



FOUNT SCHULTS

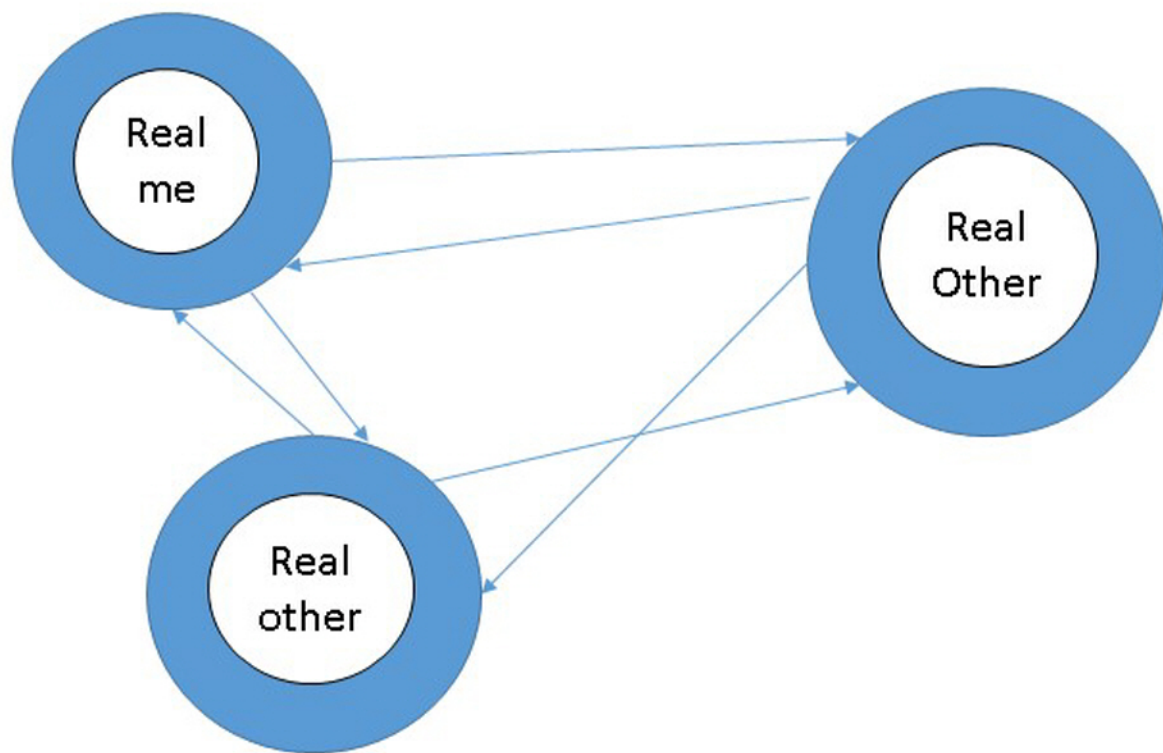
## The Goal of Our Time Together

- To produce a community of openness to one another
- By learning to forgive freely
- By recognizing our tendency to cover our unconscious shame
  - Caused by our interpretation of the actions of parents and others
- By exposing the lies we have believed – our toxic thinking
  - These lies are on the unconscious level: we know better in our head
- By healing the emotional wounds that act as triggers
  - As long as the wounds are raw, we react to offenses and shut down



