

# Have you ever felt these?

- Depression or mood problems
- Anxiety
- Thoughts
- Trauma and stressors
- Addiction or substance issues
- Relationship struggles that come with personality issues Food struggles
- Sleep struggles Sexual problems

In late June 2020, Center for Disease Control reported that **40% of US adults** reported struggling with mental health or substance abuse.

- The Sin Model | If you are suffering in some way, there must be sin in your life. Repent and thrive.
- The Truth Model | The truth should set you free. So to be free from pain you need to know the truth.
- The Inner Healing Model | Get an experience of “getting the pain out or healed” through an inner healing experience.
- The Deliverance/Supernatural Model | To get well you need deliverance or Supernatural healing.

**The Gospel Really Does Have The  
Answers After All....just not the  
ones you learned in church.**

# The Fall Happened

Our bodies don't work; our brains don't work; our minds fail, our souls are injured and undeveloped; Everyone comes from a dysfunctional family—the human race.

# Real Spiritual Formation

Redeems and heals the developmental injuries that we all have

# The Big Four: What are those Injuries and how do we heal them?

## Issue Number One | Connection

Designed for attachment from the womb to the tomb

**Eph 4:16 (NIV)**

**<sup>16</sup> From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.**

## **Some Symptoms of Disconnection:**

- Depression
- Feelings of Meaningless
- Feelings of Badness and Guilt Affairs
- Addictions
- Distorted Thinking
- Emptiness
- Sadness
- Fears of Intimacy
- Feelings of Unreality
- Panic
- Rage
- Excessive Caretaking
- Fantasy

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## **What does it look like to get connected?**

- Find A Safe Place with Safe Others
- Realize the need
- Move toward others
- Be vulnerable
- Challenge Distorted Thinking
- Pray and ask Holy Spirit
- to help
- Allow dependent feelings
- Recognize defenses
- Become comfortable with anger
- Take Risks
- Be Empathic



# Issue Number Two: Freedom

Designed for self-control

**2 Corinthians 3:17 (NIV)**

**<sup>17</sup> Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.**

# Symptoms of a lack of boundaries and limits:

- Depression
- Panic
- Resentment
- Passive aggressive behavior & Codependency
- Affairs
- Personal Identity Confusion
- Difficulties being alone
- Victim Mentality
- Blaming
- Over-responsibility and guilt
- Feelings of Obligation
- Under-responsibility
- Feelings of being let down
- Isolation
- Extreme dependency
- Disorganization and Lack of Direction & Substance abuse and eating disorders & Procrastination
- Impulsivity
- Generalized anxiety
- Obsessive compulsive problems

# What does it look like to get boundaries?

- Gain awareness of who you are, what you want, what you are called to do and what you are not
- Be clear on what you will tolerate and what you won't
- Develop the "no" muscle
- Stop blaming others and take ownership
- Stop playing the victim and exert choices
- Become active with responses instead of reactive
- Set limits on bad behavior, control and manipulation
- Choose personal values
- Accept others' freedom
- Stop complying and be honest
- Challenge distorted thinking about boundaries
- Practice self-control with support



# Issue Number Three: Acceptance

Created for Perfection in a Perfect World with  
perfect others

## **17 Genesis 2:16-17 (NIV)**

<sup>16</sup> And the Lord God commanded the man, “You are free to eat from any tree in the garden;<sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”

# Symptoms of lack of acceptance:

- Perfectionism
  - Depression
  - Unresolved grief and pain
  - Lack of emotional regulation
  - Narcissism
  - Idealism
  - Substance problems
  - Affairs
  - Anger problems and rage
  - Inability to tolerate badness, weakness and negative feelings
- Self-image problems
  - Anxiety and panic
  - Eating and substance problems
  - Feelings of shame and badness
  - Sexual addiction
  - Broken relationships
  - All good and all bad thinking

# What does it look like to get to acceptance?

- Confess your faults to one another
  - Process your pain and grief
  - Ask God to reveal the pain and shame
  - Practice loving less than the ideal
  - Do not discard others when they are less than perfect
  - Accept failures
  - Process negative feelings
- Don't expect perfection (self, world and others)
  - Forgive
  - Rework the ideal
  - Monitor the tone with which you address imperfection to yourself and others



# Issue Number Four: Maturity

Designed to grow from a little person to a big person

## **Matthew 23:8-9 (NIV)**

<sup>8</sup> “But you are not to be called ‘Rabbi,’ for you have one Teacher, and you are all brothers. <sup>9</sup> And do not call anyone on earth ‘father,’ for you have one Father, and he is in heaven.

# Symptoms of a lack of maturity:

- Needs for approval
- Fear of disapproval
- Guilt
- Sexual struggles
- Fear of failure
- Need for permission
- “You Can’t do that” Syndrome
- Feelings of inferiority and/or superiority
- Competitiveness
- Loss of power
- No equal differences
- Black and white thinking
- Judgementalism
- Anxiety
- Impulsivity and Inhibition
- Parenting others
- Hatred for authority figures
- Depression
- Dependency
- Idealization of authority/putting people on pedestals
- Idealizing childhood

# What does it look like to gain maturity?

- Re-evaluate beliefs
- Disagree with Authority Figures
- See Parents and Authority Figures Realistically
- Make Your Own Decisions
- Practice Disagreeing
- Deal with Your Sexuality
- Give Yourself Permission to be Equal with Your Parents
- Recognize and Pursue Talents
- Try, Fail and Learn
- Recognize the Privileges of Adulthood
- Discipline Yourself
- Gain Authority Over Evil
- Submit to Others Out of Freedom
- Appreciate Mystery and the Unknown
- Love and Appreciate People Who Are Different

CHURCHES  
THAT HEAL

## I STRONGLY BELIEVE

if you can find a safe space and begin to work on these issues not only can you heal but you can immunize yourself against future pain and/or failure.

Are you looking to learn more about how to help your Church become a place that hurting people run to, not away from?

Learn more about *Churches That Heal*, a digital program designed to equip pastors and churches to handle issues of mental health in their communities through a biblical and psychologically-sound plan of healing. I pray the local church becomes a beacon for healing in communities all around the world and that every church will become a church that heals.

[www.churchesthatheal.com/gln](http://www.churchesthatheal.com/gln)