

3/3RDS DISCIPLESHIP PROCESS

Split time equally between thirds

1/3 – LOOK BACK

1. Member Care

Everyone share a high and a low, or how they're feeling.

2. Loving Accountability

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

3. Worship and Prayer

Pray or sing a psalm.

4. Vision Cast

Share the multiplication of healed people, heal people.

2/3 – LOOK UP

5. New Scripture

Read the passage that goes with the lesson.

- * Re-tell the story as accurately as possible.
- * How do people feel in the story?
- * How do you feel?

3/3 – LOOK AHEAD

6. Practice

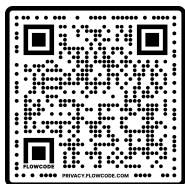
Learn the new tool, and share in the group.

7. Obedience to Holy Spirit

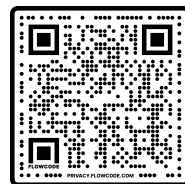
Ask the Holy Spirit what He wants you to do:

- Following:
 - How can you walk closer with Jesus this week?
 - Listen to the next podcast.
- Fishing:
 - Who needs to hear the gospel or this story?

No Place Left Army Website



The Place We Find Ourselves Podcast

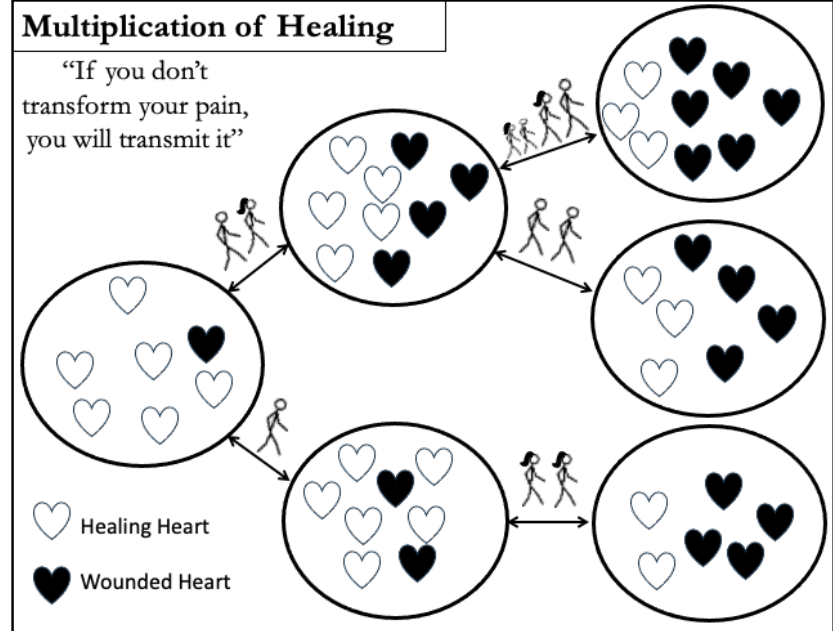


HEALED PEOPLE HEAL PEOPLE

“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 | POD | PASSAGE | PRACTICE |
|-----------------------|---------|---|--|
| Heart Wound | 57 | Genesis 37 | Heart v Physical Wound Share Symptoms |
| Your Story | 155 | Genesis 39 | Share Stories |
| Engaging a Story | 136 | John 4.4-46 | Curiosity and Kindness Listen to Leader's Story |
| Attachment Style | 7 & 86 | Ruth 1:16 2 Samuel 13:12-21 Genesis 29:31-34 1 Samuel 20:30-34 | Attachment Inventory Share Stories |
| Accusations from Evil | 42 | Revelation 12:7-12 | Share Accusation Lists Share Stories |
| Agreements with Evil | 43 & 47 | Genesis 3 | Break Agreements Share Stories |
| Soul Ties | 60 | Judges 16:1-21 | Soul Ties, Share Stories |
| Sexual Wounds | 49 & 50 | 2 Samuel 13:1-21 | Share Stories |
| Forgiveness | 28 | Genesis 50:15-21 | Share Stories |
| Lament | 64 | Psalms 62 | Write your Lament |



