

## WAH Part 4 Healing the Wound ( Session worksheet)

What was Will's wound and how did he get it? He hides his gift of being a brilliant student behind a false self of being the 'tough kid' on the block. It's only after a bond is formed with Sean, his psychologist, that healing takes place. Notice that his 'band of brothers' are concerned & out looking for him. Your goal is to begin the healing process of your wound and discover your real name. This may take a lot of work and I recommend that you spend some time alone this week with your heavenly Father asking him to bring past situations to mind where you were wounded and then asking him to heal you. This could be ongoing so do not give up.

1. How are you feeling at the moment about entering into your wound? Remember 'It's NOT your fault'. Discuss in group using question 2 to help.

2. What is the doorway to your wound? The doorways may be anger, addictions, fear, sadness. What is underneath or causing any of these? What do you use to numb the pain? Is there a movie, a song or other situation that can bring you to tears. Maybe you can use this as the doorway.

3. Consider this: 'Until you give yourself to Him you will not have your real self.' It's all to do with us wanting to be independent of Him. Healing begins with surrender. Can you trust him with your heart and surrender yourself to him? Answer: YES/NO

4. Renouncing the vow. The lie may have been 'You are on your own' and the vow says 'Okay -I will never trust anyone again-never let them close' Have you ever shut your heart to love so that you will never be hurt again? Discuss. In your own time, maybe quiet time, renounce the vow verbally. Make sure by writing it down.

5. Grieving helps us cleanse the wound. It is important for us to grieve our wound, for it is the only honest thing for us to do. For in grieving we admit the truth - that we were hurt by someone we loved. Tears are healing. Grief is a form of validation 'it says the wound mattered'. Can you respond to this privately?

6. Forgiveness. It is time to forgive your father for what he did or did not do to you. This is a matter of choice NOT feeling. It is not making excuses like 'it did not matter' see page 126 of field book. Whereas, forgiveness says 'it was wrong, it mattered, and I release you.'

7. Our New Name. This may seem a bit ridiculous but He does have a new name for each of us! Here we ask God to be our Father, and to tell us our true name. Ask Him what He thinks of you, what he sees in you. You must stay with this question until you get the answer! What is your real name. Example: Gladiator? My name is Maximus-commander of the armies of the north.....

8. Write down what you would really love God so say to you about you and how he feels about you.

Some help. Because the enemy arranges for our wound in a very specific way, it will also help reveal our calling and name! It might help to know that the false self is never wholly false and that you will find something that is true of you in it.

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