



PROCESSING SOULCARE

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PRINCIPLE 1- IDENTITY:

First, take some time to reflect with the Spirit's insight about the following questions:

What were the things that your parents said to you regularly?

What family slogans do you remember, either spoken or unspoken?

What are the shaping experiences of your life? Pay special attention to repeated experiences, because lies often get reinforced here.

What are the things you catch yourself saying to yourself? What imaginary conversations do you have with others and what triggers those conversations?

SPIRITUAL ACTION STEPS

- Spend time alone with God, and journal. Ask the Holy Spirit to reveal to you the lies that affect you. Which of these three lies discussed in the chapter impact your life the most? Ask the Holy Spirit to show you where you still live out any of these lies. How do they manifest? Take time to journal on these three questions: (1) What do you think when you are standing on the lie? (2) What do you feel? (3) How do you act?
- What makes you feel most vulnerable? What image of yourself are you most attached to? What are you most proud of? What are you most defensive about? How do you use these things to fend off your feelings of vulnerability? Ask the Lord, "what is underneath some of these presenting symptoms?"
- Fill in the blank: The issue of my value is dependent on _____. Are there any specific memories connected to those lies? How do those lies manifest themselves in your life? What do you feel when you are standing on this faulty foundation? What do you say to yourself? What are the imaginary conversations you have in your mind? What are the symptomatic expressions of this lie in your life? How does it manifest?
- Put the lies in a sentence. Then come up with a truth slogan, or a Scripture, to replace each lie.
- Do you struggle with an identity wound or a bent will? Do you know why? How does it manifest itself in your life?

- Share your discoveries in a safe group you meet with to journey through this book. Make a commitment to give the Lord access to whatever He puts His finger on over these next few weeks; ask Him to help you. Resolve to live in the light with God and others. Who can you process this with?
- Meditate on the Romans 12:2 and John 8:32 and the importance of not just declaring scripture over ourselves but choosing to integrate it into our lives. What is the Holy Spirit highlighting to you? Read the first three chapters of Ephesians. Take note of how many times Paul emphasizes you are in Christ, or Christ is in you. Look at all the benefits that Paul highlights for those of us who are in Christ. Examine your life against what you see. Are you experiencing the fullness of your identity in Christ? Where are their gaps? Begin to wrestle with why some of those gaps are there? Ask the Lord for insights.
- What regular practices of renewing the mind can you institute in your life to ensure that you are consistently living like a deeply loved person - that you are holding on to the truth of who you are in Christ?

PRINCIPLE 2- REPENTANCE: SPIRITUAL ACTION STEPS

- Spend some time journaling. Is there any unconfessed sin in your life? Ask the Lord: "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139:23, 24). Do you need to update your confessions?
- Are there any areas in your life where you have confessed your sin but don't feel the release of forgiveness? Have you confessed those sins to others as well?
- Ask the Holy Spirit to shine light into your soul. Is there a sin that you have confessed more than once? Is there a sin that you have brought before the Lord, but you still feel condemned over? Ask the Lord to show you where you have shame packed in the suitcase of your soul. Picture Jesus standing right in front of you and give Him these sins and wait for the Lord's revelation and release. Is there anyone you need to share this sin with in order to get free from shame?
- Where do you see worldly sorrow in your life instead of Godly sorrow?
- Are there areas where you are caught in the sin/confess, sin/confess doom loop, where you keep sinning in the same direction without life change?
- The conviction of the Spirit is specific; God doesn't convict us to make us feel bad, He convicts us to get us free. But the condemnation of the enemy is often not specific, but general. He also loves to bring up sins that we have already confessed; his goal is to condemn and shame us. Can you distinguish between conviction and condemnation in your life? Are there any areas where you have been resisting the conviction of the Holy Spirit? Are there any places in your life where you are living in the consequences of sin? How

can you humble yourself, be honest and take responsibility for your part? Are there other areas where you have living under condemnation and you need to stand your ground in Christ?

- Allow the Holy Spirit to examine your heart. See if there is any unconfessed sin that you need to bring in the light. Is there any sin that you have confessed to God, but have never told another person and that has you stuck in shame? If the Holy Spirit brings anything to your mind where you need to make things right, give Him access and do what He asks you to do. Confess. Make restitution where necessary. Bring it into the light with God and others where God calls you to do so.
- Are you willing to do a total life confession with another? Will you bring all your secrets into the light so you can get free? If so, make a resolve to do so, and set a time to get together with another willing fellow sojourner.

