

Jesus Christ..Helping Us Get Past our Past

- Donald A. Lichi, PhD
- Psychologist
- Vice-President Emeritus
- EMERGE Counseling Ministries

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Scripture

Isaiah 53:4-7	Ephesians 2:8	Romans 3:22-23
Romans 5:8	Romans 6:23	1 John 5:12

2



3

We Need a Savior

Redeemer Rescuer Advocate

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Born Again?

How can this be?
John 3:16

Gift of God -
Eternal Life in
Christ Romans
6:23

5

Salvation?

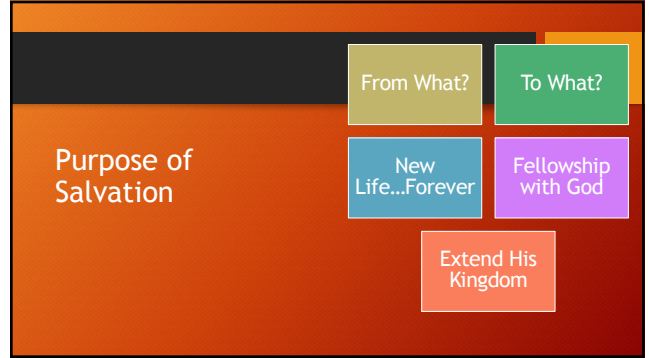
Sozo (Gr.) To make sound Heal Save

Preserve Save from death Keep alive

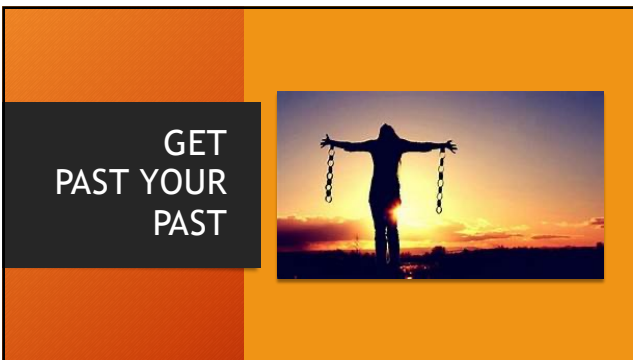
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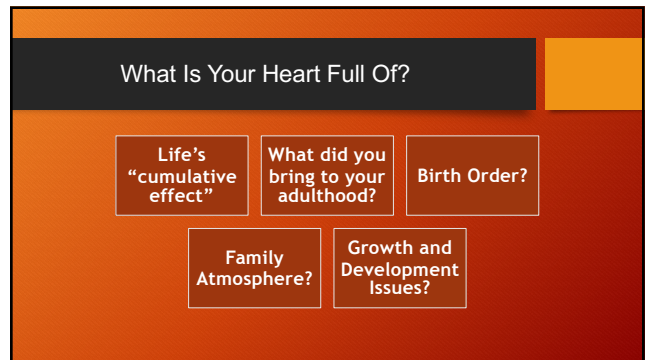
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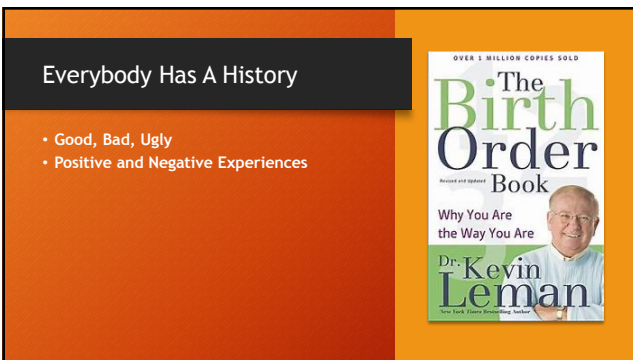
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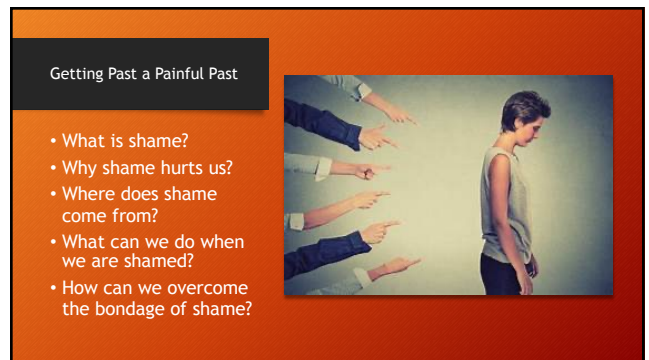
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What is Shame?

