



Session 9: Healing Wounds

Part 9: Wounding Life Experiences

Traumas — life events that cause physical, psychological, or spiritual damage and becomes a door point that allows the enemy to take and maintain a stronghold either in your personal life or in your generations.

Conception trauma: born out of wedlock, unwanted; genetic problems

In the womb and birth trauma: rejection, illness, physical and or emotional in mother, rejection because of gender; breach/cord around neck.

Early illnesses/dental trauma and separations

Hospitalization — yours or parents (being in isolation at birth)

Given up for adoption

Father away because of job or at war

Moving to new area

Divorce, death

Accidents, Injuries Trauma

Near drowning, choking or witnessing them

Rejection due to physical/emotional differences or conflicts with parents/siblings, peers, school/teachers, bosses, pastors, doctors, Mates, government

Wounding in churches

Rejection by girl/boy friends

Incest/molestation, rape, robbery,

Divorce

Dysfunctional family

Loss of friends, parents

Fear of poverty, financial loss

Sickness and disease,

Parents speaking fear of God or Devil

Lies from parents, siblings

Verbal, emotional, physical and sexual abuses

Coarse jesting

Victimization, family scapegoat



Witnessing Violence & Trauma

At home, boarding schools

Keeping family secrets

Being afraid and anxious on daily basis

Broken Heart Trauma

Unfilled expectations and broken dreams (Prov. 13:12, hope deferred makes the heart sick. Reproach

Examples of hurt in childhood

Separation from parent, mom, death of parent, rejection, abandonment, abuse, neglect, absence of a father, illness in mother, death of sibling, emotional abandonment, hunger, physical pain, fighting and quarreling between parents, lack of food and warmth and safe place.

Failed to remember their promises, failed to give us time, didn't really see us or listen to us, were inconsistent in nurturing and loving us, failed to provide warmth, safety and a sense of belonging, or even abused us. Betrayed by relationship.

Examples of hurt in school age

Wounded by school teachers; Wounded by lack of affirmation by father or abandoned by father; Abuse: sexual abuse, emotional abuse, physical abuse; Illnesses; hospitalizations, accidents, losses, death; addictive parents; ignored; compared to siblings, death of parents or sibling, fire, etc

The most common emotional hurt, according to Dr. Conrad Baars, is a lack of affirmation – by this he means having had our goodness revealed to us by another who sees that goodness and loves us unconditionally. Baars says “we cannot become our true selves until we have been affirmed. We discover who we are only when we see our goodness reflected back to us in the eyes of another who loves us. (take me to your heart and affirm me.”

The person who can affirm another has learned how to be moved inwardly by a thing or a person, & to let that “being moved” reverberate throughout their entire emotional life. Only the person who can be moved inwardly by our goodness can affirm us.

Examples of hurt in adolescence

1. Failing grades
2. Arguments between parents; arguments with siblings and parents
3. Serious illness of a family member; Death of a parent
4. Mental illness of parent; Divorce of parents
5. Abandoned by father or mother
6. Criminal activity of parent
7. Family moved you around too much
8. Stress from personal illness or injury



9. Being jilted, stood up, rejected; Breaking up with a boy or girl friend
10. Loss of a close friend; Unable to socialize with your peers
11. Not able to marry the person you loved – because your parents forbid it
12. Death of person you loved – and planned a life with. (war)
13. Sexual hurts: 38% of women have an experience of physical sexual abuse by 18, and ¼ by 13. Men: 10% experience physical sexual abuse by 18. boys may be more reluctant to admit it. Sexual abuse is very common. Effects of sexual abuse: total inability to relate; make ourselves unattractive, self-blame

Examples of hurt in middle adult years

Job losses, empty nest, illness, death, children having problems or leaving home, marital difficulties or even divorce, an aging or ill body, financial problems

Examples of hurt caused by relationships

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| Lying about us – | Taking something from us that belongs to us – | |
| Stealing from us – | Deceiving us – | Not forgiving us – |
| Judging us – | Gossiping about us | Speaking harshly to us |
| Not listening to us | Abandoning us | Using us |
| Threatening us | Violate our free will | Manipulate us |
| Make us afraid | Overly protecting us | Controlling us |
| Deprivation of touch | Forced to meet the needs of mom or dad | |
| Not being emotionally honest or open with us | | |
| Exalting it over us | Humiliating us | |
| Hitting us | Abusing us | |
| Using others | Constant scolding and ridicule | |
| Broken agreements | Losses | |

Receive strength by recalling & reflecting on positive memories

We can return to positive memories and take in the ways Jesus and others loved us. We need to return to positive memories, because we were loved with more love than we can receive at one time. No matter how much deprivation we experience, at least some love was given us or we would not have survived. We can go back and receive the love that was given us.

Positive memories facilitate healing – they help us focus on the love we have received and less on the problems. Scriptural pattern is for troubled people to receive strength by going back to positive memories. Reflect upon your positive memories and become rooted in them.