



WELCOME!

We want to thank you for joining us for our "Journey to Freedom in Marriage" retreat. We appreciate you taking your valuable time to invest in your most important human relationship...your marriage.

The information presented in this weekend's retreat has been developed from years of research through Intensive Marriage Counseling. These Intensives have helped hundreds of couples identify and move past hidden and visible obstacles to experience life and marriage as our heavenly Father has planned it. We have discovered several truths that we feel are foundational to a healthy, thriving marriage. These truths will be presented at this retreat, and we trust they will impact your life and marriage as much as they have our own.

Relax, enjoy, and ask your Father to help you receive life changing truth and not just more information. May God bless you as you invest in the priceless relationship you have with your spouse.

Yours for souls worldwide,

A handwritten signature in black ink, appearing to read "Kevin and Debi Daly". The signature is stylized and fluid.

Kevin and Debi Daly
Broken Chains International

Session 1

Where Are You Looking For Life?



What Was It Like Before It All Went South In the Garden?

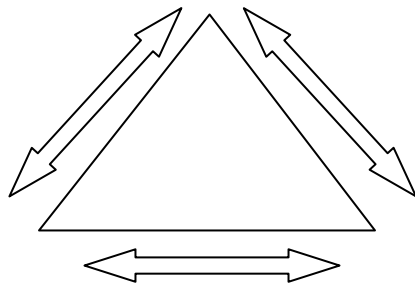
Genesis 1:26-31

We were created in God's Image – Male and Female. It took both to create His likeness – co-rulers & co-subduers.

First Utterance of Created Man

1. Adam was making a declaration of His **R**_____. -“Lord, from your hand I receive her.”
 2. He was accepting of **R**_____. He owned it (“...bone of my bone, flesh...”).
 3. Admission of **C**_____; “She is the rest of me -- in effect, I wasn't all here until you got here!”
 4. A Commitment to **T**_____ vs. 24 “Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.”
 5. A Celebration of **U**_____; wholeness, oneness, one flesh
- The principle of **R**_____

They were dependent upon **G**_____.

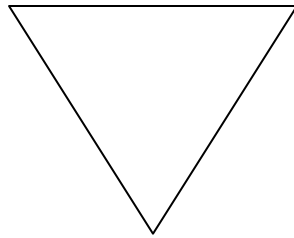


Then the serpent convinced them that they could do a better job at being **G**_____ .

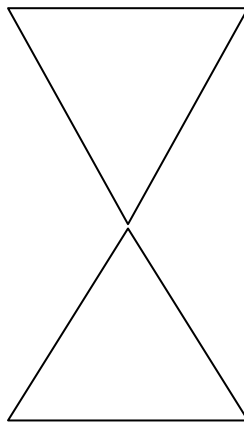
Genesis 3:6 So when the woman saw that the tree *was* good for food, that it *was* pleasant to the eyes, and a tree desirable to make *one* wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.

He deceived and convinced them to depend on **S**_____, rather than God as their source.

Control is better than **D**_____.



FALL



Some results of the fall were:

- F_____ of God
- S_____ -conscious
- H_____ from each other and God
- S_____
- B_____ and Condemning

Genesis 3:16 To the woman He said:

“I will greatly multiply your sorrow and your conception;
In pain you shall bring forth children;
Your desire shall be for your husband,
And he shall rule over you.”

Genesis 4:7 “If you do well, will you not be accepted? And if you do not do well, sin lies at the door.
And its desire is for you, but you should rule over it.”

Woman would **d**_____ to draw life and nurturing from a man who was not capable of filling these deep needs - never was and never will be.

Man would be forever trying to **r**_____ over the woman, either aggressively or passively, trying to keep her quiet about his inadequacy to meet her needs.

Both would demand **L**_____, **A**ccceptance, **W**_____, and **S**ecurity from each other as if they were the source.

As time went by, men and women would **F**_____ that they were not created nor wired to draw life from each other.

Effects of the CURSE:

C_____ – We try to control the behavior of others to meet our own needs.

Unforgiving – We believe the lie that not forgiving gives us the upper-hand over others.

R_____ – People who are not free react in order to control the situation.

Shaming – Used to say you are defective as a person, thus placing others above you.

Ego-D_____ – Looking after number one – selfishness.

The result is that we become **TIRED:**

T_____ – No win situation – your performance will never be good enough.

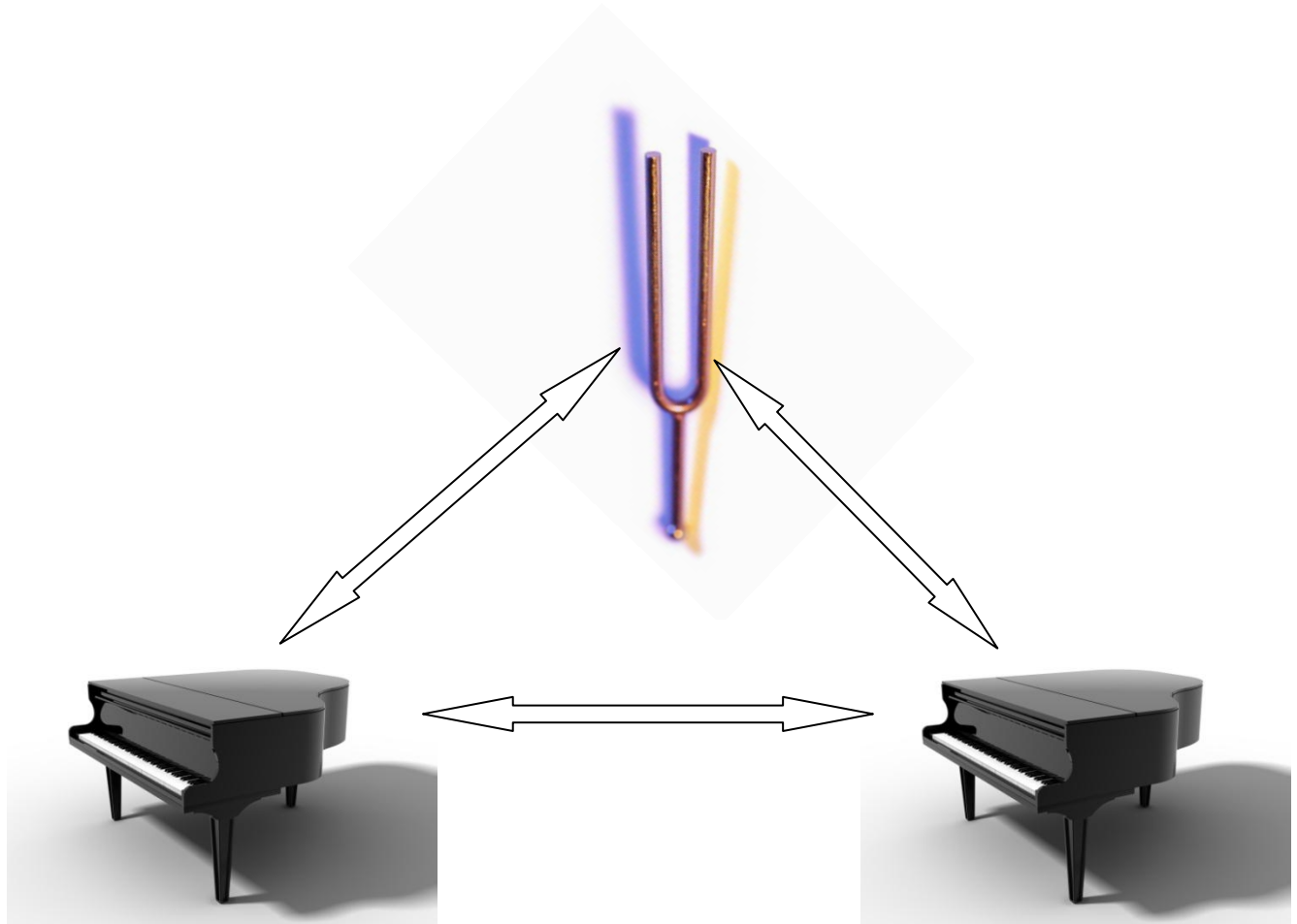
Indicted – Over and over again you've been accused of being inadequate.

