

Renew Ministry Training Manual

Copyright 2020 by Kurt Jurgensmeier, Ben Hunt, and Matt Huether

Published by New Life Community Church, Cedar Rapids, IA, USA.

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Electronic and audio versions of the *Christian Essentials* are available at <https://newlifecr.com/christian-essentials/>

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Other translations include *The New International Version* (NIV, Biblica, 2011); *New American Standard Bible* (NASB, Lockman Foundation, 1995).

The contents of this study are in accordance with the Statements of Faith of the National Association of Evangelicals (USA) and the Evangelical Fellowship of India.

The following abbreviations refer to the following reference works. The commentary series represent various titles and dates of which the authors will be noted in the study:

BDAG A Greek-English Lexicon of the New Testament and Early Christian Literature, F. W. Danker ed., 3rd edition, (University of Chicago).

BENTC Baker Exegetical New Testament Commentary (Baker).

BST Bible Speaks Today (Intervarsity).

EBC Expositors Bible Commentary (Zondervan).

NICNT New International Commentary on the New Testament (Eerdmans).

NICOT New International Commentary on the Old Testament (Eerdmans).

NIDNTT New International Dictionary of New Testament Theology (Zondervan).

NIGTC New International Greek Testament Commentary (Eerdmans).

PNTC Pillar New Testament Commentary (Eerdmans).

TNTC Tyndale New Testament Commentary (Eerdmans).

TWOT Theological Wordbook of the Old Testament (Moody).

Vine's Vine's Complete Expository Dictionary of Old and New Testament Words, W. E. Vine (Thomas Nelson).

WBC Word Biblical Commentary (Word).

Webster's Merriam-Webster Dictionary; online at www.merriam-webster.com.

Renew Ministry Training Manual

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Section I

Introduction to Renew Ministry

Chapter 1

The Micro Great Commission

Matthew 28:19-20

A) Pastor Kurt's testimony about Renew Ministry

Pastor Kurt Jurgensmeier of New Life Community Church has been a major contributor in the development of the Renew Ministry counseling process.

From the very beginning of New Life, we have been very committed to helping God's people spiritually grow. Most people would say I am a very good Bible teacher. I have never tried to just give people knowledge, but always aim for their heart and life-change in my teaching.

Our church also has a high percentage of men and women committed to fellowship in small and large groups that focus on outreach, encouragement, and accountability. We have written five in-depth discipleship Bible studies (the *Christian Essentials* and *FREEDOM* and *FRUIT* studies) that most of our congregation has studied through. Finally, many would also say I am a good counselor in the traditional sense of listening to and understanding people's problems and telling them the biblical answer.

But honestly, I very quickly realized the limitations of all these methods of discipleship. So many of even our most mature Christians continued to struggle greatly with fears, anger, depression, and lust. We knew from Scripture that we are supposed to be consistently experiencing the unconditional love, joy, and peace of God's Spirit, but many were not. And the discipleship tools we were using were not doing enough.

It was at that time, around 2004, I made a decision. I was going to dedicate myself to learning how to help even the most struggling Christians to "be transformed by the renewing of [their] mind" (Rom 12:2). And a few others joined me in that desire as well. That began a very challenging and time-consuming journey as we tried several different approaches and learned from all of them. Eventually, we developed Renew Ministry. And I regularly thank God we did. We have seen Him do so much in so many lives through this ministry.

Having said all that, I have to admit that "counseling" and Renew Ministry is not necessarily my spiritual gifting. So why have I invested so much time and energy to provide it? Because I've witnessed it help people in such powerful ways!

I hate the Devil as much as I love God. And I love seeing God's people set free from Satan's influence in their lives. I am convinced that even the best Bible preaching, small groups, and traditional counseling will fail to touch many of the demonic "fortresses" (2 Cor 10:4) and the Devil's "footholds" (Eph 4:27) in the lives of Christians. By far the most effective weapon I have discovered to truly help my flock overcome anger, fears, depression, lust, and marriage problems is Renew Ministry.

Pastor Kurt's passion to see lives changed has come from a commitment to Christ's Great Commission: "Go and make disciples of all the nations... Teach these new disciples to obey all the commands I have given you" (Matt 28:18-20).

Renew Ministry Helpers are among the most needed people in the Church today.

B) The Great Commission

Throughout Church history, the command from Matthew 28:18-20 has been referred to as the "Great Commission." It is a co-mission because Jesus uniquely promised to those who would

accept this mission, to be “with” them “always.” The Great Commission is an invitation to join Him in the most important work in the world.

That is why it is called the *Great Commission*. Most Christians recognize this as a foremost commandment describing the purpose for why the Church exists on this Earth. It can surely be said that if a local church is not making and teaching disciples then it ceases to be a Christian church at all.

Unfortunately, many Christians have defined the Great Commission primarily (if not exclusively) in terms of evangelism. It’s as if Jesus merely said, “go and make converts.” It is true that a “disciple” in the New Testament sense can be a rather recent convert (cf. Acts 14:21).ⁱ The Greek word (mathēteuō) simply means to be a pupil, or learner.ⁱⁱ An essential element to be a disciple of Jesus Christ is that you have accepted Him as your Teacher and desire to learn how to follow Him. Therefore, if Jesus had only commanded that we make disciples, then we might conclude He meant only converts.

But making converts and disciples will not fulfill the Great Commission. Evangelism is a necessary first step in fulfilling God’s purpose for the Church. But if we only make Christians, we will fail to meet Christ’s desires. We are to “make disciples [converts]” and “teach” them “to obey all the commands.” Therefore, in essence, the Great Commission is a command to go and radically and permanently *change lives*.

Making mature followers of Jesus Christ is much harder than making mere converts. Even in physical life, it is relatively much easier to have babies, than to raise, nurture, teach, and train them to maturity. Of course, we and Heaven rejoice over the birth of spiritual babies (cf. Luke 15:7, 10). But the Great Commission reminds us that just because God gives His Church a Christian “baby,” our work is far from over. Jesus does not want “worldly... infants in Christ” (1 Cor 3:1), but disciples who, “go on instead and become mature” (Heb 6:1). Only this will fully glorify Him and fulfill His purpose and goal for the Church on Earth.

Accordingly, even the great evangelist Paul wrote:

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ [not just converted to Christ]. For this purpose also I labor, striving according to His power. (Col 1:28 NIV)

Notice that Christ’s command is to “make” obedient followers of Jesus Christ, teaching them to obey *everything* He has commanded us. Christ clearly implies that this is something we are able and expected to do. Sanctification is both our work and God’s, but unfortunately many in Christendom today overemphasize God’s part and underemphasize our own. Jesus is clear that his plan to bring about spiritual growth in His people comes through our teaching.ⁱⁱⁱ

Most Christians accept the Great Commission as a primary purpose of the local church. Therefore, they also recognize that it is a commandment to all individual Christians to play a part in making disciples of Jesus Christ.

Notice then the tremendous responsibility Jesus gives us in this command: “*You go and make* disciples who will obey all of My commands.” Jesus is telling us that we have the responsibility (and therefore the ability) to build and manufacture something (or more accurately, someone). That’s why this is a command to us. It is not something He is going to do. He will be with us, He will help us. But the command is for us to “go and make disciples.” Therefore, we realize a very sobering truth. *If we do not play our part in making disciples, then they will not be made.* We are responsible for how many Christians are taught to be disciples who obey all of Christ’s commands.

Many Christians have also abandoned the standard of discipleship our Lord commanded. Jesus Christ expects Christians to experience fruits of the Holy Spirit like peace and joy much more consistently than many understand.^{iv} But because discipleship is so weak in the Church today, it

has settled for a form of Christianity that is not empowered by peace and joy, but by grinding, conforming and coping. A religion empowered by guilt, fear, shame, and willpower. Yet absent of the Spirit's powers of unconditional love, joy, peace, and control. This produces disciples of Christ who are living no differently than the Pharisees did.

With "all authority in heaven and on earth," "Jesus... told his disciples... 'Teach [other] new disciples to obey all the commands I have given you'"(Matt 28:18-20). If we are going to effectively do this today, then *Renew Ministry Helpers are among the most needed people in the Church today.*

C) What is missing in the Great Commission today?

Virtually all Christians have a *macro* view of the Great Commission. This is understandable because this is one way that Jesus described it. He said, "go and make disciples of all the *nations*." In other words, we are to go and spiritually conquer whole cities, countries, and continents, making them disciples of Jesus Christ.

But Jesus implied a *micro* view of the Great Commission as well. He clearly taught that *if we do not make disciples of individual people, then we will not make disciples of whole nations.*

Biblically, we can go even more "microscopic" in what is necessary for Christ's Great Commission to be fulfilled. In order for us to "teach disciples to obey all the commands" Christ has given us, *we must teach every part of a disciple's mind and heart to obey those commands.*

The Great Commission tells us *what* Jesus wants us to give our lives to do: teach disciples to obey all His commands. But *Romans 12:2 tells us how*: "Be transformed by the renewing of your mind" (NIV). In the context, to "be transformed" means to "give your bodies to God" as "a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him [and not] copy the behavior and customs of this world" (Rom 12:1-2). To "be transformed" is to be a disciple who obeys all the commands of Christ, giving our whole lives as a "holy sacrifice," that pleases God and does not follow the ways and sins of the world.

How do you become such a person? "By the renewing of your mind." Now we have entered the realm of the micro Great Commission. You will not make disciples of nations (the macro Great Commission), if you do not disciple a Christian's mind and heart (the micro Great Commission).

We can rightly talk of the Great Commission as spiritually conquering cities, countries, and continents in the world of humanity. But if we are not successful in conquering demonic "fortresses" (2 Cor 10:4 NASB) and the controlling "foothold [of] the devil" (Eph 4:27) in the minds and hearts of Christians, then Christ's Great Commission will not flourish. And it is precisely because we have undervalued the micro Great Commission that the macro Great Commission has suffered.

We honor missionaries who have sacrificed to minister to people all over the world. But there is a whole world inside every Christian's heart that needs ministry as well.

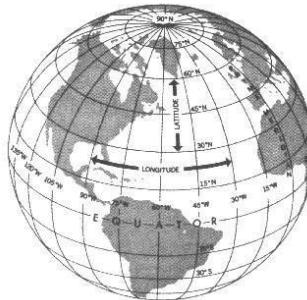
The failure to make disciples of Jesus today is not a lack of good teaching in the Church. There is a great deal of good pulpit preaching available. But the lives of Christians around the world today, proves that the teaching is *not* "divinely powerful for the destruction of fortresses" (2 Cor 10:4). Notice that the battlefield of this "war" is in the Christian's mind, where "strongholds of human reasoning... false arguments... proud obstacle[s]... [and] rebellious thoughts" prohibit us to "teach them to obey Christ [and]... become fully obedient" (2 Cor 10:3-6).

Again, the Church's failure is not because it has not directed good teaching to the Christian's mind. The failure is because the Church is not getting the truth to the hidden, hardened, and hurting places in Christians' hearts where those demonic "fortresses" and "footholds of the devil" are operating and exercising their control.

In other words, we need to be even more “microscopic” in our view of the Great Commission than just the human mind. We need to understand what David understood of God when he said, “You desire truth in the innermost being; And in the hidden part You will make me know wisdom” (Ps 51:6 NASB). Or as we demonstrated in several chapters of the *FREEDOM* study: Mind renewal must include the subconscious mind to be effective.⁵

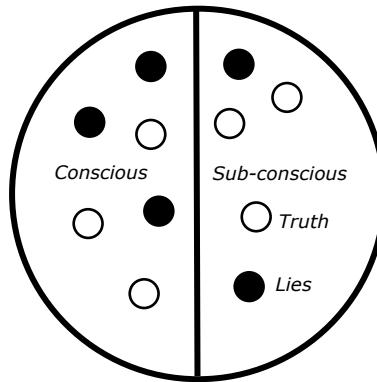
Therefore, we can illustrate the macro and micro views of the Great Commission below. The first graphic illustrates the typical understanding of the “world” in which the Great Commission needs to be accomplished. Jesus said to “go and make disciples of all the nations” (Matt 28:19).

The World of the Great Commission on Earth



But this is only the “macro” view of the Great Commission. As noted above, making mature disciples in “all the nations” requires making mature disciples of individual people. And according to the Apostle in Romans 12:2, this transformation occurs by renewing individuals’ minds. Accordingly, the “world” of the Great Commission in a person is their mind, including their subconscious mind, as portrayed in the following picture.

The World of the Great Commission in the Human Mind



As pictured, the contents of the mind can be understood as beliefs that are true (clear circles) or false beliefs (dark circles). Life transformation occurs as the lies are replaced with the truth, in both the conscious/logical and subconscious/emotional parts of the mind. Obviously, the macro world in which we are to make disciples is very complex. But probably not any more complex than the micro world of the human mind where the Great Commission must be accomplished.

These hidden hurting parts of our mind are places that still do not understand God’s love. They are fearful, anxious, distrusting, needy, and hurting places that have not been reached with the gospel of Christ’s grace and compassion.

With “all authority in heaven and on earth,” “Jesus... told his disciples... ‘Teach [other] new disciples to obey all the commands I have given you’” (Matt 28:18-20). If we are going to effectively do this, then *Renew Ministry Helpers are among the most needed people in the Church today.*

D) The importance of Renew Ministry Helpers for fulfilling the Great Commission

If those of us in the Church are not dedicated to seeing Christians “transformed by the renewing of [their] mind” (Rom 12:2), then we are lacking in our dedication to the Great Commission. More than that, if we are not effectively demolishing demonic “fortresses” (2 Cor 10:4 NASB) and controlling “foothold[s] [of] the devil” (Eph 4:27) that rule from “the innermost being” and “hidden part[s]” (Ps 51:6) of a Christian’s subconscious mind, then we are failing at a vital part of Christ’s Great Commission.

We can feel good that we are doing missions work to reach the lost. We can be satisfied with pulpit preaching and small groups that far too often still produce Christians who constantly struggle with anger, worry, discouragement, shame, and lust. But while many of us might be content with such disciples, Jesus Christ wants more.

Christianity today needs “3rd Level Discipleship.” 1st Level Discipleship occurs through gifted Teachers giving biblical messages and 2nd Level Discipleship is small groups. These ministries are essential, but they are not enough.

Many churches have been very committed to ministries. But if they are honest about what kind of disciples, youth, husbands, wives, and families they are producing, they will recognize something more needs to happen.

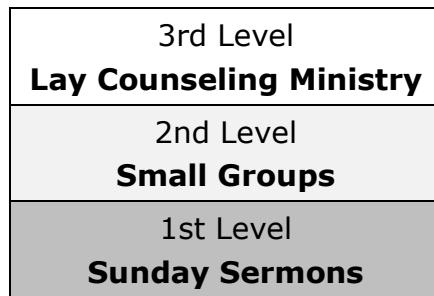
Another way to say this is that we need “war groups” not just “word groups.” There are a lot of “word groups” in the Church today, committed to Bible studies that effect the logical minds of God’s people. But to have any chance of truly obeying the Great Commission, we also need “war groups” that are equipped to effectively practice spiritual warfare that renews the subconscious/emotional parts of people’s hearts.

Many of us have set our sights too low. We have defined disciples of Jesus Christ differently than He would. So many churches have settled for joyless Coping Christianity lived in people’s own willpower (described in the *FRUIT* study). But if our goal is the truly Fruitful Christianity of consistently being controlled by the unconditional love, joy, and peace of God’s Spirit, then we know we need something more for discipleship today.

Perhaps this has not always been true, but today, it is clear that many of God’s people need more than personal devotionals, Bible teaching, and small group fellowships to conquer deep-seated sins in their life. Perhaps this is because people are more spiritually wounded today. Whatever the reason, honest and biblical evaluation of the spiritual health and power of Christians today has demonstrated one of the mottos of Renew Ministry: *Most Christians do not need more truth. They need the truth they already have in more places of their heart.*

All of this is why we need 3rd Level Discipleship. We need to get beyond personal devotionals, Sunday sermons, small group fellowships, and even traditional counseling. We need a lay counseling ministry that affects the hidden, hardened, and hurting parts of Christians’ hearts.

3rd Level Discipleship



We need to confront the lie that “counseling” is just for those whose lives are falling apart. We have discovered that Renew Ministry is helpful for any Christian struggling with anger, anxiety, discouragement, and lust. And because these sinful and damaging emotions are a regular part of many Christians’ lives, effective counseling to combat them should be, too.

