Godly habit structures of thought

***Php 4:8*** *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

### **V. Formation of Strongholds**

A. When we are sinned against, and harmed by those who were meant to represent the Kingdom of love to us, this communicates lies concerning the nature of God and our identity as His son's and daughters.

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B. Wounds can produce strongholds of un-forgiveness and bitterness that produce sickness and torment, because they are causing a person to sow to their flesh with their thoughts and eventually actions which produces death.

**Heb 12:14** *Pursue peace with all people, and holiness, without which no one will see the Lord: 15 looking carefully lest anyone fall short of the grace of God; lest any **root of bitterness springing up cause trouble, and by this many become defiled;***

**Gal 6:8** *For he who **sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.***

### VI. **Dismantling Strongholds**

A. It is through both the ministry of the Holy Spirit, and the word of God that strongholds of thought are destroyed and the mind is renewed to truth.

**Heb 4:12** *For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

B. The word of God is the plumb line that helps us distinguish whether our thoughts are from the spirit or the carnal mind.

**Joh 16:13** *However, when He, the Spirit of truth, has come, He will guide you into all truth;*

**Joh 16:8** *And when He has come, He will convict the world of sin, and of righteousness, and of judgment:*

C. Conviction is manifest by the Holy Spirit, through the declaration of truth illuminating areas of disagreement in our hearts and lives

D. Conviction brings us into walking in the light through confession, repentance, and transparency (brokenness before God and man)

**1Jn 1:9** *If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

E. When we walk in the light, we experience the renewing of our minds

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by the Holy Spirit. The mind set on the spirit becomes life and peace!

***Eph 4:23*** and be renewed in the spirit of your mind,

***Rom. 8:6*** For to be carnally minded is death, but to be spiritually minded is **life and peace**.

### F. Helpful Definitions: Sin, Love, and Lust

1. Sin = a mis-representation of the Kingdom of Love & our Father
2. Love = meeting another's need at our own expense
3. Lust = meeting our own need at another's expense

### G. Breaking the Power of Sin

1. Call sin what it is. Anything that steals the peace of God from my heart, or misrepresents the Father's love to another is sin.
2. Begin to recognize anything I hide from others in order to make me look good is sin. Humility is a willingness to be known as you truly are.
3. Accountability, people who can ask me the difficult questions.

### H. Evaluating Potential Strongholds

1. What are negative habit structures of thought you notice in your life, concerning God and yourself?
2. What are the wounds and trauma's that may be at the root of these ungodly beliefs and habit structures of thought?
3. What are the areas of secret sin you struggle most with in your thought life? (Ex judgment, unforgiveness, lust, self-hatred, pride)
4. What are the areas where you struggle to believe what the word says?
5. What are the areas you are challenged to obey the Holy Spirit ?
6. Where are the areas you are convicted to become more like Jesus?
7. What revelations would help dismantle these strongholds? Scriptures?

## VII. **Knowing the Unconditional Love of The Father**

A. Lastly, it is a revelation of the unconditional love of the Father that can bring us into the place of faith and courage to receive healing and deliverance from the wounds caused by life's traumas.

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B. Do you know your heavenly Father is extravagant in affection, even to the rebellious?

**Luk 15:20** *"And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and **ran and fell on his neck and kissed him.** Luk 15:22 **"But the father said to his servants, 'Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet.***

**Luke 6:35** But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. **For He is kind to the unthankful and evil.**

C. He is eager to release blessing on the heart that is turned toward Him

**Luk 15:31** *"And he said to him, **'Son, you are always with me, and all that I have is yours.***

D. He desire fellowship, and to bless - "always with me, and all that I have is yours."

### **VIII. The Blessing of Beloved Sons & Daughters**

**Gen 1:27** *So God created man in His own image; in the image of God He created him; male and female He created them. 28 **Then God blessed them***

A. God's very first act after He created humanity, was that He blessed them.

B. This was the joyful response of a very happy, happy Father whose delight is fully in His sons and daughters

**Psa 16:3** *As for the saints who are on the earth, "They are the excellent ones, in whom is all my delight."*

C. Your Father, has blessed you with EVERY spiritual blessing in heavenly places!

**Eph 1:3** *Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,*

D. He has given you a portion in the same inheritance He has given



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Jesus

**Rom 8:17** *and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.*

**1Pe 3:8** Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; 9 not returning evil for evil or reviling for reviling, **but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.**

E. His emotions of love, affection, and pleasure are the **exact same** as His feelings toward Jesus.

**John 17:23** *I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.*

F. I especially like, that in this passage Jesus is dialoguing with His Father about how much Jesus knows the Father likes us, and we get to listen in on the intimate conversation between the two of them.