R_____ – You feel responsible for everyone and everything.

Exposed – You feel exposed and vulnerable. Home the place where you should feel safest, is the least safe.

D_____ – The result of all of this is that you become defensive.

But There's Hope!
Reversing the Curse:



Heb 12:2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

Jn 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

2 Cor 2:14 Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.

Matt 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Session 2

Shall We Dance?



Discovering Your Core Fear

“And he (*Adam*) said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.”
(Genesis 3:10)

1. Describe a **recent conflict**, argument or negative situation with your spouse - something that really “pushed your buttons.”

2. How did you **feel** in response to this conflict or situation? How did that conflict or argument make you feel? Check all that apply - but put a “**star**” beside the most important feelings:

- | | | | |
|------------------------------------|--|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Unsure | <input type="checkbox"/> Disappointed | <input type="checkbox"/> Disgusted | <input type="checkbox"/> Embarrassed |
| <input type="checkbox"/> Apathetic | <input type="checkbox"/> Wearied | <input type="checkbox"/> Resentful | <input type="checkbox"/> Frightened |
| <input type="checkbox"/> Puzzled | <input type="checkbox"/> Torn up | <input type="checkbox"/> Bitter | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Upset | <input type="checkbox"/> Shamed | <input type="checkbox"/> Fed up | <input type="checkbox"/> Horrified |
| <input type="checkbox"/> Sullen | <input type="checkbox"/> Uncomfortable | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Disturbed |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Confused | <input type="checkbox"/> Miserable | <input type="checkbox"/> Furious |
| <input type="checkbox"/> Hurt | <input type="checkbox"/> Worried | <input type="checkbox"/> Guilty | <input type="checkbox"/> Other _____ |
| | | | <input type="checkbox"/> Other _____ |

3. How did this conflict make you feel about yourself? What did the conflict say about you? What was the “self” message - the message that it sent to you? What were the buttons that got pushed? **Circle** all that apply, but “**star**” the most important feeling you felt about yourself.

"As a result of the conflict, I felt..."	What that feeling sounds like:
Rejected	My spouse doesn't want me; my spouse doesn't need me; I am not necessary in this relationship; my spouse does not desire me; I feel unwanted.
Abandoned	I will be alone; my spouse will ultimately leave me; I will be left alone to care for myself; my spouse won't be committed to me for life.
Disconnected	We will become emotionally detached or separated.
Like a failure	I am not successful at being a husband/wife; I will not perform right or correctly; I will not live up to expectations; I will fall short in my relationships; I am not good enough.
Helpless/powerless	I cannot do anything to change my spouse or my situation; I do not possess the power, resources, capacity, or ability to get what I want; I will be controlled by my spouse.
Defective	Something is wrong with me; I am the problem.
Inadequate	I am not capable; I am incompetent.

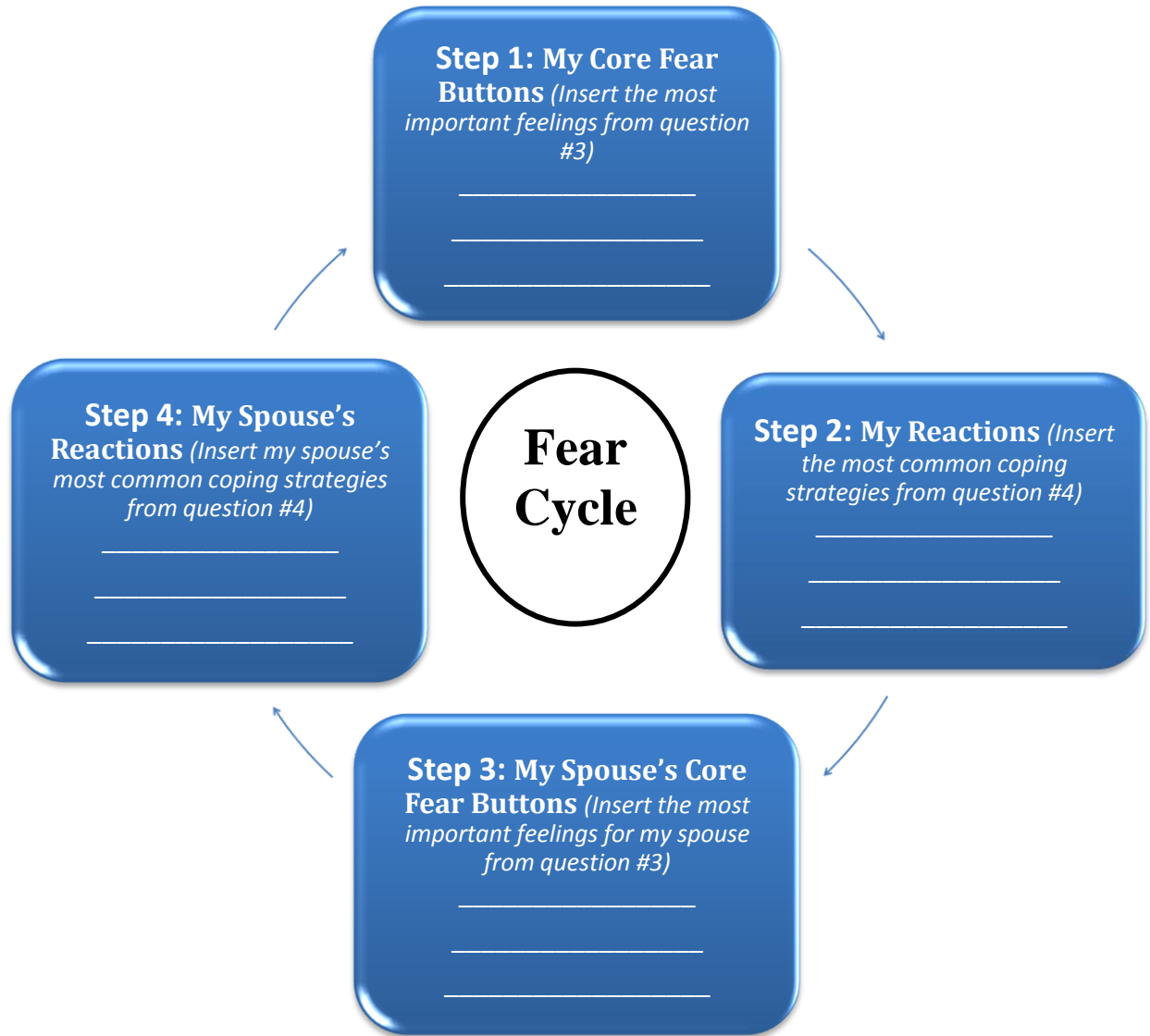
Inferior	Everyone else is better than I am; I am less valuable or important than others.
Invalidated	Who I am, what I think, what I do, or how I feel is not valued.
Unloved	My spouse doesn't love me anymore; my spouse has no affection or desire for me; my relationship lacks warm attachment, admiration, enthusiasm, or devotion; I feel as if we are just roommates - that there are no romantic feelings between us.
Dissatisfied	I will not experience satisfaction within the marriage; I will exist in misery for the rest of my life; I will not be pleased within my marriage; I feel no joy in my relationship.
Cheated	My spouse will take advantage of me; my spouse will withhold something I need; I won't get what I want.
Worthless/devalued	I am useless; I have no value to my spouse.
Don't measure up	I am never able to meet my spouse's expectations of me; I am not good enough as a spouse.
Unaccepted	My spouse does not accept me; my partner is not please with me; my spouse does not approve of me.
Judged	I am always being unfairly judged or misjudged; my spouse forms faulty or negative opinions about me; I am always being evaluated; me spouse does not approve of me.
Humiliated	This marriage is extremely destructive to my self-respect or dignity.
Ignored	My spouse will not pay attention to me; I will be unknown in my marriage; I feel neglected.
Unimportant	I am not important to my mate; I am irrelevant, insignificant, or of little priority to my spouse.
Other:	