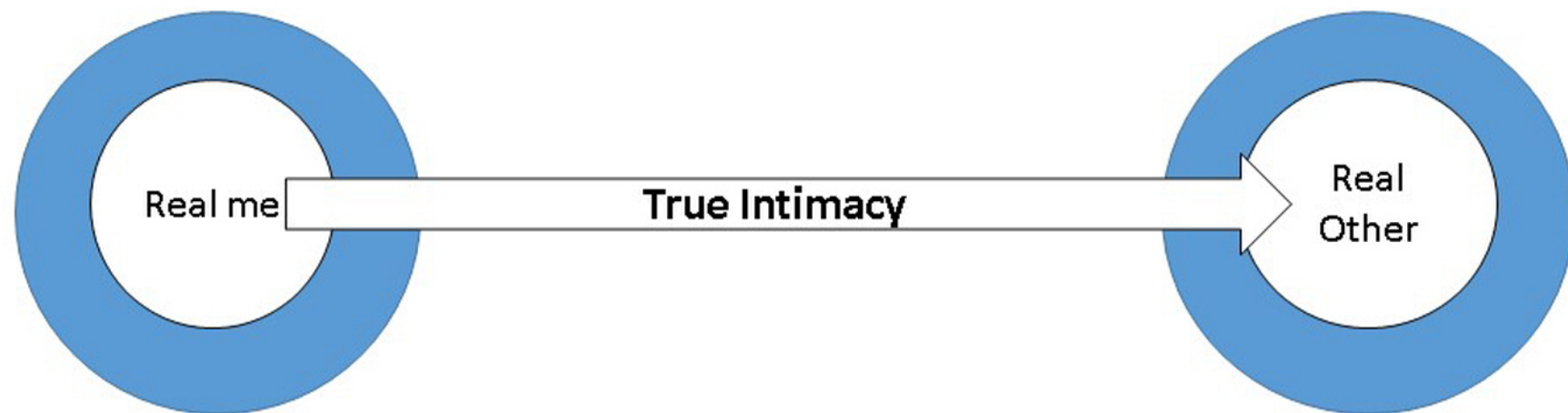
## Shame and its Effect on Relationships

Surface Community



# Developing Healthy Relationships

Genuine Relationships and a Caring Community  
By Healing the wounds and defeating the lies



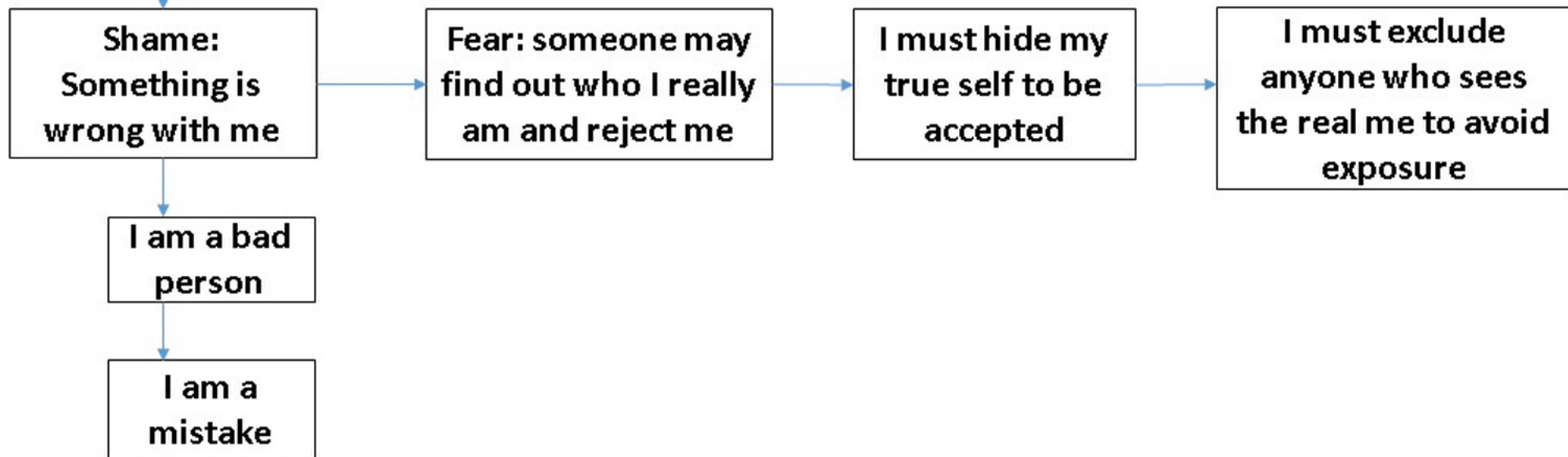
**Intimacy is not possible from the other side of a wall**