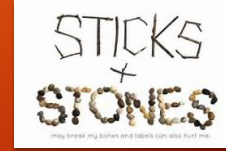
- Overwhelming, painful experience of embarrassment and humiliation that leaves the victim feeling alone, powerless, unworthy, weak and hurt.
- Shame is internalized as emotional trauma



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Stick and Stones...

- Remember? *'Sticks and stones will break my bones, but words will never harm me.'*
- **NOT TRUE!!**
- **WORDS HAVE POWER**



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“You” Messages Become “I” Messages

15

Life Happens...

- “Lose face”
- Few things in life are as painful as shame



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From Where Does Shame Come?

- Parents
- Leaders
- Our Boss at Work
- Strangers
- Coach/Teacher
- Anyone who has “power”
- Ourselves



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What Can We Do?

- Identify source of shame
- First?
- Worst?
- Most Recent?

GETTING PAST YOUR PAST

FRANCINE SHAPIRO, Ph.D.

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Shame affects...

- Our thinking
- Our emotions
- Our body
- Our spirit/soul
- Our ability to trust



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IN REVIEWING THE PAST

BE THANKFUL FOR GOD'S PROVISION

BE CAREFUL NOT TO BE PREOCCUPIED WITH THE PAST

WE DON'T LIVE ACCORDING TO THE EVENTS OF OUR PAST.... RATHER, WE LIVE ACCORDING TO THE INTERPRETATION WE GIVE TO THE EVENTS OF OUR PAST

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Our Self-Concept Lens

- The lens by which we see ourselves
- Jeremiah 17:9
 - "The heart is deceitful above all things and beyond cure. Who can understand it?"



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Of Course, I'm Available...



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I Am Most Vulnerable When...

- HUNGRY
- ANGRY
- LONELY
- TIRED
- Bored
- Anxious
- Depressed



23

How Jesus Helps Us Overcome a Painful Past



24

We don't live with the event...

- We live with the *memory* of the event
- We live with the *interpretation* we give to the event
- **THIS INTERPRETATION CAN BE EDITED**
- ...To allow us to live our lives more effectively in the present and future



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Prayer of Honesty

Talk	Talk to God honestly
Pour out	Pour out your emotions
Meditate	Meditate for a new way of seeing the pain. The Holy Spirit will help you.
Praise	Praise God for the new meaning He gives you!

26

"These things I remember and I pour out my soul within me. For I used to go along with the throng and lead them in procession to the house of God. With the voice of joy and thanksgiving, a multitude keeping festival." - Psalms 42:4, NASB

4

STEPS TO PRAYING THROUGH

4

THROUGH PRAYING

4

STEPS TO


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TALK TO GOD HONESTLY ABOUT YOUR HURTS



4

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THROUGH PRAYING

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STEPS TO

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TALK TO GOD HONESTLY ABOUT YOUR HURTS

2

EXPRESS YOUR FEELINGS ABOUT YOUR HURTS TO GOD



4

STEPS TO PRAYING THROUGH

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THROUGH PRAYING

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STEPS TO

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TALK TO GOD HONESTLY ABOUT YOUR HURTS

