



**DEEPER WALK**

**INSTITUTE**

**COURSE 4**



**“ADVANCED**

**ISSUES”**



## For Such A Time As This

Few churches anywhere in the world are equipped to deal with the level of brokenness and baggage their people face. Ministry leaders are looking for answers and often become overwhelmed themselves as they deal with their own damaged hearts.

### Ministry Partners

**Freedom in Christ** – Neil T. Anderson (freedom ministry)

**Life Model Works** – E. James Wilder (brain science and maturity development)

**Immanuel Prayer Ministry**  
– Karl Lehman (listening prayer and emotional healing)

**Lydia Discipleship Ministries** – Alain Pakkala (team building for ministry to the deeply wounded)

Deeper Walk provides practical tools and biblically-based perspectives that ground people in the faith, bond them to one another, and help them find freedom and healing in the midst of the mess. Unlike most ministries that offer one core tool or focus on one key theme, Deeper Walk partners with a variety of ministries to help people get training in the wide spectrum of skills and perspectives necessary for any ministry to become a transformational community.

Our core revenue comes from our monthly donors. Your prayers and financial investment in this kingdom work will reap a harvest for eternity and impact the lives of thousands at a profound level.

### Operational Expenses

- \$10,000/ month for salaries and overhead. Only half of this is currently supported by monthly donors.
- \$6,000/ month for student ministries salaries and overhead.
- \$25,000+ in annual one time donations to fund special projects

### Ministry Milestones

- Deeper Walk Institute fully operational on DVD and online by the end of 2014.
- "First Responders" training for youth and youth leaders on how to respond to student needs is scheduled for release in 2015.
- Marriage Seminars are now being reproduced for multiplication around the country.

*I believe God has raised up Deeper Walk International for such a time as this. Will you join the battle and partner with us? The fields are ripe, but the laborers are few!*



**DEEPER WALK INSTITUTE**  
**COURSE 4: ADVANCED ISSUES**

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## Course Contents

Session 1: Ministry to the Deeply Wounded

Session 2: Dealing with Dissociation

Session 3: Dealing with Demons

Session 4: Dealing with the Occult

Session 5: Dealing with Addiction

Session 6: Dealing with Eating Disorders

Session 7: Dealing with Sexual Bondage

Session 8: Dealing with Narcissism

### **Deeper Walk International**

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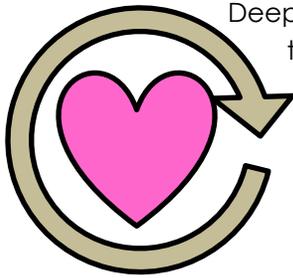
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[www.DeeperWalkInternational.org](http://www.DeeperWalkInternational.org)



## Who is Deeper Walk International?



Deeper Walk's goal is to help the church move from traditional discipleship to heart focused discipleship. Traditional discipleship (the arrow around the heart) focuses on externals such as academics, behavior, and service to the church. Heart focused discipleship deals with internal issues such as freedom, identity, life in the Spirit, and emotional healing.

The Deeper Walk Institute offers a series of four courses designed to equip life changers who can help people process the wounds, lies, vows, and strongholds that keep them stuck and unable to go deeper in their walk with God.

Deeper Walk International was founded by Dr. Mark I. Bubeck in 1986 as the International Center for Biblical Counseling (ICBC) in Sioux City, Iowa. The center grew out of a response to his two books *The Adversary* (Moody Press, 1976) and *Overcoming the Adversary* (Moody Press, 1982).

The first two men hired by ICBC were Dr. Dan Rumberger (a licensed psychologist) and Dr. Jim Logan who served as its full-time biblical counselor. Dr. Logan is the author of, *Reclaiming Surrendered Ground* (Moody Press, 1988). Other counseling centers were opened in Indiana, Texas, and Colorado. Today, each of these counseling centers is independent and run by its own board. In 2006, Marcus Warner became the president of ICBC. That year, the ministry changed its name to Deeper Walk International and made resources and training its primary focus.

