



# Processing the Issues of Your Heart

*Participant Guide*

## Part 3: Response

*"How have you responded to this specific offense, hurt, or loss?"*

*"What have you decided?"*

*"Full disclosure: get real with God."*

How have you responded to your pain? What have you said or done in response to the offense, hurt, or loss you experienced? Have you made any internal agreements or decisions because of your pain? This is about full disclosure. What has your part been?

**Start by praying through the scripture and asking the Lord to reveal to you anything He wants you to know. What does the scripture say to you?**

*"See if there is any offensive way in me, and lead me in the way everlasting."*

*- Psalm 139:24 (NIV)*

### **A. What have you said or thought in response to this offense, hurt, or loss?**

Ask God to show you YOUR part in relation to this offense, hurt, or loss. What have you said? It could be something you said to the person you are processing, to others about the person or situation, or just said internally to yourself. It could also be things you did not say, but perhaps should have. Ask God to help you. Acknowledge your role and response. Seek to get all of your offensive ways disclosed. Write them down in your process. There is no shame when coming to God with a humble heart seeking to get free. He can handle it. Don't leave anything hidden or in the dark. It is imperative for you to be totally honest here. Keeping any response you are ashamed of, secret, will keep you from being free. You don't want to unwittingly leave any opportunity for the enemy to legally accuse you of your sinful response, and keep you from the freedom that God wants you to experience.

### **B. What have you done in response to this offense, hurt, or loss?**

This could be something you did when you were little, growing up, or even yesterday. Think of these as the actions beyond the words: the ways in which you've acted out. You may also have examples of things you have 'not done' but could have. There could also be ways you have responded to try and protect, comfort or punish yourself.

#### **Examples:**

- Yelling, hitting, getting aggressive
- Ignoring, controlling with silence
- Could have spoken up, but were afraid.
- Could have told the truth, but chose differently.
- Self-harm, eating too much, too little (disorders), suicidal thoughts/attempts, drug or alcohol abuse, sexual promiscuity or acts outside of God's design, gossiping, lying, seeking pleasure, comfort, or approval outside of God's design, etc.

\*It is important to remember, no one is perfect! Not one of us lives up to God's design. As you acknowledge and begin to release these responses, remember it is for your freedom not for condemnation!

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### **C. What have you decided?**

Include any judgments and vows you have made regarding the offending person, yourself, God, or the loss you have experienced.

### **What have you 'decided' internally due to the GAP you are processing?**

We call these judgments, vows, or internal agreements. These would be the subconscious things you say to yourself or others. This could be the first time you are aware of all the ways you have been 'deciding' to do things or not to do things because of these hurts. Most people begin to realize there has been a negative conversation going on within their hearts and mind- for years. Typically (though not every time) vows and judgments are found in 'always' and 'never' statements.

### **Examples of judgments/vows/agreements:**

"I will never be hurt again." "He will always be that way." "I would never do that to anyone." "I am not worthy of love." "I would never treat my children that way." "I will never marry a spouse like them." "I will always protect my children." "He is such a\_\_\_\_\_." "She will always be\_\_\_\_\_." "He won't change." "I will never be in an out-of-control situation again."

Although these statements aren't all "bad," whom do they put in control? You! These 'promises to self' or statements of independence keep us in control. God created us to be dependent upon Him, not live life independently of Him.

### **Have you made any internal agreements or decisions because of your pain?**

This is about continued full disclosure. What has your part been? Identifying these judgments, vows, and agreements are CRITICAL pieces to the process and your freedom. Make sure you leave plenty of time to explore this area and ask God to reveal to you the judgments/vows/agreements you have made. Our words (spoken or unspoken) have the power to bring life or death. You may begin to realize the destructive power these words are having on your relationships with others and also on your heart. This part is vital to your freedom so do not hold back!

**\*\*Note:** By acknowledging your role/response, you are in NO way saying that you are the sole one responsible for the offense, hurt or loss. You are NOT approving and excusing what the offender did. You are not saying the pain did not matter. This is the first step in doing things God's way and beginning to lay down the hurt in a new way, so that healing can begin.