



Session 4 & 5 – The Wound/Healing

## Session 4 – The Wound

The Poser is not the truest thing about you, but  
we have to examine it in order to get to the  
core and truth of what is going on.

“Every boy, on this journey to become a man,  
takes an arrow in the center of his heart, in the  
place of his strength.”

- John Eldredge

Jesus needed validation from The Father...so do we.

“This is my dearly loved Son, in whom I am well pleased.”

Matthew 3:17

“When a father and son spend long hours together,  
we could say that a substance almost like food  
passes from the older body to the younger.”

- Robert Bly

If the Father has the power to validate, he also has  
the power to invalidate.

The question of validation is answered by the father  
in thousands of ways.

It is the father's responsibility to create moments of  
validation.

## Effects of the wound

- Out of the wound comes a message, a lie about ourselves and the world, and God
- Out of the message we make a vow. A resolution to never do it again or never let that happen to us again
- This is where the false-self/poser emerges



The Father mourns when His sons are wounded/taken out.

“How they rebelled against him in the wilderness and grieved Him  
in the desert.”

Psalm 78:40

“The Lord is not slow to fulfill His promise as some count slowness,  
but is patient toward you, not wishing that any should perish, but  
that all should repentance.”

2 Peter 3:9

## Questions:

1. What are the wounds that I have received?
2. How were the wounds given?
3. What are the messages and vows that resulted from these wounds?
4. How do these wounds affect me now?
5. What do I do to cope with the wounds?

## Session 5 – Healing The Wound

“He sent me to preach the good news to the poor,  
heal the heartbroken, announce freedom to all  
captives, pardon the prisoners. God sent me to  
announce they year of his grace.”

Isaiah 61:1 MSG

“The Son of Man came to seek and save what was lost.”

Luke 19:10

# The Process of Healing

Begins with Surrender:

The act of the will of giving ourselves back to God

“Until you have given yourself to Him you will not  
have a real self.”

- C.S. Lewis

Renounce the vow:

Renouncing the way(s) we have handled our wounding

Renounce (from Webster) – To disown; to disclaim, to reject; to deny; to cast off.

“Whoever seeks to save his life will lose it.”

Luke 17:33

The more we hold on the more we hurt ourselves

Renounce deliberately and even out loud



## Invitation:

The is where we can now invite Jesus into our wound.

Ask Him to come in and meet us here.

“Behold, I stand at the door and knock; if anyone hears my voice and opens the door, I will come in to him and will dine with him and he with Me.”

Revelation 3:20

We Grieve and Acknowledge the wound:  
We need to be able to grieve and even shed the  
tears that our wound deserves.

“The tears...streamed down, and I let them flow  
as freely as they would, making them a pillow for  
my heart, On them I rested.”

- Augustine

## Allow for God's Love:

Let God love us. To be loved is to be hurt.

Jesus needed and talked about his need for the Father's love and delight in Him. It wasn't a source of embarrassment as it is for many men.

The most manly of men to ever live on earth was the most loving. Jesus loved right up to the point of his own death.

Allow for God's Love (continued):

Open our hearts to God. Be vulnerable to Him.

Ephesians 3:16-20

“I have loved you...with everlasting love. With unfailing love I have drawn you to myself.”

- Jeremiah 31:3

“He chose us in Him before the foundations of the world...He predestined us to adoptions as sons through Jesus Christ to Himself, according to His kind will and intention.” - Ephesians 1:4-5

“God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.” – Romans 5:8

Forgiveness:

We need to forgive our fathers and those who wounded  
us. Be specific here.

Does not say “it didn’t really matter” or “I probably  
deserved it.”

Forgiveness says:

IT WAS WRONG, IT MATTERED, AND I RELEASE YOU.