PRINCIPLE 3- FAMILY SIN PATTERNS: SPIRITUAL ACTION STEPS

- We never talk about our family sin patterns to blame or shame them; we talk about our family sin patterns to take responsibility for our lives and to get free. What are the sin patterns in your family? You may want to take time to do a genogram. This is a family tree diagram that displays your family sin history so you can see patterns and grow in self-awareness. At various sites online, you can find help to create a genogram.
- How do those family sin patterns manifest themselves in your life? Be honest.
- It is never easy to talk to our families about our family sin patterns. But the most honorable thing we can ever do for Jesus and our family name is to break free from our family sin patterns. Be courageous. Have a conversation with some family members and ask them about your family history. Who do you need to talk to? Be vulnerable. Try this approach: "I am struggling with _____. I have seen this pattern in our some of our family too. I love our family and I want to bring honor to our family name. But the most honorable thing I could do is break free from this pattern. But I feel like I am battling with one hand tied behind my back because there are things I do not know. Would you please help me by answering some questions?" If they are willing, ask questions about the history of the family. Ask questions about the patterns you are struggling with and about the family secrets. If you feel an unusual pull towards a certain sin, talk about that to someone in your family so the things can be brought into the light and broken off.
- Ask the Lord for insight. What actions do you need to take to overcome them? What gracious prayer partners can help you? What spiritual disciplines would be most important to you? What Scriptures do you need to meditate on? What resource people do you need to access? A friend, a counselor, a therapist, a pastor, a ministry team member?

PRINCIPLE 4- FORGIVENESS: SPIRITUAL ACTION STEPS

- Quiet your heart before the Lord. Ask the Holy Spirit to bring up the names of anyone you need to forgive. As the names come up, write them down. Even if you think a person is someone you have already forgiven, write that name down. Don't filter.
- Sometimes we feel powerless to forgive because we have been victimized. You may have been victimized, but you are not a victim. You can choose to forgive. Begin by choosing to give God access to the places where you have been wounded by people. Start a conversation with God where you give Him access and acknowledge your responsibility to forgive. Where are you hurt? Who has hurt or offended you? Where are you holding on to resentments? Ask the Lord to show you and agree to forgive those who sin against you.
- Meditate on Matthew 5:11-12, Matthew 6:14, and Matthew 18:15-35 and the reasons why we should forgive others; let them sink into your soul and spirit. Journal about all the ways God has demonstrated his grace and forgiveness to you. Meditate on what Jesus has done for you on the cross - He took up your sin on the cross so that you can be reconciled to God. Spend time giving thanks for the grace you have received.
- Continue to give God access and let Him reveal anyone else that you need to forgive. Is there someone you thought you had forgiven, but the Lord brought to your mind? There may be more left in the bucket to process. Continue to walk through the steps to forgiveness. Pray blessings on those who sin against you. Acknowledge the level of hurt you experienced. Feel it - write down all the feelings that this hurt evoked in you. Grieve all that the offense cost you, your losses, and hurts; express it to God. And then willingly release the person from your debt; give the gift of forgiveness. Make a covenant with God that you will die with no enemies and daily practice blessing those who have cursed you or hurt you.
- Consciously choose to release these people from your debt. Continue to walk through the steps of forgiveness listed in the chapter until you feel free from anger, bitterness, judgment and resentment.
- Commit to praying blessings on each one until you sense you are free.
- Commit yourself to die with no enemies, and resolve to love your enemies, forgive those who sin against you, and bless those who curse you.

PRINCIPLE 5- HEALING WOUNDS: SPIRITUAL ACTION STEPS

- Start a conversation with the Lord about the wounds in your life. Ask Him to show you the walls you have built up to protect yourself or the defense mechanisms you have relied on to cope with your hurts. Journal on what God begins to reveal to you. Choose to give Him access.

