



## Supplementary Material

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Week #3

Encounter the Love of the Father

**Monday, October 18**  
Daughter, You Are Set Free

• **Lk.13:11-17**

He was teaching in a synagogue on the sabbath. And a woman was there who for eighteen years had been crippled by a spirit; she was bent over, completely incapable of standing erect. When Jesus saw her, he called to her and said, "Woman, you are set free of your infirmity." He laid his hands on her, and she at once stood up straight and glorified God. But the leader of the synagogue, indignant that Jesus had cured on the sabbath, said to the crowd in reply, "There are six days when work should be done. Come on those days to be cured, not on the sabbath day." The Lord said to him in reply, "Hypocrites! Does not each one of you on the sabbath untie his ox or his ass from the manger and lead it out for watering? This daughter of Abraham, whom Satan has bound for eighteen years now, ought she not to have been set free on the sabbath day from this bondage?" When he said this, all his adversaries were humiliated; and the whole crowd rejoiced at all the splendid deeds done by him.

• **Lk. 6:6-11**

On another sabbath he went into the synagogue and taught, and there was a man there whose right hand was withered. The scribes and the Pharisees watched him closely to see if he would cure on the sabbath so that they might discover a reason to accuse him. But he realized their intentions and said to the man with the withered hand, "Come up and stand before us." And he rose and stood there. Then Jesus said to them, "I ask you, is it lawful to do good on the sabbath rather than to do evil, to save life rather than to destroy it?" Looking around at them all, he then said to him, "Stretch out your hand." He did so and his hand was restored. But they became enraged and discussed together what they might do to Jesus.

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**Tuesday, October 19**  
Give Me This Water

• **Jn. 4: 1-42**

Now when Jesus learned that the Pharisees had heard that Jesus was making and baptizing more disciples than John (although Jesus himself was not baptizing, just his disciples), he left Judea and returned to Galilee. He had to pass through Samaria. So he came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph.

Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.)

Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." [The woman] said to him, "Sir, you do not even have a bucket and the well is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this well and drank from it himself with his children and his flocks?"

Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain;\* but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed, the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Anointed; when he comes, he will tell us everything." Jesus said to her, "I am he, the one who is speaking with you." At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Messiah?" They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months\* the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already\* receiving his payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work."

Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, "He told me everything I have done." When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

## Wednesday, October 20

### Jesus Gave Him Back to His Mother

- **Lk. 7: 11-16**

Soon afterward he journeyed to a city called Nain, and his disciples and a large crowd accompanied him. As he drew near to the gate of the city, a man who had died was being carried out, the only son of his mother, and she was a widow. A large crowd from the city was with her. When the Lord saw her, he was moved with pity for her and said to her, "Do not weep." He stepped forward and touched the coffin; at this the bearers halted, and he said, "Young man, I tell you, arise!" The dead man sat up and began to speak, and Jesus gave him to his mother. Fear seized them all, and they glorified God, exclaiming, "A great prophet has arisen in our midst," and "God has visited his people." This report about him spread through the whole of Judea and in all the surrounding region.

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## Thursday, October 21

### They Shouted Even More Loudly

- **Lk. 18:35-43**

Now as he approached Jericho a blind man was sitting by the roadside begging, and hearing a crowd going by, he inquired what was happening. They told him, "Jesus of Nazareth is passing by." He shouted, "Jesus, Son of David, have pity on me!" The people walking in front rebuked him, telling him to be silent, but he kept calling out all the more, "Son of David, have pity on me!" Then Jesus stopped and ordered that he be brought to him; and when he came near, Jesus asked him, "What do you want me to do for you?" He replied, "Lord, please let me see." Jesus told him, "Have sight; your faith has saved you." He immediately received his sight and followed him, giving glory to God. When they saw this, all the people gave praise to God.

- **Lk. 19:1-10**

He came to Jericho and intended to pass through the town. Now a man there named Zacchaeus, who was a chief tax collector and also a wealthy man, was seeking to see who Jesus was; but he could not see him because of the crowd, for he was short in stature. So he ran ahead and climbed a sycamore tree in order to see Jesus, who was about to pass that way. When he reached the place, Jesus looked up and said to him, "Zacchaeus, come down quickly, for today I must stay at your house." And he came down quickly and received him with joy. When they all saw this, they began to grumble, saying, "He has gone to stay at the house of a sinner." But Zacchaeus stood there and said to the Lord, "Behold, half of my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over." And Jesus said to him, "Today salvation has come to this house because this man too is a descendant of Abraham. For the Son of Man has come to seek and to save what was lost."