TOOLS TO PRACTICE

HEART WOUND v. PHYSICAL

| | Physical Wound | Heart Wound |
|------------------------|---|---|
| See It? | Yes | No! |
| Don't Treat It? | Longterm Problem Angry at Others Affects Whole Body | Longterm Problem Angry at Others Affects Whole Body |
| Others Respond? | You Need Help! | Avoid and Dismiss |
| How to Heal It? | Care from Others Worse Before Better Care for Self | Care from Others Worse Before Better Care for Self |

Do You Want to Get Well? —John 5.6

SOME SYMPTOMS OF HEART WOUNDS

- Trouble With Relationships** - lack of empathy, relational insecurity, relational idolatry, inability to get past surface relationships, inability to identify your feelings
- Trouble Regulating Your Affect** - depression/anxiety, uncontrollable anger, pornography and sexual addiction, drug/alcohol addiction, apathy, irrational fear
- Trouble Receiving Kindness** - inability to take a compliment, perfectionism, sarcasm
- Addictive and Recurring Sin:** Pornography, Alcohol, Anger Outbursts, Depression, Anxiety

SOUL TIES

MARKS OF A SOUL TIE

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

HOW TO BREAK A SOUL TIE

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

HOW TO LISTEN TO A STORY

Kindness

- Thank you for sharing that
- Anyone would have felt like you did
- I'm sorry that happened to you
- Attune to them: pay attention to their body language and emotions

Curiosity

- Explore the wounds before the wound
- The body keeps the score; ask what they're feeling in their body
- Ask about the shame, don't avoid it
- "If you could go back to that moment what would you tell yourself now?"
- Don't have to be perfect. If you offend, repair.
- What is your earliest memory of this?

BREAKING AGREEMENTS WITH EVIL

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

LAMENT

- Lament is talking to God about our grief.
 - Lament is a path toward God and reorients us to the truth.
 - To lament well, we trust God's goodness and control. We humble ourselves under Him.
 - About 1/3 of the Psalms are Laments. They are for personal and corporate use.
 - Talk about these facts and their effect on how we should live**
 - Write your lament using TCAT. Share it with the church if you'd like.**
- Turn:** Address God as you come to him in prayer. Think of scripture about his faithfulness.
 - Complain:** Identify in blunt language the specific pain or injustice. (Why or how is often part of the complaint)
 - Ask:** call upon God to act in a manner that fits his character and resolves your complaint.
 - Trust:** Choose to trust affirm God's worthiness to be trusted, and commit to praising him.

HOW TO SHARE YOUR STORY

- Pray and humble yourself before the Lord
- Choose a painful or upsetting story
- Be specific with the details. No 30,000' views
- Share emotions you felt at the time and now
- If possible, write your story out

ATTACHMENT STYLES

[Attachment Style Inventory](#)

Secure:

Mom and Dad were there for me

Anxious Preoccupied / Anxious:

Sometimes Mom and Dad were there

Dismissive Avoidant / Avoidant:

Mom and Dad were not there for me

Fearful Avoidant / Disorganized:

Mom and Dad were a source of fear and harm

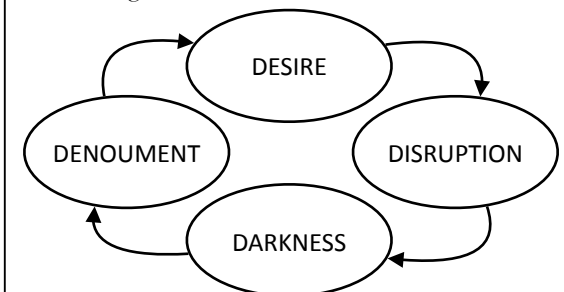


ACCUSATION LIST

- 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.
- Share the list with your church

SEXUAL WOUNDS

- Most sexual sin is rooted in a legitimate desire
- The desire is disrupted or short cut somehow in our story
- That can launch us into a long period of darkness, often beginning in childhood
- Going back into the disruption part of the story can bring a denouement or final outcome



Think of the Lion King Story as an example of this cycle.

- Share your story with your church.
- See the journey course with Jay Stringer (thejourneycourse.com) for more help.