## What is the Deeper Walk Philosophy?

The Deeper Walk approach to ministry can be summed up as heart-focused discipleship. It is rooted in the conviction that the imprint of your life is driven by what is going on in your heart. Traditional forms of discipleship tend to produce people who look good on the outside, but who are often floundering on the inside. Heart-focused discipleship helps people identify and overcome the obstacles to a deeper walk. Three of the most common obstacles are (1) biblical illiteracy, (2) living in the flesh, and (3) baggage from the past. To address these issues Deeper Walk helps people build a Scriptural foundation for life, learn how to walk in the Spirit rather than the flesh, and discover how to deal with the pain and bondage created by past trauma.

This philosophy of ministry can be summed up by the imagery in our logo. The boot represents the imprint of our lives. The heart reminds us that real life change occurs from the inside out and requires heart-focused discipleship.





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# **MINISTRY TO THE DEEPLY WOUNDED**



## Session 1: Ministry to the Deeply Wounded

**Introduction: Welcome to the Deep End of the Pool!**

### Who are the Deeply Wounded?

When we talk about deeply wounded people, we are talking about those with \_\_\_\_\_ trauma.

- They have A and B trauma from various stages of life.
- Usually started early in life.
- They lack most of the nineteen brain skills.
- They are trapped in spiritual bondage.
- They rarely comprehend their identity in Christ or live with a grace foundation.
- They often have dissociative parts.
- They may have mental disorders.
- They are generally addicted.

### Four Essential Elements of Recovery

Recovery from complex trauma will include the four essential elements of emotional healing taught in course 3.

1. **Listening Prayer** (REAL Prayer; Immanuel Prayer, Theophostic, etc.)
  - **REAL Prayer** is a simple introduction to this type of praying with people.
  - For more advanced training in this area we recommend the **Immanuel Prayer Ministry** started by Dr. Karl Lehman.
  - Listening prayer is not just about healing of memories. It is meant to be an everyday part of life. (See Neil Anderson, *Liberating Prayer*)

#### Resources

*Understanding the Wounded Heart* (Warner)

*REAL Prayer* (Warner)

Immanuelapproach.com

*Share Immanuel* (Wilder)

*A Guide for Listening and Inner Healing Prayer* (Rustenbach)



2. **Spiritual Warfare** (Breaking strongholds; evicting wicked spirits; taking thoughts captive, etc.)
  - ***What Every Believer Should Know About Spiritual Warfare*** introduces all of the essentials necessary to deal with basic spiritual warfare issues.
  - Deeper Walk offers several resources by authors such as Timothy Warner, Mark Bubeck, Jim Logan, Fred Dickason, and Karl Payne to help people go deeper in their understanding of the battle.
  
3. **Right Brain Skills** (quieting, returning to joy, remaining relational, etc.)
  - These skills must be learned in relationship. They cannot be learned from a book.
  - These skills are generally best developed under guidance and with a support group.
  - These skills are taught by **LifeModelWorks.org** and their affiliate ministries.
  
4. **Left Brain Truth** (reprogramming faulty ways of thinking, replacing lies, memorizing and meditating on truth)
  - a. Grace based view of Yourself (Identity in Christ)
  - b. Grace based view of God
  - c. Procedural Memory – “what is the best way to solve problems?” Should we solve everything with communication or by casting out a demon, etc? Teaching our left brain the proper procedures for the situation at hand.
  - d. Biblical Worldview and sound theology

#### **Resources**

*Toward A Deeper Walk*  
(Warner)

*Lifetime Guarantee*  
(Gilham)

*Victory over the Darkness and Bondage Breaker*  
(Anderson)

Alaine Pakkala, *Taking Every Thought Captive*



## Three Essential Resources for the Journey

### 1. A Relationally Connected Community

- a. A relationally connected community integrates both the \_\_\_\_\_ and the \_\_\_\_\_. (*Joy Starts Here*, 11-12)
  1. Possums (weak people with undeveloped joy skills)
  2. Predators (people who use the weak for their own advantage)
  3. Protectors (people who relate with the weak and defend them from predators)
  
- b. A relationally connected community is \_\_\_\_\_-generational.
  1. You will find emotional infants, children, adults, parents, and elders in such a community.
  2. People can learn skills they missed in their home of origin by interacting with people in their community who have those skills.

