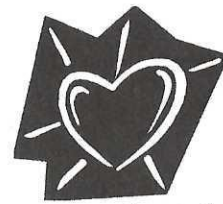


The Soul in Pain



Romans 5:3-4 We can rejoice, too when we run into problems and trials for we know that they are good for us---they help us learn to be patient. And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady.

Reasons for Soul Wounds:
Society, Gender, Family of Origin

Family Systems Where Soul Wounds Occur:

Divorce, Adultery, Addiction, Chronically Ill family member, frequent moves, death of a family member,

Active Wounding

Physical , Verbal, Psychological, Emotional, Sexual:
hitting, slapping, beating, threatening, blaming, shaming,
name-calling, insulting, demeaning, molestation, incest.

Passive Wounding

never being told I love you, never being hugged or touched,
being ignored, being told or made to believe you were not good enough, parents were
in constant conflict, parents did not love each other, work addicted parents, emotional
incest.

Characteristics of Soul Wound

Super-sensitivity
Perfectionism
Low Self-esteem
Sense of unworthiness
Wrong idea of God
Fear of failure/Fear of success
Depression
Fear of commitment
Fear of rejection
Lack of trust in self or others
Unforgiveness, Bitterness,
Resentment

Unhealthy Family Messages

You owe your parents for all they have done for you
Your parents are always right
Never share your "Dirty laundry" in public
In order to be loved you must produce
Don't talk, Don't trust, Don't feel
Being vulnerable is bad
Duty and family comes before everything
Only be close to people who are like you
Certain cultures and races are not as good as us
Don't show anger
Avoid conflict at all cost, don't let people be mad at you
Nice is a fruit of the Spirit
Explode to make a point
Conflict is the normal
Your needs are not important, just do for others
Success is money, power, and position
Sadness, depression, and grief are signs of weakness