Engaging with our negative emotions, understanding them, and placing them in the light of God’s Truth, should be a regular part of any Christian’s walk with God. God is jealous for this level of emotional intimacy with his children. The negative emotional pain we feel in our life is God working to draw us closer to Him. We should be eager to engage our negative emotions in this way to work with Him on that path. We can call this “counseling,” but it should just be a part of walking with Him.

Counseling, of course, is a part of American culture. A lot of effort has been invested in trying to help people with their emotional problems. There are two primary things that secular counseling has accomplished.

First, it has excelled at describing patterns of the sinful nature. The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the handbook used by health care professionals in the United States and much of the world as the authoritative guide for the diagnosis of mental and emotional disorders. And all it really amounts to is a description of many different patterns of the sinful nature. It describes many different ways that not trusting in Christ and His love can affect your mind and emotions.

The one-page Spiritual Health Test provided in the Appendix of the *FREEDOM* study and throughout the *Christian Essentials* does the same. And the *FRUIT* study especially helps us to recognize patterns of the sinful nature in contrast to the fruits of the Spirit controlling us.

The second thing secular counseling has accomplished is providing coping skills for mental and emotional struggles. There is some value in these. Renewing our minds takes time and coping skills can help people better manage their life while they are pursuing more radical and permanent changes in their life. But unfortunately, coping skills are the best that much of secular counseling even attempts to do. Otherwise, mind and mood altering drugs are their primary strategy for helping people.

Many forms of counseling, even Christian counseling have largely failed to bring about the kind of life transformation Christians need. They often provide temporary encouragement, but God wants to do more than that. He wants counseling that effectively helps His people, “be [radically and permanently] transformed by the renewing of [their] mind” (Rom 12:2).

The reason many forms of Christian counseling, are ineffective is because they only target the logical/reasoning parts of a person’s mind and ignore the hidden parts of the heart. Christian counseling generally believes that what Christians need is more truth in their mind. On the

contrary, again: *Most Christians do not need more truth. They need the truth they already have in more places of their heart.*

This is why even the valiant efforts that are being made by many have proven less fruitful than hoped. In the last couple decades, there has been a new effort by many pastors to become trained in counseling. Most seminaries now offer degrees in counseling. However, many of those attempting to help people in their flock who are struggling with life-long emotional struggles of their sinful nature, do not feel like they have much success. Therefore, after many hours of working with the same people on the same issues, with little fruit, many well-meaning shepherds conclude a counseling ministry is not worthwhile.

“But wisdom is shown to be right by its results” (Matt 11:19 NLT). And “wisdom is shown to be right by the lives of those who follow it” (Luke 7:35 NLT). Since 2005, we have received a significant number of testimonies that Renew Ministry is more effective than secular or Christian counseling.^{vi} (We have shared several of these throughout the *FREEDOM* study, especially Chapter 3.)

Should it surprise us that a counseling method can actually do what the Bible says God wants: for God’s people to be radically and permanently transformed by the renewing of their mind (cf. Rom 12:2)? And should it surprise us that a counseling method could be simple enough that pastors can train church members “for works of service” (Eph 4:11) so they can obey the biblical command to effectively “counsel each other” (Col 3:16)? And lastly, should it surprise us that Jesus would desire a way for more emotional and spiritual healing to happen within the walls of His church?

Considering the need for deep and lasting mind renewal in the Body of Christ, why wouldn’t we expect God to help us discover such a method, if we were diligently seeking for it? Jesus said, “Ask and it will be given to you; seek and you will find” (Matt 7:7 NIV). The testimony at the beginning of this chapter describes a church that has been asking and seeking a counseling method that truly transforms minds. And we are grateful to God that He’s heard our prayers.

All of this demonstrates the enormous importance of Renew Ministry and Renew Ministry Helpers. There are already plenty of good sermons, Bible studies, books, and conferences available for making disciples. What is missing is ministry that truly transforms people by the renewing of the hidden and hurting parts of their heart. Therefore, we believe that Renew Ministry is one of the most strategic and needed ministries in the Church today and Renew Ministry Helpers among the most needed ministers to the body of Christ.

Pulpit preachers often get the most glory, and as their value is prescribed in Scripture, we have no intention of diminishing it. But as described in the *FREEDOM* study, preachers are often like the bombers dropping weapons that only effect the surface of enemy islands. Their teaching rarely penetrates deeper into the hidden parts of people’s hearts where Satan’s lie fortresses exist. Much of public preaching today, in terms of spiritual warfare, simply increases people’s logical knowledge of Scripture, but does not get that truth to the right place to radically and permanently transform their lives.

Dr. David Seamands was one of the most influential Christian counselors in the previous generation. He wrote something all of us should think carefully about. He was speaking of helping Christians to overcome the effects of sexual traumas, which is a great need in the Body of Christ today. In that context he wrote: “We cannot truly help such people from a distance, protected by the armor plate of the pulpit, any more than we could lift someone out of a cesspool without getting our hands dirty.”^{vii} And yet that is precisely what many church leaders are trying to do. Do we really think we can help Christians overcome the effects of painful childhood traumas and sexual abuse with just sermons?

What we have experienced at New Life is this: even very good Bible teaching can only help you see the truth in black and white. This is a necessary foundation. But Renew Ministry counseling

gets the truth to the hidden, hardened, and hurting parts of your heart, helps you see the truth in colors!

Read the testimonies in the *FREEDOM* study. It is doubtful that very many Sunday sermons or Bible studies would produce similar claims to real, radical, and permanent transformation. If the Great Commission is essentially a command to "Go and change lives" then Renew Ministry is essential.

We could all wish that Christians would be able to navigate the renewing of their subconscious minds by themselves. Unfortunately, most cannot. Therefore, in a very real way, the amount of discipleship, obedience, and spiritual freedom, growth and power that occurs in a local church will depend on how many Renew Ministry Helpers are available.

According to Pastor Kurt, "As the teaching pastor of my church for over two decades, I have witnessed more lasting spiritual transformation through helping my sheep with their spiritual strongholds using Renew than through faithfully preaching every Sunday. Therefore, I'd also encourage any pastor to become a Renew Ministry Helper."

Think about those hurting, hidden, and hardened parts of a Christian's heart that are in painful bondage to lies about the Gospel. They have not heard the Gospel. They do not believe the Gospel. Those sinful parts certainly do not act and feel like they believe the Gospel. They need someone to help them hear the Gospel of God's love for them. Therefore, what Paul said about the necessity of missionaries is even more true of Renew Ministry Helpers, and both them and Recipients will testify that the following Scripture reflects what happens in a session:

But how can they [those deceived and hurting parts of a Christian's heart] call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them? And how will anyone go and tell them without being sent? That is why the Scriptures say, "How beautiful are the feet of messengers who bring good news! (Rom 10:14-15)

And how beautiful is the sacrifice and love that a Renew Ministry Helper expends to get the truth of the Gospel to the hidden and hurting parts of a Christian's mind. Throughout Church history, missionaries have been considered the heroes of the faith because they are willing to make sacrifices to go where unbelievers need the Gospel. But God knows that Renew Ministry Helpers are likewise heroes in the Church, because they are willing to make sacrifices to go to the deepest, hardest places in Christians' hearts that need the Gospel.

With "all authority in heaven and on earth," "Jesus... told his disciples... 'Teach [other] new disciples to obey all the commands I have given you'" (Matt 28:18-20). If we are going to effectively do this today, then *Renew Ministry Helpers are among the most needed people in the Church today.*

ⁱ Accordingly, John MacArthur comments on Matthew 28:19-20:

A person who is not Christ's true disciple does not belong to Him and is not saved. When a person genuinely confesses Christ as Lord and Savior, he is immediately saved, immediately made a disciple, and immediately filled with the Holy Spirit. Not to be Christ's disciple is therefore not to be Christ's at all.

Scripture knows nothing of receiving Christ as Savior but not as Lord, as if a person could take God piecemeal as it suits him. Every convert to Christ is a disciple of Christ. (*MacArthur's New Testament Commentary*, Electronic Ed. [Parsons Technology, 1997], *in loc.*)

ⁱⁱ *BAGD.*

ⁱⁱⁱ For further discussion on our part and God's part in our spiritual growth, see section 2.1.A in *Christian Essentials* study #2 *FOUNDATIONS*.

^{iv} For more on this topic see the *FRUIT* study.

^v For more on the biblical references and instruction regarding the subconscious mind, see Chapters 14-16 in the *FREEDOM* study.

^{vi} For further evaluation of "Biblical Counseling" see appendix A.

vii David Seamands, *Healing Memories* (Victor, 1985), 164.

Chapter 2

The Need for Renew Ministry in the Church

A) The most important work in the world

Many Christians have the impression that the Apostle Paul was mostly committed to evangelism. But he described the ministry goals that both he, and those leaders who ministered with him had, when he wrote:

He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerfully works in me. (Col 1:28-29 NIV)

There is a lot here for anyone in Christian ministry. First, Paul reminds us *Who* we are working for. We are to “present everyone fully mature in Christ.” “Present” where? To whom? When? The New Testament teaches that ministers, like Paul, will one day personally “present” their disciples to Jesus Christ for His evaluation and reward.^{viii} To another church the Apostle wrote, “What will be our proud reward and crown as we stand before our Lord Jesus when he returns? It is you!” (1 Thess 2:19 NLT; cf. 2 Cor 4:14).

One Day we will stand before Christ with those we ministered to and the only thing that will matter is how wisely, and “strenuously,” we worked to “present” every Christian in our care, “fully mature.” There is nothing happening on Earth or in our lives that is more important than. If we do not know that today, we will know it when we stand before Christ on the “last day” (John 6:54).

Secondly, Paul reminds *us what* we are working for. To “present everyone *fully* mature in Christ.” Not half mature. Certainly not immature. If we present Christ with Christians who do not, “obey *everything* He has commanded” (cf. Matt 28:19), then we will have not fully achieved His mission for us. And He expects us to help every Christian in our care do this. Not just the strong and easy ones, but those who are weak and struggling. No one is to be left behind in God’s goal for all His children to grow up into spiritual adulthood.

Thirdly, Paul tells us *how* to accomplish all of this. Paul and his fellow ministers were committed to “admonishing and teaching everyone with all wisdom.” This was their strategy for making “everyone fully mature in Christ.” We will further discuss the ministry of “admonishing” below.

Finally, Paul was honest that the work of “admonishing and teaching” required him to “strenuously contend” (“work and struggle so hard” NLT). There is no more important task in the world than working to “present everyone fully mature in Christ.” Not surprisingly, there is no task in the world that requires harder and more demanding work than “admonishing and teaching” to make that happen. Which is why working that hard for such a supernatural task must release “the energy [of] Christ... powerfully” working in us. This is a supernatural task requiring supernatural power.

B) The vital ministry of noutheteō

Paul said he and his coworkers “proclaimed” Christ in two ways: “admonishing and teaching.”^{ix} What did Paul mean when he said that he and his fellow ministers were “admonishing” Christians?^x The Greek word Paul used is the verb noutheteō (pronounced nū-the-tou’). It means: “to counsel about the cessation of an improper course of conduct.”^{xi} As in Colossians 1:28 above, it is distinguished from “teaching.” NT scholar F. Selter notes in the *New International Dictionary of New Testament Theology*:

Teaching [didaskō] has primarily to do with imparting intellectual insight and knowledge... But to exhort [noutheteō] means to exert influence upon the will and decisions of another with the object of guiding or encouraging him to observe certain instructions.

Exhortation [noutheteō] always presupposes some previous knowledge [from teaching, didaskō]... Didaskō is concerned with the development and guidance of the intellect, nouheteō has to do with the will and feelings of a person... Nouheteō is derived from the Greek words nous (mind) and tithēmi (put) and describe the exertion of influence upon the mind, implying there is resistance...

Admonition as a form of spiritual counseling is also the task of the whole church towards one another (Col. 3:16), provided that the church is spiritually capable of doing so like the church at Rome (Rom. 15:14).^{xii}

Therefore, the best one-word definition for nouheteō is personal “counseling.” And the unique goal of such “spiritual counseling” is to affect a person’s “will and feelings,” as opposed to public “teaching” which “is concerned with... the intellect.”

As noted above, “nouheteō is derived from the Greek nous (mind) and tithēmi (put).” This latter word suggests a power to accomplish something even in the face of “resistance.” Christian theologian J. I. Packer adds that tithēmi is used of God making things, setting things, putting things, placing things, arranging things, and appointing things.^{xiii} Nouheteō makes things happen in the mind. What that thing is, is further described by NT scholar N.T. Wright in his commentary on Colossians 1:28:

The word nouheteō, though sometimes understood as meaning simply ‘putting into the mind,’ most likely includes the idea of the setting of someone’s mind into proper order, with the implication that it has been in some way out of joint.

Positive teaching may not be enough; there is no telling what muddles Christian minds will get into from time to time, and part of the task of one who proclaims Christ is to straighten out confusions, to search for and tie together correctly the loose ends of half-grasped ideas, so that the positive teaching may not be instantly distorted upon reception, but may be properly understood, appreciated, and lived out. Only then is the goal of maturity in sight.^{xiv}

Paul said he and his coworkers were devoted to personal counseling “with all wisdom.” “The vast majority of biblical references to wisdom refer to human knowledge that comes in natural ways through human research (i.e. study, learning, experience, etc.), rather than divine revelation.”^{xv} Therefore, part of the hard work these ministers were doing was learning the most effective ways to teach and counsel Christians.

Evidently, Paul had passed on this strategy of providing personal counseling, instead of just public preaching, to other first century church leaders. He writes of the pastors in Thessalonica: “Dear brothers and sisters, honor those who are your leaders in the Lord’s work. They work hard among you and give you spiritual guidance [nouheteountes]” (1 Thess 5:12).

Finally, notice where else in Colossians Paul speaks of this ministry of personal counseling. Later in the letter he writes: “Teach and counsel each other with all the wisdom he gives” (Col 3:16 NLT). Paul describes the same two ministries (with identical Greek words) that he said he was doing in Colossians 1:28: teaching (didaskontes) and counseling (nouheteountes). It is clear that in the early Church, teaching and counseling to help Christians be “fully mature in Christ” was not only practiced by the “professionals.” Rather, these same ministries were to be performed by the Colossian Christians themselves. Paul did not believe this work of discipling was only to be done by full time ministers such as himself. Later in the letter he tells the whole church: “Teach and counsel each other with all the wisdom he gives” (Col 3:16).

Those familiar with Renew Ministry will especially resonate with all the truths in Colossians 1:28-29, and the necessity and power of personal counseling expressed in the ministry of nouheteō.

In addition, the above exegesis of this passage confirms several points made in the previous chapter of this manual.

First, we need to make sure that our goals for making disciples are as high as God's goals. His expectation is that our ministries are making "everyone *fully* mature in Christ." We have defined this more fully in the *FRUIT* study by distinguishing between Spirit-empowered Fruitful Christianity, and human will-powered Coping Christianity.

Second, Renew Ministry is committed to helping "everyone" be "fully mature in Christ." Much discipleship in the Church seems especially directed toward only the "healthy" Christians, or those who can exert enough of their own will power to look spiritual healthy. But Renew Ministry is especially dedicated and effective for those who are struggling among us to experience the love, joy, and peace of God's Spirit controlling them.

Third, Renew Ministry provides the proper balance to discipleship ministry in the Church. Paul was not only committed to public teaching, he and his coworkers were devoted to personal counseling. They were not content with only publicly "proclaiming" Christ to crowds, but through personal counseling they were working to "proclaim" Christ to the mind of every individual Christian. These early Christian ministers understood that some kind of personal counseling was needed to "put into the mind" in a deeper way, the truths Christians needed to become "fully mature in Christ."

Fourth, Paul used a word to describe this ministry (*noutheteō*) that means "the setting of someone's mind into proper order, with the implication that it has been in some way out of joint." Notice that unlike *didaskō* (teaching), the emphasis in *noutheteō* is not giving Christians more knowledge. It is "putting into proper order" something in the mind that is "out of joint." It is reorganizing and connecting what is already in the mind, in order for it to work as God intended. This implies a deeper renewing of the mind than mere public teaching (*didaskō*), which usually only affects "the intellect."

We would suggest Paul and his coworkers in the first century had discovered what we have in the 21st century: *many Christians do not need more truth. Rather they need the truth they already have in more places of their heart.* And many Renew Ministry Helpers and Recipients can testify that "putting the mind in order" and healing disconnected parts that are "out of joint" is a very good description of what happens in a Renew Ministry session.

