

CHURCHES
THAT
HEAL

PARTICIPANT
WORKBOOK

DR. HENRY CLOUD

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Welcome to *Churches That Heal*

Most of us are stuck.

We're stuck in our patterns and ways of coping and surviving in a fallen, broken world.

It causes us to repeat behaviors that only serve to hold us back. Our depression, anxiety, anger, and apathy mock us at every attempt to dig ourselves out of the rut we're in.

Over time, our relationships, our families, and our own health suffers.

You want something better, something different. You have dreams and goals for your life that you long to see fulfilled. You know God has promised you life to the full, and you're not content living beneath your potential.

But you know in order to get different results you have to do something different.

Pat yourself on the back because by taking this course, you are arming yourself with the truth of scripture and psychology that can lead you to emotional health.

You have heard the phrase "the truth shall set you free." And that is absolutely true! But often, we do not read the entire source of where that phrase comes from, and what it says in its totality.

Jesus is the one who said it, and this is what He said:

To the Jews who had believed Him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." (John 8:31,32)

We all want the freedom that Jesus brings. But what we often do not realize is that He said to realize that freedom is going to take some work....it is going to be a process of living out His teachings, His ways, the processes that He told us to "walk in." The word "know" there is an experiential word, not just intellectual. We must engage in what He taught.

This program is a growth path to guide you through many of the processes that Jesus taught which bring healing to many of our deepest hurts, wounds, and inadequacies. He really did bring healing to the brokenhearted, the lost, the weak, and all of us who have gone our own way, or who have been hurt by others. But as the passage says, we will know that freedom as we engage in "holding" to those teachings . . . living them out. As He said in another place, if we only hear His teachings and do not put them into "practice," it leads only to destruction.

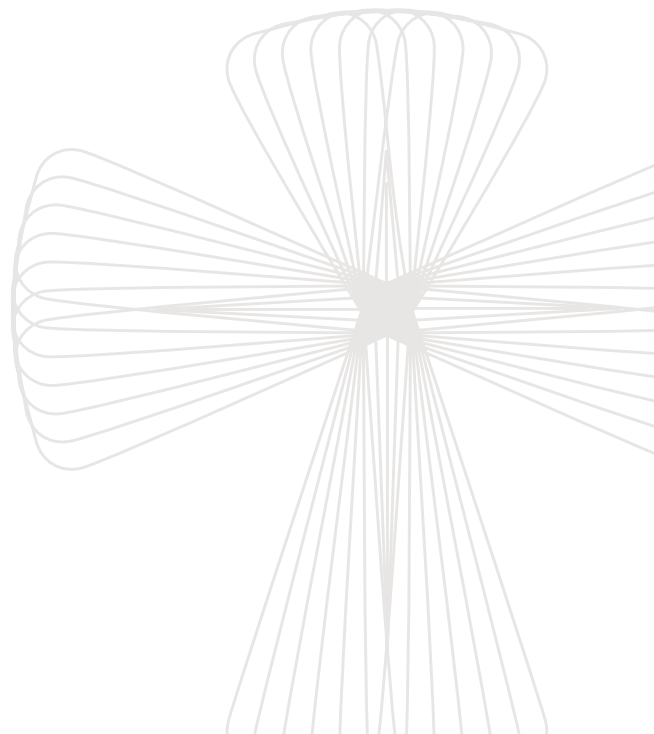
This guide will help you see how so many of His teachings bring about healing in the emotional and relational areas of our lives.

The first step is admitting we all have some form of brokenness in our lives. We all struggle with something, whether that struggle is with depression, anxiety, addiction, guilt, or a difficult relationship. We can't control our past or the people in our lives, but we can control our own reaction and response. We can seek His healing and His ways.

According to Genesis 1:27 we are all created in the image of God: "So God created man in his own image, in the image of God he created him; male and female he created them." But because of sin, we no longer function as we were originally designed, to fully live out His likeness. There are four abilities that God has, and wants to develop in us so that we can be healed and function more like He does:

- **Bonding (our loving attachment to others)**
- **Boundaries (our ability to be free from others)**
- **Sorting out good and bad (our ability to deal with sin and brokenness and process pain)**
- **Becoming an adult (our ability to develop competency)**

Often, our emotional and relational issues stem from one of these four areas. Over the next weeks, we'll discover where we need healing to happen within ourselves so that we can get unstuck.



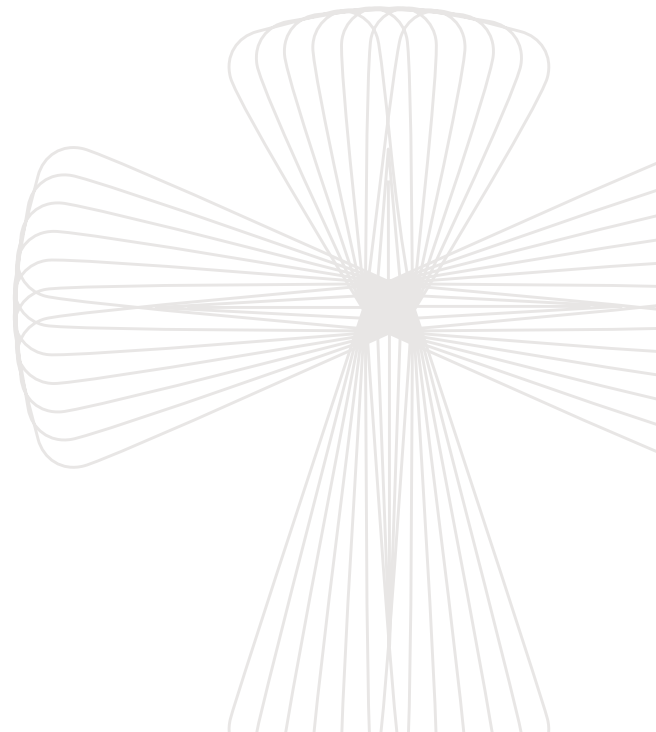
The principles you will learn in ***Churches That Heal*** are found in God's Word, and are given to us to be learned and experienced in a healthy community of people in our lives. Romans 5:5 reminds us "so we, though many, are one body in Christ, and individually members one of another." In fact, Ephesians 4:16 tells us that we grow as each one of us helps each other in the ways we are supposed to help. You were never meant to make these changes all by yourself and on your own. The connections, conversations, and support that you have throughout this course will be critical to your healing process. To begin making changes in your life and absorb the maximum benefits of this course, you are going to need:

Community: You are going to need the support, encouragement, and accountability of a safe group of friends. Psalm 133:1 says, "Behold, how good and pleasant it is when God's people live together in unity!"