## Friday, October 22

### Don't Be Afraid

- **Mc. 5:21-24 . 35-43**

When Jesus had crossed again [in the boat] to the other side, a large crowd gathered around him, and he stayed close to the sea. One of the synagogue officials, named Jairus, came forward. Seeing him he fell at his feet and pleaded earnestly with him, saying, "My daughter is at the point of death. Please, come lay your hands on her\* that she may get well and live." He went off with him, and a large crowd followed him and pressed upon him. While he was still speaking, people from the synagogue official's house arrived and said, "Your daughter has died; why trouble the teacher any longer?" Disregarding the message that was reported, Jesus said to the synagogue official, "Do not be afraid; just have faith." He did not allow anyone to accompany him inside except Peter, James, and John, the brother of James. When they arrived at the house of the synagogue official, he caught sight of a commotion, people weeping and wailing loudly. So he went in and said to them, "Why this commotion and weeping? The child is not dead but asleep." And they ridiculed him. Then he put them all out. He took along the child's father and mother and those who were with him and entered the room where the child was. He took the child by the hand and said to her, "Talitha koum," which means, "Little girl, I say to you, arise!" The girl, a child of twelve, arose immediately and walked around. [At that] they were utterly astounded. He gave strict orders that no one should know this and said that she should be given something to eat.

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## Saturday, October 23

### Reflection - Arise

- **Mc. 5:21-24 . 35-43**

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## Lectio Divina: praying the scriptures

### Read:

- Read the Scripture. What word or phrase grabs your heart? Linger with it.

### Reflect:

- Slowly and thoughtfully, read the passage again. What feelings arise?

### Respond:

- Slowly and prayerfully, read the passage again. Respond to God from your heart. Speak to God of your feelings and insights.

### Rest:

- Sit quietly in God's presence, asking, "What are you saying to me?" Rest in God's love, and listen. What is God speaking to you? offering you? asking you?

\*Take time to go through the prayers for renouncing lies and announcing truth, and/or time to go through the forgiveness exercise. You can find this material all below.

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### Prayers To Renounce Lies and To Announce the Truth Based on Our Sins

- **Pride:** "In the name of Jesus Christ, I renounce the sin of pride and any idolatry of myself. I renounce self righteousness, self-deception, and self-promotion. I ask for your forgiveness, Lord, and I choose instead to humble myself before you."
- **Envy:** "In the name of Jesus Christ, I renounce the sin of envy, and any idolatry of position or status. I renounce coveting what anyone else has and bringing them down. I ask for your forgiveness Lord, and I choose instead contentment and kindness toward my neighbors."
- **Anger:** "In the name of Jesus Christ, I renounce the sin of anger, and any idolatry of power, control or justice. I renounce all bitterness, judgments, and retaliation. I ask for your forgiveness, Lord, and I choose instead the virtue of patience and long-suffering, to bless those who hurt me."
- **Lust:** "In the name of Jesus Christ, I renounce the sin of Lust, and any idolatry of sex or relationships. I renounce all immorality, fornication, adultery, pornography.. I ask for your forgiveness Lord, and I choose instead the virtue of chastity and to see everyone in purity."
- **Gluttony:** "In the name of Jesus Christ, I renounce the sin of Gluttony, and any idolatry of food, drink or drugs. I renounce all self-indulgence and false comfort through what I take into my body. I ask your forgiveness Lord, and I choose instead temperance and fasting to combat self-indulgence."

- **Greed:** "In the name of Jesus Christ, I renounce the sin of Greed, and any idolatry of security, wealth or money. I renounce all sins of hoarding, stealing, or using people to get ahead. I ask your forgiveness Lord, and I choose instead generosity and trusting you for my provision."
- **Sloth:** "In the name of Jesus Christ, I renounce the sin of Sloth, and my idolatry of ease and false comfort. I renounce laziness or giving up when things get difficult. I ask for your forgiveness, Lord, and I choose diligence and perseverance."

