

HEALING CONVERSATIONS 1

INTRODUCTION TO HEALING CONVERSATIONS

1. What would you do if...?

- A. Scenario #1 - *“What if a young child came to you who had just gone through something terrible and...”*

- B. Scenario #2 - *“What if you were speaking with a teenager who has quite an attitude – angry, pushing you away...”*

WHO ARE THE KIDS INSIDE?

- A. → *Waiting at the airport*
 - i. And thus began a quest. What happened that day?
 - ii. How could I stop something so nasty, so strong, so ingrained?
 - iii. Could it work with other feelings?
 - iv. Could it work with deeper issues – things I’d struggled with for years?
 - v. Could I teach it to others?

- B. Have you ever:
 - i. Argued with yourself? The classic angel on one shoulder and demon on the other.

 - ii. Experienced an “out-of-body” sensation? You are there, speaking the words or engaging in the event, but it feels like you’re watching more than participating.

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- iii. Told someone (or even yourself): *“I am really angry right now, but I don’t want to be angry?”* Who is angry and who doesn’t want to feel angry?
 - iv. Wanted to forgive someone – even prayed to forgive them over and over – and still felt the bitterness seeping through your mind?
 - v. Been slave to an addiction? To an ongoing pattern of sin that leaves you helpless and hopeless?
- C. What is all this about?
- i. Why do we feel at times that another part of us takes over?
 - ii. Why does this part often feel very young or out of control?
 - iii. Why do we often feel a raging conflict inside of us?
 - iv. Why, no matter how many times we say to the Lord *“I forgive this person,”* do we often still struggle with the hurt and the bitterness?

THE APOSTLE PAUL & THE KIDS INSIDE

- A. Paul had the same questions, the same struggle:

Romans 7:16f (The Message)

What I don’t understand about myself is that I decide one way, but then I act another, doing things I absolutely despise...But I need something more! For if I know the law but still can’t keep it, and if the

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*power of sin within me keeps sabotaging my best intentions, I obviously need help! I realize that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. **Something has gone wrong deep within me and gets the better of me every time.***

*It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands, but **it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge.***

I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question?

B. Even more important than understanding why these things happen to us is learning how to overcome them!

C. It took a blinding light to reveal the answer to Paul:

The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

D. But how does Jesus do this for us? We are commanded to “put to death our old nature” and “put away sin” – but how?

i. E.g., how successful are you at beating down your problem with anger? Lust? Critical spirit?

1. GRACE – THE BEGINNING AND ENDING

A. Romans 5:8 – *“But God demonstrates His own love for us in this: while we were still sinners, Christ died for us.”*

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B. Grace doesn't end at salvation – it intensifies!

i. Hebrews 4:16

ii. Philippians 1:6

iii. *“Don't should on me”*

iv. *“Only a place to begin; not a place to end”*