### 2. A Skilled Counselor

See Jim Wilder's article, "Ten Things They Didn't Teach Us In Grad School"

#### **A skilled counselor develops strong V.C.R. skills**

1. **Validate** – Meet the person in their emotional state by accurately identifying the name and size of the emotions involved.
  - Weep with those who weep. Don't be in a hurry to fix the emotion. Meet them in the emotion.
  - Name the emotions involved
  - Identify the perspective expressed and beliefs you are hearing
  - Reflect back to the person the size of the emotions and the weight of the beliefs
  - Accuracy is essential. If we get the emotions wrong or the size wrong, the person won't feel understood or connected relationally.



2. **Comfort** – Do something to make those emotions smaller.

- The order is crucial. Trying to comfort someone before their emotions are validated will do no good, and may do damage.
- Comfort can be offered using various parts of the four essential elements of emotional healing: listening prayer, spiritual warfare, right brain skills, and left brain truth.

3. **Recover** – Return to joy with the person.

- A skilled counselor has learned and developed their own right brain skill set so they can return to joy from the big six negative emotions.

- Shame
- Anger
- Disgust
- Sadness
- Anxiety
- Despair

- Why this is important:

- (1) Knowing and practicing right brain skills allows the counselor to recognize which skills are missing in the person they are trying to help.
- (2) Counselors often keep their clients from getting to the depths of their emotional problems by trying to fix things too fast, instead of being happy to be with the person in the midst of their deepest pain.
- (3) Counselors often get traumatized by the stories of trauma they hear and need to be able to return to joy themselves so they don't burn out.



### 3. A diverse team

What a team might look like

- Pastoral staff person
- Counselor
- Prayer partners – (People who support the person and ministry in prayer)
- Prayer ministers – (Immanuel trained prayer leaders)
- Support people who can validate and comfort

Why teams are important

1. Teams help maintain perspective.
2. Teams help prevent burnout.
3. Teams create community.
4. Teams have more skills than just one person.
5. Teams help when conflict arises. Others can step in and help.

How to run a team well

1. Clear vision
  - NOT: fixing the person(s) involved
  - NOT: a “healing” community
  - But: a community of weak and strong helping each other
  - Persistently work on seeing each other the way Jesus sees each of you. View one another with their true identities.
    - We can never really be glad to be with the other person's malfunctions.
  
2. Clear boundaries
  - Predatory behavior will not go unchallenged.
  - Confidentiality must be maintained, when possible.
    - What can be confidential? If I tell you I am planning to kill someone or I'm abusing my children, such things are not confidential.
    - Goal is to keep gossip from spreading (which often happens through prayer requests)
  
  - Condemnation is not welcome.
  - People are allowed (encouraged) to rest. Most people get really stuck on the problem and get burned out.



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# DEALING WITH DISSOCIATION



## Session 2: Dealing with Dissociation

### Dissociation: A Description

Most people dissociate. It is just a question of how much and how often.

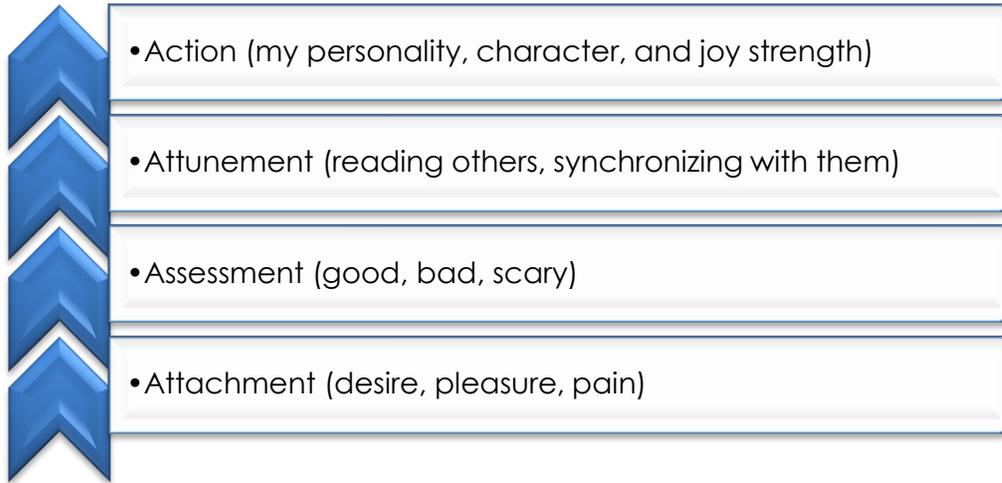
### Dissociation occurs when capacity gets overwhelmed.