Fifth, it was noted above that the root word of *noutheteō* is *tithēmi* which gives *noutheteō* the nuance of "the exertion of influence upon the mind, implying there is resistance." Again, participants in Renew Ministry will certainly resonate with that. A great deal of emotional and mental resistance is often encountered in sessions. But why would that surprise us?

Renew Ministry is getting the truth of Christ's love into the deepest, most hardened, and most hurting parts of a Christian's heart. Renew Ministry is spiritual warfare against a "foothold" of the devil (Eph 4:26) where he has often controlled us since childhood. Renew Ministry is one of those "weapons we fight with [that] have divine power to demolish [demonic] strongholds [and] take captive every thought to make it obedient to Christ" (2 Cor 10:4-5 NIV). "Every thought" includes the deepest, dirtiest, and most demonic thoughts in the subconscious mind. That is where Renew Ministry does its best and most unique work.

Finally, like Paul and his coworkers, we have worked hard since 2005 to acquire the "wisdom" to do this. In that time, we have repeatedly proven that God has graciously rewarded our hard work and study. We know how to help people "be transformed by the renewing of their mind" including parts of their heart that typical teaching and traditional counseling never touch. We know how to set people free from their life-long struggles with the most debilitating emotional struggles and most destructive sins. We know how to do this. And this Renew Ministry Training Manual and the accompanying videos explain how.

But even the most valuable wisdom is not enough to change lives. Counseling Christians in a way that so radically changes their lives that they become “fully mature in Christ” requires more than “all wisdom.” It requires that we “strenuously contend with all the energy Christ so powerfully works in” us (Col 1:28-29 NIV). We can provide you with the needed wisdom to radically and permanently change the lives of Christians. But we pray God gives you the necessary love, strength, and power to use that wisdom in the intense, but rewarding spiritual warfare you will experience in Renew Ministry.

C) A culture of counseling in the church

The Church today can hardly imagine effective counseling for the most severe cases occurring through the laymen and laywomen of the Church. At best, the “hard cases” are deemed to be the exclusive responsibility of the pastors. Even then, pastors are usually practicing traditional counseling methods where they are simply telling people truth they already know. In addition, it is very common, especially in America, to pass off struggling Christians to therapists, counselors, psychologists, and psychiatrists outside of the Church.

In many cases this is unbiblical. There is a place for mental health professionals to minister to the body of Christ today. But the wholesale abandonment of “one another” counseling ministry in the Church is a violation of what God wants. Any church doing this is not accomplishing what Christ Himself deeply desires for their church.

Why do we say this? Because “one another” counseling is repeatedly commanded in the New Testament, even when *noutheteō* is not being used:

- “Teach and counsel [*nouthetountes*] each other with all the wisdom he gives” (Col 3:16 NLT).
- “I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct [*nouthetein* “counsel”] one another” (Rom 15:14 NIV).
- “Encourage [*parakaleite*] each other and build each other up” (1 Thess 5:11 NIV).
- “Let us consider how we may spur [*paroxysmon*] one another on toward love and good deeds” (Heb 10:24 NIV).

Accordingly, did you notice above an interesting statement about how the Greek word *noutheteō* is used in the NT?:

Admonition as a form of spiritual counseling is also the task of the whole church towards one another (Col. 3:16), provided that the church is spiritually capable of doing so like the church at Rome (Rom. 15:14).^{xvi}

The ministry of *noutheteō* and personal counseling was a practice that God expected many *in the church* to be doing, not just the pastors, and certainly not just “professionals.”

We should have known this from how Paul described the church should be in Ephesians:

Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers.¹² Their responsibility is to equip God’s people to do his work and build up the church, the body of Christ.¹³ This will continue until we all come to such unity in our faith and knowledge of God’s Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.

¹⁴ Then we will no longer be immature like children. We won’t be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth.¹⁵ Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.¹⁶ He makes the whole body fit together perfectly. As each part does its own special work, it helps the

other parts grow, so that the whole body is healthy and growing and full of love. (Eph 4:11-16 NLT)

First, notice all the wonderful things God expects to be happening in the local church. Christians being, “mature in the Lord, measuring up to the full and complete standard of Christ” (v. 13), “no longer immature like children” (v. 14). Rather, “growing in every way more and more like Christ” (v. 15), “so that the whole body is healthy and growing and full of love” (v. 16). What church leader doesn’t want that? It’s what we dream of and work so hard to see happening in the individuals and families of our church.

But what did Paul say was necessary for all this wonderful discipleship to occur? Just the mere presence and ministry of “pastors and teachers” (v. 11) doing their pastoring and teaching? No. “Their responsibility is to equip God’s people to do his work and build up the church” (v. 12).

It has never been God’s will for pastors and “professionals” to be doing all the *noutheteō* counseling work needed in the local church. Paul said the responsibility of Christian pastors and Christian “professionals” is *not* to do the work that builds up the church. Rather, their God-given orders are “to equip God’s people to do his work and build up the church.” God knew that discipleship and counseling ministry needed to be *multiplied* in the local church to meet the real need. It is our disobedience to this command that leaves so many Christians unnecessarily spiritually wounded and defeated.

It reminds us of that embarrassing moment in Israel when: “On the day of the battle not a soldier with Saul and Jonathan had a sword or spear in his hand; only Saul and his son Jonathan had them” (1 Sam 13:22 NIV). God miraculously intervened to give them a victory, but we should not expect God to do the same in response to our disobedience to confine the equipping of discipleship and counseling ministries to the pastors and professionals. Instead, God expects us to obey the command “to equip God’s people to do his work and build up the church” (Eph 4:12). Many people in the local church should be equipped with swords to effectively wage spiritual warfare. If we leave it to only the professionals or pastors, we will continue to lose the battle for the minds and hearts of Christians against the schemes of the Devil.

The need today is just as desperate as in Nehemiah’s day. The enemy was relentlessly attacking their community and families. Nehemiah writes:

Also our enemies said, “Before they know it or see us, we will be right there among them and will kill them and put an end to the work.” Then the Jews who lived near them came and told us ten times over, “Wherever you turn, they will attack us.” Therefore, I stationed some of the people behind the lowest points of the wall at the exposed places, posting them by families, with their swords, spears, and bows. ¹⁴After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, “Don’t be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes.” (Neh 4:11-14)

In the spiritual realm today, we face a similar serious situation in which every Christian must be equipped for spiritual warfare.

Imagine you are having severe abdominal pain, but there are no surgeons available. Only family doctors that can diagnose some issues and prescribe drugs to temporarily reduce the pain. If your medical issue requires surgery, not just masking symptoms, your true issue would never get fixed. This is the situation with spiritual warfare in the Church today. Often the only thing available for help is traditional counseling that only offers coping skills or drugs. Few are equipped to actually do spiritual surgery to permanently remove the problem. We must do this if we are to truly make disciples who obey everything Christ has commanded.

God expects us to learn from the wisdom of Jethro. Otherwise, God’s people will suffer just as they were under Moses’ lack of leadership:

The next day, Moses took his seat to hear the people's disputes against each other. They waited before him from morning till evening. When Moses' father-in-law saw all that Moses was doing for the people, he asked, "What are you really accomplishing here? Why are you trying to do all this alone while everyone stands around you from morning till evening?"

Moses replied, "Because the people come to me to get a ruling from God... I inform the people of God's decrees and give them his instructions."

"This is not good!" Moses' father-in-law exclaimed. "You're going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself."

Now listen to me, and let me give you a word of advice... Teach them God's decrees, and give them his instructions... But select from all the people some capable, honest men who fear God and hate bribes... They should always be available to solve the people's common disputes, but have them bring the major cases to you...

They will help you carry the load, making the task easier for you. If you follow this advice, and if God commands you to do so, then you will be able to endure the pressures, and all these people will go home in peace." Moses listened to his father-in-law's advice and followed his suggestions. (Exod 18:13-24)

But most churches do not listen to this advice, nor obey the commands in Ephesians 4. They confine ministry to the ministers, instead of the ministers multiplying more to minister. There are far too many needs in people's lives to limit ministry to the pastors and professionals. The Devil has far too many spiritual "strongholds" (2 Cor 10:4) in your life, your family, and your church to confine facilitating effective personal spiritual warfare to only a few people.

We face an enemy too great, who is effectively attacking too many of God's people, for the common ministry model in churches to work. It's like being in an army with only a few people who have weapons and know how to use them. That army would lose its battles against its enemy, and so is the Church. Pastors must train more people to "take the sword of the Spirit, which is the word of God" (Eph 6:17) and effectively fight for themselves and others.

Again, if this does not happen, you, your family, and church will needlessly suffer because of a lack of effective ministers in your church. This is what would have continued to occur in the lives of the Israelites if Moses had not multiplied the ministers. And the capable men whom Moses involved in ministering to people, would not have experienced their potential to serve God and people.

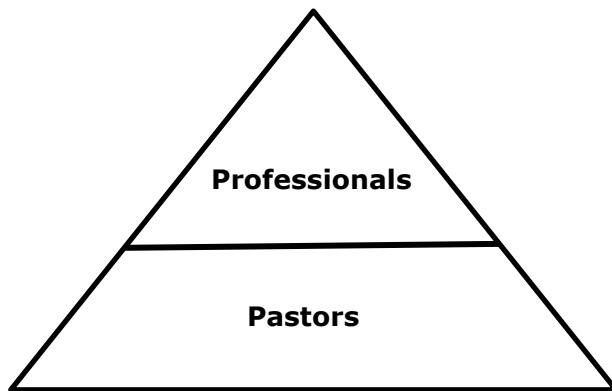
Finally, limiting effective counseling to only the pastors puts a burden on them that God did not intend, nor can they carry. As noted in Exodus 18, there will be more difficult situations that need the extra availability and experience of the pastors (cf. v. 22). But loving Christians can be trained to obey the commands of "one another" ministry.

The people in a church have great needs. Nevertheless, God is willing and faithful to give a church all it requires to meet those needs. But the leaders must equip the people, and the people need to love one another and minister to one another. Then, even when there are tremendous needs in the church for counseling, caring, and discipling, the church can still become the beautiful, healthy, growing, and God-gloryifying body of Christ that God intended.

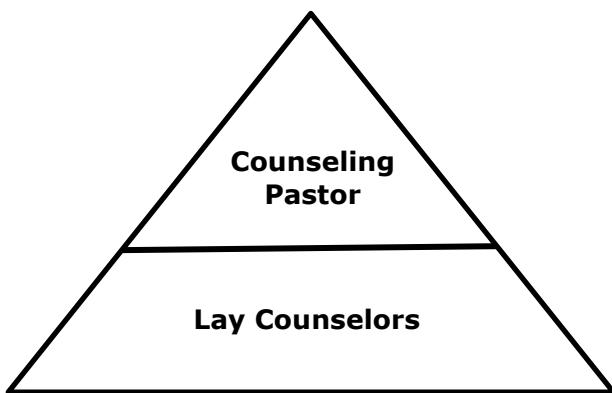
But only if we obey the Bible's instruction to "equip God's people to do his work and build up the church" (Eph 4:12) so that they can "teach and counsel each other with all the wisdom he gives" (Col 3:16).

Below are suggested diagrams to illustrate the difference between typical counseling ministry in a church (if there is one), and a biblical model.

Typical Counseling Ministry in the Church



Biblical Counseling Ministry in the Church



As seen above, typical counseling involves the church's needs being addressed by the pastor and if they are too difficult, they are referred to a professional. In a biblical model, lay people would meet most of each other's needs and refer to the pastor with difficult cases. Only in rare cases would an individual be referred to a professional in this model, and even then, this should not be done in the absence of ministering to "one another."

^{viii} NT scholar F.F. Bruce comments on Colossians 1:28: "Our purpose is to present each believer before the face of God in a state of complete spiritual maturity" (*NICNT*, 87).

^{ix} NT scholar P. T. O'Brien describes the relationship between "proclaiming" Christ and the teaching and admonishing about Christ when he writes:

The public proclamation of Christ as Lord is explained and developed in the following words about admonition (*noutheteō*) and instruction (*didaskontes*), for it is through the teaching and admonishing of every man that the proclamation of Christ is carried out (this is the relationship of the two participles to the finite verb *kataggelomen* ["proclaiming"]). (*WBC*, 109).

^x O'Brien notes that the Greek verbs for "teaching" and "admonishing" in Col 1:28 are "in the present tense and so pointing to the habitual practice of his coworkers and himself" (*Ibid.*, 109).

^{xi} *BAGD*. The meaning certainly includes the idea of "warning" and "correcting." I.H. Marshall notes that "The word can be used of verbal criticism and physical punishment" (*The Pastoral Epistles*, *ICC* [T and T Clark, 1999], 338). This has given some the impression that the word always means some kind of harsh or hard rebuking. But the closest English word is probably "admonish" which *Webster's* defines as, "to express warning or disapproval, especially in a *gentle*, earnest, or solicitous manner; to give *friendly* earnest advice or encouragement."

Likewise, John Stott points out: “noutheteō does not denote a harsh ministry. As Leon Morris has put it, ‘while its tone is brotherly, it is big-brotherly.’ (*The Message of 1 and 2 Thessalonians* [Intervarsity, 1991], 121).

^{xii} *New International Dictionary of New Testament Theology, NIDNTT*, Colin Brown ed. (Zondervan, 1986), I:567-8.

^{xiii} See *NIDNTT*, I:477.

^{xiv} N. T. Wright, *Colossians and Philemon, TNTC* (Eerdmans, 1999), 93-4.

^{xv} Kurt Jurgensmeier, *The Myth of Mega Mysticism* (online at <https://trainingtimothys.org/books/book-14-the-myth-of-mega-mysticism/>), chapter 14.17.

^{xvi} It could be argued that the ministry of noutheteō could refer to public exhortation instead of personal counseling. But in Colossians 1:28 and 3:16 Paul intentionally distinguishes noutheteō from public “teaching.” Likewise, in Romans 15:14 Paul is surely not saying that all the Roman Christians are competent to publicly teach or instruct the congregation, as many translations imply. Rather, the use of nouthetein here also most clearly refers to a more personal kind of counseling and encouragement.

Chapter 3

Establishing Biblical Discipleship in the Church

A) A biblical model of “3rd Level Discipleship” at New Life Community Church

At New Life Community Church, we are working every day to improve our discipleship ministry, but we can confidently say that we have attained “3rd Level Discipleship.” And to do that, we’ve also had to focus on levels 1 and 2.

We have been committed to 1st Level Discipleship in Sunday sermons that teach biblical doctrine and life application. Since the beginning we have practiced 2nd Level Discipleship through intimate friendships in our large groups (“Life Groups”) and our small groups (“Barnabas Groups”). And 3rd Level Discipleship is a weekly reality as people experience radical and permanent change, either through our Renew Ministry Team or in their individual families and marriages. We have husbands effectively using Renew Ministry to minister to their wives. We have young adults ministering to each other, and we even have parents helping their children overcome their own emotional hurts.

In terms of a “Biblical Counseling Model” we have multiple pastors who are effectively helping even the most difficult counseling cases in our congregation. But more importantly, our pastors are and have been coaching others in our church to effectively do Renew Ministry as well. That’s precisely what Paul was encouraging in at least three New Testament churches (cf. Rom 15:14; Eph 4:11-16; Col 1:28; 3:16).

B) Establishing “3rd Level Discipleship” in the Church

The following are steps that have been necessary at New Life to create the spiritual protection, doctrinal foundation, spiritual culture, counseling skill, and ministry multiplication that are needed for “3rd Level Discipleship.” We have recognized Renew as the greatest tool our church has to help Christians grow, but that does not mean we have neglected other ministries and disciplines necessary to change lives. On the contrary, we have worked very hard to establish a complete discipleship ministry with the following elements:

1) Protective Men’s Prayer Ministry

“I urge you, first of all, to pray for all people... In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy” (1 Tim 2:1, 8 NLT). In the context of instructing Timothy on the priorities of church practice, Paul said prayer was “first of all.” Later in the passage he focuses on the need for the men in the church to be praying. This in no way diminishes the value of the women praying, but it does counter the custom in most churches where many more women are committed to prayer than men. God wants His churches (like Christian marriages) to be led by men, and that leadership begins with setting the example in prayer. These men are to be united in their prayers, “free from anger and controversy.”

Such a commitment to prayer is a foundation for biblical discipleship in a church for many reasons. But one that we will point out here is this: Discipleship is spiritual warfare. Especially “3rd Level Discipleship” where you are demolishing demonic strongholds and footholds of the devil (cf. 2 Cor 10:3-5; Eph 4:26). Without the spiritual protection and power that is provided through prayer, you will not be successful. New Life is proud of, and thankful for, the men who gather in our sanctuary every Saturday morning to pray together.