4. What do you do when you feel _____ (*insert the most important feeling from question #3*) How do you **react** when you feel that way? Identify your common **coping strategies** to deal with your "buttons" being pushed. **Check** all that apply -- but "**star**" the most important reactions:

Withdrawal	You avoid others or alienate yourself without resolution; you sulk, use the silent treatment.
Escalation	Your emotions spiral out of control; you argue, raise your voice, fly into a rage.
Earn-it mode	You try to do more to earn others' love and care.
Negative beliefs	You believe your spouse is far worse than is really the case; you attribute negative motives to your spouse.
Blaming	You place responsibility on others, not accepting fault; you're convinced the problem s your spouse's fault.
Exaggeration	You make overstatements or enlarge your words beyond bounds or the truth.
Tantrums	You have a fit of bad temper.
Denial	You refuse to admit the truth or reality.
Invalidation	You devalue your spouse; you do not appreciate who your partner is, what he or she feels or thinks or does.
Defensiveness	Instead of listening, you defend yourself by trying to provide an explanation.
Clinginess	You develop a strong emotional attachment or dependence on your spouse.
Passive-aggression	You display negative emotions, resentment, and aggression in unassertive ways, such as procrastination and stubbornness.

Caretaking	You become responsible for others by giving physical or emotional care and support to the point you are doing everything for your spouse and your partner does nothing to care for himself or herself.
Acting out	You engage in negative behaviors or addictions like drug or alcohol abuse, extra-marital affairs, excessive shopping or spending, or overeating.
Fix-it mode	You focus almost exclusively on what is needed to solve the problem.
Complain/criticize	You express unhappiness or make accusations; you present a “laundry list” of faults about your mate.
Striking out	You become verbally or physically aggressive, possibly abusive.
Manipulation	You pursue your mate to get them to do what you want; you control your spouse for your own advantage.
Anger or rage	You display strong feelings of displeasure or violent and uncontrolled emotions.
Catastrophize	You use dramatic, exaggerated expressions to depict that the relationship is in danger or that it has failed.
Emotionally shut down	You numb out emotionally; you become devoid of emotion, or you have no regard for another’s needs or troubles.
Humor	You use humor as a way of not dealing with the issue at hand.
Sarcasm	You use negative humor, hurtful words, belittling comments, cutting remarks, or demeaning statements.
Minimization	You assert that your spouse is overreacting to an issue; you intentionally underestimate, downplay, or soft pedal the issue.
Rationalization	You attempt to make your actions seem reasonable; you try to attribute your behavior to credible motives; you try to provide believable but untrue reasons for your conduct.
Indifference	You are cold and show no concern.
Abdication	You give away responsibilities.
Self-abandonment	You desert yourself; you neglect you; you run yourself down.
Other:	

The Fear Dance



Step 5: Discuss How This Plays Out In Your Conflicts

How Do You Stop The Fear Cycle?

1) Accept the fact that “my journey” – to become the man or woman God created and called me to be – is 100% my responsibility.

Being an adult means that I am fully capable of being personally and fully responsible for my own mental, spiritual, emotional, and physical well-being.

2) Identify and control what I can control and surrender what I can't:

“God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference” (Serenity Prayer)

- a. My focus should first be on me and my stuff.



(Matt. 7:2-5) **2**For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. **3**And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? **4**Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? **5**Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

- b. I can control my buttons and how I react to others.
c. Release our loved ones from being responsible for us.

What to Do When Your Fear Buttons Get Pushed

1) Create Space – either internally or physically

(James 1:19) Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

2) Identify your emotions, feelings, buttons, fears, hurts etc...

- a. Identify the lies I am believing.
b. Choose to believe what is true based on what God says about you.
c. Ask yourself: what did I do to contribute to my buttons getting pushed or staying pushed?
d. Choose to respond. *Call time out and decide together on a time to return.*

(Gal 5:1)

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

(2Tim 1:7)

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

(Rom 12:18)

If it be possible, as much as lieth in you, live peaceably with all men.

(Phil. 4:13)

I can do all things through Christ which strengtheneth me.

(Gal. 6:5)

For every man shall bear his own burden.

Session 3

Got Baggage?



My Life Messages

Messages about myself that I have received...

--	--	--	--	--

**Have led me to feel
and think this
way about
myself...**

FEELINGS

BELIEFS

which motivates me to build protective layers like these.

To begin identifying some of the beliefs you developed about how your needs should be met, complete this exercise.

BELIEFS ABOUT HOW MY NEEDS SHOULD BE MET:

As you complete this exercise, **do not answer according to "the way it should be in Christ."** Answer how you have naturally wanted things to happen. You could have several answers for each.

Need #1 - LOVE

_____ will make me feel **loved**. *

** Where have you looked and/or what have you done in an attempt to find love?*

Need #2 - ACCEPTANCE

_____ will make me feel **accepted**. *

** Where have you looked and/or how have you tried to provide a sense acceptance for yourself?*

Need #3 - WORTH

_____ will make me feel of **worth**. *

** Where have you looked and/or how have you tried to make yourself feel of worth?*

Need #4 – SECURITY

_____ will make me feel **secure**. *

** Where have you looked and/or how have you tried to make yourself feel secure?*

Manifestations of the Flesh

(Strategies of Living)

Below is a list of words and phrases, which may portray you much of the time when you are under pressure. Begin with bold headings and check ones that apply to you. When finished going through the headings then return to look under each heading and check those that apply to you. Use these headings to fill in the protective layer area of your life message diagram

To cope when things aren't going right or going my way, I tend to ...

Become self-absorbed (self-consumed) by:

- becoming overly introspective
- feeling sorry for myself
- engaging in self-pity
- getting depressed by stuffing my anger and frustrations
- beating up on myself (hating myself)
- focusing on my suffering and trials to get attention and sympathy
- playing the role of a victim/martyr

Withdraw (isolate myself) by:

- becoming aloof (pulling away)
- going into a shell

- running and hiding (escaping)
- distancing myself from others
- avoiding others (becoming a loner)
- becoming unapproachable
- being overly introverted
- retreating to the silent treatment
- not communicating

Become obsessed with:

- accomplishments
- recognition
- status
- how I look
- what others think of me
- my physical health
- the past (especially past hurts and past failures)
- a devotion to a cause
- structure, order, rules, regulations

Escape pain/pressure through:

- carousing
- drugs/alcohol
- staying busy
- television
- athletics
- hobbies/games
- computers
- pornography
- entertainment
- overeating
- religious activity and service
- becoming a workaholic
- working (career, business, job)
- gloom & doom thinking (refusing to see the positive)
- sex
- talking
- school
- sleep
- religion

- reading
- fantasy
- movies

Become self-disciplined (self-reliant) by:

- becoming a perfectionist
- overcompensating by trying even harder so as not to fail
- becoming legalistic
- living "by the book"
- living by rules (have to's, should's, must's, ought's)
- becoming too hard and strict on myself and others
- setting unrealistic standards for myself and others
- basing acceptance (of self and others) on performance
- fearing making mistakes

Become self-indulgent (self-gratifying) by:

- becoming impulsive (hasty)
- buying things to feel better
- assuming "if it feels good, do it"
- becoming compulsive (lacking self-control)
- lusting (craving) for:
 - alcohol
 - drugs
 - caffeine
 - sex
 - sugar
 - junk food
 - cigarettes

Become anxious (worry and fret) by:

- becoming fearful (apprehensive)
- lacking peace and rest
- becoming paralyzed (going numb)
- becoming paranoid (overly suspicious)

- seeking astrology, horoscopes, fortune telling (tarot cards, palm reading, ouija boards, etc.) and/or the occult for guidance and strength

"To cope when things aren't going right or going my way,

I tend to ...