## Renouncing Lies and Announcing Truths

- **Prayer For Renouncing Inner Vows**

Father, I acknowledge that I have tried to save myself rather than rely on you for my salvation. Please forgive me for my sin of pride and self-sufficiency. I acknowledge that my effort to protect myself has left me imprisoned behind walls that keep me from freely giving and receiving love. I desire to be free of this bondage that has come as a result of my own choices.

In the name of Jesus I renounce the inner vow that \_\_\_\_\_(details of inner vow). I ask you to release me from the bondage of this vow now. Thank you. Amen.

- **Prayer for Renouncing Judgement**

Father I acknowledge that I have judged (name \_\_\_\_\_) I realize that I did this to protect myself from the feelings of vulnerability and powerlessness in order not to be hurt. I also realize that this judgment is sin and keeps me bound. I ask you now for your forgiveness and to release me and \_\_\_\_\_(the person judged) from the bondage of this condemnation and isolation. In the name of Jesus I renounce the judgment of \_\_\_\_\_ (name) that \_\_\_\_\_(identify specific judgments).

I know I cannot change my own heart so I ask you to give me your heart of compassion for \_\_\_\_\_.

## Prayer of Forgiveness

- **For use in Adoration**

1. Ask the Holy Spirit to show you who you need to forgive (could be family, friend, abuser, God, yourself).
2. Picture the person in front of you and pay attention to what you feel. (This is where - in the experience your feel - you want to invite the Lord in, so He is with you in that experience.)
3. Make an account of the debt they owe you (what did they take from you, how did they hurt you? (It is quite normal and okay to feel angry.)

4. Imagine yourself telling them what they did to hurt you and how it has affected you, and do this inside your heart and in the presence of Jesus and the Holy Spirit within.
5. Ask the Holy Spirit to reveal to you what you believe about yourself based on that incident (identity lie).
6. Renounce the identity lie. (Example: "I renounce the lie that I am not loved or cared for, etc.") See above prayers for guidance.
7. Ask the Holy Spirit to reveal the judgments you hold towards that person who hurt you.
8. Renounce the judgments (See above prayers for guidance.)
9. Ask Jesus to forgive the person.
10. Forgive the person.
11. Pray a prayer of blessing for that person inside; ask God to bless them in the opposite way that they hurt you.
12. Ask Jesus to seal this forgiveness and heal the wounds.
13. Thank God for his healing.

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## Steps for Prayer of Inner Healing

### **1. Identify the Current Distress Symptoms:**

- What are the current triggers or symptoms?
- What does the recipient desire?
- Identify root lies and judgments the recipient is believing.

### **2. Ask Jesus to Show the Root of the Problem:**

- Do not try to pray or figure it out. Listen in silence to receive insight from the Holy Spirit.
- Roots may be a memory, a series of memories, an emotion, or a feeling.
- The root may be a womb experience or generational problem.

### **3. Identify the Painful Experience and the Corresponding Belief (lie)**

- The painful experience should be congruent to the initial distress.
- If there is more than one memory, identify the common thread.
- If the root problem is pre-verbal, there may not be memory, only feeling. \If the root issue is generational there may not be any emotions.

### **4. Ask Jesus to Reveal What He Desires Me to Know:**

- Recipient and prayer team listen and wait on the Lord, usually in silence.
- Jesus reveals Himself in different ways due to the uniqueness of the person.
- Some see pictures, some hear His voice, some have an interior knowledge or conviction, some may have a release of pain.
- "I am not to blame." "I am not feeling alone anymore." "I am loved."

## **5. I Do Not Receive Anything from Jesus - Look for Barriers:**

- The problem may be control due to an inner promise or judgement.
- The problem may be dissociation due to early trauma.
- I may experience abandonment from God.
- The barrier may be a wall of anger, fear, denial or hopelessness.
- Ask the Lord to reveal and minister to the barrier and its source.

## **6. When I Receive Healing from Jesus - Check for Fruit**

- Identify the good fruit in the wound and original distress (e.g., joy, compassion, love, peace).
- Check the belief and judgments connected to the original issue
- Give thanks to the Lord and seal the healing in the Blood of Christ.