2) Foundational biblical Sunday sermons

We have counted about 30 references to preaching and teaching in the Pastoral Epistles. Obviously, this is a foundational discipleship ministry in the Church. Often pastors teach on topics that do not necessarily further discipleship. Maybe they focus too much on telling stories, commenting on current events, or enforcing what Christians are supposed to *do*. This does not reflect the biblical balance in teaching.

As we explain elsewhere, the biblical model for teaching is to focus first on what Christians are to *believe*.^{xvii} This is why the first three chapters of Ephesians contain no commands, only teaching on what Christians are to believe. More specifically, what they are to believe about God's love for them. This is the "Gospel for Christians" which gives them an "identity in Christ." And this is essential, because as we point out in the *FREEDOM* study, every controlling lie used by the Devil to defeat Christians is completely destroyed by one truth: God loves us.^{xviii} God's love and grace, as emphasized in the first three chapters of Ephesians, the first 11 chapters of Romans, or the first four chapters of Galatians, needs to be a primary part of the Sunday sermon content in a church committed to effective discipleship.

3) Encouraging God Times

"Jesus often withdrew to lonely places and prayed" (Luke 5:16 NIV). Jesus is our ultimate example of pursuing a close relationship with our Father. He wants us to do the same. Everyone struggles with consistently feeling connected to God through prayer and the Word. Which is why a church must do all it can to help in this area.

At New Life we have encouraged the P.O.W.E.R. Plan for God Times. The acronym stands for Praise, Openness, Word, Entreaties, and Resolutions. This is further explained in our additional discipleship material, the *Christian Essentials FOUNDATIONS* study. The habit of openness with God is especially important for Christians to begin learning how to recognize and resolve the sinful emotions controlling their heart. We encourage our saints to use principles of Renew in their God times by being specific with what negative emotions they are struggling with and why. Lastly, the encouragement and instruction to *pray* through Scripture, instead of just *read* it, helps a God Time to be a conversation with God.

4) Relational small groups

"They devoted themselves to... fellowship" (Acts 2:42). And that meant a lot more than just drinking coffee in the "fellowship hall" after church service. The first Christians shared their lives together (cf. Acts 2:44-46). We encourage committed biblical fellowship in Sunday sermons, teach it in the *Christian Essentials FOUNDATION* study, and practice it in our Life Groups and Barnabas Groups.

Life Groups are home fellowship groups of 8-12 adults and are primarily intended to foster friendships among those in a similar season of life. They also promote opportunities to serve one another and others in the church, or to reach out to those outside of the church. They typically meet every other week.

Barnabas Groups are usually 3-5 people of the same gender. They are primarily intended for more focused discipleship and typically meet once a week. Their goal is to foster relationships between older and younger Christians so mentoring can occur. The *Christian Essentials* Bible studies have been an important resource for these groups. In addition, we have encouraged the same P.O.W.E.R. Plan as a general agenda for the Barnabas Groups.

Again, it is the practice of openness that can be especially helpful. We do not promote typical "accountability" where people are forced to answer certain questions. This common practice often causes unnecessary fear, legalism, and even lying. Rather, we encourage people to share what

they are willing to share when they are ready to share it. Trust is earned, and we try to earn this trust especially in our Barnabas Groups.

5) A culture of compassion for struggling Christians

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience" (Col 3:12 NIV). The Apostle wrote this just a few verses before Colossians 3:16, "Teach and counsel each other with all the wisdom he gives" (NLT). Do you see the connection?

How much trust between people is required for Colossians 3:16 to happen? A lot. How is that trust going to be cultivated? In a church culture of responding with "compassion, kindness, humility, gentleness and patience" to spiritually struggling people. This is another attribute of a biblical church. Accordingly, the Apostle wrote:

The eye can never say to the hand, "I don't need you." The head can't say to the feet, "I don't need you." ²²In fact, some parts of the body that seem weakest and least important are actually the most necessary. ²³And the parts we regard as less honorable are those we clothe with the greatest care. So, we carefully protect those parts that should not be seen, ²⁴while the more honorable parts do not require this special care. So, God has put the body together such that extra honor and care are given to those parts that have less dignity. ²⁵This makes for harmony among the members, so that all the members care for each other. ²⁶If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad. ²⁷All of you together are Christ's body, and each of you is a part of it. (1 Cor 12:21-27 NLT)

Paul is giving an analogy to describe the local church. His particular concern is our attitude toward those who seem spiritually weaker and less productive among us. Who are these people? The ones who struggle (spiritually, physically, relationally) more than the rest of us. Those who just can't seem to be "normal" but have more problems than most people. Those who need a lot of counseling.

What is a common temptation toward such people? To look down on them, pity them, avoid them, ignore them. Too many churches are like an army that does not care about its wounded. They generally imply to struggling and weak Christians, "Just pull yourself together." Why? Because struggling and weak Christians require a lot of care. Because they seem to slow down the "mission" of the Church. It seems like they don't contribute much, but "suck up" the resources of the Church that could be invested elsewhere.^{xix} This passage in 1 Corinthians 12 gives us a more biblical attitude toward struggling Christians.

First, unlike modern Christianity, the Apostle recognized that the numbers of hurting Christians are much larger in the body of Christ than we might like to admit, or deal with. American culture and families in general are more sinful, broken, and hurtful than they have ever been. We believe there is likely more emotional, physical, and sexual abuse in the lives of children in America than ever before.

Ask someone who has been a schoolteacher over the last 30 years what general changes have they observed in their students. They will likely tell you that children today are significantly less secure and much more rebellious. We believe this is because of the great increase in emotional neglect and wounding in their families. And when those children become children of God, the local church needs ministry that can successfully compete with the greater emotional wounding that they suffer from. Otherwise, they will be stunted from spiritually growing and we will largely fail to fulfill our Lord's Commission to make Christians who joyfully and completely obey Him.

Indeed, there is a whole sub-culture of seriously wounded Christians in our midst today. They are not living the normal Christian life, nor are they experiencing love, joy, and peace because the Devil controls significant parts of their heart. Fear, shame, anger, self-hatred, and depression

are daily parts of their lives. But the Church ignores them or is overwhelmed by them. So many of these weaker children of God do not join a church at all. They do not have the willpower or desire to play the game of "coping Christianity." And many of those who do, only do so for a while until even some of the strongest looking Christians among us experience moral and spiritual collapse.

Unfortunately, many of us struggle to be with the weak because we are in denial of our own weakness. Being around the weak reminds us of what we are trying to suppress. But all of us are spiritually weaker than we would like to be, and the solution is not to deny this and pretend we are stronger than we really are.

Second, did you notice the Apostle said the local church actually *needs* the weaker Christians in the church? "In fact, some parts of the body that seem weakest and least important are actually the most necessary" (v. 22). That is an odd thing to say. Don't they just get in the way of what we are supposed to be doing? Why would Paul say needy Christians are an essential part of a local church? *Because helping needy Christians is a primary mission of the Church.*

It is tempting to think that if we have fewer needy and weaker Christians in our church, that we will be a healthier church. That's not what God thinks. There will always be many needy, struggling, weak Christians in any community, and any local church that is not neck deep in helping them is an unhealthy church. And missing one of God's primary purposes for the local church.

Third, notice that "God has put the body together such that extra honor and care are given to those parts that have less dignity" (v. 24). Again, many Christians are tempted to look down on the weak and struggling. And are so glad they are not one of "those people" that need so much help. But it is those very people that we think are in the way, that are spiritually weak and struggling—it is those very people that God Almighty appreciates and respects more than the strong! David prayed, "My sacrifice, O God, is a broken spirit; a broken and contrite [dacha: "crushed"] heart you, God, will not despise" (Ps 51:17 NIV). So, neither should we.

We think God values us more if we struggle less and are more "productive." This is a lie. But why would God be so pleased with those who struggle? Because loving, trusting, and serving God is so much more painful and hard for them! Strong Christians cannot even imagine the kind of courage, love, and faith that the weak have to choose every day just to do what is so easy for others. Quite frankly, God knows that the weak usually love Him more than the strong.

Don't make the common mistake of American Christianity to look down on the weak or try to avoid or ignore them. You don't want to be looking down on someone that God holds in high regard. The Apostle says, "the parts [Christians] that we think are less honorable we [should] treat with special honor" (1 Cor 12:24 NIV). We have always tried to do that at New Life.

Of course, it is important for church leaders to prioritize the healthiest in the church as well, for they are the ones best suited to enable the church to multiply discipleship ministry and help the weak. But on that day when we meet Jesus: "The King will reply, 'Truly I tell you, whatever you did for one of the *least* [weakest, neediest, not the strong!] of these brothers and sisters of mine, you did it for me.'" (Matt 25:40 NIV). Our Lord and King loves the weak. Do you?

Shouldn't church leaders be focused where the spiritual battle is the fiercest in the Church? If you could identify where the Devil is fighting the hardest and winning the most in your church, isn't that where you would want to devote considerable resources? That place is among your weakest and struggling Christians. It is in their lives where spiritual enemy forces are concentrated, and where we must concentrate our own efforts to advance the Kingdom of God.

Along these lines, Jesus said, "Healthy people don't need a doctor—sick people do" (Mark 2:17 NLT). He said this in the context of explaining why He spent so much time with the spiritually

weakest people. He was simply fulfilling what had been prophesied about Him (cf. Luke 4:16-21):

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners... to comfort all who mourn, and provide for those who grieve... to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor. (Isa 61:1-3 NIV)

Some might suggest this referred primarily to Jesus' ministry to unbelievers. Not true. Did He not provide this very kind of compassionate counseling ministry to His disciples, especially Peter after his failures (cf. John 21:15-19)? There is no doubt if Jesus were on Earth today, He would be ministering to "brokenhearted" believers, helping them experience "freedom" from spiritual bondage and "darkness." He would bring "comfort" to Christians who grieve, and "beauty," "joy," and "praise" to believers who "despair." This is because many of God's people are struggling with these very things. And we have seen Jesus do these very things in the lives of many Christians through Renew Ministry.

Like Paul, we have tried to communicate to weak and struggling Christians, "We want to work together with you so you will be full of joy" (2 Cor 1:24 NLT). Every Christian deserves that kind of ministry.

But Jesus would not be content with simply comforting struggling and weak Christians. He would envision their potential to become "oaks of righteousness, a planting of the LORD for the display of his splendor." We have experienced this at New Life as well. Some of those who were the weakest among us, have become the most fruitful. Pastor Ben's testimony in the next chapter is just one example.

The Church often and foolishly overlooks the potential of struggling Christians. If we can minister to them and enable them to become more consistently controlled by God's Spirit, their spiritual gifts and even instant maturity will come to life. The Church's neglect of the weak has wasted much of the ministry potential in the Church. Everybody just wants God to send them healthy and strong people who are ready to give and serve. But God sends us the spiritually weak and struggling, expecting us to help them grow to maturity. When God's people experience freedom from their sinful nature, they will be fruitful, and experience their potential to serve Christ. Freedom leads to fruit!

Creating a church culture where people feel free to fail is challenging. Many Christians will be uncomfortable with it. In fact, a primary reason people leave good churches is because people were getting too close to them. They are afraid of what people would discover about them, their marriage, or their children, so they often leave to find a church they could better hide in.

Some could argue that promoting 3rd Level Discipleship is too "inward focused." But we do not think a focus on helping struggling Christians is a problem. It could be argued that a lot of Scripture encourages an "inward focus," both personally and corporately.

A church needs to be loving the lost in their community. But being "outward" focused can become an excuse for not loving and caring for the weak in the Church as we should. And Jesus said that being "inward" focused is actually necessary to have the greatest "outward" effect on the lost: "So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another [in your church] will prove to the world that you are my disciples." (John 13:34-35 NLT). It's not our love for the lost that convinces them that Jesus is the only way for salvation. It's the lost seeing our love for the people in our church that proves we are different. Especially our love and care for our weakest members.

6) A biblical standard for spirituality

Over the years, people have asked us, "Why does New Life do so much counseling?" The implication is that we must have more struggling and unhealthy Christians than other churches. On the contrary, it's not because our church members are spiritually weaker than others. It's because our spiritual standards are higher than others. The reason we spend so much time and effort in personal ministry with people is because we are not satisfied with "coping Christians," and we're not afraid or embarrassed or overwhelmed about "defeated Christians."^{xx}

At New Life, we have taken the following biblical command seriously: "Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ" (Eph 5:1-2 NIV). Being like God is the biblical standard of spirituality. How can God expect such a thing? Because God lives in us! This is something we take seriously in our church.

The Church's habit of ignoring "defeated Christians" and accepting "coping Christians" has deceived it into believing it is much more spiritually healthy and victorious than it really is. The Church has forgotten that God *lives* inside of Christians and what that should look like. And because the Church has conveniently lowered its standards for the kind of disciples it is producing for our Lord, it is hard to recognize the need for multiplied counseling and discipleship ministries.

This is why the *FRUIT* study is dedicated to teaching the biblical perspective of what it means to live consistently controlled by the powers of God's Spirit, including unconditional love, joy, and peace. We strive for and expect nothing less, because God is working for and expecting nothing less.

Of course, we are not advocating that Christians can become perfect, but that there is nothing defective or lacking in the Holy Spirit that has come to live in us. We just believe most Christians have only tapped this potential!

7) Assign responsibility for discipleship in a biblical way

Much of American Christianity has been driven by "consumer Christianity." A particularly unbiblical part of this has been the expectation that others will fulfill our God-given responsibilities for us.

Unfortunately, "consumer Christianity" often begins with the church leadership. Instead of fulfilling their God-given responsibility to disciple even the most struggling Christians in their flock, they often "delegate" them to Christian, or even secular, "professionals" outside of the Church. We've already made a case (Chapter 2) for why much of that approach is unbiblical. Others have agreed. John MacArthur wrote:

The psychotherapy industry and evangelicals have settled into a more or less guarded coexistence. Christians seem intimidated by the world's overwhelming acceptance of psychotherapy. The psychotherapists believe they are privy to a higher knowledge and more effective therapies than traditional spiritual counselors and the clergy should stay off their turf.

One textbook on pastoral psychology sums up the professional therapists' attitude to pastoral counsel:

It is the pastor's duty not to try to enact the role of the psychiatrist, but as quickly as possible, he must refer the sick person to the professional man. Moreover, the clergyman must place himself under the direction of the psychiatrist... Too often distressed persons come to the clergyman when they have been unsuccessful in their consultations with the psychiatrist, but it is an astute pastor who immediately turns them back to their psychiatrist... In every instance, the psychiatrist must be the mentor and director of any therapy.

Too many pastors have capitulated to such thinking, and counseling has steadily moved out of the church and into the clinics. Yet has the spiritual and emotional state of believers been improved by this trend? Surely no one would argue seriously that it has.^{xxi}

Likewise, the highly respected Christian counselor Larry Crabb has written:

Ever since apostolic times, counseling has occurred in the church as a natural function of corporate spiritual life. [The author quotes Col 3:16; Rom 15:14; Heb 3:13; 1 Thess 4:18, 5:11; James 5:16; Gal 6:1-2.] All those instructions apply to the church members, not only to some priestly caste of experts. Counseling... is a necessary duty of Christian life and fellowship. It is also the expected result of true Christian maturity: "Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another" (Col. 3:16).

In recent years, however, there has been a strong and very influential movement within the church attempting to replace biblical counseling in the church body with "Christian psychology"... dispensed primarily by paid professionals... It has conditioned Christians to think of counseling as something best left to trained experts... It has directed millions of Christians seeking spiritual help away from their pastors and fellow believers and into psychological clinics...