Become dominant by:

- becoming dictatorial (bossy)
- becoming demanding (pushy)
- becoming overbearing (controlling)
- becoming manipulative
- intimidating others
- demanding my rights

Try to stay in control through:

- blackmailing (making threats)
- manipulating (using coercion)
- using profanity (swearing)
- giving the silent treatment
- being passive (playing helpless)
- not eating (anorexia/bulimia)
- using guilt
- showing favoritism

Come across as insensitive:

- uncaring
- indifferent
- unconcerned
- unsympathetic

Become complacent (nonchalant) by:

- saying things like, "It doesn't matter...it's o.k."

Challenge others by:

- resisting authority
- becoming uncooperative (unteachable)
- causing dissension (strife)
- irritating (aggravating) others
- becoming argumentative, rigid, inflexible, closed-minded, stubborn, obstinate, unreasonable, or unyielding

Become pessimistic by:

- lacking confidence and optimism
- becoming skeptical (suspicious)
- distrusting others, myself, God, church, and/or government
- expecting the worst
- assuming the worst-case scenario to protect myself from disappointment and pain
- seldom being satisfied or content
- seldom being pleased with self/others
- becoming jealous of others' success and happiness

Develop a critical attitude by:

- finding fault with others, myself, and everything around me
- nit-picking things to death
- becoming judgmental (opinionated)
- becoming prejudiced (intolerant)
- complaining a lot (becoming negative)

Become hostile

(vent my anger) by:

- becoming unfriendly (cynical)

- becoming hateful (malicious)
- becoming harsh (cruel and brutal)
- becoming sarcastic (caustic)
- having a quick temper

Become self-assured (self-confident) by:

- depending on myself instead of God
- becoming proud (haughty)
- becoming egocentric (acting pompous)
- bragging (being boastful)
- becoming arrogant (cocky)
- having a superior attitude (saying in effect: I must always be right ... I must always win ... I must always be the best)
- pretending that I know it all
- becoming conceited (smug)
- having difficulty asking for help

Become self-righteous (self-justifying) by:

- becoming defensive
- making excuses (rationalizing)
- covering up and hiding mistakes
- assuming I am never the problem
- pointing to someone or something else as the problem
- avoiding taking responsibility for failure or problems
- becoming critical of others (blaming others)
- having difficulty:
 - admitting I was wrong
 - apologizing

- asking for forgiveness
- expressing gratitude

"To cope when things aren't going right or going my way,

I tend to ...

Become tense (nervous and agitated)

by:

- finding it hard to relax
- becoming restless (high-strung)
- becoming impatient

Become emotionally insulated by:

- keeping people at a distance
- becoming inhibited (bottling up emotions)
- avoiding intimacy
- denying feelings; having difficulty expressing feelings and opinions openly and honestly
- becoming unable to express love in a meaningful way

Deny reality by:

- ignoring problems and hoping they will go away
- denying anything is bad or wrong
- lying (misleading)
- deceiving others and myself
- exaggerating (overstating matters)
- playing games to hide real intent
- conning people to get what I want

Hold a grudge

(be resentful) by:

- becoming moody (sulky)

- harboring bitterness
- becoming unforgiving
- keeping a scorecard of wrongs done to me or by me
- trying to get even (seeking revenge)
- wanting others to fail or get hurt
- punishing myself or others

Fight unfairly

(take cheap shots) by:

- becoming slanderous (misrepresenting the actual situation)
- gossiping (talking behind others' backs)
- engaging in passive aggressive behavior (i.e. using humor to hide real feelings, becoming sarcastic, refusing to communicate, becoming passive, forgetting things, procrastinating, being late, etc.)

Put up a front (not being real) by:

- faking it (hiding what I really think and feel)
- putting on a show (performing) to get attention and impress others
- becoming pretentious (phony, unreal)
- becoming superficial (plastic)
- becoming gushy (too sentimental)

Lack compassion, kindness, understanding, gentleness, and love.

Live by my feelings by:

- becoming too subjective (believing that truth is only what I feel)
- believing I'm okay only when I feel okay
- becoming too sensitive to criticism
- becoming hypersensitive
- taking things too personally
- reading in rejection when it isn't there, or setting things up to bring about rejections
- becoming touchy (irritable)
- being controlled by anger, doubts, emotions, fear, etc.

Become a pleaser

(being nice) by:

- trying to be all things to all people
- trying to do the "proper or correct" thing
- trying to keep everyone happy
- trying to keep peace at all cost
- avoiding conflict at all cost
- becoming a doormat (letting others take advantage of me)
- expressing to others what I think they want to hear
- giving in to others too easily
- becoming controlled by others
- having difficulty:
 - saying no
 - setting boundaries
 - standing up for myself
 - becoming overly compliant
 - becoming too submissive

"To cope when things aren't going right or going my way, I tend to ...

Become passive (lacking initiative) by:

- quitting too easily (giving up)
- not taking chances
- playing it safe (pulling back and waiting)
- waiting for someone to tell me what to do and how to think
- depending on others instead of God
- vacillating (becoming too changeable)
- becoming indecisive (not making decisions)
- wanting someone else to make the decision for me
- avoiding failure at all cost
- procrastinating (putting things off)
- becoming irresponsible (becoming unreliable)
- becoming lazy, apathetic, lethargic

Become self-depreciating (self-condemning, self-critical) by:

- assuming I am always the problem
- becoming overly apologetic
- becoming too hard on myself
- having difficulty:
 - receiving love
 - receiving compliments
 - receiving forgiveness
 - forgiving myself
- clinging (becoming a leech) to those who finally accept me

- becoming uncomfortable with success

Become a caretaker (rescuer) by:

- becoming over-protective
- taking responsibility for others' feelings (becoming overly responsible)
- making decisions for others
- giving unsolicited advice
- trying to prevent others' failure
- becoming possessive (selfish)
- becoming a busybody (becoming too involved in others' affairs)
- becoming preachy (lecturing others)
- trying to find someone who needs me and who I can rescue
- nagging (badgering)
- talking too much and listening poorly

Become too intense (overly serious) by:

- becoming stoical (unemotional)
- having trouble dealing with feelings
- becoming overly analytical
- becoming stern (solemn/formal)
- lacking joy or life
- not being fun to be with

Feeling Word List

Use this feeling word list to help you fill in the feeling section of your life message diagram.

Happy	Sad	Angry	Confused	Scared	Weak	Strong
amused	awful	agitated	anxious	afraid	ashamed	active
anxious	bad	annoyed	awkward	anxious	blocked	aggressive
Calm	blue	bitter	baffled	apprehensive	bored	alert
cheerful	bummed out	burned up	bewildered	awed	defenseless	angry
content	crushed	critical	bothered	cautious	demoralized	bold
delighted	depressed	disgusted	crazy	chicken	disorganized	brave
ecstatic	desperate	dismayed	dazed	edgy	distracted	capable
Elated	devastated	enraged	disorganized	fearful	discouraged	confident
energized	disappointed	envious	disoriented	frightened	embarrassed	determined
Excited	dissatisfied	fed up	distracted	hesitant	exhausted	eager
fantastic	distressed	frustrated	disturbed	horrified	fragile	energetic
fortunate	disturbed	furious	embarrassed	insecure	frail	happy
Friendly	down	hostile	frustrated	intimidated	frustrated	healthy
Fulfilled	embarrassed	impatient	helpless	jumpy	guilty	intense
Glad	gloomy	irate	hopeless	lonely	helpless	loving
Good	glum	irritated	jotted	nervous	horrible	mean
Great	hateful	livid	lost	panicky(ed)	ill	open
hopeful	hopeless	mad	mixed up	shaky	impotent	positive
Lively	hurt	outraged	panicky	tense	inadequate	potent
Loving	lonely	perturbed	paralyzed	terrified	incapable	powerful
motherly	lost	put out	perplexed	threatened	insecure	quick
optimistic	low	riled	puzzled	timid	lifeless	secure
	miserable	resentful	shocked	uneasy	lost	solid
peaceful	painful	seething	stuck	unsure	overwhelmed	spirited
pleased	sorry	sore	stunned	worried	powerless	super
Proud	terrible	ticked off	surprised		quiet	sure
refreshed	turned off	uptight	tangled		run-down	tough
Relaxed	uneasy	worked up	trapped		shaky	
relieved	unhappy		troubled		shy	
Rested	unloved		uncertain		sick	
satisfied	upset		uncomfortable		small	
Spirited			undecided		stressed	
thankful			unsure		stupid	
Thrilled			upset		timid	
turned on			weak		tired	
Wound up					unsure	
Warm					useless	
					vulnerable	
					worn out	

Session 4

Forgiveness & Freedom



I. You First

If it were not for your **forgiveness**, you could not have the capacity to forgive others. Let's look at some Scripture relevant to your forgiveness. Let's look up the following verses and ask Father to make them more real to you than ever before.

