

THE ANATOMY OF THE WOUND

BEYOND THE SURFACE. BEFORE THE HEALING.



THE SCAB (THE PROTECTIVE LAYER)

Bitterness • Resentment •
Self-Righteousness

A protective attitude that covers
the pain because the area is
still sensitive. Describe your
external behavior.



THE EVENT (THE INJURY)

What happened to you?

The moment, the words, the actions,
the betrayal, the loss, or the injustice
that caused the wound.



EMOTIONS (THE PAIN)

How does this make you feel?

Emotions aren't bad—they are
indicators. They point to something
beneath the surface that needs
attention and healing.



COPING (THE RESPONSE)

How have you coped with these feelings?

The ways you've tried to deal with
the pain in order to survive, protect
yourself, or feel some control.



FEAR (THE THREAT)

What are you afraid of?

The fears and worries that surface
when you think about it happening
again or the pain continuing.



IDENTITY IMPACT (THE LABEL)

How do these feelings name you?

The conclusions you've drawn
about yourself because of what
happened and how it still affects
the way you see you.



CORE: LIE / FALSE IDENTITY

We believe the Lie / False Identity
because our worldview is tied to
"I'm not enough / there's not enough,"
which causes a search for certainty
and a desire for perfection and
self protection / self promotion.

THERE I AM.

(False I Am Statements)



JESUS CAME TO HEAL THE WOUND,
BREAK THE LIE, AND
RESTORE YOUR TRUE IDENTITY.



THE SCAB



THE EVENT



EMOTIONS



COPING



FEAR

IDENTITY IMPACT

FALSE IDENTITY



YOU ARE NOT WHAT HAPPENED.
YOU ARE WHO GOD SAYS YOU ARE.

2 CORINTHIANS 5:17



BELT OF TRUTH

(CONFESSION)

When was the first time you experienced this type of event? Where was Jesus? What does He say about you?

LAMENTATIONS 3:19-23 • PSALM 34:18
ISAIAH 43:1-2 • MATTHEW 28:20

BREASTPLATE OF RIGHTEOUSNESS

(REPENTANCE)

Turn and exchange—repent for the false identities you've believed and core lies, and receive who God says you are.

2 CORINTHIANS 5:17 • EPHESIANS 4:22-24

SHOES OF PEACE

(FORGIVENESS)

Ask to be forgiven for the ways you've coped with the pain of the event and how you have walked in the lie of separation. Then receive the peace of God that comes from being in right standing with Him.

COLOSSIANS 1:13-14 • ROMANS 5:1

SHIELD OF FAITH

(CONNECTION WORLDVIEW)

Renew your faith by choosing to believe the connection worldview. Write the part(s) of the connection worldview you have not believed.

- God is enough.
- I have faith because life is a mystery.
- There's limitless grace for failures as we learn and grow.
- Christ is our example of unconditional love for others, including our enemies.

JOHN 10:10 • HEBREWS 11:1

HELMET OF SALVATION

(RETELL THE GOSPEL)

Retell yourself the good news of the Gospel of the King, His Kingdom and His Return. Remember His precious promises and His faithfulness.

ROMANS 10:9-10 • TITUS 2:13

SWORD OF THE SPIRIT

(SCRIPTURE TRUTH)

Ask the Holy Spirit to give you the wisdom, knowledge and understanding from Scripture that will give you courage to fight the good fight of faith.

EPHESIANS 6:17 • 2 TIMOTHY 3:16-17

RETURN TO PRIESTHOOD

(RECONCILIATION & RESTORATION)

Step fully into your identity as a priest—loved, forgiven, and empowered to carry His presence into the world and walk in the Spirit.

1 PETER 2:9 • REVELATION 1:6



BELT OF TRUTH



BREASTPLATE OF RIGHTEOUSNESS



SHOES OF PEACE



SHIELD OF FAITH



HELMET OF SALVATION



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