- **Daydreaming**. If you get too much information in a class, you will likely dissociate by daydreaming and letting your mind “go somewhere else.”
- **Disconnecting from pain**. When people are forced to endure trauma that is beyond their emotional capacity, part of the mind gets stuck in the pain, and part of it “goes somewhere else.”
  - Emotional Disconnect. A person may remember an event but have very few if any emotions about that event.
  - Memory Disconnect. Physical trauma often creates a memory disconnect. People may black out during a traffic accident and wake up in the hospital with no memory of how they got there. This can also happen with emotional trauma. People can block out the memory.
  - Identity Disconnect. In extreme cases, people can actually assume alternate identities (Dissociative Identity Disorder). When this happens, new parts are formed with very different worldviews and value systems from the core person.



**Dissociation occurs when lower level brain function gets overwhelmed.**

The brain has four key levels of operation. Each one builds on the one below it.



When the attachment center of the brain is traumatized and the assessment center declares a person or a situation bad or scary, it may never pass forward the information it has to the attunement center. When this happens, the action part of the brain (which hosts my core personality) may never learn of the trauma because the brain never passed the information forward.

**Dissociation often creates “inner worlds”**



## Dissociation creates parts

- **Age level parts** – if someone was traumatized at age 3, they may have a part of them that is stuck emotionally at age 3.
  - Such parts do not have separate names (e.g., Bill does not become Sarah)
  - You have to connect with such parts both emotionally and intellectually as you would someone that age.
  
- **Dissociative Identities**
  - Role Players - Take on an identity that allows them to help manage pain and function in life
    - Such parts tend to have specific jobs
    - May be male or female
    - May be various ages
    - May have totally different beliefs, values, and behaviors
    - May know the other parts. May know the core part. May be isolated and unaware of them.
  
  - Protectors – Angry (use anger to keep people from connecting to hurting part)
  
  - Observers – These parts tend to be more neutral in their emotions. They see what is going on, but do not engage emotionally with the memories. It is not uncommon for them to have memories of “floating” above their bodies during an event.
  
  - Programmed Parts – Since the results of trauma on the brain are somewhat predictable, various groups have developed techniques to “program” people to serve as slaves. They usually try to hide a part inside that can be summoned or triggered on command to do what the cult group or organization requires.



## **Goals of the Healing Process**

Goals #1: For parts to trust and love one another

- They are all part of the same person and need to learn to live in harmony with one another.
- To want to “get rid” of parts is a form of self-hatred. The goal is not to “get rid” of parts, but integration which is the harmonious functioning of parts who gradually merge as they learn to function as one.

Goal #2: For parts to trust and love Jesus

- Introduce them to “Immanuel” as soon as possible
- Let “Immanuel” lead the healing process as much as possible
- Encourage daily interaction with “Immanuel”

Goal #3: For the person to grow in ability to function

- Teach them Validating and Comforting skills
- Help them grow in the other right brain skills

Goal #4: For the person to grow in the ability to function as a unified whole.

- As parts learn to trust Jesus and trust one another, the system starts to function with greater unity.
- Overtime the person may “integrate” – this means that “parts” stop controlling the person, because they are able to handle their triggers without splitting or passing function off to another part. Parts don’t “die.” They simply become less dominant and grow content with the roles given to them by Jesus.

These goals are pursued using the four essential elements of emotional healing

- Listening Prayer – Connection with “Immanuel”
- Warfare – identifying and removing wicked spirits
- Left Brain Truth – reprogramming faulty thinking
- Right Brain Skills – Quieting, Joy Bonding, etc.

These goals are pursued using the three core resources of the emotional healing journey

- A relational community
- A skilled counselor
- A diverse team



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# DEALING WITH DEMONS



## **Session 3: Dealing with Demons**

### **Recognizing Demonic Activity**

1. **Root Causes** (If the root causes are present, demonization is likely. Explore the root and you often stir up the demonic.)
2. **Disruptive Thoughts** ("I have to leave," "Don't listen to him," "Just be quiet")
3. **Disruptive Behaviors** (sudden migraine, falling asleep, screaming)
4. **Compulsive Thoughts** (Self-hatred; Self-harm; violent thoughts, Anxiety Attacks)
5. **Compulsive Behaviors** (Addictions, Eating Disorders)
6. **Unexplainable Medical Conditions** (e.g., involuntary vomiting)