Contemplation: Change can only happen with some needed self-examination. Until we are honest with ourselves, we limit our own healing. Psalm 51:6 says, "Behold, you delight in truth in the inward being, and you teach me wisdom in the heart."

Courage: Facing the truth about self and others is sometimes difficult and often painful. Leaving behind the familiar, even when it is hurtful and unhealthy, takes courage. And Jesus promised we will have trouble in this world. But He also said to "take heart! I have overcome the world." (John 16:33)

Commitment: Hearing alone will not produce the change you desire. You must put in a recurring effort. Dr. Cloud writes, "Only when we continually practice what we're learning about these new behaviors based on truth will we, over time, change." James 1:22 says, "But be doers of the word, and not hearers only, deceiving ourselves."



Introduction

Before watching the opening session of **Churches That Heal** with Dr. Cloud, take a few minutes of personal self-assessment and think about a few passages of scripture.

1. Do you have any issues, problems, or struggles that you would like to see God heal and change?

Yes

No

List those areas in which you would like to see healing and change:

2. What do the following verses teach us about ourselves?

Romans 3:10-11, Romans 3:23, Romans 7:17-24

3. How are you feeling about your life right now?

Excited

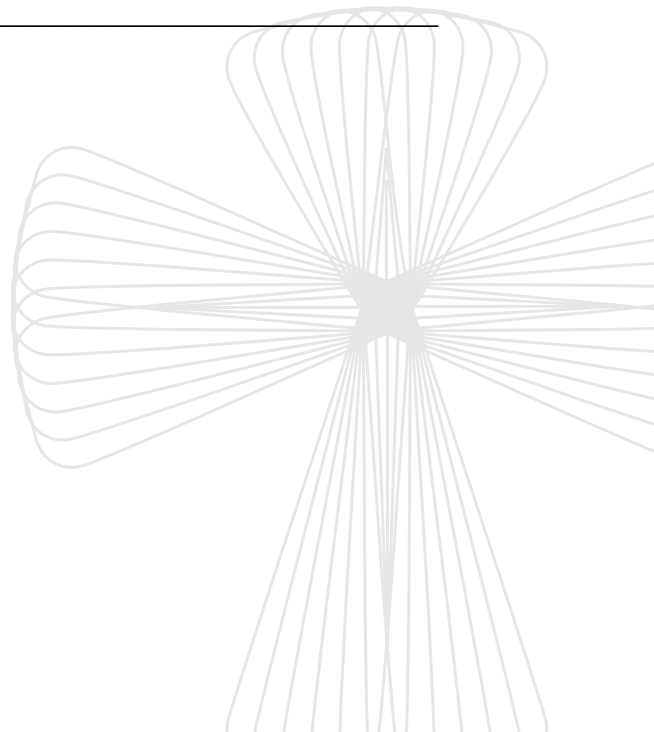
Hopeful

Frustrated

Discouraged

Struggling

Other _____



4. How would you describe the severity of the experiences and events in your life?

- A few near crashes
- Some fender benders
- Head on collisions
- Other

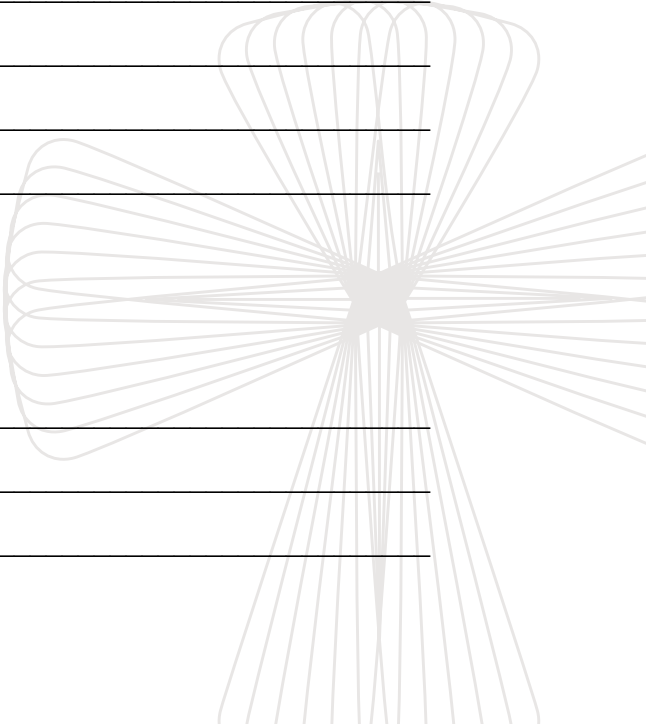
Introduction Session

Like a car with mechanical problems, our human brokenness only gets worse over time without repair and maintenance. If we allow God to address our issues, we can experience healing and reflect the image we were created to. We will spend the next few weeks learning to return to this image and finding healing and wholeness in Jesus Christ.

Notes from the Video

Video Discussion Questions

1. What questions did the video bring up for you?

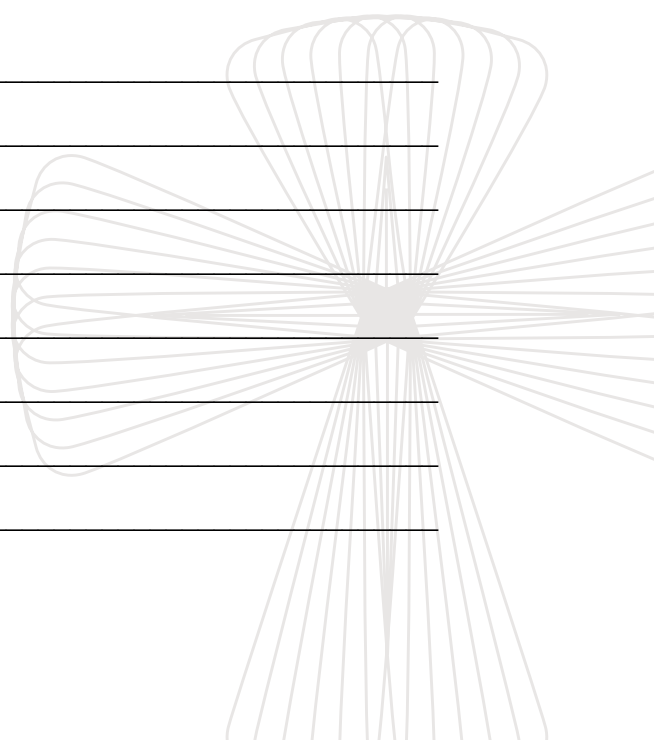


2. Dr. Cloud talks about “issues” and “capacities” in this video. What do each mean to you?

3. Why is “self-help” an oxymoron?

4. How did the video grow your understanding of what it means to be lost and what it means to be saved?

For Next Week: Read John 3:16-17, Luke 19:10, John 10:10, and 1 John 3:8. What do these passages say about the purpose of Jesus? What areas of your life do you think Jesus is most passionate about working on?