## The Real Problem: Shame

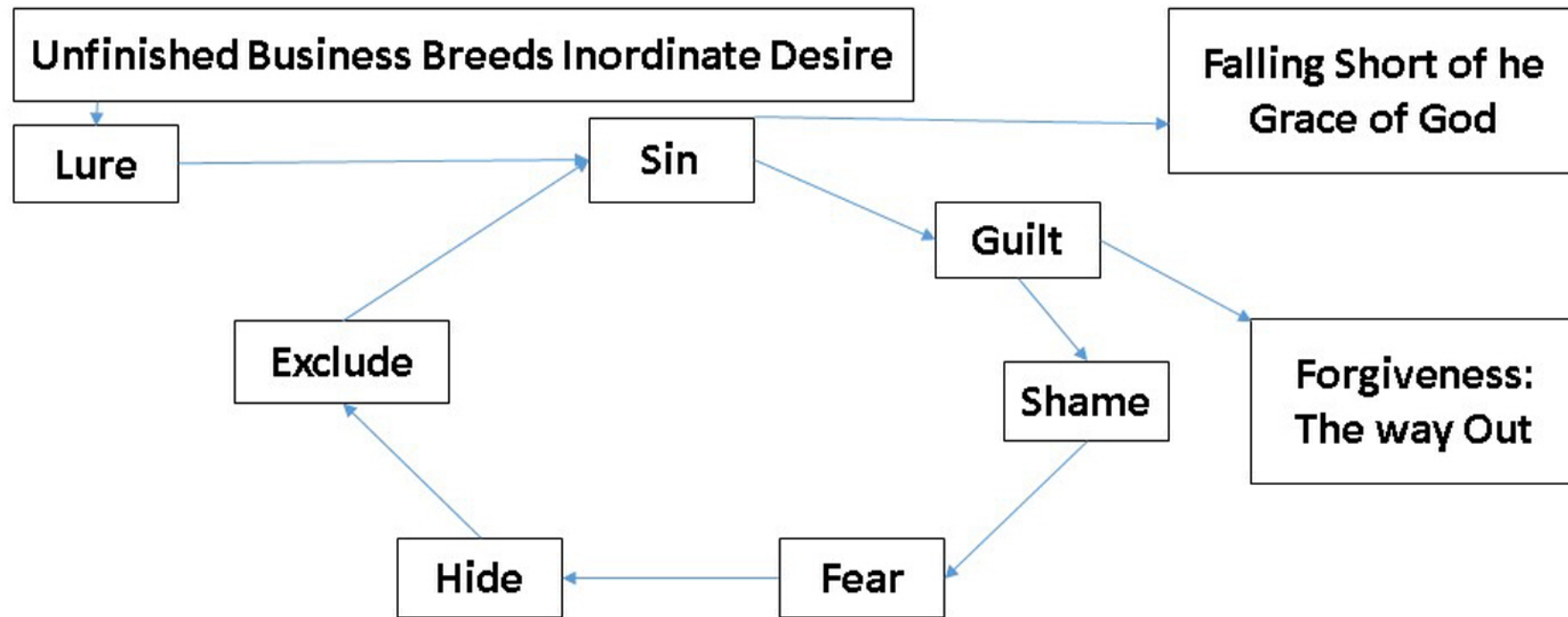
Mistake

Self-Rejection

Felt Rejection – They did not reject God, they rejected themselves



## The Vicious Cycle

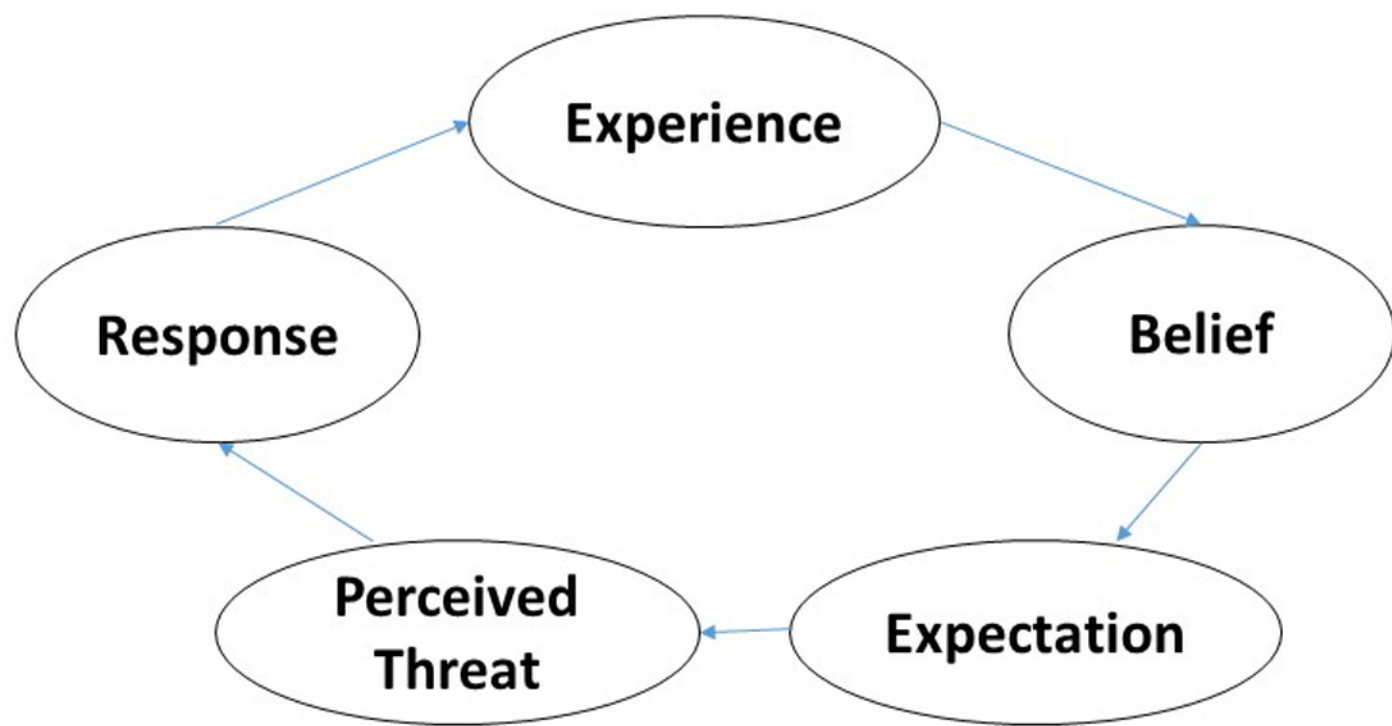


God created man with a desire to be like God.  
The snake convinced Eve that she had to  
disobey God to be like God

## Generational Iniquities

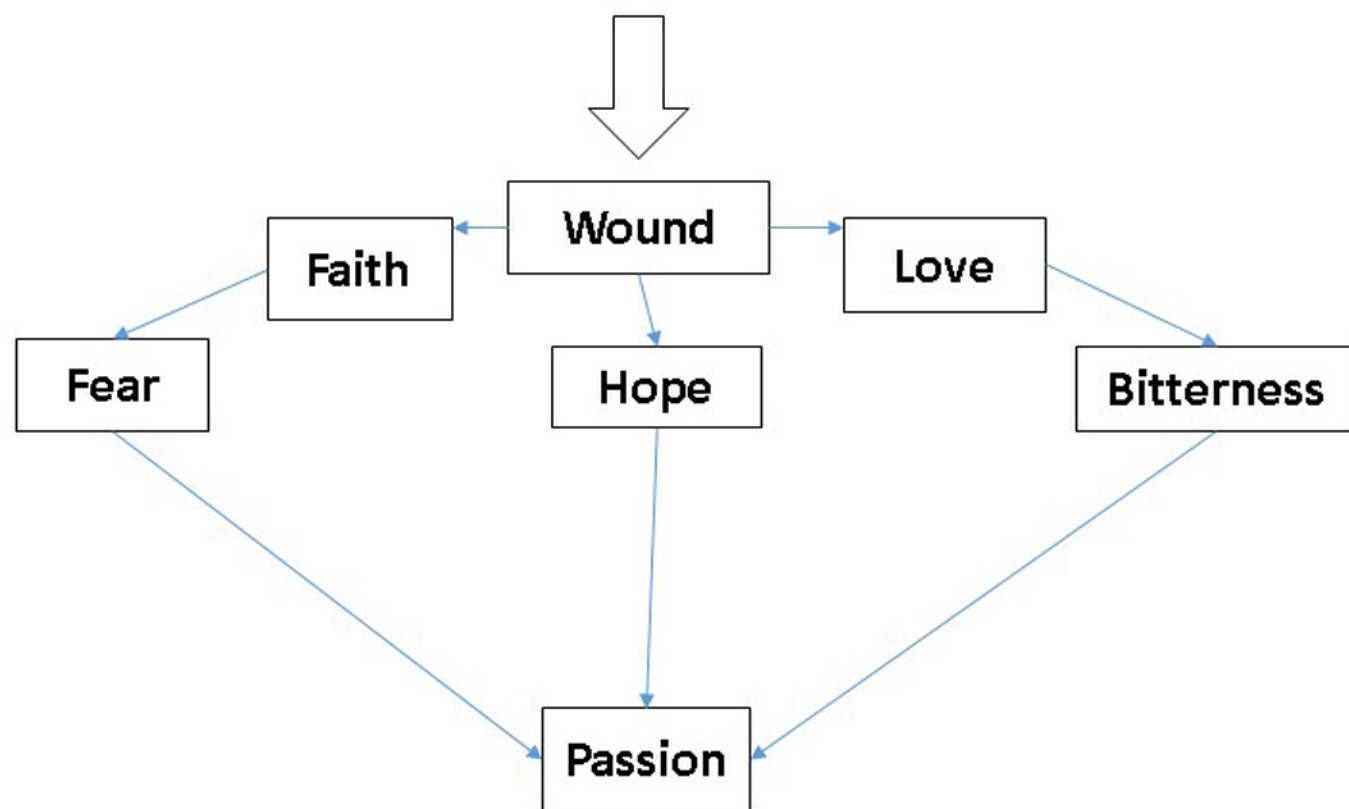
- Sin – what you do. Iniquity – something inside that is bent
- Iniquity comes through DNA and Environment
  - Iniquity is a potential which we choose to release or squelch
  - Growing up in a family provides opportunities to choose
  - Lynda's testimony
- The problem of “3<sup>rd</sup> and 4<sup>th</sup> Generation (Ex. 20:5, Isa. 18:5, Ez. 18:2)
  - Two kinds of Law: Legislated law; Natural law
- The way out of the “gravitational pull” of iniquity
  - Leviticus 26. a. Hearing the voice, b. Confessing your sin and the sins of your fathers. (vv. 40-42)

