

Week Two:

What can help our hearts to heal?

In this lesson we will:

- *Care for heart wounds by learning how to listen actively*
- *Care for our heart wounds by participating in a healing time of breathing and prayer.*

- ***Questions to begin to think about:***

1. *When in my life have I felt truly loved and cared for?*
2. *When have I felt devalued, dismissed, or unloved?*
3. *When have I felt God's love for me?*

Listen to the skit (Take 1) ~ What NOT to do

What words were said? How did they make you feel?

Listen to the skit (Take 2) ~ What TO do

What types of words were used?

How did these words feel?

There were four specific questions asked. What were they?

1)

2)

3)

4)

How can these questions help you?

Breakout highlights

Other reflection questions

How can expressing our pain help us heal?

What are some other ways, aside from using words, we can express our pain in order to walk towards healing?

What are some ways we might shut someone else down from sharing their pain with us?

As you process your own pain and consider your family. What is one thing you can do to help them express their pain in a way that is helpful for them?

What is one highlight you'll take away from our time together today?

A Breath Prayer with Psalm 23

Feel or bring your attention to:

The top of your head - The Lord is my shepherd; I shall not want.

Your heart space - He makes me lie down in green pastures.

Your core/gut area - He leads me beside still waters. He restores my soul.

Your legs - He leads me in paths of righteousness for his name's sake.

Your feet - Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me;

Your hands and fingertips - Your rod and staff, they comfort me.

Your core/gut again - You prepare a table before me in the presence of my enemies;

The top of your head - You anoint my head with oil; my cup overflows.

Your whole body - Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Psalm 116:1-4

- ¹ I love the LORD because he has heard
my appeal for mercy.
² Because he has turned his ear to me,
I will call out to him as long as I live.
³ The ropes of death were wrapped around me,
and the torments of hell overcame me;
I encountered trouble and sorrow.
⁴ Then I called on the name of the LORD:
"LORD, save me!"
⁵ The LORD is gracious and righteous;
our God is compassionate.
⁶ The LORD guards the inexperienced;
I was helpless, and he saved me.

Psalm 62:8 (NKJV)

- ⁸ Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge
for us. *Selah*

Romans 8:28 (NKJV)

- ²⁸ And we know that all things work together for good to those who love God, to
those who are the called according to *His* purpose.

Proverbs 18:13 (NIV)

- ¹³ To answer before listening—
that is folly and shame.

Proverbs 20:5 (CEB)

- ⁵ Advice comes from the deep waters of the heart;
those with understanding can draw it out.

Proverbs 11:13 (NIV)

- ¹³ A gossip betrays a confidence,
but a trustworthy person keeps a secret.

Proverbs 20:19 (NIV)

- ¹⁹ A gossip betrays a confidence;
so avoid anyone who talks too much.

Helen and Richard were sitting at home enjoying a peaceful evening with their youngest daughter, Ruth. The two older children, Charlie and Alice, were away on a school trip to the coast to study in a wildlife reserve. Helen's phone rang, and she saw it was a call from the mother of a child in Charlie's class. When she answered the phone, she could hardly understand what this mother was saying. The woman was crying and screaming, but finally Helen understood that something had happened to the children on their way to the wildlife reserve. After a number of frantic phone calls, Helen and Richard discovered that the children's bus had fallen off a bridge.

They left Ruth with a neighbor and jumped in their car. When they arrived at the accident, they found a scene of confusion—police cars with flashing lights, ambulances leaving with sirens blaring, parents pressing in and trying to find out what had happened to their children. Finally, they were told gently by a police woman that both their children had been killed and had been taken to the morgue.

Three months later, Richard seemed to be coping and was trying to help their little daughter Ruth. Helen, however, had sunk into a deep depression. She did not want to eat, was not cooking meals for the family any more, and had not returned to her work as a teacher. They were both Christians, and their church had tried hard to help them, bringing meals and sending cards, but Helen had not been to church since the tragedy.

One afternoon Sue, an older woman in the church, came to visit Helen. No one from church up to this point had talked with her about what had happened. They avoided all mention of the children who had died. Sue, however, asked Helen, "What exactly happened the day the bus crashed?" Helen explained all about the bridge and how most of the children had died when the bus dropped twenty feet. Helen found it was a relief to talk about it. Then Sue asked, "How did you feel?" Helen was quiet and then started to explain her feelings of panic and despair when she was at the accident site, and the dark cloud that had enveloped her ever since.

Finally, Sue asked, "What was the hardest part for you?" Helen was quick to reply. "The feeling of guilt," she said. "We should never have let them go on this trip." As she said this out loud, something opened inside of her, and she cried and cried as Sue held her. This was the beginning of her long journey of healing.