

Dealing with Specific Problems

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GMM – Chapters 6 - 8

Hostility, anger, bitterness

- ◆ A person has been offended and hurt
- ◆ Adrenalin levels remain high and cause physical problems
- ◆ Forgiveness is the only solution
- ◆ Forgiveness is not excusing the offense
- ◆ It is **releasing** the offender into the hands of God, the only righteous judge

Forgiving past offenses

- ◆ Early childhood abuse can cause chronic illness throughout life
- ◆ Forgiveness is possible even if the offender is absent or deceased
- ◆ It requires a decision of the will, then acting on it
- ◆ Steve forgave his mother by releasing her into God's hands

FOUR LEVELS OF FINDING MEANING AND HAPPINESS

- ◆ Level one – sensual pleasure
- ◆ Level two – ego gratification
- ◆ Level three – relationships with people
 - Altruism, service, caring, compassion
- ◆ Level four – spiritual. Relationship with God or with other spirits

F O U R L E V E L S O F
M E A N I N G

S P I R I T U A L

R E L A T I O N S H I P S

E G O G R A T I F I C A T I O N

S E N S U A L

AGING, SERIOUS ILLNESS OR DYING

- ◆ Retirement brings changes on levels 2 and 3
- ◆ Aging and illness increase physical limitations
- ◆ Satisfaction from levels 1 and 2 diminishes
- ◆ This can lead to frustration, even despair
- ◆ Opportunities to strengthen levels 3 and 4 are usually still open

How can we help people work through this?

- ◆ Start with yourself
- ◆ What activities make you happy?
- ◆ Help you feel good about yourself?
- ◆ With whom do you like to be? Doing what? Do you like to help others?
- ◆ Where does God fit in your life?
- ◆ See lesson 13 in the training manual – page 82

Guilt, real or imagined

- ◆ Accepting responsibility
- ◆ Confessing the offense to the Lord
- ◆ Asking for forgiveness
- ◆ Accepting forgiveness and cleansing
- ◆ I John 1 : 9

Fear

- ◆ Looking at the cause(s) realistically
- ◆ Bringing the problem to Jesus and releasing it into his hands
- ◆ Accepting the many promises of his protecting power :
 - Matthew 11 : 28-30
 - Romans 8 : 28, and 38, 39
 - Many more

Low self esteem

- ◆ Recognizing who we are – Gen. 1 : 27
- ◆ Finding acceptance by God – John 6 : 37
- ◆ Recognizing our identity in Christ
 - John 1 : 12
 - Ephesians 2 : 1 - 10
 - I John 5 : 14
- ◆ Having meaningful work to do

Grief and loss

- ◆ Death, divorce, possessions, position
- ◆ Major change in identity
- ◆ Requires presence, listening, caring
- ◆ Helping the person talk
- ◆ Look for their strengths – past victories
- ◆ Support groups, prayer, seeking God
- ◆ Dealing with difficult issues – anger, etc.

Bringing problems to Christ

- ◆ Write down the whole story
- ◆ Lay it out before the Lord and discuss it with him
- ◆ Draw a Cross over the written story
- ◆ Present it to Jesus
- ◆ Then burn it or tear it in pieces
- ◆ If pain returns, it comes from Satan, not from the Lord, and can be rejected

Principles

- ◆ Many inner problems can be resolved by Jesus and compassionate care
- ◆ More difficult problems may need referral to professional counselors
- ◆ God's Spirit can give discernment and often helpful thoughts
- ◆ Pray for specific problems
- ◆ Always ask permission before praying