SESSION 1

Grace + Truth + Time

PART 1

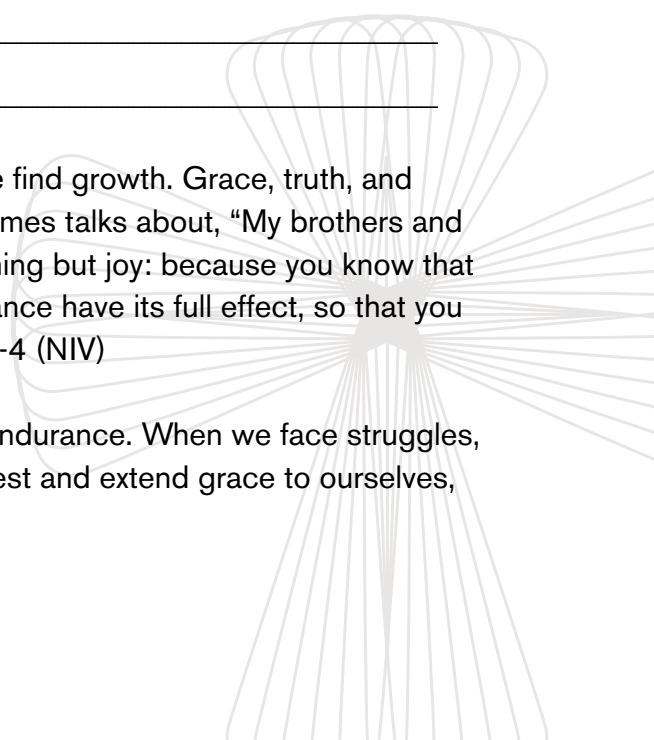
How do you get over depression? Anxiety? Stress? Addiction? In this session, we identify the key ingredients found in scripture and psychology that are involved in every solution. This tried and true formula is the solution to challenges we face and will help us achieve our goals.

Intro to the video: This session is split into two parts. In Part 1, we learn about a tree in a vineyard that was stuck and all the ways the farmer tried to fix the problem.

Notes from the Video

When grace, truth, and time come together, that's where we find growth. Grace, truth, and time working together can develop the kind of endurance James talks about, "My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy: because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing." James 1:2-4 (NIV)

Just as there is good and bad time, there is good and bad endurance. When we face struggles, are we growing or just enduring the pain? If we can be honest and extend grace to ourselves, time spent suffering will lead to growth and healing.



Video Discussion Questions

1. What questions did the video bring up for you?

2. We all experience “Bad Time,” which occurs when we are trying to fix a problem area in our life and it is not working. On a scale of 1-5, 1 being never and 5 being all the time, how often do you respond to the frustration of being “stuck” in these ways?

Judgement _____ Fear _____ Anger _____

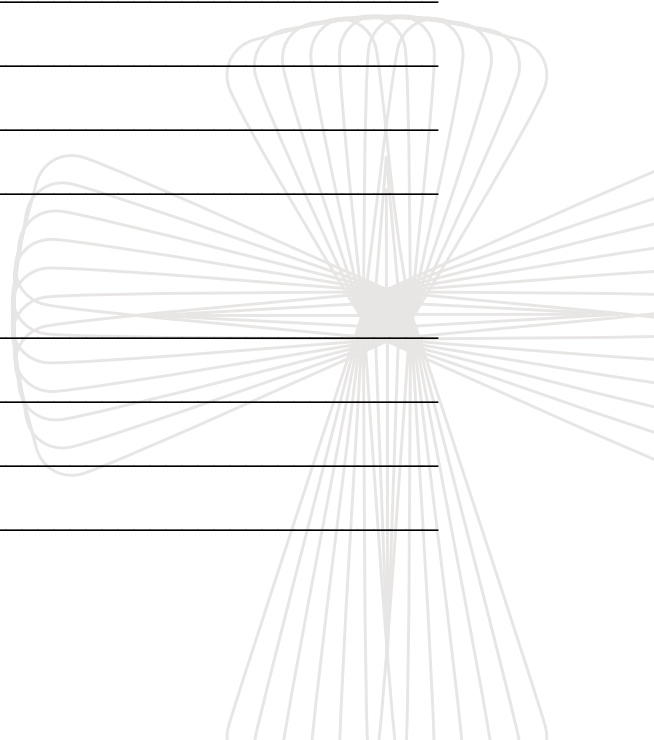
Depression _____ Shame _____ Trying Harder _____

Guilt _____ Escapism _____

3. What happens when someone fails to meet your expectations?

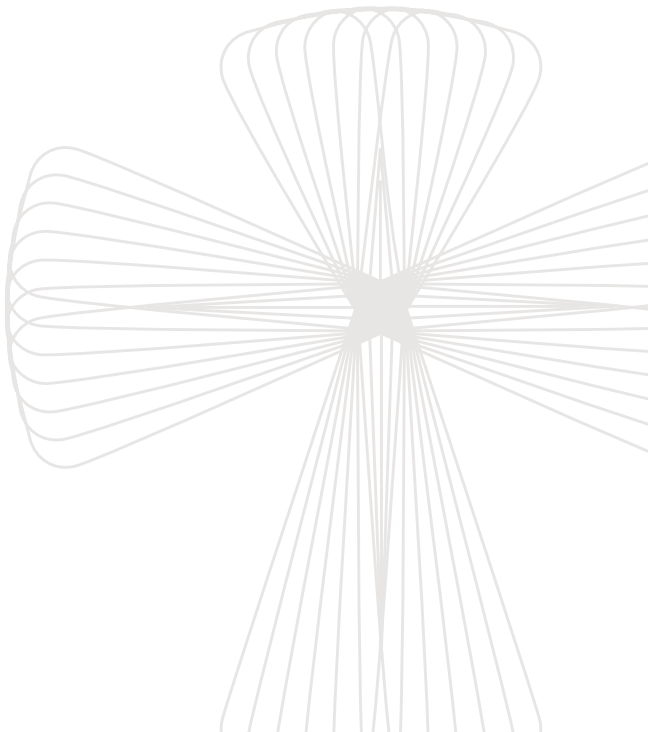
4. How is the conviction God brings different than the legal response of judgment, guilt, and shame we often feel?

5. According to the Bible, what produces real change?



For Next Week: What does Scripture say about our failures? Read Romans 5:20 and Luke 13:6-7. If there was one response you would like to get rid of from your life, which one would it be and how might that change the way you live?

Read 2 Corinthians 7:9-10. What are the different types of responses that we can have to Holy Spirit-produced conviction?



