

REBUILDING THE WALLS WEEK 3 HEALING WOUNDED HEARTS BY ANNETTE THIESEN

Introduction:

The two key verses:

“You’re blessed when you get your inside world-your mind and heart-put right. Then you can see God in the outside world.” (Matt. 5:8 MSG)

“Now, may the God of peace and harmony set you apart, making you completely holy. And may your entire being-spirit, soul, and body be kept completely flawless in the appearing of our Lord Jesus, the Anointed One. The one who calls you by name is trustworthy and will thoroughly complete his work in you.” (I Thess. 5:23-24 TPT)

The Big Idea: There are dark deposits in our mind and emotions that God wants to release and replace with healing and the character of Christ.

1. Icebreaker:

Annette described our inner self like a book. We have layers of experiences and many stories in our book, some good and some bad. Many of the chapters of our story need to be rewritten by God’s grace.

If you were to describe some of the chapters of your life what would be the chapter titles?
They can be good or not so good.
“My amazing adventures with my siblings”
“My awkward teenage years...”

2. We are created for intimacy and fellowship with God. Corinthians talks about seeing and knowing Him with unveiled hearts.

What are some of the veils you have experienced that the enemy has tried to put up to block that intimacy? Which can you relate to:

- a. Lies that say you’re not worthy enough?
- b. Fear of rejection or that God might expect things you can’t live up to?
- c. Guilt?
- d. Religious views that put God’s love as something we have to perform to receive?
- e. Trauma’s in our soul that distort a view of Father God and make us struggle to receive love and relationships?
- f. Other?

3. We learned that we are spirit, soul, and body. Our soul includes our mind and emotions that get deeply affected and even damaged by events in our life. Through our souls things like bitterness and fear can get embedded in us. Another thing that can happen is we can shut down our feelings to avoid pain. The problem is these produce a harden heart.

Can you identify something you chose to live in denial about and not to feel? How did that hinder your ability to experience other good emotions God wanted you to have?

4. As 3-dimensional beings, spirit, soul, and body, God intended our spirit to be the boss and king over our emotions and body. We let our spirit rise to take dominion over hurting areas of our soul and receive grace and power from the Holy Spirit to reign in joy and victory by choosing to release every trauma, abuse, dark emotion, demonic thought, addiction, and evil influence to God, while choosing to claim and bind ourselves to the fruit and blessing offered to us through our union with Christ (Things like love, self control, peace...).

How does what Jesus did on the cross give us the power to do this?

Name a few things you would like to partner with Holy Spirit to nail to the Cross and a few things you would like to partner with Holy Spirit to bind to your soul from Heaven today.

SPIRIT BLESSING

I bless my spirit to lead my soul and body to receive all that the Lord wants to give me to do His will.

I bless my spirit to connect with Holy Spirit to have a leadership role over my soul and body, to receive all that God has for me and all He created me to be.

I bless my spirit to connect with Holy Spirit to have a role of prominence over my soul and body, to lead me to freedom in Christ, to His truth and love in all areas of my life.

(You can use this tool to bless someone else by simply inserting their name in the phrase instead of "my.")

1-2-3 SKIDOO PRAYER

Jesus, thank you for your cross that sets me free.

I nail _____ to the cross.

I break all agreements I've made with _____, known or unknown and declare that _____ has no power over me because of the cross and resurrection of Jesus!

Jesus, I repent for join in partnership with _____. Please forgive me; I didn't realize I had aligned with that lie. Jesus, what do you want to give me in place of _____?

(Expect Holy Spirit to speak directly to you so you can receive your breakthrough.)