

# HEALING LINE

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## SHAME

JUDITH MACNUTT

**W**ebster defines shame as “a disturbed or painful feeling of guilt, incompetence, indecency, regret, or embarrassment. A painful emotion caused by consciousness of guilt. A condition of humiliating disgrace.” There is true shame and there is also false shame.

Shame that is based on confessed personal sin is forgiven. If you have confessed your sin, you have been forgiven, and you *should* be free of shame.

1 John 1:9 says, “If we confess our sins He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”

**True shame** comes when we make a mistake and we feel guilty.

**False shame** says, “I am a mistake.”

If I have sinned against someone and have committed a sin, I feel guilty. Guilt is not bad – it is an appropriate response when we have wounded someone or sinned against them. Guilt’s voice whispers, “I have made a mistake. I can be forgiven.”

False shame is a tool of the enemy—the lie we accept when we are caught in the fear of being found out, exposed, rejected, abandoned, or deemed unworthy. Abandonment is the deepest wound we carry. When we are abandoned, in essence the message is: *You have no value, you are meaningless to me.*

A friend of mine was sitting with her husband. She looked at him (I will call him John) and said, “John, you look unhappy

tonight. What can I do to make you happy?” What she meant was something along the lines of, “Can I get you something to drink, or a pizza?” He said, “You can give me a divorce.” There was no warning. I have watched friends struggle for years to climb out of that pit of abandonment that comes with divorce.

The sin of shame entered the world in the Garden of Eden. Poor Eve is assigned all the blame for this; but you know they both ate the apple! This is where blame started. “The man said, ‘The woman you put here with me—she have me some fruit from the tree, and I ate it.’” (Genesis 3) Then Eve said (my paraphrase), “The snake made me do it!”

Adam and Eve tried to cover their own shame. God still came in the cool of the evening, but they were hiding in the bushes, trying to cover up. God knew. He came and called them by name, not because He couldn’t find them, but to bring them out of hiding. God calls us out of shame and back into relationship with Him.

Abandonment is not the only source of shame. Shame may come through the family, trauma, society, and even the church.

In home environments shame is a normal experience. It can feel normal because people are often shamed every day. “Why can’t you be like your sister?” “Why can’t you be better?” “Why can’t you be prettier?” “Why can’t you be smarter?” “Why do you have to say such stupid things?” “Shame on you!” These words can create what I call “the shame of being.” As children, we can’t change ourselves, so we feel shame in existing.

Another source of shame comes from trauma; it could be verbal, physical, or

emotional trauma, or sexual abuse. You may experience shame through the avenue of society: ethnic shame, class shame, or the shame of poverty. Another place we experience shame is in the church, including what I call gender shame.

How do all these avenues of shame affect us? Self-rejection, self-hatred, a victim mentality, excessive anger, or depression can enter. We may have identity issues. “I don’t know who I am, and I don’t know my value. I don’t know God’s love for me.”

When we are truly loved by other people, the shame begins to erode and be healed in our lives. This is the work of the Holy Spirit; God comes to us and shows us unconditional love. He transforms us and shows us our worth in Him. He will show you the truth that you are a very valuable part of the body of Christ. ✚

JUDITH MACNUTT is author, teacher, conference speaker and co-founder of CHM.





# UNDERSTANDING TRAUMA

## my journey as a prayer minister

JUDI HENDERSON

I am a nurse, life coach and a prayer minister trained through Christian Healing Ministries. I was part of a group that started prayer ministry in our local church. We were confident that the Holy Spirit was going to do miraculous things! Starting with our first recipient, there seemed to be more problems than we were equipped to handle. That is why I started on my “path of learning” about trauma and recovery from trauma.