SESSION 2

Grace + Truth + Time

PART 2

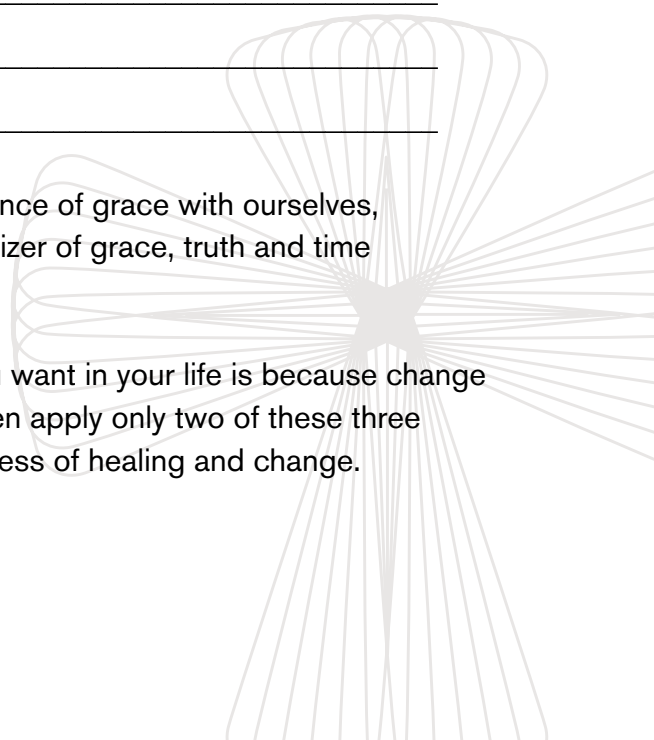
The gospel begins by saying NO to condemnation. In this session, we will learn about how Jesus comes in and helps us out of the places we get stuck.

Intro to the video: In Part 2 of this video, we learn about how Truth + Grace + Time lead to healing and how Jesus is the ultimate advocate for becoming a healthier, happier you.

Notes from the Video

Our personal growth takes time and effort. It requires a balance of grace with ourselves, honesty with others, and patience with our growth. The fertilizer of grace, truth and time enriches the soil so that growth can begin again.

A reason why you may not be experiencing the changes you want in your life is because change requires all three ingredients: grace, truth, and time. We often apply only two of these three ingredients which either slows or completely stops the process of healing and change.



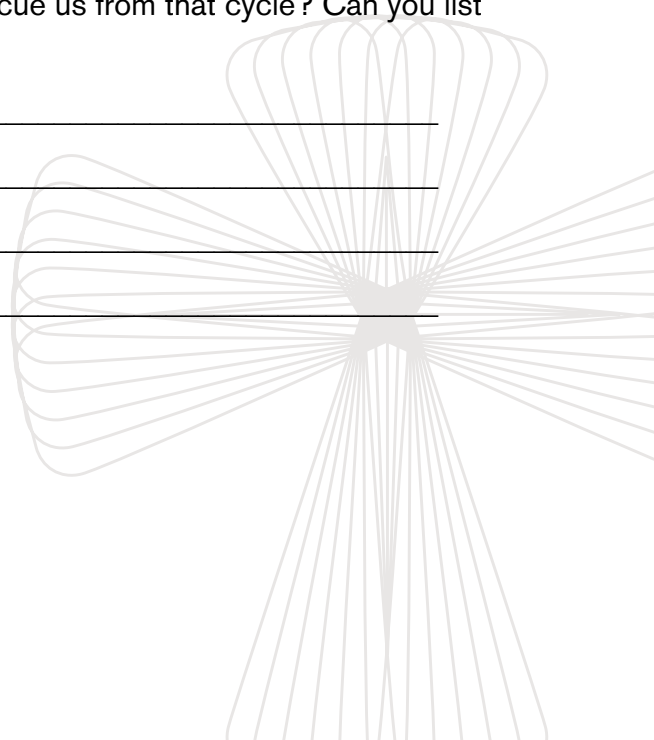
Video Discussion Questions

1. What questions did the video bring up for you?

2. What is an advocate? Have you ever had someone advocate for you? Have you ever been an advocate for someone else?

3. Read Romans 7. Where do you most often feel stuck in that cycle that Paul describes there? Does Paul indicate that there is anything that we can do to get out of that cycle?

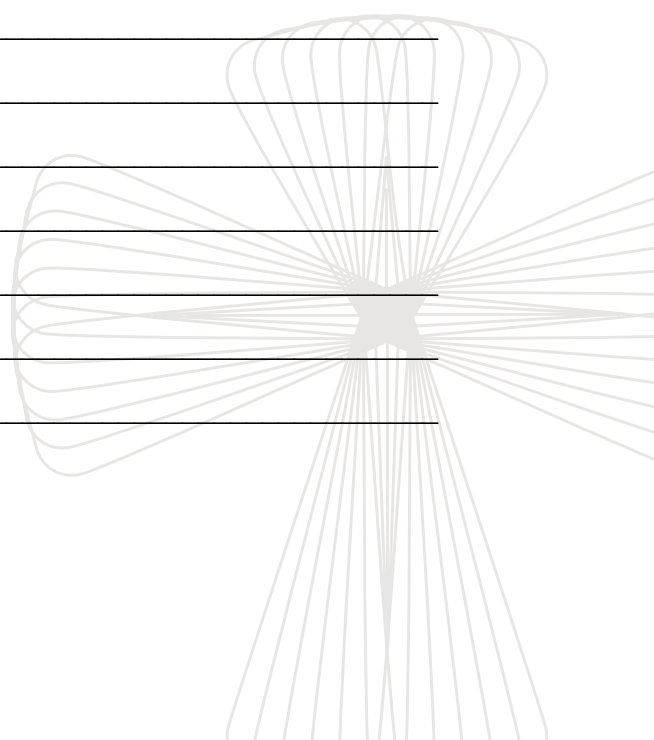
4. Read Romans 8:1-11. What has God done for us to rescue us from that cycle? Can you list them in order?



5. Dr. Cloud talked about “digging for truth” in the video. Do you know where the source of your challenge comes from? Who would have the kind of expertise you need to help you find out more about that truth?

6. What kind of outside help (Grace) could you use, and how often (Time) do you think you could use it?

For Next Week: In Ephesians 4, Paul compares Christian communities like a body that is built up to take care of all of its parts. What people in your life today might represent different parts of that body that could stand with you and offer you help?