The trend has removed the counseling ministry from its proper arena in the church body and conditioned most Christians to think of themselves as incompetent to counsel. Many pastors, feeling inadequate and perhaps afraid of possible malpractice litigation, are perfectly willing to let "professionals" take over what used to be seen as a vital pastoral responsibility.^{xxii}

Christian counseling expert David Powlison has written:

The church has lost that crucial component of pastoral skill and wisdom that knows how to help people change... Instead, secular psychologies have claimed the turf of counseling expertise... The bottom line message to pastors is "Leave things to the professionals. There is little you can do besides provide an accepting atmosphere for struggling people." Such propaganda has been intimidating to thousands of pastors.^{xxiii}

Finally, Pastor Peter Scazzero has written in his very good book, *The Emotionally Healthy Church*:

While I do believe in the important place of professionally trained Christian counselors to bring expertise to the church, I believe the church of Jesus Christ is to be the primary vehicle for our growth in spiritual and emotional maturity. Sadly, for too long we have delegated "emotional" issues to the therapist's office and taken responsibility only for "spiritual" problems in the church. The two are inseparably linked and critical to a fully biblical discipleship.^{xxiv}

Since the late 1800's to early 1900's there has been a secularization of spiritual problems as psychoanalysts began replacing the clergy, and medical terms like "Generalized Anxiety Disorder" began replacing spiritual problems like worry. This shift is responsible for the church slowly giving up her birthright as the rightful owner of true soul care. As one of the most prominent psychiatrists of our day, Ivin Yalom, states, "Therapists have replaced priests and rabbis in our secular society as guides to the inner world." Renew Ministry can be seen as a rescue mission to bring authentic Christian counseling back to the church.

There are three lines of biblical responsibility regarding counseling that need to be recaptured by the church. The first is pastors understanding that God expects them to be an expert in how to help struggling and weak Christians with emotional and spiritual problems. It is their responsibility to help their members "be transformed by the renewing of [their] mind" (Rom 12:2), not just professional therapists. And not by only preaching to people from the pulpit.

There is a second line of responsibility that needs to be recaptured is the family of God taking responsibility to minister to one another. Again, let us not forget how the Greek word *noutheteō* is used in the NT:

Admonition as a form of spiritual counseling is also the task of the whole church towards one another (Col. 3:16), provided that the church is spiritually capable of doing so like the church at Rome (Rom. 15:14).^{xxv}

The “Ephesians 4 Ministry” that Paul envisioned for the Church expected not only the pastors to be proficient in effective *noutheteō* counseling ministry, but to train church members to do the same. Apparently the church in Rome had accomplished something like this, the Apostle writing of them: “I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct [nouthetein] one another” (Rom 15:14 NIV). The church should not depend on only the pastors doing this ministry, but God wants church members sharing this responsibility.

The third line of responsibility that can be recaptured is within the family. Here we can share one more biblical command using the word *noutheteō*:

Fathers, do not exasperate your children; instead, bring them up in the training and instruction [nouthesia] of the Lord. (Eph 6:4 NIV)

God expects fathers to be an effective counselor for their children. And this reminds us of the NT expectation for husbands:

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word... In this same way, husbands ought to love their wives as their own bodies. (Eph 5:25-26 NIV).

Paul says one way that Jesus has loved the Church is by spiritually “cleansing her by the washing with water through the word.” What this rather obscure statement means is debated. But it certainly seems to refer to a ministry of the word to help the Church grow. Paul then immediately says that “in this same way, husbands ought to love their wives.” Again, the meaning here is debated. However, it seems reasonable to suggest from this text that God wants husbands to be effectively counseling their wives.

These biblical commands for fathers and husbands suggest an important biblical principle: Those most responsible for someone should be the one who is counseling them. Unfortunately, it has been far too common for Christian parents and husbands to delegate these responsibilities to others. Of course, a common reason for this is the perception that it would be very difficult for a Christian husband or father to learn the skills necessary to help their family with serious emotional and spiritual issues.

Fortunately, Renew Ministry debunks this common error. It can rather easily give you powerful skills to help family members be transformed by the renewing of the hidden and hurting parts of their heart. Even professional counselors and much research will tell you that the trust of the counselee, or therapeutic rapport, is more important than their skills as a therapist. The natural trust that should exist between a husband and wife, and parent and child is a huge asset that can be taken advantage of. All we need are to be given some effective counseling skills.

Husbands, have you tried just telling your wife the truth and it had little lasting effect? Have you gently encouraged her to not worry so much about things, to not get so angry with your children, or to overcome her bouts of depression, and she still struggles greatly with these things? What would you be willing to do to learn a method of counseling that would help her overcome her fears, anger, and guilt, and to consistently experience significance, security, and satisfaction in her relationship with Christ? And wives, the same could be asked of you toward your husband.

Parents, have you tried to help your children overcome emotional and spiritual struggles, with little lasting effect? What would you do to learn how to help your children be free from their controlling spiritual strongholds in a lasting way, and greatly protect them from having new ones infect their life?

At New Life, we have enough spouses and parents effectively ministering to their family with Renew Ministry to know this is possible. The influential Christian counselor David Seamands said many years ago that counseling between close family and friends should be the goal, rather than long-term professional counseling:

We should work with people to help them learn the basic principles of [mind renewal]. Then they can use this form of [mind renewal] with their spouse or a trusted friend. Counselors are temporary assistants to the Holy Spirit. They should aim at putting themselves out of a job as quickly as possible. Husbands or wives, friends, or small share-groups should someday take their place.^{xxvi}

8) Train people in a simple and effective method to help others "be transformed by the renewing of their mind" (Rom 12:2)

Of course, the "one another" member ministry described above would be greatly hindered if you needed a Masters or Doctorate degree in counseling as so many believe. Part of the problem is that many counseling approaches require the counselor to "know all the answers" to people's problems. While there is so much that is valuable about the "Biblical Counseling" method, this is one significant fault with it. After studying one textbook for Biblical Counseling, it is concluded: "In all, we count 121 steps and 74 questions prescribed in four chapters on how to do 'Biblical Counseling.'"

The influential Christian counselor H. Norman Wright describes traditional Christian counseling as follows: "The person doing the counseling is the most important ingredient in the counseling process."^{xxvii} That puts a lot of pressure on the counselor. Thankfully, that is not true in Renew Ministry. The process encourages Jesus to be by far the most important person in a session.

Why can the powerful principles and proven process of Renew Ministry be learned and provided by any Christian? Because Renew Ministry is relatively simple. Some might call it "counseling," but this would be misleading because it is so different from typical counseling.

Contrary to typical counseling, Renew Ministry does not require that someone knows all the answers to your problems. It does not require a huge store of theological knowledge or life experience. Renew Ministry Helpers do not need to give advice on difficult situations or quote Bible verses. This is because Renew Ministry is essentially a set of prescribed questions that enable a person to reveal and renew the hidden and hurting parts of their heart. Virtually any caring person can learn how to effectively use the questions in the Renew Ministry process. In fact, this tool has even been adapted for self-use, and many who have learned to use Renew Ministry practice it on themselves regularly.

Renew Ministry does not require lengthy training or the expertise of a pastor or professional counselor. Because of its simplicity, Renew Ministry enables a local church to actually obey the often ignored New Testament command to "counsel each other" (Col 3:16).

The need for effective mind renewal among Christians is far too great to be limited to pastors and professionals. The simplicity of Renew Ministry is the reason we are confident that virtually any trusted Christian friend or spouse can effectively help you through the Renew Ministry process.

9) Multiply “one another” love in your church

The wisdom needed to effectively do Renew Ministry is relatively easy. By far the most important requirement is genuine Christian love. This is the primary power of all the discipleship ministry described in this chapter. You can have a good program. But if you do not have people empowered by love to empower those programs, they will not happen.

Renew Ministry multiplies love in the church. As people become more free and are more completely controlled by God’s Spirit, they will want to pursue the discipleship ministries in their church. It can all start with a few who love people enough to learn and practice Renew Ministry.

^{xvii} For more on the biblical balance between doctrine and commands in teaching, see chapter 2.5, Section D in the *Christian Essentials FOUNDATIONS* study.

^{xviii} For more on the truth needed to destroy every lie of the Devil see *FREEDOM*, Chapter 5, Section B.

^{xix} NT scholar Anthony Thiselton comments on the “weak” in 1 Corinthians 12, agreeing with much of what has been written here:

The “strong” or the “gifted” perceived them as not providing much effective power in the church’s mission... They are insufficiently impressive to count for much, either socially or spiritually, within the church, or in terms of what ability they might show for the mission... In v. 23 they are spoken of as less attractive and less presentable...

In patristic [early Church Fathers] thought the theme recurs [in commentaries on this passage] that believers need those whom they can show active care, protection, support, and love; otherwise they cannot serve as Christ served “for others”... The Church is “a school for sinners, not a museum for saints”... A church made up only of the self-styled “gifted” elite would not be the church of Christ... [The spiritually] disabled constitute a “gift of the Spirit” to the church by offering their weakness. (*The First Epistle to the Corinthians*, NIGTC (Eerdmans, 2000), 1007-9).

^{xx} For definitions of different levels of spiritual health, including “defeated” and “coping” Christianity, see the introduction to these concepts in Chapter 21 in the *FRUIT* study.

^{xxi} *Counseling: How to Counsel Biblically* (Nelson, 2005), xii-xiii.

^{xxii} Larry Crabb, *Effective Biblical Counseling* (Zondervan, 2013, Kindle ed.), 3ff.

^{xxiii} *Counseling*, 19, 22.

^{xxiv} *The Emotionally Healthy Church* (Zondervan, 2010, Kindle ed.), 19.

^{xxv} *New International Dictionary of New Testament Theology*, NIDNTT, Colin Brown ed. (Zondervan, 1986), I:568.

^{xxvi} David Seamands, *Healing Memories* (Victor, 1985), 187.

^{xxvii} H. Norman Wright, *Self-talk, Imagery, and Prayer in Counseling* (World, 1987), 37.

Chapter 4

The Attributes and Privilege of Being a Renew Ministry Helper

A) A pastor's testimony about Renew Ministry

Pastor Ben Hunt, former director of Renew Ministry at New Life Community Church, shares his spiritual journey with Renew:

Renew ministry is the single most powerful ministry that I have encountered in my life. To say that it has "changed my life" is an understatement. When I look at my life 12 years ago compared to now, it is such a stark difference.

Prior to Renew ministry I had been through seminary and had spent several years in ministry doing my best to serve God with my whole heart. Through a few "failures" (at least perceived as such by me), the devil took me captive to some vicious lies. I went into a significant depression that was threatening not only my emotional and spiritual health, but also my wife's. The state I was in was bleak. I remember being scared to even go out of the house. I could not look anyone in the eye. They were going to see me for who I really was... "a failure of a man, who had opportunities to succeed, but because of his inadequacies and mistakes he was always going to be a failure. He just leaves a wake of destruction behind him". I remember feeling ashamed to even speak with the check-out clerk at the grocery store! I was such a defeated man.

It was in that bleak circumstance that my (now) beloved friend and pastor pursued me. I had been going to his church for a couple weeks and he found out that I was in a very hurting place, and that I had been through seminary. He approached me but I was very gun shy. Because you see, I had been church shopping lately (trying to find a place where I knew the least people), and every time a minister found out that I had been to seminary, they would chase me down like some hot commodity and ask for my services in youth group or Sunday school, etc.

This frustrated me, and here I was with another pastor looking to bleed me even more dry. One of our first conversations went like this: I told Kurt (the pastor) "Look, you don't want me ministering to your people. I will ruin them!"

To which he replied, "I am not interested in your service. I am interested in your healing. Honestly, no strings attached. I believe I can help you."

I said, "I'm not interested in counseling. I've already done a year's worth. I just need some time to heal and recover."

He said, "Okay, well, would you be willing to let me take you out for lunch this week? I'd like to just get to know you better."

I was as reluctant to meet him for lunch as your cat is to take a bath. But I knew in my conscience what I needed to do. I figured my conscience would shut up if I just enjoyed a steak (since he was buying) and humor him. Maybe I could convince him to leave me alone while I quietly sit in the back row of the sanctuary and avoid all eye contact.

We went to lunch and (huff) wouldn't you know it, we actually enjoyed each other's company. Then he asked to do some counseling again. I refused. Then he asked if we could just meet as men... talk Bible and hold one another accountable to our convictions. I refused. Then he said, "Okay fine, Ben. Last offer, come to my house this weekend for dinner. You and your

family. My wife is a good cook, and my kids like board games. Please come over and invest further in this relationship."

I said, "Jeepers Kurt! You sure are persistent!"

He said, "You know the right thing to do."

I said, "Okay, you got me."

So we had an amazing dinner, and our kids had a blast. Then Kurt asked to do counseling once again. I refused. Then Kurt said, "Fine Ben, just meet with me next week for accountability, that's it."

I replied, "Okay, I'll meet with you next week."

We met in his office, and wouldn't you know it, about 10 minutes in he was asking me about my "feelings." Soon after, Kurt had this 230 pound bald man crying. I then entered a season of regular Renew sessions as Kurt gently and very patiently met me where I was at. One meeting at a time, removing one lie at a time from my subconscious. It was not too long after that I was able to be hired on as full-time staff here at New Life.

Since then, I worked for many years as the Renew Ministry Director at New Life. I've trained our church in the process and I've spent hundreds of hours helping others receive the same healing I received through this ministry. The last eight years have been such a huge blessing, as I have been able to see lives changed literally thousands of times right in front of my eyes. I basically use the same method and questions that Pastor Kurt used with me. I don't know what I would have done without this ministry.

I remember when I was in seminary taking several "counseling" courses. The professors would freely admit that they decided to get into teaching because "counseling" was too depressing. They would say things like, "If you want to get into counseling be prepared to be discouraged. If you are prone to discouragement, then I recommend you find another ministry. Because 90% of the time when someone comes for counseling, it is already too late. You will give them the best advice they could receive, and they won't listen, and the next week they will return worse off than the week before. They still won't listen, and eventually you will hear of their demise, whether it be to their addiction, or to abuse, or to divorce."

My testimony with Renew ministry is completely the *opposite*. This method of mind renewal works. I am quite experienced with it now, and I would say over the years I have had a 90% success rate. People come into my office so bound up, depressed, angry, or fearful, and they leave with more freeing truth than I could have ever come up with. That is what is so amazing about the method. You just ask questions. You don't have to know the answers.

It is so wonderful to watch the "light" come on as people will go from being distraught, to sometimes jumping up and down with joy. The biggest and best laughter often happens at the end of the sessions. They are finally light enough to laugh like that. I have had people bearing some of the world's biggest burdens and when the truth hits, you can physically see the burden being completely removed from their shoulders. They will say, "I never knew it was possible to be this relaxed!" There have been many times they just fall asleep right there on my couch. I have to wake them up so I can do my next appointment.

I imagine what my life would be like without Renew Ministry. I would still be drinking myself to sleep at night, struggling not to lash out at my family, avoiding every human I could, while working a job I knew I was not called to.

Let's pretend for a moment that I ended up back in ministry without this mind renewal. I would be absolutely overwhelmed emotionally by that. I would be doing my best to see people's lives changed but having a 90% failure rate. Pretending everything is going great,

and doing my best to perform for people, so they see me as successful and not leave my church. That is the best I could have done. I just simply would not have been able to last.

But because of this amazing tool, I have been able to put my life back together. I am now surrounded by people I love to be around, people who love and support me. My wife certainly likes me a whole lot better this way, and my kids are being parented in a way I am mostly proud of. Yep, my life is quite different. I'm actually able to love people these days because I am not so concerned with my problems. I'm lighter, happier, and more compassionate. Oh yeah, and a whole lot more grateful!

B) The compassion of Renew Ministry Helpers

"I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another" (Rom 15:14 NIV).

God wants every church to have the qualities of the first century church in Rome. First, they were "full of goodness (*agathōsynēs*)."^{xxviii} Surprisingly, this Greek word only occurs in the Bible, suggesting it was uniquely a Christian virtue. Dr. Moo notes here that it means "general 'uprightness' in conduct or, more specifically, 'kindness' and 'generosity' toward others."^{xxix} Others point out that by "goodness," the word means not only that the person is "good" but they are good in a way that blesses others.^{xxix}

We do not know of a more sacrificial ministry at New Life than Renew Ministry. It is among the simplest, most efficient, and most effective methods of mind renewal we are aware of. And again, all that a Helper is doing is asking questions. Still, it requires a great deal of focused time and energy to help a person through multiple sessions to truly see them living free from their controlling "strongholds" and "foothold[s]" (2 Cor 10:4; Eph 4:26). The "generosity" of goodness is essential to providing this ministry. No doubt grace is a part of that goodness as well, which is another requirement for helping struggling and weak Christians at their worst.

So is the "kindness" of goodness. Kindness, expressing itself in compassion is especially helpful for Renew Ministry Helpers. Most people, even many Christians, run away from needy people. Those with compassion *run toward* needy people. And that is the kind of people you need to do Renew Ministry. One Renew Ministry Recipient put it this way:

I know God better because of knowing [Renew Ministry Helpers]. I can think of no higher compliment in this life than that. Renew Ministry is not just powerful because of its process but because of the interaction with another human being that has the Holy Spirit living in them. I have experienced the character of God through these people.

