

PODCAST REFLECTION GUIDE

Episode 6: Inviting God Into the Wound



Opening Reflection

Take a slow, deep breath and invite God into this time.

“Lord, I want to cry out as Paul did...to know You more deeply and intimately, and I realize that also includes becoming more acquainted with Your suffering...and my suffering too. Give me eyes to see that my freedom awaits on the other side of my willingness, Lord.”

Part 1: Listening Reflection

As you listened to this episode, is there any part of you that is resistant or fearful of this message?

How would you respond to this question at this point: What if healing begins when we allow God to meet us in the places we’ve tried to avoid?

Part 2: Deeper Intimacy vs. Surface Knowledge

“Feeling the pain of our wounds is one pathway to know Christ intimately.”

Things I Can Know in my Head About Suffering:

- Jesus is inviting me into my wounds that are “too painful to feel and too scary to look at.”
- He is my Wounded Healer and He promises to go there WITH ME.
- He will never leave or abandon me in my pain.
- I can gain a deeper intimacy with Christ as I become more acquainted with Him in suffering as I can in becoming more familiar with His power!

But in my heart, I feel (*write your honest feelings or hesitation about entering into your past stories of harm.*)

Part 3: Exploring Your Story

As you consider allowing a truer version of your story to be told, you may face several obstacles as Anita did. Do you relate to any of these?

- _____ I feel paralyzed by guilt for speaking the truth about how someone's actions hurt me, especially my parents.
- _____ It is so difficult to hold honor and honesty at the same time.
- _____ I don't want to face the pain! Why do I need to descend into the depths of sadness/grief in my story in order to be healed?
- _____ I don't know who I could trust to hear my story without judgment or condemnation.
- _____ I refuse to go there.

Are there any other concerns you have?

Part 4: Your Story Matters

Can you name a time recently when you were in a difficult situation that bumped up against a wound you have? If so, reflect on this below, but be gentle with yourself.

- In those moments, did your brain go to a biblical concept you knew or something you'd experienced in the past?
- How did that make you feel?
- How was that situation resolved?
- What did you feel you needed at that moment?

Reflect gently on this now if you can.

Part 5: Experiencing Truth

In this episode, Anita shared how

Eph.1:18 *“I pray that the eyes of your heart would be enlightened [illuminated, opened], so that you may know.”*
[Here Paul uses the Greek word that means “to know intuitively.” It is “seeing with the mind’s eye.” Then Paul goes on to name 3 stunning realities regarding our identity in Christ.]

Jn.17: 3 *“And this is eternal life, that they may know You [that may intimately experience You], the only true God and Jesus Christ whom you sent.”*

Ps.27:4 *“One thing I have asked from the LORD and this only do I seek: That I may dwell in the house of the LORD all the days of my life, To gaze [behold, to see, to direct one’s attention to] on the beauty of the LORD and to seek Him in His temple.”*

Reflection

Is it difficult for you to see with the “eyes of your heart” and/or “seeing with your mind’s eye”? Why or why not? What would you desire to be true?

Part 6: A Guided Prayer

Read slowly and pause where needed. Feel free to reword any part of this prayer to make it your own.

*Jesus,
It is very difficult for me to believe You loved me so much that You would have rather died than to ever live without me, Lord.
I want to believe that, Lord.
I want to receive Your love in every deeply wounded place in my heart.
Turn my ashes into beauty in a way that only You can.
You know the wounds I carry.*

Would You gently show me what keeps my heart from fully stepping into my woundedness and meeting You there, trusting that You are there to heal me, not shame me?

Help me to become more honest, more open, and more aware of how I have been hurt and how You long to heal me and set me free from all that is holding me captive. I want to be free.

*Thank you that I am fully known and deeply loved by You.
Amen.*

Part 7: Closing Reflection

Sit quietly for a moment with this statement and questions:

“Jesus loved you so fiercely He was willing to suffer and die to secure your freedom from sin, death and the evil one.”

Is God gently inviting you to a place of wounding now?

You may suffer if you go there with Him, but will you go? You get to choose.

What happens inside you as you read those words?

This Week's Invitation

In the next few days, ask the Lord to bring to your mind how He has so greatly demonstrated His love for you by dying for you. (Ro.5;8: Jn.15:13)

As He does, think of these thoughts as an invitation to step into your own suffering with Him by your side. Your freedom awaits you.