- Experience: recall a major wound and ask the Holy Spirit how He wants to address this wound. Maybe He would have you invite Jesus to come. Watch and listen. Enter His presence. Follow His leading.
- What are some of the major wounds in your life? Ask the Holy Spirit to show you any areas that may need healing. Let Him surface memories to mind. Some of the memories may surprise you. Don't dismiss them.
- Take the time over the next days and weeks to allow the Holy Spirit to surface any other memories that need his healing touch. Invite the presence of God in and listen to the promptings of the Spirit. You may want to work through some of these memories with some discerning friends who are sensitive to the Spirit.
- Find a fellow believer who is willing to pursue healing with you. Pray for one another. Talk less, pray less. Listen more. Allow the Spirit to direct your prayer time. Jesus is the healer. We have nothing.
- You may want to read the chapter in my book *River Dwellers* about hearing God's voice before you gather to pray with another believer. Bring people to Jesus as the Spirit shows you how. Humbly test the whispers of the Spirit.
- Continue to ask the Lord to reveal the wounds of your soul. As you tell a few trusted friends your story, ask them for insights into the wounds of your life and how they impact your behaviors. Ask the Lord to show you the self-protections that you have built up around you. Journal on all the things that you discover. What are the wounds that are there? How did they form? How do you protect yourself from feeling those and getting re-hurt in those areas of soul infection? Ask the Lord to let you experience His healing presence - and wait on Him.
- Begin to go through the memories of your life. It often helps to start with your earliest memories and slowly make your way through to your present day. Ask the Lord to show you the memories that were painfully formative. Enter into the scene. Try to recall all that you can recall - the sights, the sounds, the smells, the feelings that you had at that time. Invite the Lord to reveal Himself to you in the memory. Watch and listen. Receive what the Lord says and does. It is often helpful to pray through these most painful memories with other people. Let them listen for the Spirit's leadings with you. Take time to do this with the people that you are processing this with.
- Finish going through all the memories of your life that were painfully formative. Ask the Lord to reveal Himself to you in those memories. Ask others who have joined you on this journey to pray with you and listen for the Spirit's revelation on your behalf. Sometimes you will bring a memory to the Lord hoping for significant healing, but no significant healing encounter comes. There are some painful memories that we need to sit with God with over time. As you sorted through the memories of your life, which events do you need to experience God's tenderness over time? Sit with the Lord with the loss, the pain, and the heartache evident to you, and consciously focus on his loving presence. Sit in silence. You may meditate on a phrase like, "He restores my soul" as you sit in silence. When your mind wanders, bring it back to focus by repeating this phrase. Don't meditate on the phrase to understand it; meditate on the phrase to experience his

restorative presence. Give Him access to your pain and rest in his restorative presence for as long as it takes. You may have to do this for 10 minutes a day for months at a time. It often feels like you have two streams flowing within you - a stream of the pain and heartache and grief and a stream of his loving, healing, tenderness. Over time his tenderness heals our heartache.

PRINCIPLE 6- OVERCOMING FEARS: SPIRITUAL ACTION STEPS

- Begin to identify your fears. Spend time with the Lord, ask Him for insight and journal your discoveries. What are your fears? For some people they don't readily feel fear, they more often feel anger or control kicks in. But these are often symptomatic expressions of fear that is lurking in our soul. Ask the Lord to point out where there is fear in your life, if you are not already aware of it, and to give you insight into what's behind the fear. Give your fear to the Lord and choose to set your eyes on Him. Choose trust - Jesus isn't nervous.
- Reflect on your greatest childhood wounding. What is your greatest childhood wounding? How was fear formed in you at that time? What coping mechanisms did you develop to protect yourself from further hurt? What are your fears? Name them. How does fear manifest in your life?
- What are your root fears? How do they manifest themselves? How did they form in you? What happened to reinforce them over your lifetime? What do you think, How do you feel, How do you act when you are afraid? How have they impacted your relationship with God and with other people?
- How are your fears affecting your relationship with God?
- How are your fears connected to the lies you believe? What are the wounds beneath those fears? Take time to pray for healing.
- What are the courageous actions you need to take to overcome your fears?
- Bring your fears to Jesus. Let Him speak and minister to you.
- Everyone wrestles with fear - or God wouldn't say 'Do not be afraid' as often as He says it. But some of us are fear-based people. Fear often rules our hearts. It often makes us feel powerless and renders us passive. Don't fall prey to fear. Go after it. Complete the work you have been doing. Identify the fears that you often experience. Where did they come from? How did they get formed in you? How are they impacting your life right now? What are the fears you are currently wrestling with in your life? Journal through these issues. And start practicing the principles of Philippians 4 that are outlined above on a weekly basis. Go through these practices on a regular basis until faith-based action characterizes your life in times of fear. Also, consider practicing "10-minute retreats" on a regular basis during seasons of fear.