SESSION 3

Relational Connection

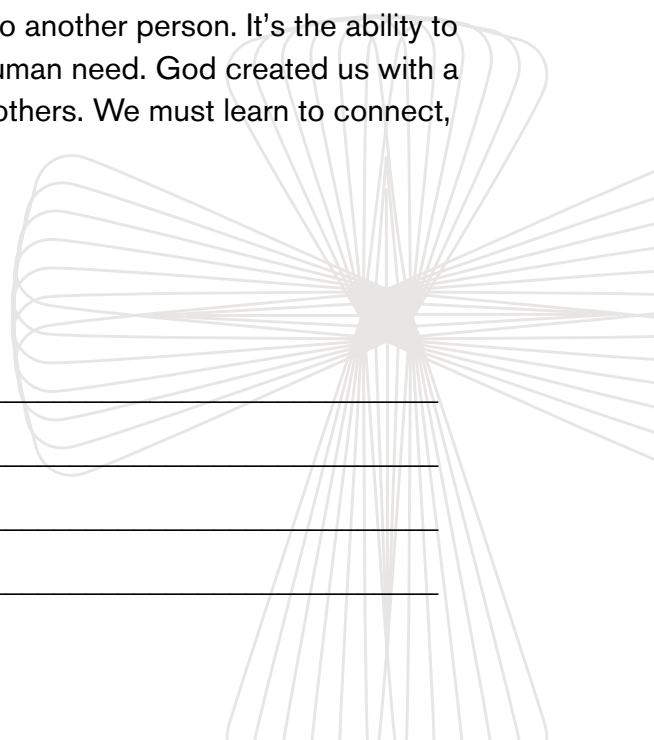
Intro to the video: We were created to live in relationships. When hurt comes through relationships, we often pull ourselves out of them in order to protect ourselves. In this session, we will learn how healing comes through those relationships we struggle maintaining.

Notes from the Video

Bonding is the ability to establish an emotional attachment to another person. It's the ability to relate to another on the deepest level. Bonding is a basic human need. God created us with a hunger for relationship – for relationship with Him and with others. We must learn to connect, bond, trust, and be vulnerable.

Video Discussion Questions

1. What questions did the video bring up for you?



2. What are some speed bumps or triggers that you regularly encounter?

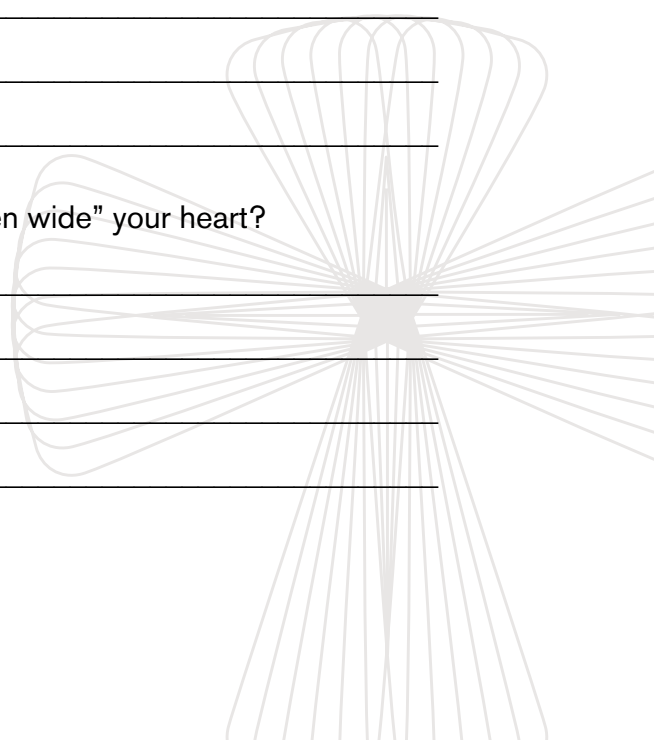
3. What is your defense mechanism when you hit speed bumps and trials in life?

- Self-Medicare
- Act Out
- Strike Back in Anger
- Denial and Detach
- Other _____

4. How do you connect with others? What ingredients have to be present?

5. What kinds of situations put you on edge and make it difficult for you to connect with others? What kinds of things trigger reactions or behaviors you would like to stop?

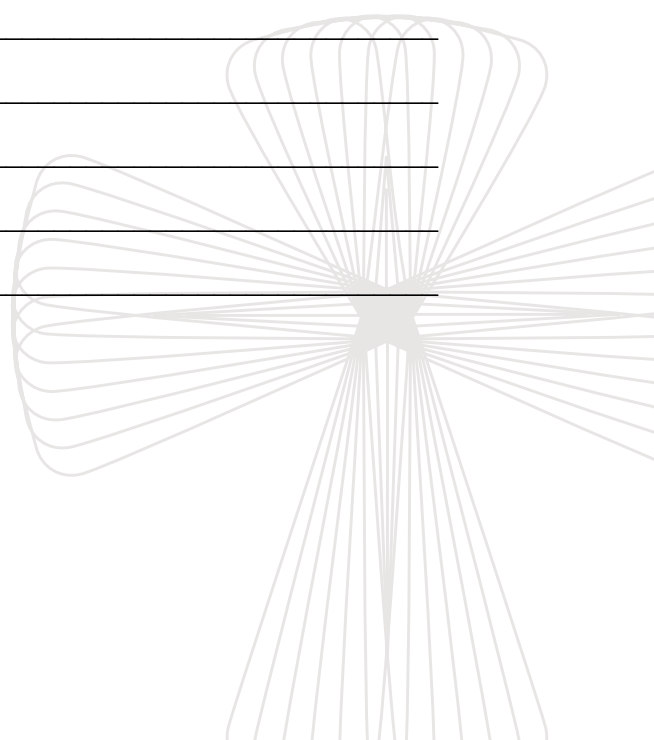
6. Read 2 Corinthians 6:11-13. What does it mean to “open wide” your heart?



7. What is one thing a person could do today to help you trust them? What is one thing you could do to be vulnerable to that person?

8. Dr. Cloud talks about transformational moments. Describe a transformational moment that has happened in your life through your relationship with another person.

For Next Week: James 1 tells us to consider it a joy when we go through trials. In order for us to experience that joy, we have to be willing to go through the trials. However, we are not meant to go through them alone. This week, find one or two people who you can share what you have been learning about yourself from this small group.



SESSION 4

Boundaries

Intro to the Video: In this session we will learn about the importance of boundaries, freedom, responsibility, and how all of this is connected to the image of God.

Notes from the Video

If bonding is about connection and attachment, then boundaries are about separateness, autonomy, and freedom. Boundaries define us; they are like an invisible fence defining our physical and psychological space. Healthy boundaries will help us establish freedom, ownership, self-control, and responsibility.