G. Similarly, we hear the voice of the eternal Father pronounce audibly over Jesus in Mark 1:11 his love and pleasure in Him.

**Mar 1:11** *Then a voice came from heaven, "You are My beloved Son, in whom I am well pleased."*

H. We have received the same blessing, because we are loved with the same love! It is abiding in that love and blessing that brings peace and pleasure to our hearts. We are destined to be forever at home in Fathers love.

I. We were created to receive love and blessing, and then live to give it away to the next person.

### **IX. Abiding in Love**

**1Jn 4:16** *And we have known and believed the love that God has for us. **God is love, and he who abides in love abides in God, and God in him.***

A. In coming home to rest and remain in the experience of God's love for us, we are dwelling in fellowship with Him by his Spirit. We discover this in a constant turning of our hearts back to the place of abiding and enjoying

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Him.

***Rom 5:5*** Now hope does not disappoint, because **the love of God has been poured out in our hearts** by the Holy Spirit who was given to us.

B. We have a perpetual invitation to continually taste God's love and delight in us, by communing in our spirit with Him.

***Luk 6:35*** But **love your enemies**...***38*** Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

C. Father promises the same measure to which we pour out His love, is the same measure to which it will be poured back upon us, running over in our bosoms. The more we pour out, the more He pours in! He is the God who forgives, heals, and crowns with lovingkindness!

### **Psa. 103: 1-6**

**1** Bless the LORD, O my soul;  
And all that is within me, bless His holy name!

**2** Bless the LORD, O my soul,  
And forget not all His benefits:

**3** **Who forgives all your iniquities,**  
**Who heals all your diseases,**

**4** Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,

Now that we have established some foundational insights, these two diagrams will begin to unlock practical ways to walk in the Spirit, and receive the restoration of our bodies and souls.

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### *The Father of Lies Cycle of Trauma*

**(1) TRAUMA** Enemy provokes a trauma causing a cursing of identity ☾  
**(2) WOUND** Producing a wound in the soul ☾ **(3) STRONGHOLD** Lies are communicated through wounding which form strongholds of ungodly beliefs ☾  
**(4) UNREST** Anxiety is created in our souls concerning identity ☾ **(5) SIN** False Comforts are sought to ease the unrest/anxiety/fear ☾ **(6) DARKNESS** Destructive patterns of sin are formed, and protective behaviors adopted so the false comfort can continue to be sought after (ex: addiction) ☾ **(7) TORMENT** Darkness gives the enemy the legal access to influence our lives resulting in bondage, sickness, and oppression.

*Notes:*

### *The Father of Our Spirits Cycle of Restoration*

**(1) IMPARTATION** Father God releases a blessing ☾ **(2) HEALING** We receive the impartation of love, power, revelation ☾ **(3) TRUTH** Our minds are renewed, and increase in the knowledge of God and our relationship with Him ☾ **(4) PEACE** We receive the rest in our souls that comes from right relationship with Father ☾ **(5) ABIDING IN LOVE** From the place of rest we are able to enter into His affections toward us that are pleasurable ☾ **(6) WALKING IN LIGHT** By dwelling in love by the spirit, we naturally obey God's commands and walk in the righteousness (manifest the fruit of the Spirit) ☾ **(7) GREATER WORKS** From the place of right relationship we will simply do the works of our Father

*Notes:*

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Chart Out Examples:

*Cycle of Trauma:* **(1) TRAUMA** € **(2) WOUND** € **(3) STRONGHOLD** €  
**(4) UNREST** € **(5) SIN** € **(6) DARKNESS** € **(7) TORMENT**