C) The wisdom of Renew Ministry Helpers

Second, Paul said these Christians were "filled with knowledge [*gnōseōs*]" that made them "competent to instruct [*nouthetein*] one another." Of course, it was biblical knowledge. But certainly it included the wisdom to effectively counsel people. This becomes clearer when we notice that the ministry Paul describes them doing is the same *noutheteō* we have been discussing throughout these introductory chapters.

Again, this ministry seems to be clearly distinguished from public teaching. Certainly, Paul was not saying that a multitude of Christians in this church were capable of fulfilling a public, doctrinal teaching role like the pastors. This is why he did not use the Greek word *didaskō* here that usually refers to public teaching. Rather, he used a Greek word that we have demonstrated elsewhere can refer to a personal counseling ministry.

Therefore, the "knowledge" the Roman Christians had for doing effective personal counseling was the same "wisdom" Paul encouraged the Christians to have in Colossa when he wrote them, "Teach and counsel each other with all the wisdom he gives" Col 3:16 NLT).

Wisdom is very valuable:

- "Wisdom is more precious than rubies; nothing you desire can compare with her." (Prov 3:15 NLT)
- "Get wisdom. Though it cost all you have, get understanding." (Prov 4:7 NIV)

The skill and knowledge of how to effectively do important things is very valuable. Especially the wisdom of knowing how to effectively help Christians "be transformed by the renewing of [their] mind" (Rom 12:2 NIV). "The purposes of a person's heart are deep waters, but one who has insight draws them out" (Prov 20:5 NIV). The Renew Ministry questions will give you the wisdom and ability to do this.

And this "wisdom" will not "cost all you have." Renew Ministry training is one of the best bargains available. Effectively learning Renew Ministry will require a relatively short amount of time working through the training material. Then it will require a few months of actual sessions to get a feel for the process itself. And if you have already been a Recipient of Renew Ministry you are already 80% of the way there to having the wisdom you need to provide this for others. The Roman Christians were competent to effectively counsel other Christians. You can be too.

Learning Renew Ministry is somewhat like learning to ride a bike. Experiencing it yourself and observing other sessions is like watching someone else ride. You witness what the bike can do and get an idea of how it is controlled. Reading a manual might help as well. Step 1: Put one leg over and sit on the seat. Step 2: Grab both handlebars firmly. Step 3: Push off and place feet on pedals... You get the idea. An introduction like this would be helpful, but to really learn how to ride a bike, you need to get on the bike and GO!

But, of course, it helps to have training wheels. This training is meant to provide support and walk you through each step of the way.

You can be confident God wants to equip you for this. "The reason the Son of God appeared was to destroy the devil's work" (1 John 3:8). He certainly desires to use you in that work. And as you experience a growing number of effective Renew Ministry sessions, your confidence and competence will grow.

D) The privilege of being a Renew Ministry Helper

There are few things in life more fulfilling and exhilarating than being used by God to help God's people overcome their bitterness, rage, fears, depression, and lust. These sins bring great pain into people's lives. Renew Ministry Helpers enable people to be completely and permanently free from them.

Renew Ministry Helpers are like the Jedi Knights of the Church. They have the wisdom, skill, and compassion to destroy demonic fortresses in Christians' lives that most ministers and ministry cannot even touch.

That's the value of the wisdom and skill you are receiving in Renew Ministry training. A tool to enable you to do "soul surgery" that heals deeper than many other counseling methods being used out there. A weapon that enables you to come alongside a fellow Christian and help them be victorious in the fiercest spiritual battles they are fighting. A ministry that uses "weapons of... warfare... made powerful by God for tearing down strongholds... and every arrogant obstacle that is raised up against the knowledge of God [so] we take every thought captive to make it obey Christ" (2 Cor 10:4-5).

Renew offers the ability and wisdom to help people radically and permanently change their lives. "A tongue that brings healing is like a tree of life" (Prov 15:4 NIV). That's the kind of "tongue" Renew Ministry trains you to have. But Renew Ministry does not only change a person's life now—it changes it for eternity. Because a Renew Ministry Helper helps a Recipient live more

consistently in the power of the Holy Spirit, they will have more glory and rewards and joy for all of eternity!

King Solomon spoke of a king who had the compassion and competence we have been describing in this chapter. Renew Ministry Helpers will identify with much of what was written about him: "He feels pity for the weak and the needy, and he will rescue them. He will redeem them from oppression and violence, for their lives are precious to him" (Ps 72:13-14).

Seeing people redeemed from the "oppression and violence" the Devil has inflicted on them is a great joy. But a Renew Ministry Helper cannot view Recipients as merely "weak and needy." They must see past the struggles and sin of hurting people, and not only see them with compassion as Christ sees them now, but also see what they can become. Then "their lives [will be] precious to [them]."

In Chapter 3 of the *FREEDOM* study, we share several testimonies from professional Christian counselors about the effectiveness of a counseling approach on which Renew Ministry is based. The following are a few more testimonies from those who have been Renew Ministry Helpers at New Life:

Shari:

I love having a front row seat to seeing God work in people's lives. It is a blessing to see people set free from lies and hurts that have caused them deep pain, sometimes for decades, and hear their wonder at the immediate relief from what they assumed was a life-long burden they had to carry. It is exciting to watch them thrive in their new freedom and grow in their love for God and His people. I am thankful that their freedom is not dependent on me giving them the "right" answers and that the truth in God's Word is the foundation of what we do.

I have also developed deep connections with people through this process; walking beside someone through their worst memories and seeing them emerge on the other side with the peace that God's truth brings is an amazingly bonding experience.

Jane:

My education and vocation are in the field of human services. One of the frustrating things in the field is the recognition that you can only help people in such a limited scope. You can teach them to cope with issues but not overcome; at least it is very rare for that to happen. Using Renew Ministry has given me the opportunity to help people actually overcome things that have kept them in bondage all their lives. The world doesn't have a thing to offer in comparison to the Truth found in Jesus Christ. In my experience, Renew Ministry is one of the best ways to apply truth and find the freedom Christ so dearly paid for us to have.

Ashley:

Providing Renew Ministry for others is one of my favorite ways to serve. It is such a privilege to be able to come alongside a brother or sister in Christ and watch Jesus heal the deepest places in their hearts. One of the biggest ways providing Renew Ministry for others has been a blessing to me is the ability to practically live out the verse in 2 Corinthians 1:4 "We can comfort those in any trouble with the comfort we ourselves receive from God." Seeing someone struggle through the same questions and lies that I have worked through myself creates such a deep sense of compassion inside me. It is such a beautiful task to be able to love others through this ministry.

Pastor Kurt:

Not long ago a middle-aged man came to my office. He said he had constantly struggled with anxiety for decades, and it was getting worse. He wasn't sleeping at night. And he had to go on medications for high blood pressure that were causing all kinds of bad side effects.

I am not exaggerating when I say that in less than 15 minutes, God was able to completely and permanently set him free from that life-long plague of anxiety, that was threatening his health and maybe his life. 15 minutes. I've asked this man since then, "Are you sure it's all gone?" He has told me, "Kurt, those few minutes in your office changed my life. It changed my marriage." I've asked his wife, "Is he exaggerating?" And she has said, "No, he radically and permanently changed that day."

Those of us who have been doing Renew ministry could tell you many, many, more stories of people in excruciating emotional pain, being permanently set free from it, and the quality of their everyday life, marriage, and parenting being radically changed. Renew Ministry offers a very rare and very effective power to radically and permanently help hurting Christians become happy Christians.

To come along side hurting and struggling children of God and help them defeat the Devil's schemes in their lives is an incredible privilege.

^{xxviii} Douglas Moo, *The Epistle to the Romans* (Eerdmans, 1990), 888.

^{xxix} Cf. Vine's.

Section II

General Instructions and Diagrams

Chapter 5

Renew Ministry Policies

A) Requirements to begin certificate program to be a Renew Ministry Helper

- 1) Inform your pastor of your desire to pursue this training and address any questions or concerns they have with the information available on the website.
- 2) Sign a Confidentiality Agreement.
- 3) Agree to not meet with a minor alone.
- 4) Agree to not meet with someone of the opposite gender alone (other than your spouse or child).

B) Requirements to complete certificate program to be a Renew Ministry Helper

- 1) Personally receive Renew.
- 2) Observe sessions with a Renew Ministry coach.
- 3) Complete Renew Team Orientation which will include discussion of training videos and the *Renew Ministry Training Manual*.
- 4) Complete mock Renew Ministry sessions with coach.
- 5) Lead sessions with coach observing.
- 6) Final approval by coach.
- 7) Attend periodic Renew Team meetings and trainings.

The necessary forms and agreements for both Renew Ministry Helpers and Recipients are available online at <https://newlifecr.com/renew-ministry/>.

C) Confidentiality

1) Earning trust

It is essential that a Renew Ministry Helper earns the trust of a Recipient. At times Recipients need to disclose things that are potentially very shameful and embarrassing. Therefore, Recipients must know that what is said in a session will not be gossiped about elsewhere. If it is ever discovered that a Renew Ministry Helper has gossiped about a Recipient, they will be warned. If it happens twice, they will be removed from being a Renew Ministry Helper.

2) Confidentiality Agreement

All Renew Ministry Helpers are required to agree to and sign the following Confidentiality Agreement:

- I will not share the name of, or identifying information about anyone receiving ministry with anyone, except an overseeing pastor or Renew Consultant/Coach, without the consent of the ministry recipient.
- I will not share specific content of the ministry session with anyone, except an overseeing pastor or Renew Consultant/Coach, without the consent of the ministry recipient.

- I will tell my spouse, immediate family, roommates, and close friends, that I cannot talk about my ministry, including who I meet with and any information learned during ministry sessions. I will ask them to respect this boundary and not ask me about ministry details.
- When working with a minor (under the age of 18), session contents will not be disclosed to a parent/legal guardian without the child's consent.
- Ministry Recipients have agreed that we may report suspected abuse or danger to themselves, minor children, or the elderly to the appropriate authorities. If you are instructed by an overseeing pastor or Renew Consultant/Coach to do so, you are free to provide information requested by those authorities. Other components of the confidentiality agreement will remain in effect.
- When pursuing assistance or further training from other Renew Ministry team members, I will do my best to maintain confidentiality. Unless given consent from the ministry recipient, I will not use the person's name and will limit the information I share to what is needed to gain the assistance or training I need to continue providing ministry.

The full Confidentiality Agreement is available at: <https://newlifecr.com/renew-ministry/>

3) Sharing with Pastors

a) There is one exception to confidentiality in Renew Ministry. Everything that occurs in a Renew Ministry session can be shared with your overseeing pastor. Pastors are ultimately responsible before God for the spiritual well-being of every church member (cf. Heb 13:17). A Renew Ministry Helper is never to take that responsibility upon themselves. Pastors are always your "back up" and partners in your ministry.

Anything that concerns you about a Recipient, or a particular session, should be shared with your overseeing pastor. You are required to share any abusive situations that you become aware of.

A Recipient may ask you not to share something with anyone else. Never agree to this as you may never know if it will be necessary to share this information in the best interest of the recipient or someone else.

b) The "Disclosure/Consent" form that all Recipients are required to agree to and sign states:

My identity and the content of ministry sessions will be kept confidential. However, a Renew Ministry Helper is required to inform an overseeing pastor of anything that concerns them about a Renew Ministry Recipient, or a particular session. This would include any suspected abuse or danger to myself, minor children, or the elderly. A reason for this is that pastors are ultimately responsible for the spiritual well-being of everyone in their church. The Bible says: "Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account [to God]. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you" (Hebrews 13:17 NIV). Ultimately, Renew Ministry Helpers represent the pastors, and are assisting them in their God-given duty to spiritually care for you.

D) Meeting alone with minors is not allowed

1) Renew Ministry Team members will not meet with any minor (17 years old and younger) without another adult present.

E) Meeting alone with the opposite gender is not allowed

- 1) It is a violation of Renew Ministry policy to meet alone with someone of the opposite gender, who is not your spouse or child.
- 2) In such cases another person will attend the session. This will preferably be a Helper who is in training. However, the Recipient may also request a friend to be present. If neither of these options are available, then the Renew Ministry Coordinator will attempt to schedule someone willing to attend the session.
- 3) In general, if a Recipient is not open to having another person present in the session, then the session may be postponed until they are willing to do so. Exceptions may be considered by Renew Ministry leadership and the overseeing pastor, but these will be rare.

F) Working with suicidal people

- 1) If a Recipient reports that they are struggling with suicidal thoughts, report this to an overseeing pastor immediately. If you believe they are an imminent threat to themselves or others, call 9-11 and/or to the nearest ER.
- 2) Renew Ministry Helpers are not equipped to accurately assess suicidal people.
- 3) Suicidal people will usually be helped to go to the hospital to be professionally evaluated.
- 4) In the vast majority of cases, suicidal thoughts do not lead to suicidal actions. Unfortunately, some people use the threat of suicide to manipulate others. However, at times, a truly suicidal person only gives vague hints of their struggle before carrying out their intentions.
- 5) For all of these reasons, we will do our best to follow point #3. Trained personnel at the hospital are best equipped to assess the danger.

G) Frequency and physical setting of sessions

1) Number of sessions

We believe that Renew is less of a process that is completed and more of a lifestyle. Our responsibility is to respond to God whenever He uses negative emotions to signal an opportunity for spiritual growth. Only God knows when emotional struggles will turn up in our lives. That being said, Renew Ministry is a tool to be used throughout life. However, it is helpful for some to set aside a period of time to focus on Renew weekly or bi-weekly for a number of months or, in some cases, years to overcome more persistent and/or strong negative emotional patterns. A season of regular sessions may be paused when you begin to experience a consistent level of "freer" spiritual health such that you are no longer experiencing persistent and/or strong negative emotions on a regular basis.

2) Frequency of sessions

This depends on which stage of spiritual health the Recipient is in. A Christian in the "defeated" stage may be experiencing a great deal of pain and be in need extra encouragement. Therefore, it is best to meet with them at least weekly. Those in the "coping" or "fighting" levels of spiritual health can be ministered to every other week. Although weekly is still better.

3) Be careful of crisis mode

It may be tempting to want to get a Recipient through a bunch of sessions in a short period of time. You might think, "If I focus on this person for a couple of weeks or a month, they'll be done." This probably will not be true. Renew Ministry is a marathon, not a sprint. A Recipient has usually been struggling with these issues for many years. Neither you nor they should expect to

have them resolved quickly. After all, there is an aspect of God's timing involved. In the *FREEDOM* study the Recipient has read:

Perseverance will also be needed because of the number of sessions you will need to "be mature and complete." There are a few people who may only need a few sessions to be free from the Identity Lies that have been formed from painful experiences in their past. But we would estimate that at least 75% of people will require *1-3 years of weekly or every other week sessions* to conquer "defeated" and "coping" Christianity in their life and consistently experience "freer" and "fruitful" Christianity.

The bad news is that most of us are more spiritually wounded, broken, hurting, and deceived than we ever imagined. And this will become more apparent to you as you progress through Renew Ministry. Virtually *everyone* is surprised by how spiritually weak and wounded they really are, and how many sessions it will require to heal those parts, and become "mature and complete." Becoming like Jesus is the most important work of your whole life! Do not think that renewing and rescuing the hidden and hurting parts of your heart is going to be accomplished in a couple 30 minute sessions.

The good news is that there is a finite (limited) number of hurting, deceived, and especially controlling parts in your hidden heart. For example, there is a finite number of people you need to forgive. When you do, you will be radically and permanently free from the controlling anger and bitterness caused by whatever that person did to you. When such hurts are resolved, people will be living that level of spiritual health we described as "freer" Christianity in the previous *FRUIT* study. A life where you are consistently controlled by the love, joy, and peace of God's Spirit as God intended you to be. (*FREEDOM*, Chapter 22, Section C)

Breaks from Renew Ministry are recommended if you have been having weekly sessions for a few months. This is especially true if the Recipient has generally reached a "coping" stage of spiritual health with their issues. A break can help them focus on experiencing the freedom they have already attained and get a better understanding of the issues still to be resolved.

4) Duration of a session: Generally 2 hours.

Allow 2 hours for most sessions. Many will last only 90 minutes. Some will be as short as 30 minutes. As you get to know your Recipient, you can adjust the planned time for a session to what is typical for them. Being able to provide 2 hours is another reason Renew Ministry is often more effective than "professional" counseling, where typical session are no more than an hour. Unfortunately, it often requires more time than that to effectively recognize and resolve Hurting Parts.