2

EXPRESS YOUR FEELINGS ABOUT YOUR HURTS TO GOD

3

MEDITATE FOR A NEW MEANING FROM YOUR OLD HURTS



4

STEPS TO PRAYING THROUGH

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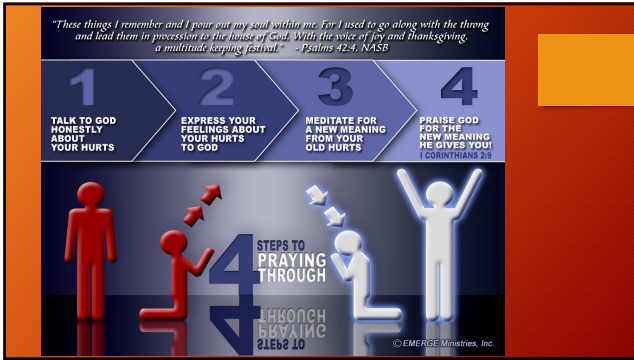
THROUGH PRAYING

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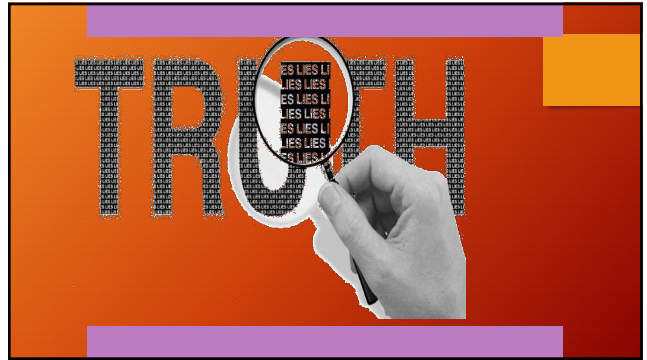
STEPS TO

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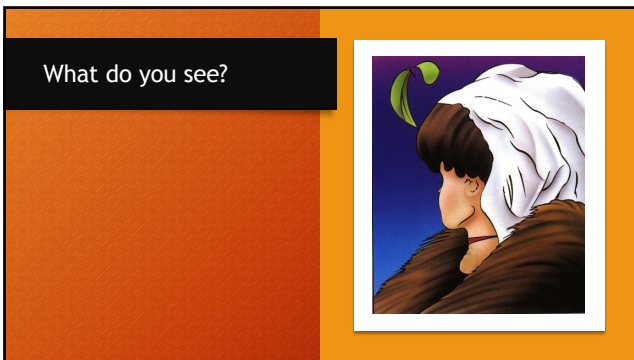
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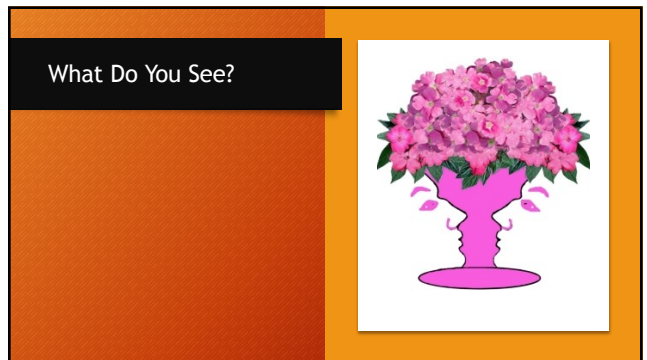
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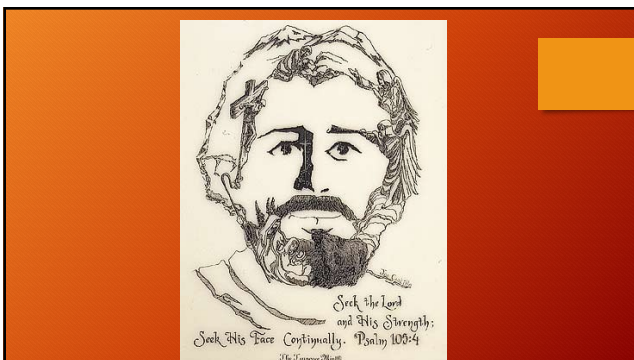
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REMEMBER...BECAUSE OF JESUS CHRIST

- LOVABLE
- VALUABLE
- FORGIVEABLE
- CHANGEABLE
- NEVER ALONE



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Summary and Conclusion

Without Jesus...We are really lost

Because of Jesus...We are really found


God demonstrated His love...

Jesus Christ is God's perfect solution to a painful past

New Life in Christ...now and for eternity

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NOT DONE YET!



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Amen.

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