### **Resolving Demonic Activity**

1. **Don't panic.** This is actually good news. It means you are at the source.
2. **Take Control.**
  - a. "In the name of Jesus I bind every demon present."
  - b. "I cut you off from any outside support and bind you together as one."
  - c. "I command that you will not harm this person or act out in any way, but that you will only speak to their mind as you normally would and only in answer to the questions you are asked."
  - d. "There will be no switching and only the chief demon present will be allowed to speak."
  - e. Don't let the demons interrupt you or keep you from talking to the person. Command the demon to be silent, and speak only to the person. "I command you to 'go down.'"
3. **Talk to the person.**
  - a. Have the person ask God what "ground" or "permission" the demon is claiming.
  - b. If that is not working, command the demon to tell you their name and what gives them permission to be there.
  - c. Have the person report what they hear in their head.



#### **4. Follow the CCC-C pattern**

- a. Confess – Agree with God about what has given permission to the devil. When you don't know, pray "if."
- b. Cancel – Renounce, Forgive, Repent, etc., then ask Jesus to cancel the permission claimed by the enemy to be present.
- c. Command – As a child of the king, command the enemy to take his claim against the person to the cross of Christ and to take all of his works and effects with him.
- d. Commit – Rededicate yourself to Christ and invite him to rule over the area vacated by the enemy.

#### **5. Test to see if there are any lingering or hiding demons and follow the 4-C process with them also.**

### **Warfare Tools**

#### **1. Ground Box Rules (Karl Payne) – an extensive prayer for binding.**

- Bind the strongman from interfering in any way.
- One-way traffic from \_\_\_\_ to the pit.
- Take all effects and associates and their effects with you.
- No re-entry.
- You may only speak that which may be used against you.
- The answers you give must stand as truth before the white throne of God.
- No profanity.
- \_\_\_\_ is to have full control of tongue, mind, body.
- "We" is used because this is \_\_\_\_\_'s fight.
- You are an unwanted intruder who is going to leave upon command.
- You will give clear, concise answers in \_\_\_\_'s mind.
- You will not confuse \_\_\_\_, and will be punished if you do by the Holy Spirit.
- You do not have the privilege of speaking directly to me. You are not an equal.

#### **2. Declarations (Karl Payne)**

- **Victory.** We declare our victory over all the powers of darkness through our head, the Lord Jesus Christ.
- **Authority.** We declare our authority over the powers of darkness through our Lord Jesus Christ.
- **Protection.** We declare our protection from the powers of darkness through our head, the Lord Jesus Christ.
- **Position.** We declare our position over the powers of darkness in Jesus Christ.



3. Doctrinal Prayers

- a. Round Up Prayer (Mark Bubeck)
- b. Prayer For Breaking Curses (Mark Bubeck)
- c. Daily Prayer (John Eldredge)
- d. Warfare Praying (Kathryn McBride)

4. Holy Spirit Promptings

5. Praise

6. Desperate Prevailing Prayer

7. Fasting

8. Tools for Reclaiming Surrendered Ground

- a. Renunciation of Lies
- b. Repentance of Sin
- c. Forgiveness of Offense – Forgiveness of Consequences
- d. Receiving Forgiveness
- e. Breaking Soul-Ties
- f. Renouncing Bitterness toward God
- g. Breaking Curses
- h. Cleansing Objects
- i. Cleansing Property
- j. Offensive Prayer



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# DEALING WITH THE OCCULT



## **Session 4: Dealing with the Occult**

### **Recognizing Occult Activity**

By occult I mean supernatural knowledge or power that comes from demons.

#### Knowledge

- Astrology and Horoscopes
- Tarot Cards and Divination
- Séances and Channeling
- Omens
- Mind Reading
- Dream Catching
- Spirit Guides

#### Power

- Power objects (idols, wands, etc.)
- Power words (curses, spells, incantations, etc.)
- Power rituals (ceremonies, pacts, sacrifices, etc.)
- Power practices (levitation, sexual spirits, astral projection, etc.)

