

EMBASSY COLLEGE



ἀντὶς οὗ ἐμπροσθεν μου γεγονός, οὐκ πρότερος
μου ἦν. 31 καὶ γὰρ οὐκ ᾔδειν αὐτόν, ἀλλ' ἵνα
φανερωθῆ τῷ Ἰσραὴλ διὰ τοῦτο ἦλθον ἐγὼ
ἐν ὕδατι βαπτίζων. 32 Καὶ ἐμαρτύρησεν
Ἰωάννης λέγων ὅτι Τεθέαμαι τὸ πνεῦμα.



SYLLABUS AND STUDY GUIDE

Healing the Wounded Heart

CC106

Rev. Jack Frost

SHILOH PLACE MINISTRIES

After experiencing years of marital and family problems, depression, and success and burnout in pastoral ministry, Jack and Trisha Frost became aware of their deep need for intimacy and an encounter with the Father's healing love. Soon after, they received a personal revelation of God's unconditional love in such a way that it began to transform their relationships at home, with God, and with others. They began to minister to others out of their life experiences with transparency and a spirit of brokenness.

Jack and Trisha founded Shiloh Place Ministries in 1991 with a vision to see the world experience the Father's healing love through the hearts of the leaders. They spend much of their time today ministering to pastors' and missionaries' families, conducting ministers' retreats in different nations, teaching leaders how to bring healing to the broken hearted, and teaching seminars and conferences on the Father's love. Their heart's desire is to build retreat centers that will become havens of rest where ministers can come for refreshing, personal ministry, and to be equipped to give the Father's healing love to the nations.

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TABLE OF CONTENTS

INTRODUCTION	1
WHAT IS WOUNDING?	5
THE MOST COMMON CAUSES OF WOUNDING	12
HOW WOUNDING AFFECTS THE SOUL (the mind, will, emotions, and personality)	17
ROLE RESPONSES TO WOUNDING	27
PERSONALITY TYPES COMING FROM WOUNDING	29
ATTITUDES DEVELOPED WHEN WOUNDED	31
AM I WOUNDED?	37
THE FEEDING OF OUR SPIRITUAL MAN	40
HOW WOUNDING CAN AFFECT OUR SPIRITUAL LIFE	50
THE ROAD TO HEALING	59

I. Course Title: Healing the Wounded Heart

II. Course Description

This course is a study of how a person may experience rejection, disappointment, or grief in such a way that it hinders the development of healthy relationships; with emphasis on the Cross which, when applied, has made provision for healing and transformation.

III. Course Objectives:

A. Cognitive Objectives

Upon completion of this course the student will:

1. Be able to identify and recognize the most common characteristics of wounding;
2. Be able to understand how wounding affects the soul;
3. Be able to discuss the relationship of the knowledge gained in this class and his/her own spiritual development;
4. Be able to demonstrate and discuss the principles of the healing process outlined in this course.

B. Affective Objectives

Upon completion of this course the student will:

1. Become aware of the depth of wounding that many Christians are walking in, and how they can help administer healing and wholeness;
2. Gain an ability to recognize the “cycle of pain” that many Christians follow and will learn how to intervene by way of the cross;

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3. Recognize areas of wounding in his/her life and by applying the principles of healing will begin to alter their thought processes and behavior.

INTRODUCTION

This manual is not a theological position statement. It is an experiential understanding of what I have found within people who have been wounded as well as what I have seen within myself. There is some scriptural support, but I am not teaching this as a theological or counseling fact.

There is a great danger in teaching on woundedness. Too often, it causes people to spend too much time focusing upon their wounds and thus they take on a “victim mentality.” Bob Sorge said, “The Cross is God’s balancing stick. If you are not sure that a certain teaching emphasis is properly balanced, examine it through the lens of the Cross. The Cross is the surest antidote to theological weirdness.” All healing must come by way of the Cross.

