

# 3/3RDS DISCIPLESHIP PROCESS

Split time equally between thirds

## 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.

## 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?

## 6. Practice

Learn the new tool, and share in the group.

## 7. Obedience to Holy Spirit

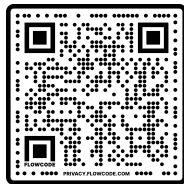
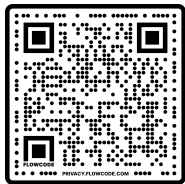
Ask the Holy Spirit what He wants you to do:

- 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](#)

[\\* Forgiveness Podcast](#)



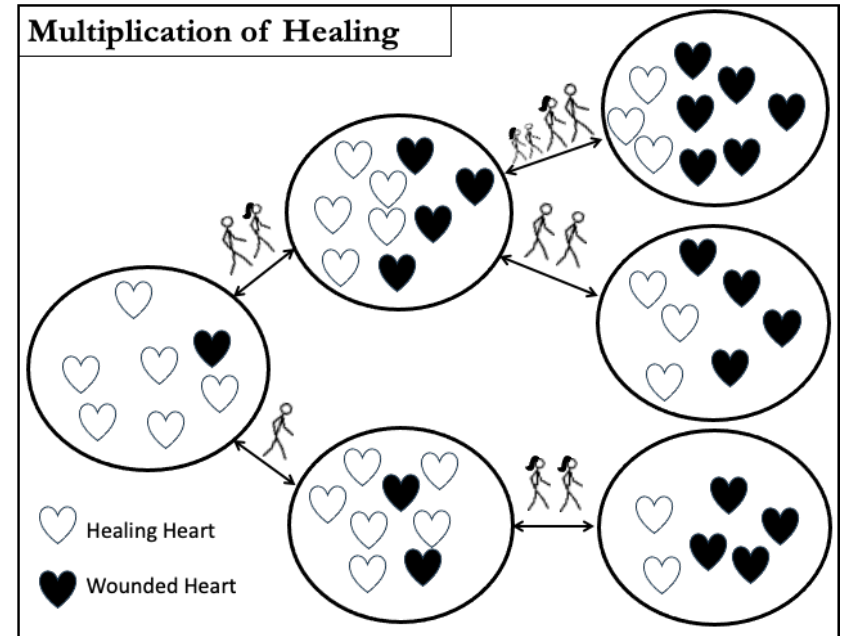
As of 23 December, 2025

# HEALING 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	A. Heart v Physical Wound, Share Symptoms
Engaging a Story	136	John 4.4-42	B. Curiosity and Kindness, Listen to Leaders Story
Your Story	155	Genesis 39	C. Share Your Story
Attachment Style	7 & 86	2 Samuel 13:12-21	D. Attachment Inventory, Share Stories
Accusations from Evil	42	Revelation 12:7-12	E. Share Accusation Lists, Share Stories
Agreements with Evil	43 & 47	Genesis 3	F. Break Agreements, Share Stories
Soul Ties	60	Judges 16:1-21	G. Soul Ties, Share Stories
Sexual Wounds	161	2 Sam 13:1-21	H. Sexual Journal ?'s
Forgiveness	*	Gen 50:15-21	I. Forgiveness Process
Lament	64	Psalms 62	J. Write your Lament



# TOOLS TO PRACTICE

## A. HEART WOUND v. PHYSICAL WOUND

	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 Issues:** Pornography, Alcohol, Anger Outbursts, Depression, Anxiety

## B. 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

## C. 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

## D. ATTACHMENT STYLES

**Secure:** Comfortable with intimacy and independence; trusts partners, expresses emotions openly, can manage conflict well.  
*Root:* Consistent, responsive caregiving in childhood.

**Anxious-Preoccupied / Anxious:** Seeks high levels of intimacy, approval, and closeness, often fearing abandonment; can be clingy or demanding.

*Root:* Inconsistent caregiving (sometimes there, sometimes not).

**Dismissive-Avoidant / Avoidant:** Values independence and self-sufficiency, often suppressing emotions and avoiding deep intimacy or commitment.

*Root:* Caregiver discouraged emotional expression or was distant.

**Fearful Avoidant / Disorganized:** Desires closeness but fears it simultaneously, leading to unpredictable behavior; often struggles with trust and emotional regulation.

*Root:* Frightening or traumatic caregiving experiences, making

## E. 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

[Attachment Style Inventory](#)



## F. 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.** Command the spirits to go to Jesus for judgment. You rebuke, Jesus judges.

## G. SOUL TIES

### MARKS OF A SOUL TIE

1. Feels like love. It is like love, but it’s not.
2. Lack of freedom to be yourself for 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 not in the room
5. You must work very hard to make the relationship work
6. False sense of protecting the other person

## H. SEXUAL JOURNAL QUESTIONS

Journal about the answer to the these questions:

- How did you first come to learn about sex?
- Where is there sexual harm in your past either through contact, conversation, suggestion, lack of protection?
- Where do you feel shame around your sexuality?

Consider making a story of sexual harm one to share with a close friend, a counselor, or your group.

## I. FORGIVENESS PROCESS

1. Recognize your need to forgive. Confess there are people that you are bitter toward and need to forgive, especially those who are closest.
2. Submit to God: His word and His Spirit.
3. Make the right decision. Don’t wait for feelings, do it from your will.
4. Say it out loud, preferably to a witness.
5. When tempted with bitterness, don’t forgive again, remember you have already forgiven.
6. Think well of that person in the future and pray for them. Replace the negative with the positive.

## J. 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.**
1. **Turn:** Address God as you come to him in prayer. Think of scripture about his faithfulness.
  2. **Complain:** Identify in blunt language the specific pain or injustice. (Why or how is often part of the complaint)
  3. **Ask:** call upon God to act in a manner that fits his character and resolves your complaint.
  4. **Trust:** Choose to trust affirm God’s worthiness to be trusted, and commit to praising him.

## 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