5) Physical setup of meeting place

- a) Have Kleenex and a waste basket handy. Most Recipients will need this.
- b) Do not have bright lights shining in their face. Overhead fluorescent lights may cause an unnecessarily "harsh" environment. Consider lighting the room with lamps instead.
- c) The meeting place should be as isolated and "sound proof" as possible.

Chapter 6

Explanation of Primary Renew Ministry Terms

A) Processes

Renew Ministry Process:

Refers to the overall procedure for recognizing and resolving Identity Lies in the emotional/subconscious mind to experience mind renewal and spiritual transformation.

Basic Renew Process:

Refers to the primary 7 Steps of Renew Ministry, but not including the Guarding Part and God Lie Processes. (See Chapters 7-18)

Guarding Part Process:

The procedure for recognizing and resolving Guarding Parts that interfere with the Basic Renew Process. (See Chapter 19)

God Lie Process:

The procedure for recognizing and resolving lies about God that hinder the reception of truth. (See Chapter 20)

B) Participants

Recipient:

The person receiving Renew Ministry and answering the questions asked by the Helper to recognize and resolve Identity Lies.

Helper:

The person in a Renew Ministry session that is asking the questions and enabling the Recipient to recognize and resolve Identity Lies.

Coach:

This individual is a Renew expert who provides training, guidance and troubleshooting throughout Renew Trainings and after.

C) Parts

Identity Lie:

A painful and controlling lie you believe about yourself. These lies are most often believed in the emotional/subconscious part of the mind. The most common examples are believing you are worthless or alone. These are sometimes referred to as the "Bottom Lie" because they are often under layers of other emotions, beliefs, and Guarding Parts. (See *FREEDOM*, Chapters 5-7)

Hurting Part:

A part of your emotional/subconscious mind that is created by an Identity Lie. Because it is empowered by lies, it is a part of your sinful nature. It can feel and act like a distinct "personality" that is contrary to your real desires (cf. Rom 7:15-23). (See *FREEDOM*, Chapters 7-11)

Guarding Part:

Another lie-based part of you that acts to protect your Hurting Parts. These parts are always motivated by fear and do not trust Jesus. They are the "defense" and "coping" mechanisms created in painful events to keep you from experiencing the pain fully. Examples include parts that act and feel angry, distracted, confused, or ashamed. These hinder or block the Recipient from progressing to deeper emotions and pain in the Renew Ministry session. Identifying these and resolving them is an essential part of the healing process. (See *FREEDOM*, Chapters 12-13)

God Lie:

A lie about God that is attached to a Hurting Part. These are sometimes referred to as a False Jesus. They are always recognized by any lack of compassion from Jesus for the Hurting Part. They make the Hurting Part feel condemned by or distanced from the love of God. These hinder or block the Recipient from receiving freeing truth from God. Identifying and resolving these may be just as important as healing a Hurting Part. (See *FREEDOM*, Chapter 13, Section C)

D) Questions (Used in Basic Renew Process)**Why Question:****"Why do you feel that way?"**

This question is asked in response to an emotion and leads to a circumstance. This question is designed to enable a part of the Recipient's emotional/subconscious mind to recognize the belief behind and under their negative emotions. It engages the truth and reasoning abilities within the Recipient's logical/conscious mind to help the emotional/subconscious mind process lies and truth. This is the second most common question asked in the Renew Ministry session. (See Chapter 10)

How Question:**"How does that make you feel?"**

This question is asked in response to a circumstance and often leads to an emotion. This question is designed to enable the Recipient to connect with a "deeper" part in their emotional/subconscious mind. This will be by far the most repeated question in the Renew Ministry Process because individuals often want to avoid feeling painful emotions. Recipients will often respond with another circumstance that sounds like they are stating an emotion, for example, "I feel like no one cares." Be on the lookout for the phrase "I feel like..." because that indicates a circumstance that sounds like an emotion, but is not. The next step is asking the "How" Question again. (See Chapter 10)

Proactive Hesitancy Question:

"Do you sense any hesitancy moving forward"?

This question is designed to enable the Recipient and Helper to recognize if a Guarding Part is hindering the Renew Ministry Process. It might be asked in any step of the process if the Helper suspects interference.

Looping Question:

Why did the (belief, circumstance) make you feel (the repeated response to the "How"?)

This question is designed to enable the Recipient to progress through a "processing loop" in their "illogical" subconscious mind. In such cases, the Recipient answers the How Question with the same answer instead of processing through deeper emotions. This question helps break the loop. (See Chapter 11)

Coping Question:

"How would you feel if you (did not do/did not have _____ (i.e. anger, desire, idol, coping/defense mechanism)?"

This question is designed to enable a Recipient to recognize a controlling lie that creates false and damaging desires in a Hurting Part. Often a Recipient's answer will reflect a desire or need for an idol in their life. For example: "I wanted him to love me." The Coping Question enables the Recipient to recognize the lie causing this desire. (See Chapter 11)

Experience Question #1

"As you focus on that feeling, does it remind you of anything"?

This question is designed to enable the Recipient to connect in a deeper way with a Hurting Part by accessing a painful experience where the Hurting Part was created or reinforced. It is used in the Experience Step of the Renew Ministry Process. (See Chapter 13)

Experience Question #2 (optional)

"Does that feel new or familiar"?

This question is designed as a double check for the Experience Question #1. It facilitates the mind's associative power to recognize if the pain they are experiencing originated somewhere else or not.

Jesus Question #1

"Let's isolate this part of you that feels _____. If we could bring Jesus to see you feeling that way, how would he feel towards you?"

This question is used in the Jesus Step to determine if a God Lie is operating. And if no God Lie is present, this question will build positive emotion with Jesus, making the session more powerful. (See Chapters 15-16)

Jesus Question #2

"How does this part of you feel towards Jesus?"

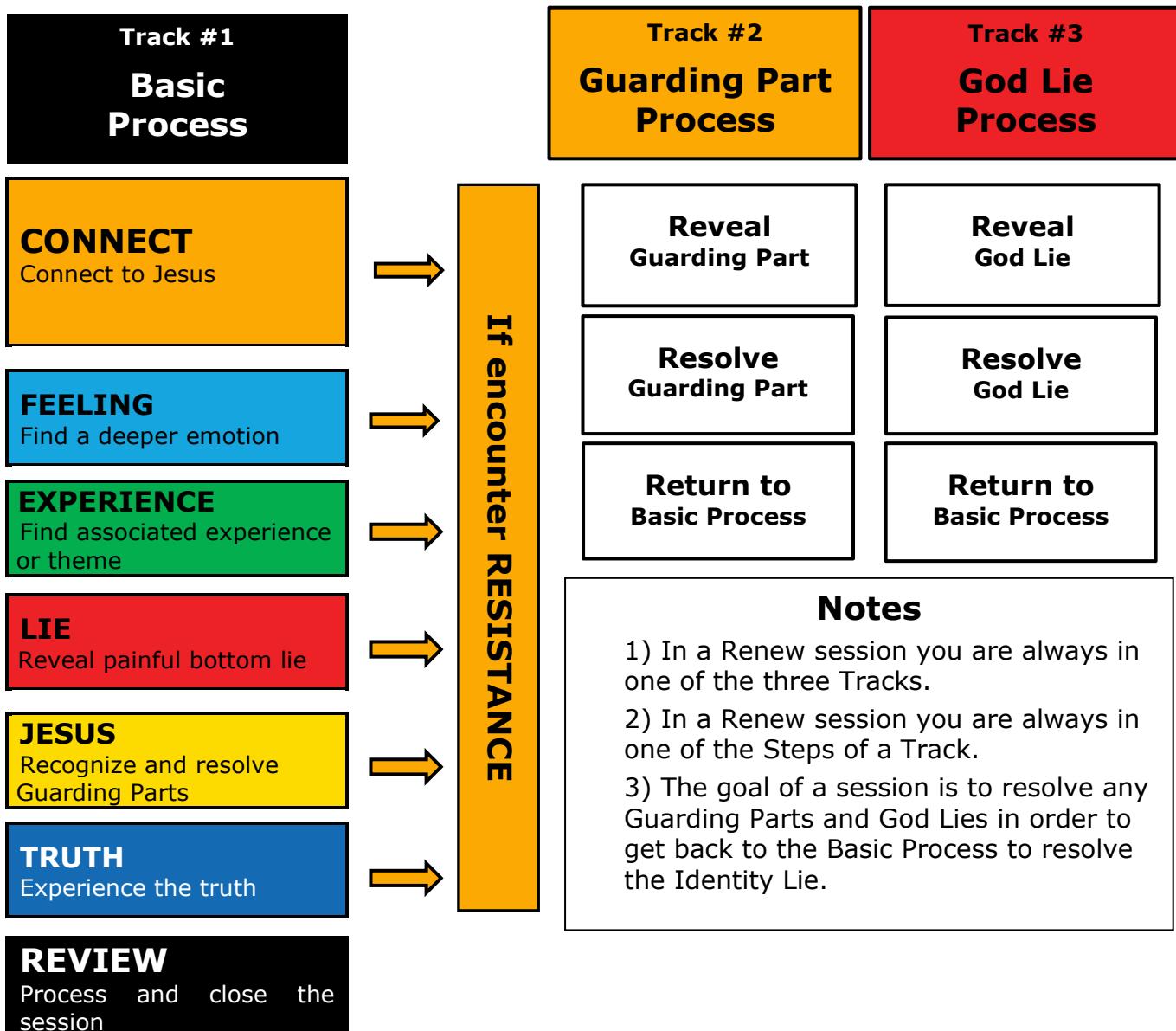
This question is used in the Jesus Step to determine if a Guarding Part is operating. It also builds positive emotion making the session more powerful. (See Chapter 15)

Truth Question

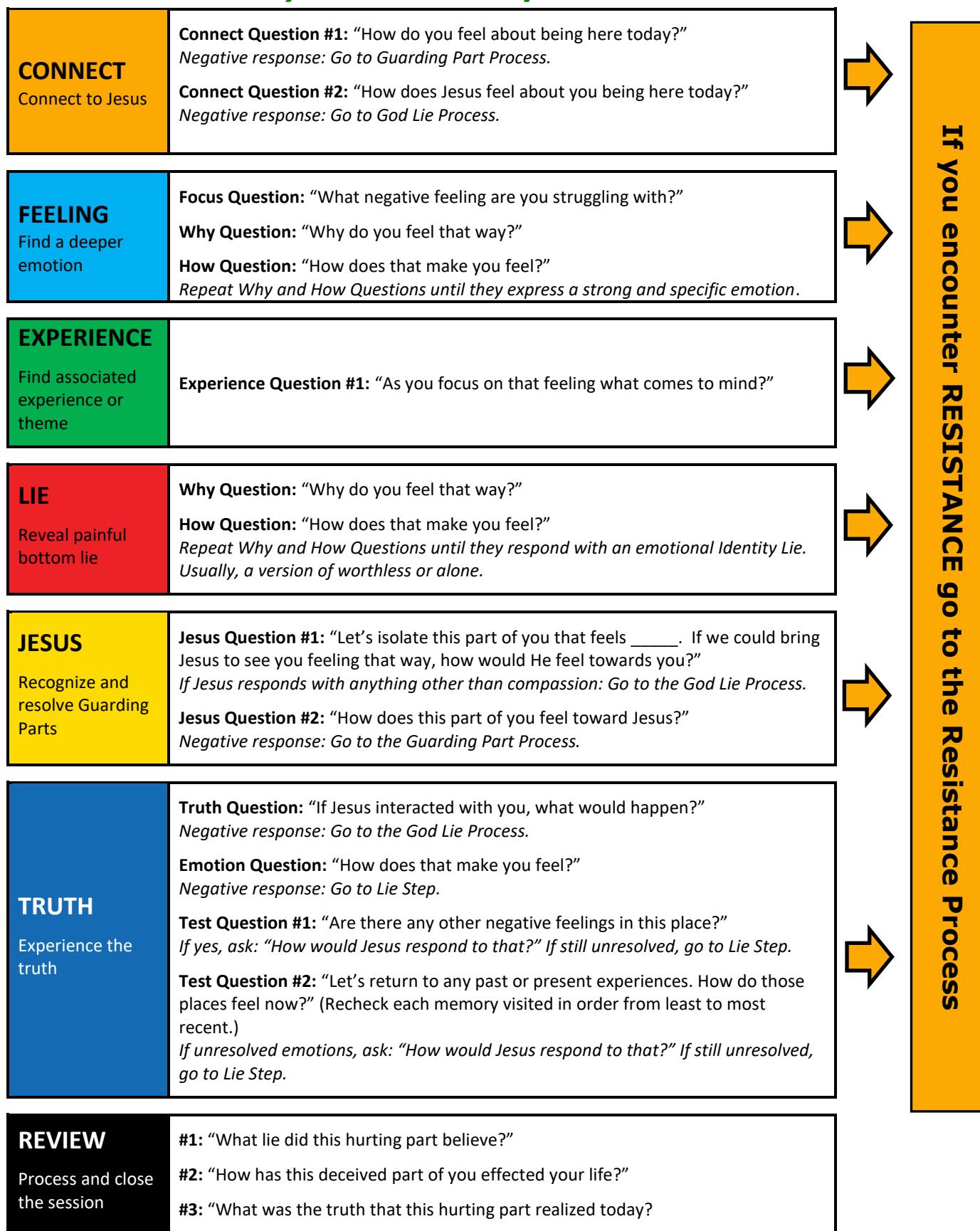
"If Jesus interacted with you, what would happen?"

This question is used in the Truth Step to replace a lie with the truth and renew a part of the mind being controlled by a lie. Like the Why Question it engages the logical/conscious mind where the needed truth exists. (See Chapter 17)

Chapter 7

Renew Ministry Training Diagrams**A) Three Tracks of Renew Ministry**

B) Renew Ministry Basic Process



C) Renew Ministry Resistance Process

GUARDING PART PROCESS

Before moving on, asking the Why and Truth Questions will resolve more simple and less painful Guarding Parts.

Isolate the Guarding Part (Checking first for a God Lie that is attached to the Guarding Part)	Guarding Part Question: “Let’s isolate this part of you that feels _____. Let’s recognize this part has been protecting you, but has been deceived and is keeping Jesus from healing the hurt here. If we brought Jesus to see this part of you, how would He feel towards you?” <i>Negative response: Go to God Lie Process.</i>
Resolve the Guarding Part	Truth Question: “If Jesus interacted with this part of you what would happen?” <i>Negative response: Go to God Lie Process.</i> Emotion Question: “How does that make this part feel?” <i>Negative response: Ask Why and Truth Questions.</i> Test Question: “Is this part of you willing to yield to Jesus?” <i>Negative response: Ask Why and Truth Questions.</i>

GOD LIE PROCESS

Reveal God Lie	Expose Question: “What would this Jesus want to say or do to this Hurting Part of you?”
Isolate False Jesus	Isolate: “Let’s take this Jesus who [would feel, do, say the answer to Expose Question]. Isolate him.”
Resolve God Lie	False Jesus Question: “If we brought the Jesus of Scripture, who died for you on a cross, to see this False version of Himself, how would he feel?” Truth Question: “If we let the Jesus of Scripture interact with this False version of Himself, what would happen?” <i>For multiple God Lies: See “Multiple God Lie Process” in the Renew Ministry Training Manual.</i>
Return to Basic Process	True Jesus Question: “Let’s bring the Jesus who loves you back to this Hurting [or Guarding] Part. If this Jesus could see this Part of you, how would He feel?” <i>If you have the true Jesus, continue with Guarding Part or Basic Step you were working with. If another God Lie, see “Multiple God Lie Process” in the Renew Ministry Training Manual.</i>

D) Helpful Notes for Renew Ministry

PREPARATION

PREPARATION	<ol style="list-style-type: none"> 1. Pray. 2. Answer questions with the first thing that comes to mind. We are not looking for “right” answers. 3. Report any resistance as we go through the process. 4. Be prepared that some questions may sound repetitive or obvious, but this is all a part of the process.
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TROUBLE SHOOTING QUESTIONS

COPING QUESTION	
Question	“How would you feel if you did not do/did not have [anger, desire, idol, coping/defense mechanism, etc.]?”
Alternative	“If you couldn’t solve the problem that way, how would you feel?”
Rationale	This question is designed to enable a Recipient to recognize a controlling lie that creates false and damaging desires in a Hurting Part. Often a Recipient’s answer will reflect a desire or need for an idol in their life. For example: “I wanted him to love me.” The Coping Question enables the Recipient to recognize the lie causing this desire.