Video Discussion Questions

1. What questions did this video bring up for you?

2. How adept are you at saying “no”?

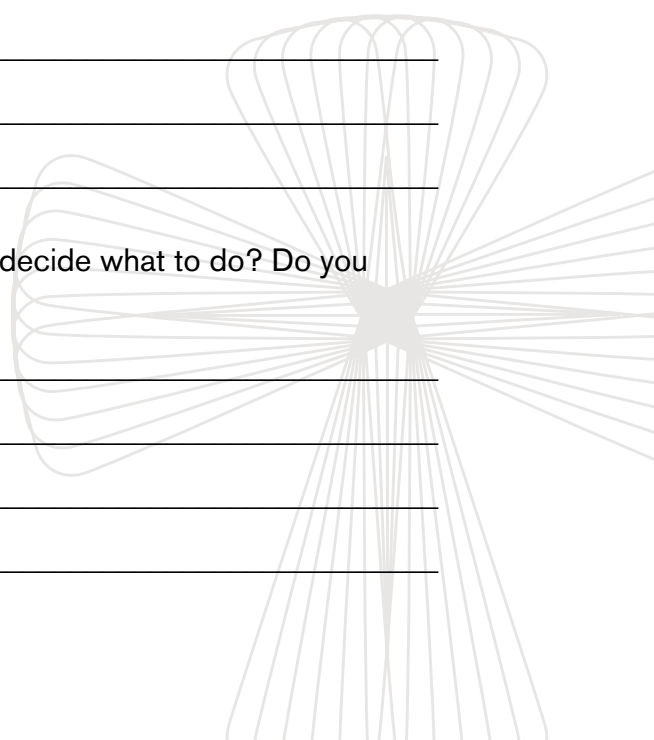
- Professional
- Pretty bad
- Getting better
- Can't say it
- Other _____

3. What are some reasons that people give for not being able to say no?

4. Read Mark 1:35–38. What did Jesus teach His disciples here about boundaries? What is the difference between being a servant and being a doormat? (Mark 10:45)

5. Read Galatians 6:7–8. What do we learn about responsibility and accountability from this passage?

6. When you are faced with a choice to make, how do you decide what to do? Do you struggle more with independence or dependence?

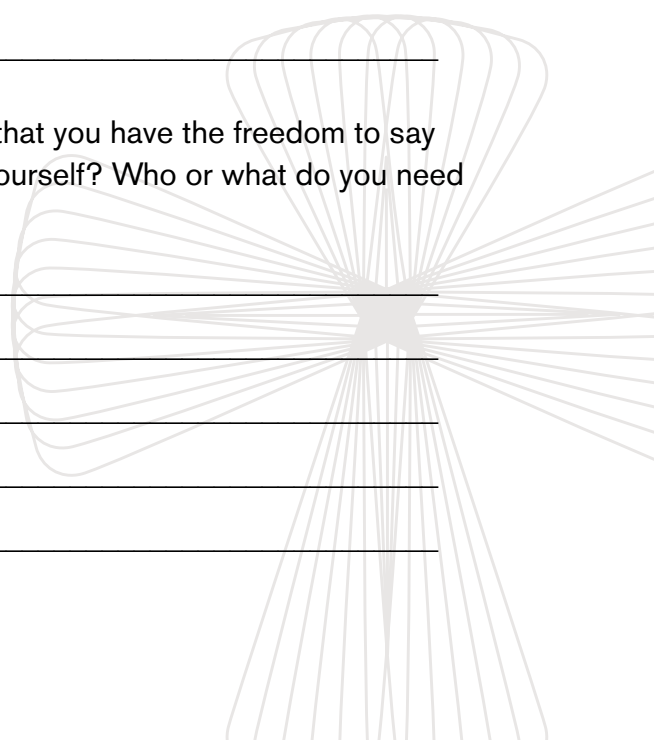


7. Dr. Cloud uses the formula (Freedom = Responsibility = Love) to show that our freedom is designed to empower us to love God, others, and ourselves. How do you use your freedom to love God, others, and yourself? Which do you find it harder to love (God, others, yourself)?

8. Read Matthew 18:15-17. How does Jesus teach us how to use boundaries responsibly and lovingly here? When have you seen this happen in your life? Has anyone ever corrected you in a responsible and loving way?

9. What happens to our own freedom when we choose not to responsibly and lovingly correct those who sin against us? How can you set limits if you are being mistreated at work, in your marriage, in a friendship, etc.?

For Next Week: What is one thing you can say “no” to so that you have the freedom to say “yes” more responsibly and with love for God, others, and yourself? Who or what do you need to say “no” to this week?



SESSION 5

Processing Pain

Intro to the Video: This session focuses on the importance of dealing with pain in life instead of bouncing between extremes of good and bad.

Notes from the Video

We are both good and bad. The same is true of the people around us. One of our tasks is to accept and love each other in spite of our failures and gently correct each other toward a goal of love. We do this through confession, repentance, and forgiveness.

Video Discussion Questions

1. What questions did this video bring up for you?

2. Is it easier for you to see the good or the bad in your life? Is it easier for you to see the good or the bad in the lives of those around you?

3. What did you learn about failure and forgiveness in your family of origin?

4. How do you respond when people don't live up to your expectations? How does God respond to you when you don't live up to His expectations? (See Romans 2:4)

5. Who are people in your life who you idealize? What are some of the dangers of idealizing someone?

6. According to Romans 12:9, how are we to process both the good and bad in the world?

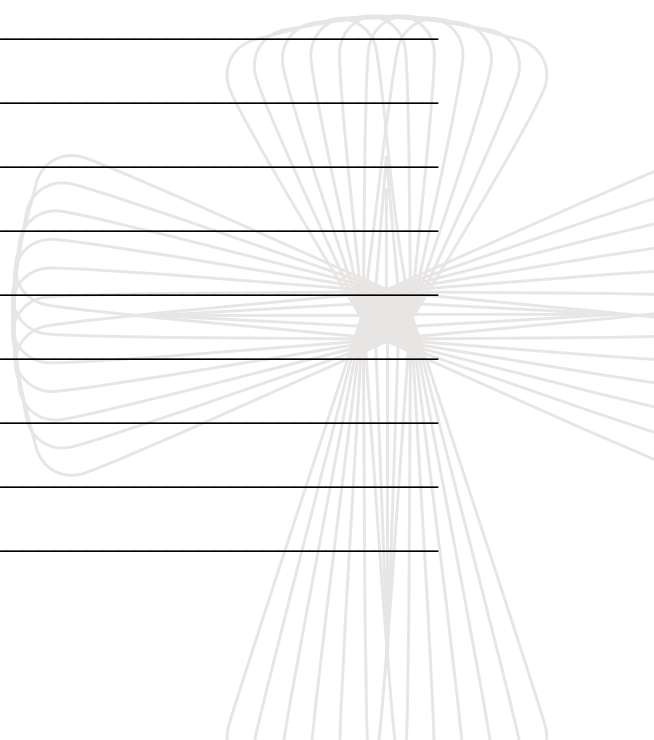


7. How does Ephesians 3:17-19 help you process the gap between the real and ideal with yourself and with others?

8. Not all pain is caused by sins we commit ourselves. Some of it is caused by things done to us. All of it needs to become exposed (confessed) if you want to experience healing and wholeness. Are there any sins you need to confess, either that you have done or that have been done to you?