1 Peter 3:18 For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit,

Colossians 2:13 And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross.

Psalm 103:10-12

He has not dealt with us according to our sins,
Nor punished us according to our iniquities.

For as the heavens are high above the earth,
So great is His mercy toward those who fear Him;
¹² As far as the east is from the west,
So far has He removed our transgressions from us.

1. For how many of your sins did Jesus die? _____

2. According to these verses, what has God done with your sins?

3. When Jesus died on the cross for you over 2,000 years ago, how many of your sins were in the future?

II. Forgiving Others

A Hindrances to Forgiving:

There are many false ideas about what forgiveness is that simply do not and never have worked, no matter how sincere we may be.

1. Justifying - "I deserved it."

2. Rationalizing - "It really wasn't that bad."

3. Thinking the offence was too bad to be forgiven – "You don't understand what they did to me".
(Rooted in the false idea that forgiveness is for the offender)

4. “Putting it behind you” – “Just move on.”
5. “Letting it go” – Where?
6. “Dealing with it” – How?
7. What if they are dead or far away? (It doesn’t matter, it is for **YOU**.)
8. “It’s under the blood.” (an Old Testament concept)

B These false ideas may also be called “stuffing” or “denial.

This path of denying the effects of situations that have occurred in our life is one of self-destruction. **Emotions Buried Alive Never Die.** And they are not mysteriously transported to some “safe vault” for storage where they are rendered harmless. On the contrary, they lie beneath the surface smoldering, waiting for an opportunity to emerge. Unexpressed, repressed emotions are like being pregnant, “unseen in the beginning”. Like being pregnant, however, they will show up. In this case however, the result is not very pretty. This type of denial often leads to the doctor’s office with a complaint of some physical symptom or depression. In the absence of a definite diagnosis, many ask for, and receive serious medications to numb their pain, just to be able to function on a daily basis. Others find themselves “acting out” in some unacceptable manner or ensnared by dependent behaviors. These could include violence, workaholism or pornography, and many more. Still others develop any one of a number of diseases, including cancer, ulcers, and digestive disorders. This is clearly not living the “life more abundant” that Jesus came to give.

Psalm 32:1 through Psalm 32:5¹

Blessed *is he* whose transgression *is* forgiven,
 Whose sin *is* covered.
² Blessed *is* the man to whom the LORD does not impute iniquity,
 And in whose spirit *there is* no deceit.
³ When I kept silent, my bones grew old
 Through my groaning all the day long.
⁴ For day and night Your hand was heavy upon me;
My vitality was turned into the drought of summer.
Selah
⁵ I acknowledged my sin to You,
 And my iniquity I have not hidden.
 I said, “I will confess my transgressions to the LORD,”
 And You forgave the iniquity of my sin.
Selah

1. There is a connection between unforgiveness and physical, mental and emotional _____.

Ephesians 4:26-4:32 “*Be angry, and do not sin*”: Do not let the sun go down on your wrath, nor give place to the devil. Let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need. Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness,

wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

2. An unforgiving attitude gives Satan a _____ in our lives.

3. Because the past, present and future are all very tightly interconnected through the emotion stored in our memory, stuffing and denial just do not and cannot work. Do you agree? _____

Consider the following quote taken from the book, *None of These Diseases*, by S. I. McMillen, M.D.

“The moment I start hating a man I become his slave. I can't enjoy my work anymore because he even controls my thoughts. My resentments produce too many stress hormones in my body and I become fatigued after only a few hours of work. The work I formerly enjoyed is now drudgery. Even vacations cease to give me pleasure the man I hate hounds me wherever I go. I can't escape his tyrannical grasp on my mind!”

III. So, what is the truth about Forgiveness?

The only freeing, healing and lasting answer is to truly forgive. The question then is ... **“What is forgiveness?”**

Matthew 18:21-35 Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?”

Jesus said to him, **“I do not say to you, up to seven times, but up to seventy times seven. Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. The servant therefore fell down before him, saying, ‘Master, have patience with me, and I will pay you all.’ Then the master of that servant was moved with compassion, released him, and forgave him the debt.**

“But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took *him* by the throat, saying, ‘Pay me what you owe!’ So his fellow servant fell down at his feet and begged him, saying, ‘Have patience with me, and I will pay you all.’ And he would not, but went and threw him into prison till he should pay the debt. So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. Then his master, after he had called him, said to him, ‘You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?’ And his master was angry, and delivered him to the torturers until he should pay all that was due to him.

“So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”

Stop! Allow your mind’s eye to see you before the cross of Christ with a debt you could never repay.....

Now, let's think about what we have read.

1. In verse 27, what did the King do for the servant who owed a debt he could never repay?

2. Read again verses 28-30. Did this servant understand his own forgiveness? _____

3. If I do not understand or accept my own forgiveness, can I forgive others? _____

4. Read again verse 32-35. What was the king's attitude toward the servant?

5. Again in verse 32-35, could your past be tormenting you because of unforgiveness? _____

6. Is forgiveness for me or the other person, according to verse 32-35? _____

A. A Concise Definition for Forgiveness:

Forgiveness is a decision based on an act of the will to release the offender from the debt they owe, thereby setting yourself free.

Forgiveness involves:

- (1) *Recognizing that I've been totally forgiven* (the debt I owe God has been canceled).
- (2) *Releasing the person from the debt they owe me for the offense* (saying they never have to make it up to me or pay me back: "You are now free. You are forgiven. I release you").
- (3) *Accepting the person as they are, and releasing them from the responsibility of having to meet my needs.*

Forgiveness is the most empowering tool we have at our disposal to deal with repressed emotions. Most have tried many ways to bring freedom and peace to their lives and yet have none. It is time to look deep inside and admit that I am the one who has repressed my true feelings regarding incidents in my past. It is time to make peace with God, others, my past and myself. When I hate someone and carry these feelings around with me for years, I am not hurting the other person, but I am hurting myself by not forgiving. By holding onto these feelings I will attract to my life those with the same issues. We will become the proverbial "two ticks with no dog", attempting to suck life from one another when we are both empty.

B What can you expect as a result of forgiving others?

Forgiving releases **you** from the "tormentors" alluded to in Matthew 18 above. This release brings emotional and mental healing that is often accompanied by diminishing of physical symptoms and so much more.

IV Forgiving My Spouse

Think about your relationship with your spouse. What hurts come to mind that would be at least a 7 on a scale of 1-10 of pain? These are things standing in the way of freedom for you in your marriage. These hurts do not need to be understood by your mate, because it's not about them – it is about your own freedom. Remember, the purpose of forgiveness is not revenge, punishment, getting even whatever one may call it. **It is about setting you free!**

We would strongly encourage you to deal with these hurts by answering the following questions:

1. What was the offense?
2. How did it make me feel? (Use the feeling word list if necessary)

And then choose, as an act of your will, to release your spouse from the debt they owe you. It may be helpful to pray the following prayer:

“Lord, I forgive (NAME OF PERSON) for (THE SPECIFICS). I take authority over the enemy, and in the name of Jesus Christ and by the power of His resurrected life, I take back the Ground I have allowed Satan to gain in my life because of my attitude with (NAME OF PERSON) and give this ground back to my Lord Jesus Christ.”