#### Presence

- In the room or area
- In the mind
- In the body

#### Generational Issues in the Occult

- Intentional Transmission
- Generational Selection
- Generational Curses/Pacts
- Generational Sin



## **Recognizing Occult Worldviews and Organizations**

- Occult worldview #1: Eastern - impersonal spiritual power
  - This view tends to blend science and the occult
  - Life force. Energy
  - All is one. All is energy.
  - Shamans are like electricians. They know how to control the spiritual power in the universe.

### Eastern Meditation vs. Christian Meditation

- Eastern meditation is about emptying the mind. Christian meditation is about truth.
  - Eastern meditation is about eliminating desire. Christian meditation is about increased passion for God and his kingdom.
  - Eastern meditation is about detaching from the physical world and connecting to the spiritual world. Christian meditation is about renewing the mind.
- 
- Occult worldview #2: Pagan - personal spiritual identities
    - This view tends to be found in pagan religion
    - Named gods and spirits are worshiped and engaged for personal power and protection.
  - Occult worldview #3: Satanic - big devil vs. powerless Jesus
    - This worldview tends to be found in Satanism
    - Satan is seen as the one trying to help humans by empowering them.
  - Syncretism – artificially blends worldviews
    - Secularity and Occult (New Age)
    - Christianity and Occult
      - Counterfeit signs and wonders
      - Masonry and Mormonism
    - Christianity and Eastern Religion
    - Islam and Occult (jinn's)
    - Judaism and Occult (Kabbalah)



## **Resolving Occult Activity**

- **Renounce Involvement**
  - Renounce personal involvement: Steps to Freedom is a helpful guide
  - Renounce family/generational involvement
- **End Memberships**
  - Remove name from membership in secret societies/false religions.
  - Form new relational connections in a new community.
- **Destroy Objects**
  - Objects created for occult purposes must be destroyed.
  - Don't just throw them away.

## **Satanic Ritual Abuse**

### Types of Satanism

- Generational Satanism – highly secretive, runs in families
- Religious Satanism – established religious institutions
- Self-Styled Satanism – individuals and groups forming their own version of Satan worship

### Ritual Abuse

- Abuse as mockery of Christ and Christianity
- Abuse as programming – why?
  - Supply babies
  - Supply sexual partners
  - Create parts (“alters,” “personalities”)
  - Create slaves
  - Infiltrate institutions



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# DEALING WITH ADDICTIONS





## Session 5: Dealing with Addictions

### What is addiction?

An addiction is a substitute for joy. When people do not have enough joy strength to handle their pain, they seek a joy substitute to give them a counterfeit experience of joy that masks their pain.

Joy is always relational and satisfying. Joy substitutes are temporarily pleasurable but neither satisfying nor relationally bonding.

Addictions fall into two dominant categories: experiences and substances.

- Experiences (sexual stimulation, adrenaline rushes, parties, etc.)
- Substances (alcohol, drugs, sugar, etc.)

### What drives addiction?

1. The desire to numb pain.
2. The need for increased pleasure.
3. Addiction is driven by the attachment center of the brain. It is the most basic level of brain function. People bond to an experience or a substance rather than joyfully bonding to a person.
4. "Addiction is the result of a catastrophic failure to attain maturity."  
(Banana Baseball)
  - Addicts function at infant or child level maturity.
  - There is no such thing as an addict functioning at adult level maturity.

### Addiction and the Body

- Genetics can apparently predispose people toward certain addictions. However, if there is adequate joy strength, these addictive patterns often never surface.
- Addiction can alter brain chemistry so that medication is needed while going through other aspects of recovery.
- Physical addiction may require hospitalization and/or time in a rehab center.

### Addiction and the Four Core Elements of Emotional Healing



### **1. Listening Prayer**

- For resolving painful memories that fuel addiction.
- For building relational joy with Jesus.
- For resolving lies that drive addiction.

### **2. Spiritual Warfare**

- For evicting spirits of addiction.
- For taking thoughts captive.
- For resolving generational strongholds.

### **3. Left Brain Truth**

- For understanding addiction.
- For learning identity in Christ.
- For reprogramming faulty thinking.
  - Women withhold what is good from me. If I could just get the “good thing” I would be happy.
  - Alcohol helps me handle my pain. Alcohol makes me happier. I can't handle my pain without it.
  - Partying helps me forget my pain and increase my pleasure. I can't live without parties. Life is too overwhelming.

