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## Healing the Whole Person – From the John Paul II Healing Center

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*In John 10:10, Jesus says, “I came that they might have life and have it to the fullest.” Jesus came so that we could live fully human and fully alive. However, as we live in a broken world, we experience hurt and woundedness that leads us into false beliefs/lives that bind us and keep us from living in the freedom of Christ. But Christ came to heal us and set us free. As he says, “The Truth will set you free” (John 8:32), the Truth which breaks us free from the lies that have power over us. Below is a list of 7 main desires of the human heart, as well as various forms of woundedness and sin at work in our lives, and a prayer exercise to help us to receive freedom and live into the fullness of life the Christ intends for each and every one of us.*

### **7 Desires of the Human Heart**

- To be heard and understood
- To be affirmed (shown that you are good)
- To be blessed (given unconditional love)
- To be safe (both physically and emotionally)
- To be touched (in a healthy affirmation of affection (to be hugged/embraced, held, to receive physical signs of someone’s love, in a healthy way))
- To be chosen (to feel special)
- To be included (to be a part of something or a group)

<b>7 Deadly Wounds</b>	<b>How they Distort Our Identity”</b>
Abandonment	“I am all alone. No one understands me.”
Shame	“I am bad, dirty, perverted...it’s my fault”
Fear	“If I trust, speak, confront, I will be hurt or die”
Powerlessness	“I feel overwhelmed...I don’t know what to do”
Rejection	“I am not loved or wanted...I have no value”
Hopelessness	“It’s never going to change...there is no hope”
Confusion	“I don’t know what’s happening to me

Wounds are strongholds of mind and emotion based on IDENTITY LIES

“More often than not, the emotional pain we feel in the present tense has been triggered by *lie-based thinking*, which is rooted in memory. *Lie-based thinking* is a false belief one holds in memory learned during a specific life event” – Dr. Ed Smith, *Healing Life’s Hurts*, pg. 27

- Lies often get planted in our hearts as young children through our misinterpretation of painful events, and lead to inner vows/promises we make that bind us in negative ways

<b><u>Wounds</u> →</b>	<b><u>False Beliefs/Lies</u> →</b>	<b><u>Inner Vows (Bad ones)</u></b>
Filled with Pain	<ul style="list-style-type: none"> <li>• <b>Lies</b> – what we believe about ourselves/identity</li> <li>• <b>False Judgements</b> – what we believe about others</li> </ul>	Promises we make to ourselves out of fears, wounds, or judgements: For example: “I will never be my father, mother, brother, abuser, etc.” “I will never trust again; I will never allow myself to be vulnerable’

## Seven Deadly WOUNDS are interrelated with the Seven Deadly SINS

- Sin not only causes wounds, but it also grows out of wounds
- We often sin as a way of trying to escape the suffering caused by the wounds
- Examine and pay attention to the areas of sin and patterns of sin (especially habitual sins) in our life – often behind that sin is a wound that needs healing...and it's the wound that is giving power to the sin

### Below is the List of the 7 Deadly Sins

7 Deadly Sins	Idolatry of:
Pride	Self
Envy	Status or Possessions
Gluttony	Food or Drink
Lust	Sex or Relationship
Anger	Control
Greed	Security or Wealth
Sloth	Comfort

### Forgiveness Exercise

1. Ask the Holy Spirit to show you who you need to forgive (could be family, friend, abuser, yourself, or even God (not that God actually needs forgiveness, as He is perfect and all Good, but sometimes we hold some resentment towards him we need to let go of))
2. Picture the person in front of you and pay attention to what you feel.
3. Make account of the debt they owe you (what did they take from you, how did they hurt you? It is OK to feel angry.)
4. Imagine yourself telling them what they did to hurt you and how it has affected you (and be extremely honest...)
5. Ask the Holy Spirit to reveal to you what you believe about yourself based on the incident (identity lie)
6. Renounce the identity lie. (For example: "In the name of Jesus, I renounce the lie that I am not loved or cared for, etc.)
7. Ask the Holy Spirit to reveal the judgements you hold towards that person who hurt you.
8. Renounce the Judgment (as in prayer in Step #6)
9. Ask Jesus to forgive the person
10. Forgive the person (For example, "In the name of Jesus I forgive \_\_\_\_\_ for \_\_\_\_\_ )
  - a. It may be helpful to picture yourself at the foot of the Cross with the person.
11. Pray a prayer of blessing over that person – ask God to bless them in the opposite way that they hurt you.
12. Ask Jesus to seal this forgiveness and heal the wounds