You can also help your spouse to forgive by asking them to forgive you for whatever offenses he/she is holding against you. This may or may not mean you are guilty of the offense. You are merely helping your mate to release you from the debt he/she is holding against you.

WHAT HAPPENED TO ME?

Rom. 5: 1	I have been justified (completely forgiven and made righteous).
Rom. 6: 1-6	I died with Christ and died to the power of sin's rule on my life. I am free forever from
Rom. 8: 1	condemnation.
1 Cor. 1:30	I have been put into Christ by God's doing.
1 Cor. 2: 12	I have received the Spirit of God into my life that I might know the things freely given to me by God.
I Cor. 2:16	I have been given the mind of Christ.
I Cor. 6:19,20	I have been bought with a price. I am not my own. I belong to God.
II Cor. 1:22	Holy Spirit as a pledge (a deposit or down payment) guaranteeing my inheritance and
Eph. 1:13,14	what is to come.
II Cor. 5:14,15	Since I have died, I no longer live for myself, but for Him (Christ).
Gal. 2:20	I have been crucified with Christ and it is no longer I who live, but Christ lives in me. (The life I am now living is Christ's life.)
Eph. 1:3	I have been blessed with every spiritual blessing.
Eph. 1:4	I have been chosen in Christ before the foundation of the world to be holy and without blame before Him.
Eph. 1:5	I was predestined (determined by God) to be adopted as a son.
Eph. 1:7,8	I have been redeemed, forgiven, and am a recipient of His lavish grace.
Eph. 2:5	I have been made alive together with Christ.
Eph. 2:6	I have been raised up and seated with Christ in heaven.
Eph. 2:18	I have direct access to God through the Spirit.
Eph. 3: 12	I may approach God with boldness, freedom, and confidence.
Col. 1:13	I have been delivered (rescued) from the domain of darkness (Satan's rule) and transferred to the kingdom of Christ.
Col. 1:14	I have been redeemed and forgiven of all my sins (the debt against me has been canceled). (See Col. 2: 13, 14.)
Col. 1:27	Christ Himself is in me.
Col. 2:7	I have been firmly rooted in Christ and am now being built up in Him.
Col. 2:10	I have been made complete in Christ.
Col. 2:11	I have been spiritually circumcised (my old, unregenerate nature has been removed). I
Col. 2:12,13	have been buried, raised, and made alive with Christ.
Col. 3:1-4	I have been raised up with Christ. I died with Christ. My life is now hidden with Christ in God. Christ is now my life.
II Tim. 1:7	I have been given a spirit of power, love, and self-discipline.
II Tim. 1:9;	I have been saved and called (set apart) according to God's doing.
Titus 3:5	Because I am sanctified and am one with the Sanctifier (Christ). He is not ashamed to
Heb. 2:11	call me "brother"
Heb. 4:16	I have a right to come boldly before the throne of God (the throne of grace) to find mercy and find grace in time of need.
II Pet. 1:4	I have been given exceedingly great and precious promises by God, by which I am a partaker of the divine nature (God's nature).

WHO AM I?

Matt. 5: 13	I am the salt of the earth.
Matt. 5: 14	I am the light of the world.
John 1:12	I am a child of God (part of His family). (See Romans 8: 16.)
John 15: 1,5	I am part of the true vine, a channel (branch) of His (Christ's) life.
John 15: 15	I am Christ's friend.
John 15: 16	I am chosen and appointed by Christ to bear His fruit.
Acts 1:8	I am a personal witness of Christ for Christ.
Rom. 6: 18	I am a slave of righteousness.
Rom. 6:22	I am enslaved to God.
Rom. 8:14,15	I am a son of God (God is my 'daddy', so to speak). (See Galatians 3:26; 4:6.)
Rom. 8:17	I am a joint-heir with Christ, sharing His inheritance with Him.
I Cor. 3: 16; 6: 19	I am a temple (home) of God. His Spirit (His life) dwells in me.
I Cor. 6: 17	I am joined (united) to the Lord and am one spirit with Him.
I Cor. 12:27	I am a member (part) of Christ's body. (See Ephesians 5:30.)
II Cor. 5: 17	I am a new creation (new person).
II Cor. 5: 18,19	I am reconciled to God and am a minister of reconciliation.
Gal. 3:26,28	I am a son of God and one in Christ.
Gal. 4:6,7	I am an heir of God since I am a son of God.
Eph. 1: 1	I am a saint. (See I Cor. 1:2; Phil. 1: 1; Col. 1:2.)
Eph. 2: 10	I am God's workmanship (handiwork), created (born anew) in Christ to do His work that He planned beforehand that I should do.
Eph.2:19	I am a fellow citizen with the rest of God's people in His family.
Eph. 3: 1; 4: 1	I am a prisoner of Christ.
Eph. 4:24	I am righteous and holy.
Phil. 3:20	I am a citizen of heaven and seated in heaven right now (see Ephesians 2:6).
Col. 3:3	I am hidden with Christ in God.
Col. 3:4	I am an expression of the life of Christ because He is my life.
Col. 3: 12	I am chosen of God, holy, and dearly loved.
I Thes. 1:4	I am chosen and dearly loved by God.
I Thes. 5:5	I am a son of light and not of darkness.
Heb. 3: 1	I am a holy brother, partaker of a heavenly calling.
Heb.3:14	I am a partaker of Christ... I share in His life.
I Pet. 2:5	I am one of God's living stones and am being built up (in Christ) as a spiritual house.
I Pet. 2:9,10	I am a chosen race, a royal priesthood, a holy nation, a people for God's own possession to proclaim the excellencies of Him.
I Pet. 2: 11	I am an alien and stranger to this world I temporarily live in.
I Pet. 5:8	I am an enemy of the devil.
I John 3: 1,2	I am now a child of God. I will resemble Christ when He returns.
I John 5: 18	I am born of God and the evil one (the devil) can't touch me.
Psalms 23: 100	I am a sheep of His pasture. Therefore, I have everything I need.

Hit or Myths





Hit or Myth?

Please check all that you believe apply in marriage.

1. My spouse is to be my completer, otherwise, why marriage?
2. I am entitled to my spouse cherishing me, giving me respect, appreciation, encouragement, listening.
3. If he/she doesn't, it is destructive to me. I cannot get past this.
4. If we don't verbally communicate about our damaged emotions, *we* can't have intimacy.
5. I am entitled to my husband being the spiritual leader and assuming his role as head.
6. I am entitled to my wife being submissive and compliant since that is her role.
7. I am entitled to my husband/wife meeting my sexual needs.
8. *Wife:* "If he doesn't, it means I am rejected and I don't measure up.
9. *Husband:* "If she doesn't, or if I can't meet hers, it means I'm not a real man.

10. I am responsible for my partner's emotional well-being.
11. I am responsible for seeing to it that he/she is content, that the waters are calmed and for "fixing" (or giving solutions) and making things right.
12. My peace and emotional well-being is dependent on my spouse and others being okay and on their opinions...and then I will have acceptance and know I am of worth.
13. If I serve my spouse, it makes me a doormat.
14. I need a person (spouse) to be fulfilled, complete, secure, validated.
15. I am entitled to him/her making things okay, making decisions for me and keeping me on track, (so I can avoid being criticized and, thus, avoid being less than perfect).
16. I must be perfect (live to certain standards) so I will be loved by my spouse.
17. My security is to be found in my mate's behaviors (emotional, financial, physical, etc.).
18. If my husband/wife doesn't appreciate me, it means I'm not worthy of love.
19. I am entitled to my husband/wife giving me space to make mistakes, to be my own person without her/him trying to change, criticize or ignore me.
20. Our relationship must be fair and I can't accept that I am not entitled to what the Lord commands my wife/husband to do and be.
21. My unhappiness is the fault of my spouse or my circumstances.
22. It demeans me if my mate criticizes me or tells me what to do.
23. We are wired to find contentment through our work and accomplishments and marriage.
24. I must be in control of circumstances and interactions to remain secure.
25. I am entitled to find contentment by my mate being reasonable, responsible and validating me.
26. I should have the freedom to do what I want.
27. If my mate cares, he/she will intuitively know what I want and need. If I have to ask for it, it won't mean anything.
28. I cannot be content and secure if I can't know my partner is totally trustworthy.
29. The husband is to rule over the wife.
30. If I punish my spouse, he/ she will give me what I want and need.
31. We must get attuned to each other to find satisfaction in marriage.
32. The wife is to set the tone for the relationship.
33. I am accountable for my spouse's behavior and spiritual maturity.
34. We become one person at the marriage union.
35. I am entitled to my mate doing what God commands.
36. We must have the same opinions on most things to have intimacy.

