

PARTE VII: Enfermedades De Alma (English)

📅 Fecha @August 17, 2022

REVIEW EMOTIONALLY HEALTHY COMMUNITY

Before we start this practice, we are going to mention the guidelines for an emotionally healthy community to make sure we practice it today.

- **Be Prepared**
- **Speak for yourself**
- **Respect others**
- **Do not try to fix, save, or correct other people**
- **Don't make assumptions**
- **Trust and learn from silence**
- **Maintain confidentiality**
- **Consistency**
- **Get out of your comfort zone**

QUESTIONS ABOUT LAST WEEK'S PRACTICE

- When doing this practice, what were some patterns, scripts, traditions and values that you decided to start, stop and/or continue?
- How has this practice cultivated a spirit of gratitude for your family and your history?
- Any anecdote/story from last week's practice that you would like to cheer up the whole group with?
- Any breakthrough "aha" moments you've experienced?

READ THIS SUMMARY

This is the last week of our **Dealing With Our Past** practice. That's why we're having a practice that's going to help us close this cycle, but at the same time, it's just the beginning.

It is important for each of us to understand that dealing with our past is something we are just beginning. And whether you have discovered a lot or you have not discovered anything during these weeks; the reality is that we are just at the beginning of inner healing.

Now, the Holy Spirit will be able to continue working and showing those patterns, sins, inheritances, and values, both good and bad.

So even as we finish this practice today, from now on be alert to anything Spirit may be showing you regarding your past.

READ THE BIBLE TOGETHER

Psalms 23:1-4

- As you read this Psalm, which line gives you the most encouragement/comfort as you deal with his past?
- Understanding that this practice was only the beginning of dealing with your past, how does the words “Even when I pass through the darkest valley, I will not fear, because you are by my side” make you feel?

PRACTICE OF THE WEEK

Note:

- We will be having two parts for practice. One is in the genogram guide, the other is not.

PART ONE

- Part one is very simple; choose a day of the week where you are going to set aside one or two hours to finish what you have not done from the last practices.
- This can be a good week where you accompany it with a fast from cell phones, social media, movies, social activities, or any other distraction to focus on what God

wants to do in your life.

- If you have already done all the practices, you can take some time to review everything that God has done in your life through this practice.

PART TWO

- In Sunday's teaching we saw a guide on how we can work and heal when we have an illness or wound in the soul.
 - So today we are going to do a test between us, so that during the week, you can do it "for real."
- **Identify an "illness" or injury that you have.**
 - It may be that you feel favoritism in your family, or that there is someone who always makes fun of you, or someone made a comment that hurt you. It can be something very deep, from a wound that you have carried for many years, or it can be something more recent that hurt you.
- **Now we are going to express ourselves**
 - Now, we are going to use this diagram to express to the other person how we feel, as if he/she were the person who hurt us.

ACUSACIONES	CONFESIONES
Usted me lastimo	Yo me senti lastimado
Usted me esta acusando de	Me siento acusado
Usted me ofendió	Me estoy sintiendo ofendido

ACCUSATIONS.

You hurt me.

You're accusing me of.....

You offended me.

CONFESIONS.

I feel hurt.

I feel accused.

I'm feeling ofended.

- **You are going to ask yourself if you really want to be free.**
 - One of the best ways to know if we want to be free or not is if we are willing to do the work of sitting down with the other person to tell them what happened.
 - In some cases of extreme abuse, “sitting down” can be writing a letter, sending an email, or something symbolic.
 - If we really want to be free, then we will be willing to take that step that we have to take, even if it hurts or costs us.
- **Finally, you are going to resolve or forgive.**
 - If your answer was that **if you want to be free**, now the next step is to resolve or forgive.
 - Depending on the wound it will be one or the other.
 - In cases of abuse, mistreatment, or aggression (or extreme situations like that), the step to take is to forgive. In many of these cases, it is not advisable to have contact with the abuser, but we should take the step of forgiving him/her.
 - In case where you got hurt due to a comment, favoritism, or any situation where there was a hurt and there is still contact with that person of some kind (close or not close); In that case, it is recommended to resolve. With the help of the second step.
 - Whatever the case, write **what** you are going to do, **how** you are going to do it, and **when** you are going to do it.

This is a tool that we are going to need for the rest of our lives. All our lives are made up of relationships, therefore, we are going to have wounds and this tool is going to help us heal them.