

## Wild at Heart – Week 7

### Healing the wound

There is *no* simplistic formula for healing the wound but hopefully working through the steps below with Jesus, and possibly a close friend, should help you on your way. There's a prayer to help with each.

### Surrender

*"Until you have given yourself to him you will not have a real self" – C. S. Lewis*

The wound can make us want to be independent, our Christian life can become more about practicing principles and maintaining morality than about a deep communion with God!

*Dear Jesus, I am yours. You have ransomed me with your own life, bought me with your own blood. Forgive me for all my years of independence—all my striving, all my retreating, all my self-centeredness and self-determination. I give myself back to you—all of me. I give my body to you as a living sacrifice. I give my soul to you as well—my desperate search for life and love and validation, all my self-protecting, all those parts in me I like and all those I do not like. I give to you my spirit also, to be restored in union with you, for as the Scripture says, "He who unites himself with the Lord is one spirit with him." Forgive me, cleanse me, take me and make me utterly yours. In your name I pray.*

### Renounce the vow

We need to renounce the vow that came as a result of our wound – maybe it was "I won't trust anyone" or "I won't ask for help". These (usually unspoken) vows harden our hearts and the independence that results is sin!

*Jesus, I renounce every vow I've made to seal off my wound and protect myself from further pain. Reveal to me what those vows were [If you can name them specifically, do so, and renounce them.] I break every agreement I have made with the lies that came with my wounds, the lies of Satan, and I make all agreement with you, Jesus. I give the protection of my heart and soul back to you, trust you with all that is within me. In your name I pray.*

### Invitation

See Isaiah 61:1-3 – Jesus mission. We need to invite him into ours wounds to heal them.

*Precious Jesus, I invite you into the wounded places of my heart, give you permission to enter every broken place, every young and orphaned part of me. Come, dear Lord, and meet me there. Bind up my heart as you promised to do; heal me and make my heart whole and healthy. Release my heart from every form of captivity and from every form of bondage. Restore and set free my heart, my soul, my mind, and my strength. Help me to mourn, and comfort me as I do. Grant my soul that noble crown of strength instead of ashes; anoint me with the oil of gladness in every grieving part; grant me a garment of praise in place of a spirit of despair. O come to me, Jesus, and surround me with your healing presence. Restore me through union with you. I ask in your name.*

### We Grieve

It's vitally important we allow our hearts to grieve the pain and loss to shed the tears that the wound deserves.

*Yes, Jesus – I confess that it mattered. It mattered deeply. Come into my soul and release the grief and tears bottled up within me. Help me to grieve my own wounds and sorrows.*

### We let God love us

Abiding in the love of God is our *only* hope, the only true home for our hearts. How? Again there's no formula but you could try letting go of the things that comfort us – even the legitimate things like food, drink, the gym, sports. Try fasting them for longer than you'd be comfortable with to let your heart's longing be revealed.

*Father, strengthen me with your true strength, by your Spirit in my innermost being, so that Jesus may live intimately in my heart. O let me be rooted and grounded in love, so that I, too, with all your precious saints, may know the fullness of the love of Jesus for me—its height and depth, its length and breadth. Let me be filled with real knowing of your love—even though I will never fully reason it or comprehend it—so that I might be filled with all the life and power you have for me. Do this in me, beyond all that I am able to ask or imagine.*

## **Forgiveness**

To forgive our fathers and the others who wounded us is a *choice* not a feeling. State what you're forgiving them for, not just a quick generic "I forgive...". Write the wounds down and pray through them – it doesn't have to be three sides of A4 but try to include all the main things Jesus reveals to you. Forgiveness isn't minimizing the wound's importance or saying "It's didn't matter" or "It was a long time ago" it's saying "It was wrong, it did matter but I release you".

*Jesus I choose to forgive my [father/mother etc] for all the pain and all the wounds they gave to me. [It will help to be very specific here—to name those wounds and events.] It was wrong, it hurt me deeply, and I choose now to pardon him, because your sacrifice on the cross was enough to pay for these sins. I release my father to you. I also release any bitterness I've harbored toward him, and I ask you to come and cleanse these wounds and heal them. In your name I pray.*

## **Our new name**

Then we ask God to be our Father and to tell us our true name. You must ask God what He thinks of you, what he sees in you, and you must *stay* with the question until you get an answer.

*Father, who am I to you? You are my true Father—my Creator, my Redeemer, and my Sustainer. You know the man you had in mind when you made me. You know my true name. O Father, I ask you to speak to me, to reveal to me my true strength and my real name. Open my eyes that I might see, give me ears to hear your voice. Father, I ask that you speak it not once, but again and again so that I might really receive it. And grant me the courage to receive what you say and the faith to believe it. In Jesus' name*

## **I Am Significant**

I am no longer worthless, inadequate, helpless or hopeless. In Christ I am deeply significant and special. God says:

Matthew 5:13,14	I am the salt of the earth and the light of the world.
John 15:1.5	I am a branch of the true vine, Jesus, a channel of His life.
John 15:16	I have been chosen and appointed by God to bear fruit.
Acts 1:8	I am a personal, Spirit-empowered witness of Christ.
1 Corinthians 3:16	I am a temple of God.
2 Corinthians 5:17-21	I am a minister of reconciliation for God.
2 Corinthians 6:1	I am God's fellow worker.
Ephesians 2:6	I am seated with Christ in the heavenly realms.
Ephesians 2:10	I am God's workmanship, created for good works.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ who strengthens me!

## **I Am Secure**

I am no longer guilty, unprotected, alone or abandoned. In Christ I am totally secure. God says:

Romans 8:1,2	I am free forever from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31-34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Corinthians 1:21,22	I have been established, anointed and sealed by God.
Philippians 1:6	I am confident that the good work God has begun in me will be perfected.
Philippians 3:20	I am a citizen of heaven.
Colossians 3:3	I am hidden with Christ in God.
2 Timothy 1:7	I have not been given a spirit of fear, but of power, love and a sound mind.
Hebrews 4:16	I can find grace and mercy to help in time of need.
1 John 5:18	I am born of God and the evil one cannot touch me.

## **I Am Accepted**

I am no longer unloved or dirty. In Christ I am completely accepted. God says:

John 1:12	I am God's child.
John 15:15	I am Christ's friend.
Romans 5:1	I have been justified.
1 Corinthians 6:17	I am united with the Lord and I am one spirit with Him.
1 Corinthians 6:19,20	I have been bought with a price. I belong to God.
1 Corinthians 12:27	I am a member of Christ's Body.
Ephesians 1:1	I am a saint, a holy one.
Ephesians 1:5	I have been adopted as God's child.
Ephesians 2:18	I have direct access to God through the Holy Spirit.
Colossians 1:14	I have been redeemed and forgiven for all my sins.
Colossians 2:10	I am complete in Christ.

## **FROM THE MAP**

...deal well with me for your name's sake; out of the goodness of your love, deliver me. For I am poor and needy, and my heart is wounded within me... Help me, O Lord my God; save me in accordance with your love.

PSALM 109:21-22, 26

*Dearest Jesus, thank you for this great work you have begun in my heart. O take me deeper, Lord, deeper into healing, deeper into strength, deeper into my true name. Seal this work in my heart with your blood, and let not one ounce be stolen from me. Carry me on, I pray in your name.*