

Freedom in Christ

Psalm 51:6

Behold, You desire truth in the inmost being, and in the hidden part You will make me to know wisdom.

With the guidance of the Holy Spirit, spend time identifying what the condition of your heart is... looking in your inmost being and in the potentially hidden parts.

Hurt

An unmet expectation by a person, yourself, or God.

1. Who hurt me? (Myself, Others, God)
2. What did they do?
3. How did I feel when they hurt me?
 - See Hurt Feelings List
4. Is this a familiar hurt from my past?
 - Ask the Holy Spirit to reveal this to you. *Pray: "Holy Spirit, is there someone else that originally hurt me like this? When did I feel this hurt for the first time?"*

Repeat steps 1-4.

Wound

This is a deep pain caused by a traumatic event. Identify any wounds on your heart that are unhealed. This may be connected to your familiar hurt.

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Fears

Fear of Rejection, Insignificance, Failure, Betrayal or Abandonment; Fear of Man

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Lies

Identify the things that you hear in your head that do not line up with the truth of God's Word.

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Stronghold

This is a defensive mindset that sets itself up against God's voice and provokes unhealed places in our hearts that make us vulnerable to demonic oppression. Pray and ask the Holy Spirit to show you what these mindsets are (i.e. "I can't trust" or "I am helpless" or "I must be perfect" or "I am alone.")

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Anything Else

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