### **4. Right Brain Skills**

- For building a joy foundation.
- For learning how to return to joy from negative emotions.
- For developing new maturity skills.
- For growing a group identity. (“These are my people, and this is how it is like us to act when things get hard.”)



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# **DEALING WITH EATING DISORDERS**





- c. Perfectionism – “There is something wrong with me if I am not perfect.”  
“People will rightfully reject me if I am not perfect.”
  - d. Legalism – “God expects me to be perfect.” “God expects me to control my eating and my body” “God will reject me if I don't get this right.”
  - e. Criticism/Teasing – “I deserve the criticism/teasing about my looks.”
- 2. Message from mother (mothers who are obsessed with bodily perfection are more apt to have daughters with an eating disorder)
  - 3. Messages from the culture
- c. Bonding
    - 1. Lack of joyful attachment.
    - 2. Fear bonds – people won't be happy to be with me unless I'm thin.
    - 3. Conditional Love. Performance-based Acceptance.
  - d. Demonization
    - 1. Generational claims
    - 2. Agreements
    - 3. Permissions

## **Eating Disorders and the four core elements of emotional healing**

### **Listening Prayer**

There is often a wound-lie-vow pattern beneath the stronghold of an eating disorder that can be largely resolved through REAL Prayer or Immanuel Prayer.

### **Spiritual Warfare**

- o Go through the Steps to Freedom.
- o Break Generational Permission.
- o Directly challenge spirits that may be causing the disorder using sound warfare principles.
- o Teach people to take thoughts captive.



### **Left Brain Truth**

- Identify core identity lies and replace them with grace-based truth.
- Confess performance-based acceptance patterns and how they have affected the person. Replace them with grace-based acceptance.
- Identify environmental triggers that encourage lie-based thinking (movies, magazines, public pools, etc.)
- Limit access to certain types of media.
- Educate families about the disorder
  - helpful (grace) vs. painful (condemnation) communication patterns.
  - Good nutrition vs. poor diet

### **Right Brain Skills**

- Support Groups
- Develop relationships with peers who do not encourage the disorder
- Help families develop healthy bonding patterns
- Return to joy skills
  - To increase motivation in children and adolescents, it may be necessary to make certain privileges contingent on attaining specific goals, such as healthy weight gain, consistent diet, persistence in counseling, etc.



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# **DEALING WITH SEXUAL BONDAGE**



## **Session 7: Dealing with Sexual Bondage**

### **Types of Sexual Bondage**

- Pornography
- Self-Stimulation
- Unwanted or ungodly attraction
- Adultery
- Promiscuity

Sexual bondage is essentially a form of addiction.

Sexual bondage is often a form of predatory behavior.

Sexual bondage may be a form of idolatry (e.g., goddess worship)

### **WLVS: A common pattern**

#### Wounds

- Sexualized trauma
  - Exposure to sexual behavior (media, pornography, etc.)
  - Unwanted solicitation
  - Unwanted contact
- Double-binds
  - No win situations leave you angry and helpless
  - No good choice available.
- Identity-warping trauma

#### Lies

- Sexual Lies
  - Women have “the good thing” that will make me happy
  - If I could just get “the good thing” I would be happy
  - I have to do this to numb the pain. It is the only thing that works.
  - If I don’t give them sex, I’ll lose them and that is too painful to contemplate.



- Identity Lies
  - I am inadequate
  - I am a slut
  - I was born this way.
  - No one would love me if they knew what I was really like. My body is the only thing about me anyone might want.
  
- Double-bind lies
  - What does it matter? I'm doomed either way.
  - I have no choice. I may as well get it over with.

### Vows

- I will do whatever it takes to numb my pain.
- I will do whatever feels good to me.
- I will seduce men, then hurt them.
- I will seduce women to get what I want.



## **Sexual Bondage and the Four Essential Elements of Emotional Healing**

### **Listening Prayer**

- Resolving common wound-lie-vow patterns often requires going back to root memories and learning truth from Jesus.