It is important for those in ministry to understand that **IT IS OKAY TO BE WOUNDED. JESUS WAS!!!** Even though Christ was whole and complete in Himself, He was also wounded and bruised.

He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God and afflicted. But **He was wounded** for our transgressions, **He was bruised** for our iniquities: the chastisement of our peace was upon him and with His stripes we are healed. (Isaiah 53:3-5 KJV)

Because of the Cross and its ability to bring death to the old and breathe life into the new, Christ was able to take the focus off His woundedness

and place His focus on the ability of the Cross to use His wounds to bring healing to others and to transform the world. (2 Corinthians 1:3, 4)

“Therefore if any man is in Christ, **he is a new creature**; the old things passed away; behold, new things have come.” (2 Corinthians 5:17)

This is ***our position in Christ***. In Him, we are whole, complete, and new!

“But we all, with unveiled face beholding as in a mirror the glory of the Lord, **are being transformed** into the same image from glory to glory, just as from the Lord, the Spirit.” (2 Corinthians 3:18)

This is ***our experience in Christ***. In Him, we are being transformed day by day “by the renewing of our mind” (Romans 12:2) and the “renewing of the spirit of our mind” (Ephesians 4:23). We must daily “lay aside the old self” and “put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.” (Ephesians 4:22-24)

In other words, “**We must die daily**” (1 Corinthians 15:31) to anything within us that is not like Christ. This is the way of the Cross.

If you are tired of living the way you presently are, this manual will help you to take the focus off of yourself and place it upon the Cross and its ability to change you. This teaching is meant to bring to light hidden areas of darkness within you so that you may come to the Cross and allow Christ’s love to transform you, thus, bringing a change to all your relationships.

This manual is not for people who suffer depression. People suffering with depression need large amounts of expressed love and affection, not a greater load of guilt. This manual is designed for those searching for repentance and change and may hinder a person’s healing for depression.

All scriptures quoted are from the *New American Standard Version* unless otherwise stated.

1

WHAT IS WOUNDING?

Charles Solomon, a Christian author who deals with rejection, says 98% of Christians have their identity in the roots and fruit of rejection and woundedness. This can also be seen by the degree of emotional health that psychologists say our country walks in.

- 82%** of Americans are emotionally unhealthy
- 24%** have moderate to major mental health problems
- 58%** have mild to moderate mental health problems

Some signs and characteristics of emotional immaturity are:

- A pleasure seeking mentality
- Self-oriented lifestyle
- Self-destructive behavior
- Irresponsibility
- A lack of self-discipline
- Chronic depression
- Fears and phobias
- Addictions and compulsions
- Inability to be flexible and to change
- Chronic anxieties
- Disruptive behavior
- Chronic relationship problems
- Dysfunctional behavior—don't trust, don't talk, don't feel

Wounding is one of the greatest hindrances to

- Intimacy in our families
- Intimacy in our relationships
- Intimacy with God

Isaiah 54:1-6 gives a clear picture of how wounding affects the way we see life and how we feel about others and ourselves.

“Fear not, for you will not be put to **shame**; neither feel **humiliated**, for you will not be **disgraced**; but you will forget the **shame** of your youth, and the **reproach** of your widowhood you will remember no more. For the Lord has called you, like a wife...**forsaken** and **grieved in spirit**, even like a wife of one’s youth when she is **rejected**....” (vs. 4 & 6)

A DESCRIPTION OF SHAME:

- Shame influences what you think you are. It causes you to want to run and hide. You feel like you can’t escape because you think you have no value to anyone or yourself. You feel like everyone is judging you. **Guilt** says, “I was wrong.” **Shame** says, “I was a mistake.”
- To have given yourself to someone, only to be cast aside
- The embarrassment you feel over your mistakes
- Feelings of being “forsaken”—destitute, deserted, abandoned, alone
- Grieved in “spirit”—troubled, disturbed, full of sorrow

A DEFINITION OF SHAME: An embarrassment over our failures.