PRINCIPLE 7- DELIVERANCE: SPIRITUAL ACTION STEPS

- Fear is a tool of the enemy to keep us from freedom and fullness in Christ. The enemy seeks to make us afraid of the Holy Spirit, for example. Jesus isn't afraid of the Holy Spirit. Fear of the Holy Spirit is demonic! The enemy also tries to make us afraid of talking about the demonic, because he wants to keep us in bondage. If you are afraid of the topic of deliverance, recognize that it's a scare tactic of the enemy to keep you from freedom and wholeness. Meditate on the stories of the New Testament and let it sink into your spirit that deliverance is part of the normal Christian life. Deliverance is Kingdom normal. Jesus isn't nervous.
- Read the Gospel stories of deliverance. Take note of how Kingdom normal deliverance was. Ask the Lord to bring your worldview into alignment with what the Bible says so dealing with the demonic can become normal Christianity for you. Mediate on Ephesians 1. Take note of our identity in Christ and of how Jesus is elevated far above all other spiritual entities.
- Think and journal about how your theology was formed, specifically in regards to the demonic. Are there any theological presuppositions in this area that you need to re-examine?
- Consider authority. Jesus cast out demons by authority. Jesus gave his disciples authority to drive out demons and heal the sick (Matthew 10:1). Authority is developmental. Are you developing authority? Is it demonstrated in your life? Are you utilizing the authority that you have developed to advance the Kingdom of God? How can you develop your authority further? (Note: Dr Rob Reimer's book Spiritual Authority looks at how to develop spiritual authority and can be a useful resource on this subject) What practical action steps are you going to take to intentionally grow in spiritual authority? Read a book, like Spiritual Authority. Join a conference like the Deliverance Training Workshop. Join a ministry team in your local church. Dialog with the Holy Spirit to see if He invites you into anything specific.
- If you have the symptoms of the demonic listed in the book, here are a few things to do: (1) Focus on Jesus, don't let the enemy bully you or intimidate you. Jesus isn't nervous and He can get you free. Go back to Ephesians 1 and recognize who you are in Christ and how Christ is above all rule and authority, power and dominion. (2) Finish the course and make sure all the ground is broken. (3) Both in the eCourse and in the Soul Care book there is a methodology for doing deliverance. There is also training available through Renewal International, the Deliverance Training Workshop. Go with the group that you are working through this with, or a group from your church, get some training, and help each other get free. (4) If you cannot find freedom together, attend a Soul Care Conference or find a church that has hosted a conference, or has experience in

deliverance and make an appointment. (5) Renewal Ministries is starting an online community for Soul Care and for people who want to help others find freedom in Christ. Join the online community. For more information go to the website: www.renewalinternational.org

- Set aside a block of time to get alone with God and walk through the access points of your life. (1) Allow the Holy Spirit to walk you through your life to make sure that all your sins have been brought under the blood, and into the light. Make sure that all your confessions are updated and current. Invite the Holy Spirit to bring anything to your mind that you need to confess. Wait on Him. Don't rush. (2) Ask the Lord to reveal any family secrets that you need to know. If you didn't have a conversation with key members of your family yet, set a time and do it. Find out all that you can through natural knowledge, but what you can't find out naturally, the Holy Spirit will reveal to you. Get some discerning friends who have a track record for hearing God's voice to pray through your family history with you, if necessary. (3) With the help of the Holy Spirit, think through your family history and break off all the curses that are present. Galatians 3 tells us that Jesus died to become a curse for us to break the curse of sin and Satan over us. Appropriate Jesus' victory on the cross. This is the preparatory work to do deliverance; this is not a substitute for deliverance.
- Reflect on your worldview as it relates to demonic strongholds. Does it align with the biblical worldview?
- Ask yourself the list of questions related to how spirits enter. Is there a history of addiction in your family tree? Is there a history of abuse? Was there physical, sexual, or emotional abuse? Have you been abused in any of these ways? Are there any mental hospitalizations, suicides, or suicide attempts in the family? Is there a lot of depression and suicide ideology? Has there been occult activity, witchcraft, ancestor worship, or other religious practices? Have you engaged in any occult activity?
- Examine the symptoms of demonization. Do you experience any of these symptoms?
- If you feel like you might need a deliverance, get help from a trusted, spiritually mature friend, and walk through the steps in the addendum at the end of this book. Prepare by making sure your confessions are current and doing the work outlined in each of these chapters first.