### **Spiritual Warfare**

- Sexual sin generally produces soul-ties that must be broken.
- Sexual sin gives demons permission to a place in our lives that must be cancelled.
- Sexual sin often has generational roots that must be broken.
- Demons may need to be confronted and removed as part of the solution.
- Other strategies
  - Taking thoughts captive
  - Cleansing environments
  - Being aware of triggers

### **Left Brain Truth**

- Identify and renounce lies that produce bondage.
- Build a grace based identity in Christ
- Learn new patterns of thinking
  - Proper categories for women – recognize need for protection
    - Mothers
    - Sisters
    - Daughters

### **Right Brain Skills**

- Grace-based community - transparency and mutual grace
- Build Emotional Capacity through joy-bonded relationships
- Build Return-to-Joy skills
- Practice Appreciation



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# DEALING WITH NARCISSISM





## Session 8: Dealing with Narcissism

**Narcissism is an inability to return to joy from shame.**

**Type 1: Peacock Narcissist – No one understands how special I am.**

- They are entitled.
- They are better at justifying themselves than you. Therefore, you can never win an argument with them.
- They generally appear more “together” than you. Their victims appear weak and broken. They appear strong and functional. Because of this people (even church leaders) often believe them over their victimized partners.
- When they do admit wrong, they tend to swing to the opposite extreme of humiliation and complain about how terrible they are (skunk narcissism). Until you begin to assure them that they are not as bad as all that.

**Type 2: Skunk Narcissist – No one understands how special my problems are.**

**Narcissism is virtually unfixable because such people have hardened themselves against the feelings of shame that might lead to repentance.**

How to talk to a Narcissist:

1. Practice the sandwich conversation (A RAD-ical approach)
  - **Relational history** – Why our relationship is important to me. What I want you to remember about us.  
 (“You know, we’ve been members of the same church for a while and you’ve added many positive things to this community. I have often laughed at your jokes and appreciated your insights.)
  - **Action or Attitude that needs Attention** – What you are doing that does not bring me joy. (“Your mother just yelled at your father,” “Your husband needs to take better care of himself,” “your child lied about doing their work”)
  - **Desire for future relationship** – Why our relationship is important to me. How I want this to turn out.



("I hope we can find a resolution to this problem that will allow us to continue to have a good relationship")

This is not just saying something positive to offset the negative. This is making the relationship bigger than the problem.

2. Tell stories of how you handled shame.

They don't want to hear about their own shame. But hearing how you handled shame can help them learn what it looks like.

## **Grace and Consequences**

Narcissism almost never changes without significant consequences. Yet, because it is rooted in an inability to cope with shame, the antidote requires learning grace.

### Grace

- Learning to forgive others
  - Admit that you were wronged.
  - Be honest about the pain.
  - Choose to forgive and trust God with the results.
  
- Learning to forgive yourself
  - Admit your attitudes or actions are shameful.
  - Be honest about the consequences they have caused for others.
  - Choose to forgive yourself and receive God's grace.
  
- Learning to extend grace to others as their protector
  - Narcissists tend to be predators. They use the weakness of others for their own advantage.
  - Protectors extend grace by meeting others in their weakness and serving them.

### Consequences

- If there are no consequences for the predator behavior of the narcissist, they will never stop.
- Often these consequences must come from God (like the prodigal son).
- We need to be consistent with our boundaries and be as strong in our love as they are in their selfishness.

## **Next Steps**



## 1. Deeper Walk Institute Certificate Program

A certificate can be earned by completing all four courses of the Institute, reading the required books, and writing two papers. See details at the website.

## 2. Other Deeper Walk Training

- **Student Ministry**

First Responders Training equips teens and youth leaders in a simple three step process for life altering conversations.

The Deep End takes youth into the foundations of grace, walking in the Spirit, living in freedom, and growing in maturity.

- **Marriage Ministry**

Beyond the Ring Marriage Retreats in Kokomo, IN are offered several times each year. Designed for 7-8 couples, these retreats combine teaching, helpful exercises, and time for relaxing in a comfortable lodge setting.

Deeper Walk Guide to Marriage Seminars make great weekend experiences for your church or ministry. It brings the same teaching from our marriage retreats and offers it in a seminar setting.

- **Church Seminars**

If you would like to host a Deeper Walk seminar at your church or ministry, contact our office (877) 467-4222. Costs include travel and accommodations for the speaker and a reasonable seminar fee that can often be covered by an offering or nominal registration fee.

## 3. Partner Training

- **Freedom in Christ**
- **Immanuel Approach**
- **Life Model Works**
- **Lydia Discipleship**