MYTHS

vs.

TRUTH

1. I must control circumstances for me (and my family) to be secure.
 2. I must perform perfectly and avoid mistakes to be accepted and acceptable to God.
 3. I am responsible for my spouse's or another's emotional well-being. I must apologize if he or she isn't okay or if they do something wrong (or) I am accountable to God for my spouse.
 4. I must stay emotionally guarded to be safe and secure.
 5. I must be strong and independent to survive.
 6. I do not measure up. I am not worthy of love. I may deserve to be punished.
 7. Real men do not show they need help.
 8. I must improve myself and build my self-confidence to succeed and know I am valued.
 9. I must get respect from my mate and others to know I am of worth.
 10. I must be heard and/or right to know I am of value to my loved one or others.
1. I am secure because I am hidden with Christ in God (Colossians 3:3). All my needs are supplied in Christ. (Philippians 4: 19). It is not by my power or strength, but by His Spirit (Zechariah 4:6). He is a shield to those who walk uprightly (Proverbs 2: 7b, 11).
 2. I am perfect in Christ; one Spirit with Him (Hebrews 10: 14; 1 Corinthians 6: 17). I have been made accepted by Him (Ephesians 1 :6). Christ died that I would be the righteousness of God in Him (2 Corinthians 5:21)
 3. Each one shall give account of himself to God (Romans 14:12). I cannot rescue my brother by any means (Psalm 49:7). Each person eats the fruit of his *own* way (Proverbs 1:31).
 4. The Lord is my safety (Psalm 4:8; 27: 16; 32:7-11). Safety is only of the Lord (Proverbs 1:33; 3:23; 21:31). As I trust Christ, His peace will guard my heart and mind (Philippians 4:7). He is my shield and fortress (Psalm 18: 1-3).
 5. Christ's strength is perfect in my weakness (2 Corinthians 12:9). My life is to be dependent on Christ, since He is the Vine and I am a branch in Him. Without Him I can do *nothing* John 15:5; 2 Corinthians 12:10).
 6. Christ has made me accepted in Him (Ephesians 1:6; Psalm 139:13-18). I am chosen, have been made righteous, holy, a saint. I have been justified. I have been made a new creation (2 Corinthians 5:17; 1 Peter 2:9; 1 Corinthians 1:2; Romans 8:30).
 7. When I humble myself before God, in due time He exalts me (1 Peter 5:6). Pride comes before a fall (Proverbs 16: 18).
 8. My confidence is to be in the Lord, not myself (Proverbs 3:26; 14:26; I am to put no confidence in my flesh (Philippians 3:3). I am to humble myself and become of no reputation (Philippians 2:5-8).
 9. I am called to love and to serve others and consider them better than myself (Philippians 2:3). Pride comes before destruction and shame (Proverbs 16: 18; 11:2). I am to become of "no reputation" and be a servant (Philippians 2:58). He has made me accepted and perfect (Ephesians 1:6; Hebrews 10: 14).
 10. I am not to be wise in my own eyes (Proverbs 3:7). I am to find my value in Christ (Ephesians 1:6; See #9).

MYTHS

vs.

TRUTH

11. I must "fix and direct" if things are to go right for me and if I am going to be secure and at peace. (I must control interactions and circumstances.)
 12. I must be the best to find worth and security.
 13. Emotions represent truth.
 14. My peace is tied to my spouse's and/or others' opinions and to my being treated fairly. To be fulfilled, I am entitled to my spouse treating me the way the Lord commands him/her to.
 15. Husbands and wives should complete each other.
 16. Others and losses are responsible for my pain. My emotional peace, or lack of it, is somebody else's fault (or responsibility).
 17. I must prove I am right to know I am of worth.
 18. I can't help being depressed and without hope if my circumstances don't change.
 19. I must explain, justify and defend myself. I must please my spouse and/or others to avoid rejection and find acceptance.
 20. I must live under the burden of guilt if another isn't okay or if I have failed or sinned.
 21. I can't be okay unless I can trust my loved one.
 22. What I do makes me who I am.
11. God will work all things together for good for me if I love Him and am called according to His purpose (Romans 8:28). He is faithful and will cause it to happen (1 Thessalonians 5:24). God works His will in the army of heaven and among the inhabitants of the earth (Daniel 4:35; God will accomplish that which concerns me (Psalm 138:8).
 12. The least shall be the greatest (Luke 9:45). God is my worth, security, my shield and Fortress (See #17; Proverbs 2:7b). Safety is of the Lord (Proverbs 21:31; Jeremiah 16:19).
 13. *Jesus* Christ said He is the Truth. Emotions do not represent truth and are not to be trusted (John 14:6).
 14. Jesus Christ is my peace and gives me peace (John 14:2). I am in perfect peace as my mind is fixed on Him. As I humble myself, I will enjoy peace (Psalm 37:11; Isaiah 26:3 See # 32, 37).
 15. Each has been made complete in Christ (Colossians 2: 10).
 16. I am responsible to receive and walk in the healing, recovery, comfort, peace and restoration from Christ (Isaiah 61:1a-3; 58:8a; 54:1-14; Psalm 23:3).
 17. Christ has made me accepted in Him (Ephesians 1:6; # 9, #10 Psalm 139:13-15). I am chosen, righteous, holy, a saint: A new creation (2 Corinthians 5: 17; 1 Peter 2:9; 1 Corinthians 1:2).
 18. Christ gives me hope and a garment of praise for a spirit of heaviness (Romans 15:13; Psalm 16:11, 27:14, 31:24; Isaiah 61:3). Hope is not based on circumstances, but is only in Christ (1 Timothy 1: 1; Colossians 1:27; Romans 15:13).
 19. Christ is my defender and my justifier (Romans 5: 1; Colossians 3:3; Isaiah 54: 17; Psalm 91: 11; Acts 13:39). God will make my enemies to be at peace with me when my way pleases Him (Proverbs 16:7).
 20. There is no condemnation to me as I walk after the Spirit. Christ came to make me perfect in my conscience (John 3:18; Romans 8:1; Hebrews 9:9, 14). I am forgiven of all my sins (Colossians 2:13).
 21. I must put no confidence in human flesh (Philippians 3:3).
 22. Birth determines my identity. I have been made a new creation by my new birth. The old me died with Christ (Galatians 2:20; 2 Corinthians 5: 17).

MYTHS

vs.