For Next Week: The healing process only works when we stop judging, just as God has done in Jesus Christ. Where is it most difficult for you to stop judging the imperfections of others in your life? What have you experienced that makes that reaction to judge so difficult to control?

Hurts and sins that go unexpressed cannot be healed. However, some things are easier to share than others. What are some hurts that you can practice sharing with others who will not judge you to help you build up the trust to share some of those deeper, unexpressed hurts and sins? Find someone to practice “confessing” and expressing those with this week.



SESSION 6

Becoming An Adult

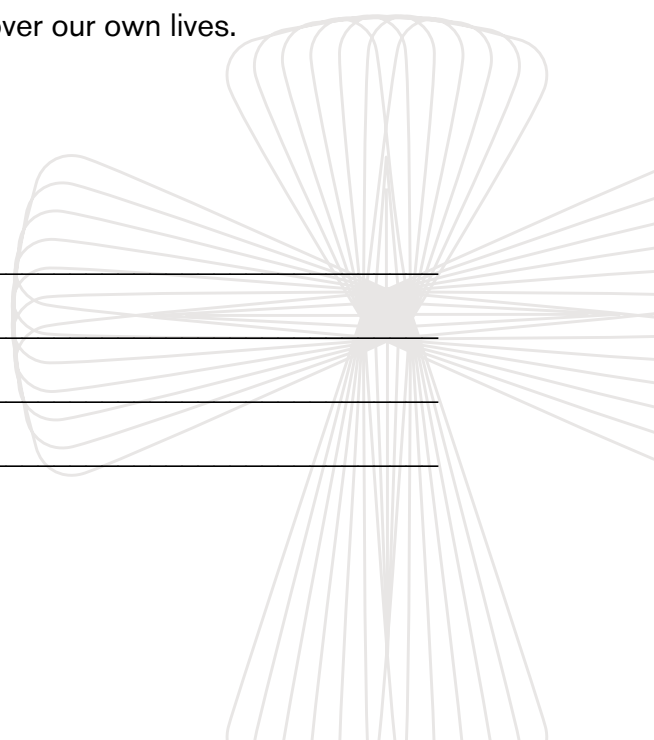
Intro to the Video: This final session is about the fourth principle of healing in our lives: how we mature into adulthood and the challenges we face in this growing process.

Notes from the Video

Becoming an adult is assuming an authority position of life. We are all born as children under adult authority, but over time we are to become authorities over our own lives.

Video Discussion Questions

1. What questions did this video bring up for you?



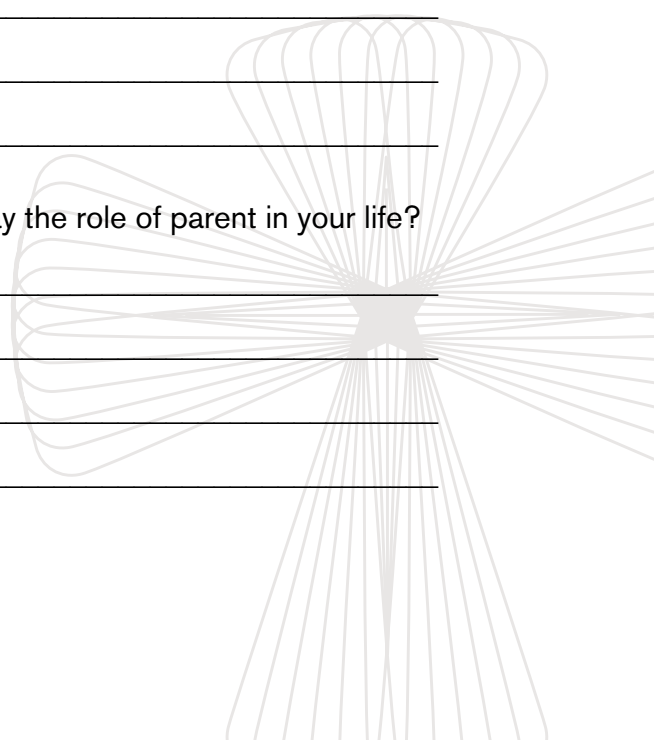
2. What does maturity mean?

3. Of whom have you been afraid to disagree with in your life?

4. What does Dr. Cloud say the biblical purpose of authority is?

5. What is an example of how an authority figure has passed on authority to you? How have you passed on authority to others?

6. Read Galatians 4:8–9. Who are you presently letting play the role of parent in your life?

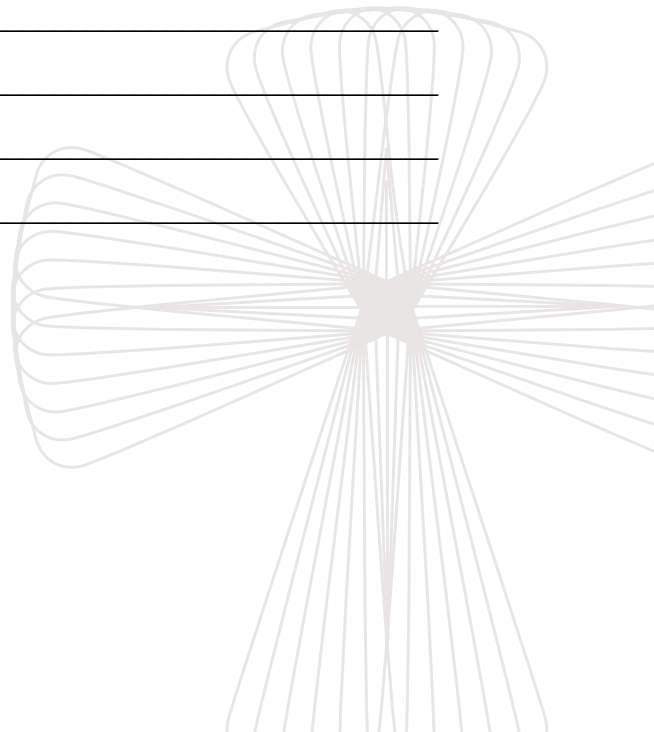


7. In Matthew 23:9, Jesus tells us to call no one Father except God, our Heavenly Father. How can we handle people in our lives who seek to abuse their authority roles in our lives.