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## **Desires of the Human Heart**

In John 10:10, Jesus says, "I came that they might have life and have it to the fullest." Jesus came so that we could live fully human and fully alive. However, as we live in a broken world, we experience hurt and woundedness that leads us into false beliefs/lives that bind us and keep us from living in the freedom of Christ. But Christ came to heal us and set us free. As he says, "The Truth will set you free" (John 8:32), the Truth which breaks us free from the lies that have power over us. Below is a list of 7 main desires of the human heart, as well as various forms of woundedness and sin at work in our lives, and a prayer exercise to help us to receive freedom and live into the fullness of life the Christ intends for each and every one of us.

### **What Are the Main Desires of the Human Heart?**

- To be heard and understood
- To be affirmed (shown that you are good)
- To be blessed (given unconditional love)
- To be safe (both physically and emotionally)
- To be touched (in a healthy affirmation of affection (to be hugged/embraced, held, to receive physical signs of someone's love, in a healthy way)
- To be chosen (to feel special)
- To be included (to be a part of something or a group)

## Wounds & Identity

### Wounds

### How they distort our identity

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Abandonment	"I am all alone. No one understands me."
Shame	"I am bad, dirty, perverted... it's my fault."
Fear	"If I trust, speak, confront, I will be hurt or die. I'm not safe."
Powerlessness	"I feel overwhelmed... I don't know what to do. I am the victim."
Rejection	"I am not loved or wanted... I have no value. I am not chosen."
Hopelessness	"It's never going to change... there is no hope. I don't know what to do."
Confusion	"I don't know what is happening to me."

### Wounds are strongholds of mind and emotion based on IDENTITY LIES

"More often than not, the emotional pain we feel in the present tense has been triggered by lie-based thinking, which is rooted in memory. Lie-based thinking is a false belief one holds in memory learned during a specific life event" – Dr. Ed Smith, Healing Life's Hurts, pg. 27

Lies often get planted in our hearts as young children through our misinterpretation of painful events and lead to inner vows/promises we make that bind us in negative way.

Wounds	False Beliefs/Lies	Inner Vows (Bad ones)
Filled with Pain	<ul style="list-style-type: none"><li>Lies – what we believe about ourselves/identity</li><li>False Judgements – what we believe about others</li></ul>	<ul style="list-style-type: none"><li>Promises we make to ourselves out of fears, wounds, or judgements: For example: "I will never be my father, mother, brother, abuser, etc."</li><li>"I will never trust again"</li><li>"I will never allow myself to be vulnerable"</li></ul>

### Seven Deadly WOUNDS are interrelated with the Seven Deadly SINS

- Sin not only causes wounds, but it also grows out of wounds
- We often sin as a way of trying to escape the suffering caused by the wounds
- Examine and pay attention to the areas of sin and patterns of sin (especially habitual sins) in our life – often behind that sin is a wound that needs healing... and it's the wound that is giving power to the sin

## Deadly Sin

Pride  
Envy  
Gluttony  
Lust  
Anger  
Greed  
Sloth

## Idolatry

Self  
Status of Possessions  
Food or Drink  
Sex or Relationship  
Control  
Security or Wealth  
Comfort

### "Revival" Song Lyrics

Regnum Christi Music Collective (feat. By Colleen McKenna)

*You're teaching with my imperfections  
Reaching me when I run the other direction  
I'm undone, unraveling my plans  
Make me whole again  
Rebuild me from the inside out  
In a way that only you know how*

*You're teaching me with my imperfections  
Reaching me when I run the other direction  
I'm undone, unraveling my plans  
Make me whole again  
Rebuild me from the inside out  
In a way that only you know how*

