

PODCAST REFLECTION GUIDE

Episode 8: Your Story Isn't Over



Opening Reflection

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

*"Lord, help me find comfort in the truth that my story isn't over.
You long to redeem every part of my story where the enemy has sought to steal and destroy.
You paid the ultimate price so that there would be a good ending to my story."*

Part 1: Listening Reflection

As you listened to this episode, what stood out most to you?

Respond to this statement:

"For those who love God, your story isn't over until God has turned it around for good."

Do you believe that? Why or why not? Wherever you are with your answer, it's okay.

What would it look like for God to bring "abundant redemption" to your story? (Ps. 130:7)

Part 2: Choice vs. Force

God is not going to force any of us on the journey of the healing of our hearts. He stands at your heart's door and gently knocks. Where is your heart right now in this question? You get to choose. Check what is true of you right now.

- ☐ I willingly open my heart's door and choose to give God access to all the hurt and wounds in my heart. I realize I will need to feel the pain in order to heal but I am open to this work.
- ☐ God is at work in me, but I want to partner with God in “working out His rescue/ salvation” in my life—to develop and heal my heart where it has been wounded in partnership with His Holy Spirit.
- ☐ My spirit became whole immediately when Christ came to dwell in my heart in salvation, but my soul needs healing. My heart is wounded, my mind has been programmed with lies that I still operate from. I know I need healing.

Journal any thoughts you have about this now.

Part 3: Exploring the Gap

Anita shared three benefits she has experienced so far on her healing journey:

- Finally basking in the lavish love of God and what He declares is true of her
- The enemy's playbook no longer working as effectively as it once did
- Navigating through being triggered more quickly and with less intensity as before

The following were true of Anita before her healing journey.
Which one resonates with you the most right now?

- _____ I understand my identity in Christ as an intellectual concept (“I am a beloved daughter of God in whom He is well pleased”), but I do not experience that truth as a felt reality.
- _____ I understand how the enemy has historically attacked me, but he still catches me by surprise more times than not.
- _____ When I am “triggered,” it still takes me awhile to navigate through all the hurt and pain.

Why do you think this resonates with you?

Part 4: Your Story Matters

Anita shared these two amazing quotes in this episode:

“The pain is going to continue to travel through your family until someone is brave enough to feel it.” (Mike Foster)

“Trauma that is experienced and unresolved in generations before us does not get passed down in a story, but instead it’s transmitted in relational patterns and emotional body states.” (Eli Harwood)

Reflect gently:

- When you think of pain continuing to be passed down in your family—to your children if you have children or to future generations—what does it evoke in you?

- What relational patterns (ie.people-pleasing, conflict avoidance, emotion avoidant,etc) or emotional body states (feeling overwhelmed for no clear reason, underlying anxiety or heaviness, hypervigilance,etc.) did you inherit in your family? How do you feel about passing that down?

Spend time processing the above questions here without judgment. This is a very sobering reality.

Part 5: Experiencing Truth

In this episode, Anita explained that we are, in the image of the Trinity, triune in nature: body, soul, and spirit. Our spirit was immediately made whole at salvation, but our souls need healing.

See *1 Cor.6:17 below*. At the moment of our salvation, our spirits become one with the Spirit of Christ. Our spirits—the very center of who we are—is where our true identity in Christ is found. In our spirits, we are holy and blameless (*Eph.1:4*); we possess every spiritual blessing in Christ (*Eph.1:3*, etc.) and so much more!

See *Phil.2:13 below*. Our spirits are completely perfect, but our souls need to be healed so that our souls can be brought into alignment with our spirits. This happens as God begins to heal our hearts, so that what is in our spirits can flow more freely through our souls (our mind, emotions and will).

Note the word for *salvation* here is *soteria*. This word includes not only forgiveness of sins, but also our rescue, healing, restoration, wholeness.

Our souls need healing. See *2 Cor. 10:5*. Speculations (ideas or assumptions not backed up by concrete evidence) have been built in our minds. When we came to Christ, we brought minds that had already been programmed by lies and our hearts had already been broken by what had happened to us.

And all that takes time to heal, but God is committed to our restoration. He died to give it to us, but we get to choose whether we will accept the responsibility to partner with God in the healing of our souls.

Read these verses slowly and prayerfully:

1 Cor. 6:17 *"But the one who joins himself to the Lord is one spirit with Him."*

Philip. 2:13 *"...work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for His good pleasure."*

2 Cor. 10:5 *"We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ...."*

Reflection

When you hear that "you get to choose whether you will accept the responsibility to partner with God in the healing of your soul," how do you want to respond? Are you open? Why or why not?

Part 6: A Guided Prayer

Read slowly and pause where needed.

Jesus,

Thank You that You made a world that You never intended that we experience the hurt and heartache that we have. But we chose to turn away from You.

And because of that, You know the places where Your love feels difficult to receive.

You know the wounds, disappointments, fears, and beliefs I carry.

Would You gently show me where I have lost hope of Your redeeming my pain and turning my ashes into beauty?

I see the invitation that is before me. I feel....(tell Him honestly how you feel: do you want to step into your healing journey or are you resisting His invitation?)

I do see how my past is affecting my present and will affect my future. And I see Your love compelled You to provide a way through the pain to wholeness and wholeheartedness, to freedom! Help me, Lord.

Give me wisdom to seek help with the resources I have. I ask for courage to share my story with a few trusted friends or a counselor.

I am tired and worn out, Lord. I know I need to get away with You and You'll recover my life. You are asking me to walk with You, to work with You and learn the unforced rhythms of grace. May I keep company with You and learn to live freely and lightly.

*I love You, Lord.
Amen.*

Part 7: Closing Reflection

Sit quietly for a moment with this statement:

"The pain is going to continue to travel through your family until someone is brave enough to feel it." (Mike Foster)

What happens inside you as you read those words?

This Week's Invitation

Whether you have already bravely stepped into your healing journey or are still contemplating your choice, every time it comes to mind this week, stop and whisper your heart's desire to the Lord. Be honest and trust He is working in you and for you.