I had the benefit of working and being taught by Father Andy Miller, who had in turn been trained by the late Dr. Tom Hawkins (Restoration in Christ Ministries) in working with persons who had experienced extreme trauma. My quest led me to Dr. Jim Wilder, one of the authors of *The Life Model*, a book endorsed by Francis MacNutt and Dallas Willard (recently updated and retitled, *Living From the Heart that Jesus Gave You*). Dr. Wilder's teachings changed my life as well and became the backbone of our ministry. These teachings explain trauma and how to recover through redemptive community.

What I learned from these pioneers in the field, is that we have all experienced trauma in some fashion, some more severely than others. According to Dr. Wilder, trauma is anything that renders us less than what God has designed us to be. Trauma occurs when our pain is greater than our joy strength. It can come from injuries inflicted on us or can result from doing things that are not of God's design (sin) or even a bent in our family line (generational). Dr. Wilder divides trauma into two categories: Trauma A, the absence of the good things that a child should have as he/she grows up (security or belonging, healthy attachment and unconditional love), and healthy dependence for things a child needs (provision) and Trauma B, the bad things that happen to children and adults such as physical, sexual, verbal abuse, abandonment, loss that causes physical wounds, betrayal, calamity or victimization.

I always thought that I had wonderful parents who met my needs and desires as a child. What I grew to understand is that I did have great parents, but they were not perfect and as a result, I had some attachment issues. There were some areas where I had suffered abuse and needed to both heal and mature so I could operate in my authentic self.

Dr. Bessel van der Kolk, a well known traumatologist, writes in his book, *The Body Keeps The Score*, that developmental

trauma (trauma that occurs during a child's developmental years 0-18), is a hidden epidemic in the United States and pandemic throughout the world. Its effects are fivefold: 1) It blocks growth and slows maturity both spiritually and emotionally; 2) It affects relationships, creating difficulties in attaching to others; 3) There is loss of personal identity; 4) It causes the inability to regulate emotions; and 5) Both learning and attention are affected. These types of problems, which begin in childhood, can be exacerbated as adults unless there is appropriate and skilled intervention and healing.

Our prayer recipients came for prayer, seeking help to connect to the Lord and to receive His healing. As the Lord began to heal us, the prayer ministers, we were better able to love and download our joy strength to our recipients for the Lord to speak into their lives. The most wonderful part of being in a healing, redemptive community, such as CHM, is that God can literally re-parent us through the community's loving acceptance. As we look into the eyes of someone and are glad to be with them, dopamine is secreted in their brain and joy is being downloaded! Joy is relational (being the opposite of shame which causes us to isolate). The Christian community becomes a new family where the Lord is both mother and father, and we become brothers and sisters. Healthy community rebuilds broken trust where life can be seen as good and not always bad. It also helps us learn to listen to God and to each other, building our God-given identity and encourages us to mature spiritually and emotionally, growing from child to adult, and we can begin to act our age!

As I first said, understanding trauma and its effects on myself and others, has helped me in more ways than I could have imagined! As the Lord began to reveal my past trauma and heal those past areas of pain, He was restoring my soul (Psalm 23). I believe that the Lord's desire for His children is to restore the years that the locusts have eaten (Joel 2:25). He loves when we step into His design for us to become a royal priesthood of believers ( I Peter 2:9). Joyful relationships are the backbone of healing communities where people learn to remain relational, act like themselves, return to joy and endure hardships. Where the enemy has used trauma to destroy, the Lord redeems and we can learn to live, love and thrive! Thanks be to God! 🙏



A registered nurse and life coach, Judi has been trained as a prayer minister through CHM and speaks at our Schools of Healing Prayer®.



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April 5-7 — Level 3  
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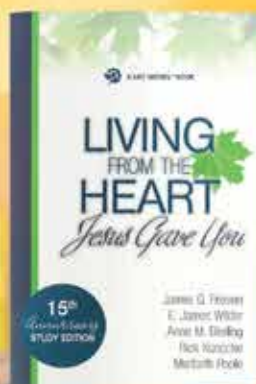
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# SAVE THE DATE

## JUNE 20-23, 2018

I will meditate  
on the

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Judith MacNutt



Lee Grady



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