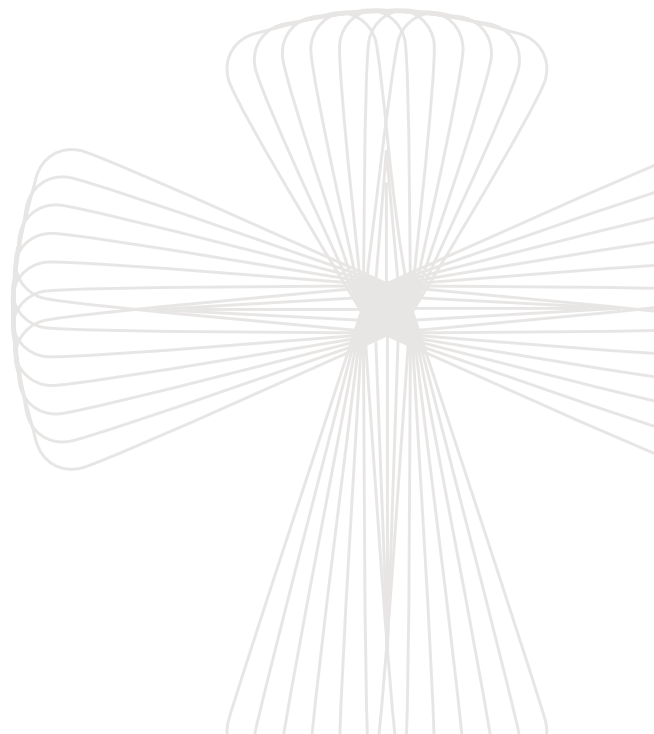
8. Read Romans 5:3–5. What role does struggle have in the process of maturing and becoming an adult?

9. What are your next steps in processing the pain and loss you have experienced?

10. What are your next steps in becoming an adult and helping those under you to become adults as well?



For Next Week: This is the last session. Make a plan to check in with one another in your group. Pray about starting another group yourself. Find someone outside the group to share what you have learned and experienced here.



Conclusion

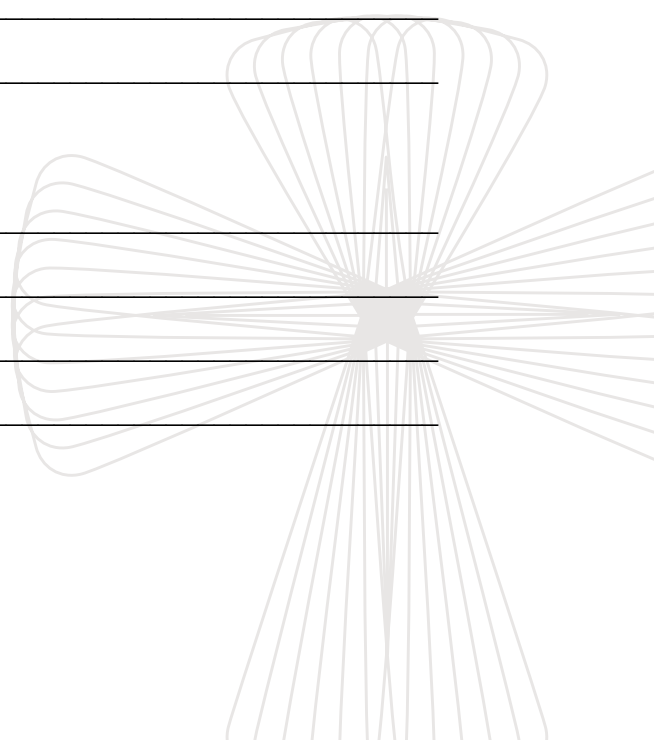
What have you discovered about your own struggle in each of the following areas? Take a moment and list two to three barriers you discovered and steps you have taken to overcome those barriers.

1. Relational Connection

Steps you have taken to overcome the barriers:

2. Boundaries

Steps you have taken to overcome the barriers:



3. Processing Pain

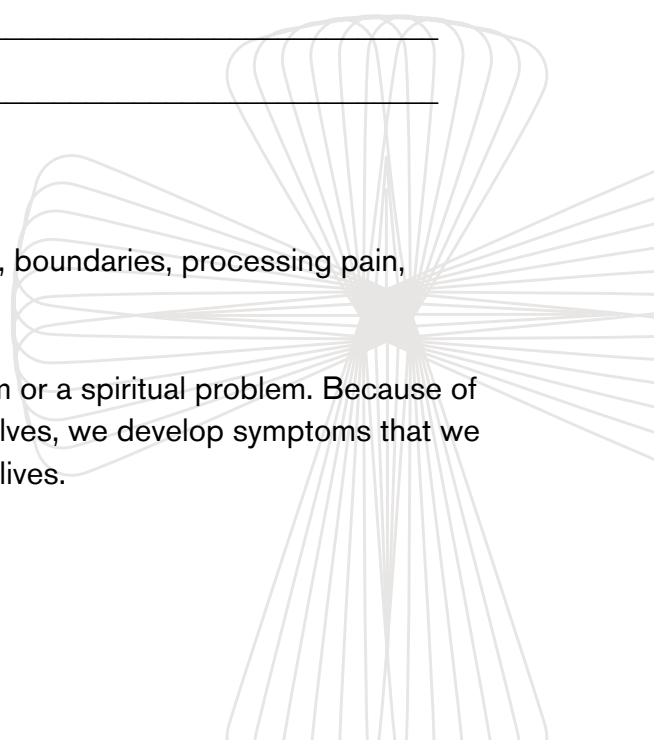
Steps you have taken to overcome the barriers:

4. Becoming an Adult

Steps you have taken to overcome the barriers:

In *Churches That Heal* we discovered:

- 1) We all struggle with four areas: relational connection, boundaries, processing pain, becoming an adult.
- 2) There is no such thing as either an emotional problem or a spiritual problem. Because of our broken relationships with God, others, and ourselves, we develop symptoms that we feel on an emotional level and live out in our spiritual lives.



- 3) Our symptoms are not the problem. Healing is superficial when we focus on the symptoms rather than the problems.
- 4) The Fruit of the four areas are: meaning, purpose, satisfaction, and fulfillment. Meaning comes from love, which flows out of bonding. Purpose comes from direction and truth, which form boundaries. Satisfaction comes from having the less than perfect be “good enough” in light of God’s ideal, and fulfillment comes from the adult ability to exercise talents.

The model set forth in this study can help us become functioning human beings but that is not the final goal. We were made to love. A fully functioning person is one who takes his bonded, separate, forgiving, adult self into the world and denies that self for the sake of others. “The greatest of these is love.” (1 Cor. 13:13)

As you finish this study, resolve to keep working on yourself so that you can enjoy the fruits of healthy relationships.

Spend additional time meditating on the truths you learned this week.

Notes