TRUTH

23. I must live in shame from abuse in my early years. It affects my life and I can't get over it.
23. As I trust Christ, I will forget the shame of my youth. Instead of shame, He will give me double honor. He came to heal my broken heart and give beauty for ashes. He will restore the years the locusts have eaten. My recovery will spring forth quickly (Isaiah 58:8a; Isaiah 61:1a,3,7; 54:48). Jesus said we have sorrow, but he gives us truth which brings healing and freedom (John 16:6,7)
24. My emotional security is based on my maintaining my structure and on connectedness with my spouse and/or my significant others.
24. Christ is my strong tower, etc. I am complete in Him (Colossians 2:10). He will establish, strengthen and settle me (1 Peter 5:10). He is my shield (Psalm 18:1-3).
25. I am inadequate.
25. I have been made adequate (2 Corinthians 3:5-6). I can do all things through Christ. I am complete in Him (Colossians 2:10; Philippians 4: 13). He makes me adequate to do His will (Hebrews 13:21; See # 34).
26. I can't have any peace or contentment if my loved one doesn't change.
26. Christ is my peace. He gives me peace John 14:27). When I cease from my own way, I have rest (Hebrews 4:10). Peace is mine through Christ John 14:27). When I humble myself, I will delight in an abundance of peace (Psalm 37:11).
27. I can't help being anxious when the future is uncertain.
27. As I humble myself and cast my fears on God, He will exalt me in due time (1 Peter 5:6,7). I am to be anxious for nothing (Philippians 4:6). God will preserve and sustain me as I trust Him (Psalm 16:8a, 9, 11b; Psalm 23:4). The Lord preserves those who love Him (Psalm 3:23; 145:2; Proverbs 2:8). I am not to be afraid, for I dwell in the shelter of the Most High God (Psalm 91:1,5,6,10; Psalm 18:1-3). I am not to be troubled nor fearful (John 14:27).
28. I cannot be happy if I do not get my needs of worth **and** security met by my spouse or another.
28. See all of the above. He shall supply ALL my needs according to His riches in glory by Christ Jesus (Philippians 4:19).
29. If I am treated unfairly, it makes me a doormat.
29. Even though trials and unfairness will come to all, the Lord has made me who I am (# 31; # 2). Those reviling my good behavior shall be put to shame (1 Peter 3: 17). As I walk in righteousness, no weapon formed against me shall prosper (Isaiah 54: 17).
30. The Lord has never cared enough about me to answer my prayers.
30. If I abide in Him, I can ask and it will be given (John 15:7). If I ask and don't receive in God's timing, I have asked with the wrong motive (James 4:2,3; 1 John 3:22; 5:14).

MYTHS

vs.

TRUTH

31. If the Lord wanted good things for me, He wouldn't have allowed so much loss and pain.
32. If the Lord cared about me, He would give me a person to fill my loneliness-make me complete and fulfilled. I need a person to complete me.
33. I must see that others pay for the wrongs they have done against me.
34. I don't have the power to love and serve.
35. My worth and value should come from hard work and responsibility.
36. My security and value should come from my loved one protecting and providing for me *or* doing certain things for me.
37. I should find significance from another's love, appreciation and acceptance. I must have everyone's love and approval to feel good about myself and be emotionally okay.
38. Satisfaction and fulfillment should come from my marital partner.
31. Tribulation and trials will come to all, beginning with God's people. But Christ has overcome these things on my behalf (1 Peter 1:6; 4:12, John 16:33). He has plans for my good and desires to satisfy me with good things (Jeremiah 29:11; Psalm 103:5a). After I have experienced a trial, trusting Him, He will establish, strengthen and perfect me (1 Peter 5:10).
32. I will remain lonely unless I die to my own way of trying to make things work for me (John 12:24). He wants to fill me and my loneliness with Himself. I am to find my completeness in Christ. (Colossians 3:3, Ephesians 5:17,18).
33. God will avenge, vindicate me. I must release others from what they owe so that I won't suffer tormenting emotions (Romans 12:19; Hebrews 10:30,31; Matt. 18:23-35).
34. When I cease my own trying and trust Him, Christ is faithful and He will do it. He gives me the victory. It is not by my power, nor strength, but by His Spirit that I accomplish (1 Thessalonians 5:24; 1 Corinthians 15:57; Zechariah 4:6). I can do all things through Christ who is my strength. The Lord will accomplish that which concerns Me (Psalm 138:8; Philippians 4:13).
35. My value and worth are only found in who Christ has made me-not in my performance. Christ has made me accepted in Him (Ephesians 1:6; Psalm 139:13-18). My confidence is to be in the Lord, not myself (Proverbs 3:26; 14:26) I am to put no confidence in my flesh (Philippians 3:3).
36. The Lord in me is my provider, my security, my worth. He preserves me as I walk in faith (Psalm 31:23; 145:20; 97: 1 0; Proverbs 2:8; Also see #17,#4).
37. See #35. I am not entitled to others meeting my needs. My needs are to be met in Christ. I am complete in Him. He will fill me (Philippians 4: 19; Colossians 2:10; Ephesians 5:17,18).
38. The Lord will satisfy my hungry soul as I walk in His (Isaiah 58: 10). He will fill me with His Spirit (Ephesians 5:17,18).

MYTHS

vs.

TRUTH

39. I am not blessed if God doesn't give me the things I want, according to my reason and timing. Things must go my way for me to be happy and satisfied.
40. I must earn any good thing to enjoy from God.
41. I must have everyone's love and approval to feel good about myself and be okay emotionally.
42. I must struggle to surrender or put away the flesh (my old "survival strategies").
43. Life must be fair *for* me to be calm. I am a victim and cannot be okay until I am no longer victimized.
44. My childhood issues must be dealt with before I can be okay.
45. If I *punish* my spouse or others, then they will love me and give me what I need.
46. Love must be earned. I must please God and/or others *to* be loved and accepted. I must know I am loved by and important *to* another to be okay.
39. God's ways are higher than my ways. He is in control and works all things together for my good if I love Him and am called according to His purpose. As I trust God and do not lean on my own understanding, He will direct my paths (Proverbs 3:5; Romans 8:28). He has plans for my good, to give me hope and a future (Jeremiah 29:11). Only He knows the times and seasons under His authority.
40. He has freely given me all things to enjoy. I am justified freely by His grace (Romans 3:24; 1 Corinthians 2:12; 1 Timothy 6:17; Matthew 10:8).
41. See # 35, 37, 38. I can't count on others approval *for* meeting my needs of worth, validation and significance. *These* needs are met in Christ.
42. I must not try to put them away. If my mind is set on the Spirit, I will enjoy life and peace. When I just cease *from* my *own* works, then I will have rest and peace. When I abide in Christ, I will I have joy (John 15: 11; Hebrews 4:10). As I walk after the Spirit, (abiding and focusing on the Spirit), I won't fulfill the desires of the flesh (Galatians 5:16).
43. Life is not fair. Trials and injustices will come to all. I enter into Christ's victory as I take up my trial (cross) daily and deny myself. I *cannot* follow Christ unless I do this. Calmness and peace are found only in Christ (See # 31, #14, Matthew 16:24, 14:33.)
44. My issues *have* been dealt with because I have died with Christ and am a new creation. I am okay when I recognize that He has given me the Victory and cease *from* my struggling (See # 34, #22, Hebrews 4:10.)
45. I will eat the fruit of my *own* way. I will reap what *I* sow. If I sow *to* the flesh, I will reap corruption! As I am unselfish and love my spouse and others (sow *to* the Spirit), I will reap that eternal life of Christ's sufficiency *for* me (Matthew 5:46; Galatians 6:7, 8; Proverbs 1:31).
46. God loved me when I was a sinner. He freely gives me all things *to* enjoy. He has made me accepted in Him. I do not have to have acceptance *from* a person for my needs *to* be met. Love is my *sacrifice* of my old survival strategies; it is not "getting." ALL my needs are met in Christ (See #40, #2, John 15:13; Philippians 4:19.)

MYTHS

vs.

TRUTH

47. I should not have adversity or opposition in life, relationships or marriage.

47. See # 29, #31. I know that trials come *to* all, and I should not be surprised when they come. God allows them *to* happen so that I won't depend on myself but on God (2. Corinthians 1:9).

48. Others are *to* blame (are responsible) for how I feel. It is someone's fault. I am a victim.

48. I am responsible for me (See # 3.) He came *to* restore and heal my broken soul (Luke 4:18. See also # 16, 18, 26, 45).

49. Things must go my way for me *to* be fulfilled or satisfied.

49. See # 37, 38, 39. Fulfillment only comes from the Lord. He will fill me with His Spirit. He will satisfy my hungry soul and quench my thirst (John 4:1).

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