

# 3/3RDS DISCIPLESHIP PROCESS

Split time equally between thirds

1/3 – LOOK BACK

## 1. Member Care

Ask everyone to share one high and low.

## 2. Loving Accountability

Ask everyone how their following and fishing obedience went from last week.

## 3. Worship and Prayer

Pray/Sing a Psalm

## 4. Vision Cast

Read Genesis 50:20, and share multiplication strategy and how heart wounds play out.

2/3 – LOOK UP

## 5. New Scripture

Read the Scripture, and make one observation about the story, or how you relate to the people in the story.

3/3 – LOOK AHEAD

## 6. Practice

Learn the new tool, and share in the group.

## 7. Obedience to Holy Spirit

Ask the Holy Spirit what He wants you to do:

- Following: What does the Lord want you to do in pursuit of deepening your relationship with Him this week?
- Fishing: Who do you know who needs to hear this story?

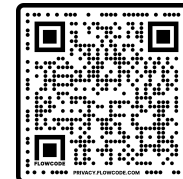
# HEALED PEOPLE HEAL PEOPLE

“As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.”

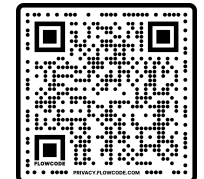
Genesis 50:20

TOPIC	PODCAST	PASSAGE	PRACTICE
1. Trauma	57	Genesis 37	Teach and Identify a Heart Wound
2. Grief & Healing	24	Genesis 39	2 Kingdoms U-Diagram
3. Attachment Style	7 & 86	Ruth 1:16 2 Samuel 13:12-21 Genesis 29:31-34 1 Samuel 20:30-35	Attachment Inventory and Share
4. Engaging Another's Story	136	John 4	Principles/Tactics and Story Work
5. Accusations from Evil	42	Revelation 12:7-12	Accusation List and Share
6. Agreements with Evil	43 & 47	Genesis 3	Rebuking Evil in Our Authority
7. Soul Ties	60	Judges 16:1-21	Story Work
8. Sexual Trauma	49 & 50	2 Samuel 13:1-21	Story Work
9. Forgiveness	28	Genesis 50:15-21	Story Work

No Place Left Army Website



The Place We Find Ourselves Podcast



# TOOLS TO PRACTICE

## 0. VISION CAST AND HEART WOUND

### HEART WOUNDS

1. Like physical wounds, but you can't see them
2. They need time and care to heal
3. The process of healing usually hurts
4. If we don't heal them, they negatively affect us for the rest of our lives

### MULTIPLICATION STRATEGY

As we make disciples, we will run into others' heart wounds. We want to help them heal, but we can only take others as far as we've gone.

### SYMPTOMS OF A HEART WOUND

1. **Trouble With Relationships** - lack of empathy, relational insecurity, relational idolatry, inability to get past surface relationships, inability to identify your feelings
2. **Trouble Regulating Your Affect** - depression/anxiety, uncontrollable anger, pornography and sexual addiction, drug/alcohol addiction, apathy, irrational fear
3. **Trouble Receiving Kindness** - inability to take a compliment, perfectionism, sarcasm

\*these are examples, not a complete list

## 5. ACCUSATION LIST

Make a list of thoughts that you consistently hear that are accusatory. They can be about your identity, your actions, fear of the future, etc.

## 4. ENGAGING ANOTHER'S STORY

### Must Haves: Humility and Courage

- **Attunement** - pay attention to their body and emotions.
- **Non-Verbal Communication** - way more important than verbal communication. Non-verbal is involuntary and unedited
- **Repairing Rupture** - more important than engaging a story perfectly. You're allowed to mess up
- **Explore the Trauma Before the Trauma** - there is always a setup for trauma
- **Invite the Storyteller to be Embodied** - Ex: "If that [feeling in your body] could talk, what would it say?"

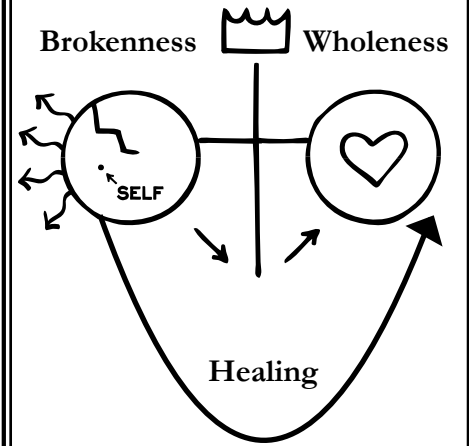
## 6. BREAKING AGREEMENTS WITH EVIL

1. **Enter Into Your Story** - when did you make the agreement? When has it affected you?
2. **Engage Your Limbic System** - connect your head and your heart; get into your emotions
3. **Confess The Agreement** - name the agreement you made, the spirits you made it with, and in the context it was made in
4. **Renounce The Agreement** - in the authority you have in Jesus, renounce the agreement
5. **Send The Spirits to Jesus For Judgement**

## 1. HOW TO SHARE YOUR STORY

- Choose a story that was painful for you
- Be specific with the details - how old were you? Who was involved? Who was absent? What did your surroundings look like? Etc.
- Share the emotions you felt during the story, and the emotions you're feeling as you're sharing it
- Avoid the 30,000 foot view - healing happens when we enter back into our stories as we experienced them, not from a safe distance away.
- If possible, write your story out

## 2. 2 KINGDOMS U-DIAGRAM



## 3. ATTACHMENT STYLES

1. Secure
2. Anxious Preoccupied = Anxious
3. Dismissive Avoidant = Avoidant
4. Fearful Avoidant = Disorganized



Attachment Style Inventory

## 7. SOUL TIES

### MARKS OF A SOUL TIE

1. It can feel like love, and is very close to love
2. There is a lack of freedom to be yourself without fear of punishment or withdrawal
3. You only have one option - play your part. The consequences of leaving that situation are dire - they feel like life or death
4. You have conversations with someone who is not in the room
5. You are working very hard to make the relationship work
6. You have a false sense of protecting the other person

### HOW TO BREAK A SOUL TIE

1. Recognize your authority in Jesus to break it
2. Get particularity and emotional closeness to the story - where it started, or a time you were affected by it
3. Kindness to your younger self is necessary
4. Break the tie, and give the other person back to Jesus
5. Close the portal to their spiritual warfare that has entered your heart as a result of the soul tie