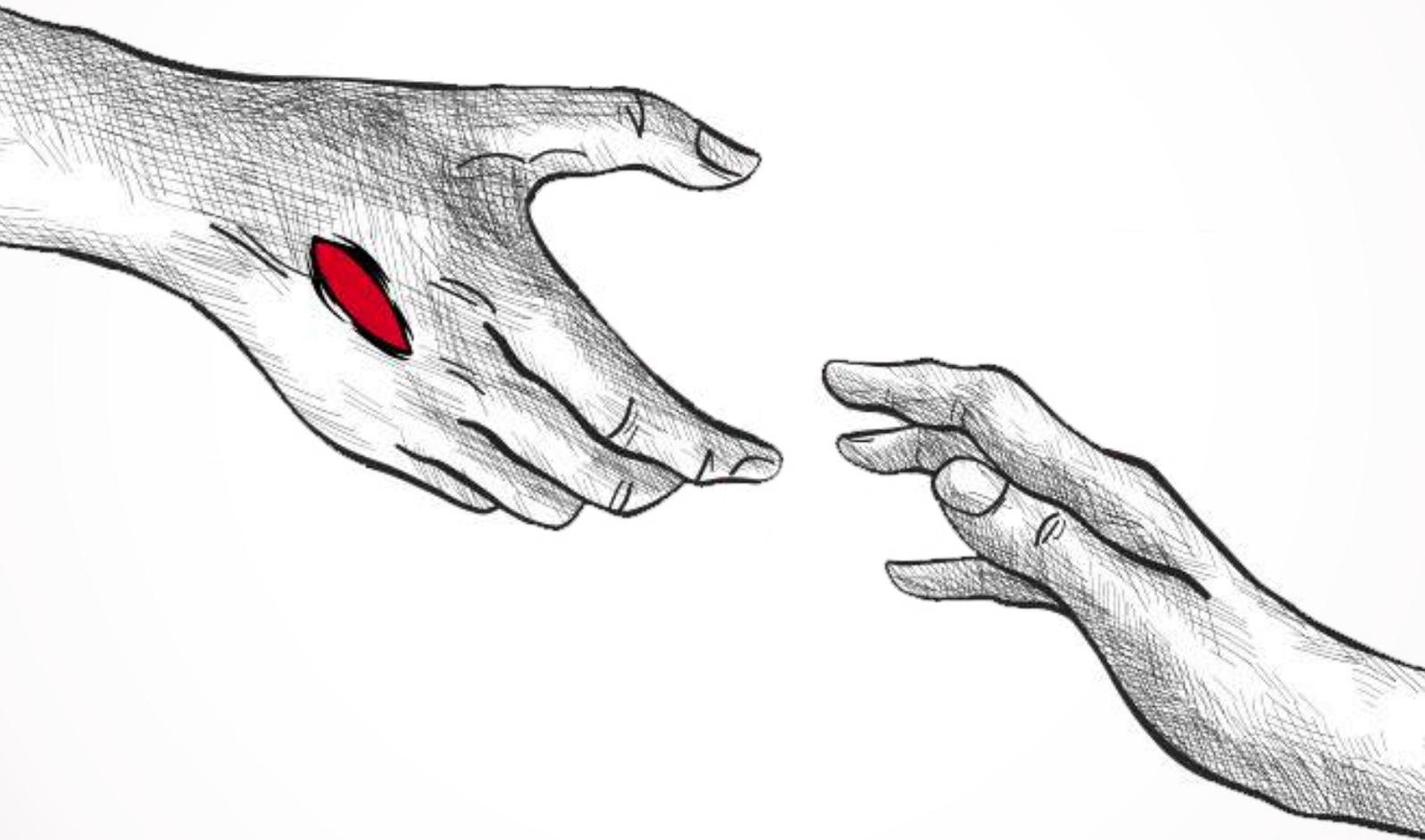
*I need a revival something more than just  
shallow survival  
God, I need you, God, I need you  
Father bring me redemption, renew my heart  
with a resurrection  
God I need you, God I need you now*

*You're pouring out the healing  
When the bitterness is all that I've been feeling  
Take this cup and hold it Lord  
Not my will but instead let it be yours  
From the inside out  
In a way only you know how*

*I need a revival something more than just  
shallow survival  
God, I need you, God, I need you  
Father bring me redemption, renew my heart  
with a resurrection  
God I need you, God I need you now*

*Come alive, Come alive in me  
Come alive, Set me free God, Set me free*

*I need a revival something more than just  
shallow survival  
God, I need you, God, I need you  
Father bring me redemption, renew my heart  
with a resurrection  
God, I need you, God, I need you now.*



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