# Toxic Thoughts

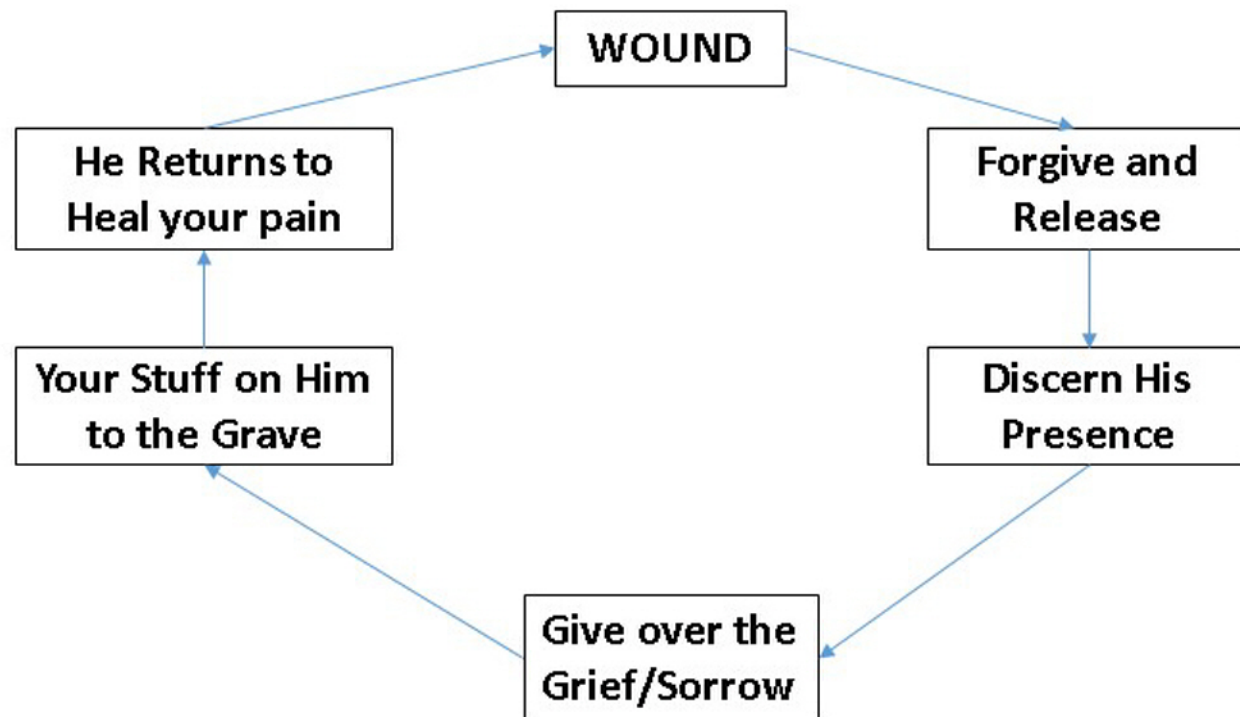




## Responses to Rejection (Having already Rejected Myself)

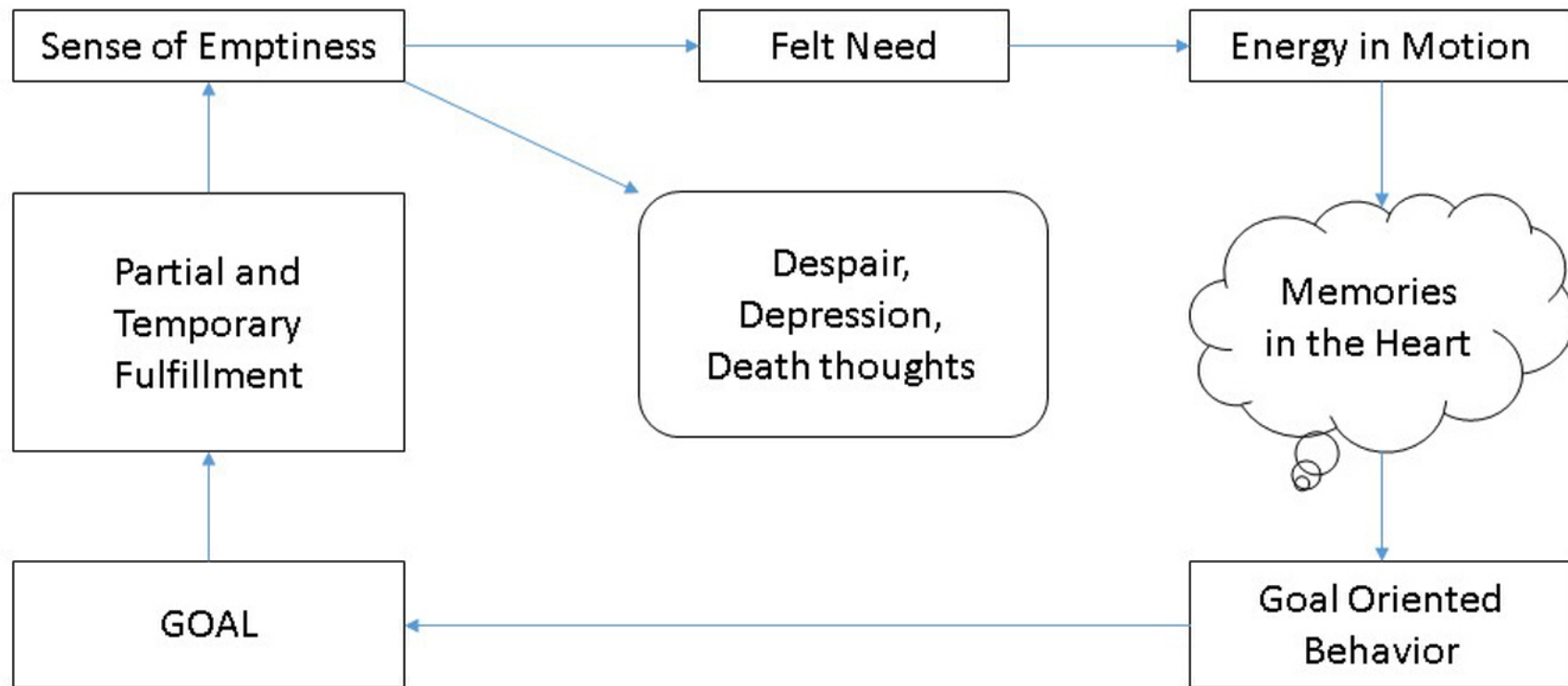


# HEALING EMOTIONAL WOUNDS



## Felt Needs

### Basic Human Needs: Love, Significance, Security



# Real Needs

## Basic Human Needs: Love, Significance, Security