*Cycle of Restoration:* **(1) IMPARTATION** € **(2) HEALING** € **(3) TRUTH** €  
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Chart Out Examples:

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(7) GREATER WORKS

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## **X. Formation of Wounds**

- A. “Unmet need makes one sick, a met need makes one well” – Jack Frost
- B. 4 Basic areas of need
1. Unconditional Expressed Love
  2. Safety and Security
  3. Praise (positive affirmation of identity)
  4. Purpose
- C. These needs are originally meant to be met by our parents, and then as we mature the Lord himself.
- D. If these needs are unmet or we are wounded by trauma in an area of need, then strongholds are formed by lies concerning God or ourselves. We then will pursue false comfort in areas corresponding to our wounding.

## **XI. Questions to Explore Trauma**

*Cycle of Trauma: (1) **TRAUMA** € (2) **WOUND** € (3) **STRONGHOLD** € (4) **UNREST** € (5) **SIN** € (6) **DARKNESS** € (7) **TORMENT***

1. What are the root trauma’s and wounds in my life?
2. What ungodly beliefs have I adopted as strongholds?
3. What patterns of false comfort leading to sin have resulted?
4. What habit structures have I formed to walk in self-comfort?
5. In what ways have I been experiencing oppression in my life?

## **XII. Channels of Grace (God’s Ability) for Restoration**

*Cycle of Restoration: (1) **IMPARTATION** € (2) **HEALING** € (3) **TRUTH** € (4) **PEACE** € (5) **ABIDING IN LOVE** € (6) **WALKING IN LIGHT** € (7) **GREATER WORKS***

1. **Prayer/Fasting**  
“God give me might in my inner man, and let me know your love (Eph.3:16)”

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### **2. Inner Healing Prayer**

“Father, show me where you were when they were beating me”  
“Holy Spirit, I believe I am dirty and shameful, please speak truth to me”  
“Jesus, I forgive my Mom for not wanting me and giving me her affection”

### **3. Meditation/Revelation**

“I am your beloved Son in whom you are well pleased (Mark 1:11)”  
“That teaching really opened my eye to understand how much God loves me”

### **4. Entering by Faith: Positive Confession**

“God I believe that your word says, by the stripes of Jesus I am healed”

### **5. Walking in the Light: Confession/Repentance/Transparency**

“I confess being secretly hurt by what my wife said today, and harboring anger.”  
“Hannah, I am so sorry I was frustrated and impatient toward you today”  
“Today, I was really struggling with the temptation to gossip because of jealousy”

### **6. Deliverance/Healing Prayer & The Anointing**

“I command a spirit of fear to go in the name of Jesus Christ of Nazareth”  
“I command this arthritis to be healed in Jesus mighty name!”  
“I just walked in the room, and was delivered from my eating disorder”

### **7. \_\_\_\_\_**

## **XIII. Confession of Sin Releases the Grace of Healing**

A. In this passage from James we see the connection made between confession of sin and receiving the grace of healing.

**James 5:13** *Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. 14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the*

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*Lord. 15 And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. **16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.***

B. We must humble ourselves in confession to agree with God and break ties with the enemy, to enter into the fullness of His grace. Let us pray even as David did:

***Psa. 41:4*** I said, "LORD, be merciful to me; Heal my soul, for I have sinned against You."

C. A word of caution: Let the Holy Spirit bring conviction of Sin, do not get into unnecessary introspection believing that more confession of sin will produce more healing. God knows how to lead us into repentance, simply respond to Him when he speaks to you, and trust that if you are (1) in His presence (2) in His word (3) in fellowship with His people, He will reveal areas where sin needs to be confessed.

D. Let's take a moment now and let the Holy Spirit search our hearts.

1. Is there anyone I need to forgive? Who I need to ask forgiveness of?
2. Any wrong I have done that I need to make restitution for?
3. Are there sins of omission I have committed? Where I was told to act by the Holy Spirit and refused?
4. Have I willfully wronged another and refused to make the relationship right?

E. Now joyfully receive His mercy and forgiveness knowing that where sin abounds, ***grace abounds all the more!*** You can't mess up because He works all things for the good of those who love Him!