LOOPING QUESTION

Question	“Why did the [situation, perspective] make you feel [the repeated response given to the How Question]?”
Rationale	This question is designed to enable the Recipient to progress through a “processing loop” in their illogical/subconscious mind. In such cases, the Recipient answers the How Question with the same answer instead of processing through deeper emotions.

PROACTIVE HESITANCY QUESTION

Question	“Do you sense any hesitancy moving forward?”
Rationale	This question is designed to enable the Recipient and Helper to recognize if a Guarding Part is hindering the Renew Ministry Process. It might be asked in any Step of the process if the Helper suspects any interference.

LOST QUESTION

Question	“How are you feeling right now?”
Rationale	If at any time you feel like and you do not know what to ask next, ask this question, then continue the Step you were in.

HELPFUL REMINDERS

RECOGNIZING GUARDING PARTS

The most difficult task in Renew Ministry is recognizing and resolving Guarding Parts. The best way to do this is to notice any kind of resistance or interference in answering questions. All Guarding Parts are motivated by fear and distrust in Jesus and need His perspective. Below are common examples of Guarding Parts. Remember: If in doubt, divide and conquer.

Anger	Hate, obstinate, stubborn, self-hate, critical judgement, "This is stupid/dumb/sucks," pointing the finger/blaming
Logic	"Just give me the answer," rationalize, find practical solutions, "But I know that's not true," "They didn't mean to hurt me," over-analyzing, racing thoughts, confusion
Denial	"I don't want to look at it," "Whatever," "It's fine," "It's no big deal," "This is silly," apathy, "I don't know," doubt, can't trust, skepticism
Flee	Numb, not feeling, fatigue, brain fog, freezing up, cowering, disassociation, depression, distraction, panic, run away, hide

ENCOURAGEMENT

- Don't worry if you feel lost in a session. Remember you are always in one of the Renew Steps during the process.
- Don't be discouraged if you do not get through all the steps in a session. Completing any step is progress.

WORKING WITH OVERWHELM

- **ROOMS:** If a recipient is having trouble not being overwhelmed by emotion, you may use the Rooms Process:
 - "Let's take this part of you that feels _____. In your mind's eye, let's place this part in a room that has a door and a window to look through. If Jesus came to the window to see this part of you, how would He feel toward this part?"
(Then proceed in the Guarding Part Process starting at the Truth Question.)
- **DEEP BREATHING:** If recipient becomes overwhelmed, you may stop the session, remind them they are okay, and practice deep breathing.
 - Tell them to place one hand on their abdomen and the other on their chest.
 - Tell them to take five deep breaths, expanding their abdomen while keeping their chest as still as possible.
 - Tell them to breath in slow and deep through their nose and out their mouth.

Chapter 8

The Hardest Things About Being a Renew Ministry Helper

A) Learning how to do Renew Ministry is relatively easy

- 1) We believe the vast majority of loving Christians can learn to effectively help another Christian through the Renew Ministry Process. Nothing in the process requires unique people skills or advanced knowledge or training.
- 2) Imagine for a moment that you have just started a new job. You probably possess the basic requirements for the job, but there may be policies, procedures, and skills you need to learn, and relationships to develop, to effectively do your job. It can easily require several months to feel like you know what you are doing.

The same is true of Renew Ministry. There are some new skills and procedures to learn. Things will feel a little challenging in the beginning. But the time and effort to learn Renew Ministry will be far less than what is required for most new jobs.

- 3) In fact, because you have likely already experienced being a Renew Ministry Recipient, you are 75% of the way to understanding what you need to know to become an effective Renew Ministry Helper.
- 4) Renew Ministry requires a fraction of the time and effort that other forms of counseling do, including Christian counseling.

B) The hardest skill to learn to become an effective Renew Ministry Helper is how to recognize and resolve Guarding Parts

- 1) Learning the skills to recognize and “divide and conquer” Guarding Parts is by far the hardest practical thing about Renew Ministry. This is the difference between being a novice and being an expert.
- 2) Learning the skills to recognize and “divide and conquer” Guarding Parts is also one of the most important things about Renew Ministry. Guarding Parts will be encountered in the majority of Renew Ministry sessions. They shut down the emotions that are essential to Renew Ministry. Learning how to recognize and resolve Guarding Parts will help the Recipient experience the emotions they need to, in order to have a hidden and Hurting Part of their heart radically and permanently renewed.
- 3) Guarding Parts are about the only reason a session gets “stuck” and does not progress smoothly through the Basic Renew Process. If people did not have Guarding Parts, then almost every session could effectively renew Hurting Parts in about 15 minutes and could be led by almost anyone with just a few basic questions. Since the mind is built to automatically heal, Guarding Parts are the only things in way of Hurting Parts healing naturally and effortlessly.
- 4) Those without Guarding Parts are among those most likely to be able to effectively administer Renew Ministry on themselves.
- 5) How to effectively recognize and resolve Guarding Parts is explained in Chapters 16 and 19.
- 6) Recognizing and resolving God Lies is also among the hardest parts of being a Renew Ministry Helper. However, they are rather easily and effectively resolved with the questions explained in Chapter 20.

7) A session that never progresses to addressing Hurting Parts, but is spent instead on working with Guarding Parts, is not wasted. These defenses often interfere with an individual's daily life and desperately need Jesus' perspective.

C) The second hardest thing about being a Renew Ministry Helper is knowing how to help people "build emotion"

- 1) Learning the skills to help Recipients build emotion and progress through deeper and more painful emotions is essential to the Renew Ministry Process. This is because the Renew Ministry Process is designed to uniquely renew the subconscious mind.
- 2) Many of the questions in the Renew Ministry Process are about building emotion because this is what drives the process. If a Recipient's emotions are becoming stronger as you progress through the session, this is an indication that you are on the right track.
- 3) Building emotion essentially means learning when and how to use the following questions: Why Question, How Question, Experience Questions, Looping Question, and Coping Question. These five questions are the core of the Basic Renew Process. While they may seem a little overwhelming at first, they are very intuitive, and it will quickly become rather obvious when these questions need to be asked in the session.
- 4) Because you are working with the Recipient's emotional/subconscious mind, it must be helped to recognize the negative and controlling emotions operating there, and the lies that cause them. This requires the Recipient to engage their emotional/subconscious mind to experience the negative emotions, and then to engage their logical/conscious mind to recognize and resolve the lies causing those controlling emotions. Only by doing this will the Recipient recognize the painful Identity Lie that is controlling a Hurting Part.
- 5) This back and forth process between the emotional/subconscious mind and the logical/conscious mind is primarily accomplished with the How Question and the Why Question. The former addresses the emotional/subconscious mind, and the latter engages the logical/conscious mind.
- 6) Because you are working with the subconscious/illogical mind, sometimes the processing of lies and truth will get "stuck." Therefore, learning to use the Looping and Coping Questions will also be necessary to effectively help most Recipients recognize and resolve the Identity Lies controlling their Hurting Parts.
- 7) Recipients sometimes do not emotionally connect enough with Hurting Parts to resolve them, and other times they connect to them too much. Connecting too little is resolved with the processes described in Chapter 16, Sections B and C. Connecting too much and being emotionally overwhelmed by Hurting Parts is addressed with the Rooms Process in Chapter 16.

D) The hardest emotional things about being a Renew Ministry Helper

1) Monitor your emotions when you think about your next Renew Ministry session

- a) Are you looking forward to it? Or wanting to cancel it? Are you worrying about "failing" in the session? Are you discouraged with the lack of progress the Recipient is making? If you are struggling with anything that is not love, joy, and peace about Renew Ministry, then you need to seek Renew Ministry for yourself and resolve those negative feelings.
- b) Discouragement and fear. It only takes one session where things do not "go well" for you to lose your confidence that you can help people. It is hard to stir someone up emotionally, have

them experience pain, and then leave the session still not free. You can struggle with feeling like you have failed them. You will be tempted to think the Recipient feels the same way about you.

- c) Many fears can inhibit you from doing this ministry. Common fears include: making a "mistake," hurting a Recipient because of a mistake, or getting stuck in a session and not knowing what to do.
- d) A Skilled Helper will generally experience "effective" sessions 90% of the time. Remember, *almost all sessions that do not progress are because of Guarding Parts that are not successfully recognized and resolved*. And as you gain more experience with resolving Guarding Parts, more of your sessions will progress through all the Steps.
- e) Do not underestimate the effect of just spending time with a Recipient to compassionately listen to them. Even if you do not resolve everything you desire in a session, the session itself communicates a great deal of God's love to the Recipient. In addition, simply asking the Renew Ministry questions and talking about emotions will be more effective than much of the counseling available elsewhere.
- f) Most Recipients are humble Christians. They probably would not attend a session otherwise. Humble Recipients understand that all you can do is your best, and they are usually grateful that you are willing to help them at all.
- g) If you are struggling to make progress with a particular Recipient, inform your Renew Ministry Coach and they will guide you, or even lead the next session to help you. You are not alone in this ministry. It is important to get help if your sessions are not being effective. This will unnecessarily discourage and exhaust both you and the Recipient. Effective sessions help both you and the Recipient be encouraged and grow in confidence. Both are essential to enable the process to continue.
- h) Remember, the Renew Ministry Process and questions have been proven many times over to be effective. Simply follow the Process and you will not "hurt" anyone. Of course, an effective session will include emotional pain. But if the Recipient understands the principles of Renew Ministry, they will embrace this.
- i) Remember, Recipients will feel a lot more pressure to "succeed" than you will. Let one another off the hook and mutually understand that all God expects is your best. Recipients have read the following in the *FREEDOM* study:

You might be concerned that if you do not do all the right things, a session will fail. Or you may be discouraged if you do not complete all six Steps of Renew Ministry in one session. But understand God is pleased with whatever efforts you are making to overcome sin in your life. Pleasing God is success in the Christian life. Therefore, if you are simply doing your best to do your part in a session, this pleases God and you cannot fail.

Remember, all that is really expected of you is to do your best to do the two things described above: 1) Answer the questions with the very first thing that comes to mind; 2) Report *any* hesitancy, resistance, or distractions in responding to the questions. If you simply do your best to do that in a session, your session will please God regardless of its outcome.

However, every step you complete in a Renew Ministry session is progress in mind renewal, even if you do not complete all the steps in one session. For example, even attempting the first step, Feelings, can be significant progress for many people. They may have never talked about their painful emotions before, and doing so is the first step to getting them resolved.

Therefore, be patient with yourself and the process. If mind renewal and freedom from your past, was easy, everybody would experience it more. And remember, you are dealing with the most complex thing in all of Creation: the human mind! Sometimes issues will need to be resolved in layers and will not occur all at once. Just keep persisting in the Renew Ministry Process and mind renewal will occur. (*FREEDOM*, Chapter 18, Section C)

- j) Do not be surprised by how little appreciation you may receive from a Recipient. In some cases, you may be literally saving their life. For most you will certainly be one of the greatest blessings in their entire life. There may be no one else in their entire life who will love them, help them, and bless them more than you. But they will not worship you because they recognize that the healing comes from Jesus and His truth and His love. Renew Ministry results in people worshipping Jesus more, not you. If you need praise and thanks to motivate you to do ministry, the lack of focus on you may be difficult.

2) Monitor your emotions within a Renew Ministry session.

- a) Monitor your emotional reaction to the emotional pain of Recipients and ensure you stay controlled by the Spirit. "The most common problem found in ministry sessions that have gone awry comes from the [Helper] being emotionally triggered by the pain of the [Recipient]." (Smith)
- b) Imagine you want to be a medical surgeon but the sight of blood bothers you. You would need to get over this before being a surgeon. Likewise, Renew Ministry is "soul surgery" and you are working with bleeding hearts. You will witness people experiencing a great deal of emotional pain. This can trigger you and make you uncomfortable. Renew Ministry Helpers must be comfortable with seeing Recipients experience strong painful emotions such as overwhelming anger, uncontrollable crying, and physical manifestations such as bending over in pain.

Early in my experience providing Renew Ministry, my assistant and I met with a middle-aged woman. She was a sincere and loving Christian. But she was emotionally unstable. As she opened up, I heard her story. When she was growing up she had three older brothers. On almost a daily basis one or more of them would be physically and sexually abusive toward her. This went on for years. She went into quite a lot of detail about what that was like and what they would do to her.

As a younger pastor I knew things like this could happen. But here was a dear child of God who had actually experienced such torture. I remember feeling sick to my stomach and having a hard time pushing down my anger and sadness so I could continue leading the session.

Afterward, I did some Renew Ministry on myself about what I was feeling and believing. I'm glad I did because her story was only the beginning of many such stories. Since then, people have come to my sessions with self-harm wounds. I have had to physically hold up people from falling off my couch because of the emotional pain they were experiencing.

Renew Ministry takes you and the Recipient to the darkest places of human experience imaginable. You will need that compassion, courage, and confidence that we talk about so often." (Pastor Kurt)

- c) The Renew Ministry Process requires that people temporarily experience the pain of past traumatic events. Much like a physical therapist, a Renew Ministry Helper must be willing to help people experience pain in order to be healed. The process, however, is very gentle. If their emotional pain is a lake, we do not ask them to jump in, but instead we ask them to put their foot in while holding Christ's hand through it all.

d) The *FREEDOM* study should help Recipients to be willing to experience the pain necessary to be healed.

No pain, no gain. Understand you must feel the pain, in order to heal it. There is no other way to heal the hurting parts of your heart. You must embrace and experience their pain in order to realize the Identity Lie causing the pain and resolve it.

This is why the experience of God's truth and love in these places is so powerful. You are experiencing them in the midst of pain. God wants you to experience His love in a way that "*surpasses knowledge*" (Eph 3:19 NIV). And experiencing it in your emotional/subconscious mind, instead of merely the logical mind is what makes the difference. (*FREEDOM*, Chapter 17, Section C)

e) Therefore, notice if you are:

- Feeling angry (because of what someone did to the Recipient).
- Feeling overwhelmed (because the Recipient's emotions are so powerful).
- Feeling anxious (because you lack confidence you will be able to help the Recipient).
- Being tempted to "go off script" and invent questions that are not in the Renew Ministry Process.
- Feeling shocked (instead of legitimately sad) about what the Recipient has experienced.

Set these emotions aside as best you can during the session and resolve them later.

f) Some methods of traditional counseling focus on the need for a counselee to disclose every painful and graphic detail of a past event to resolve it. This is usually not necessary. The details of the event do not matter. What is needed for healing is for the Recipient to be emotionally connected to the Hurting Part. That may be helped by sharing some details, but if the Recipient is sufficiently emotional, no more details are needed. (See Chapter 13, Section C.3: "Do not seek unnecessary details of painful events in the Recipient's life")

3) Do not take too much responsibility for the freedom of a Recipient

a) As a Renew Ministry Helper you will encounter great pain in people's lives. This will prompt your compassion for them. Compassion is good. It is godly (Ps 103:13-14; 2 Cor 1:3). Compassion is a primary source of desire and energy that enables a Helper to do Renew Ministry. But Spirit-controlled compassion can turn into a flesh-oriented burden that robs you of love, joy, and peace in Renew Ministry. This can happen because your effectiveness in Renew Ministry has become a part of your identity. Or you are not trusting God enough with Renew Ministry Recipients.

We must be careful not to take too much responsibility to heal people of their spiritual pain and restore their relationship with God. When we are caring for spiritually defeated people, we must keep in mind what is our part, what is God's part, and what is the spiritually defeated person's part.

Some years ago a man came to my office for counseling. He was not a member of our church, but belonged to another good church in town and was obviously a Christian. One of his coworkers referred him to me. He had struggled for years with depression. Had been to a number of counselors, and his coworker said, "You need to talk to my pastor, he can help you."

So I met with him on a Friday night after work. Among other things I told him how I had helped a number of other people, and I expressed a commitment that night to help him. When he left my office he shook my hand, thanked me profusely for how helpful I had already been to him, and said he was looking forward to our next appointment in three days. The last image I have of him is leaving my office with a smile on his face.

The next morning he took his own life. Tragic, tragic situation. He left behind a beautiful wife and two children. There are all kinds of things I could say about that but let me ask this one thing. What if I had taken too much responsibility for that man's well-being and even his life? What if I thought it was my fault he killed himself? I was shocked and sad about what happened, but I never felt guilty. I knew I had done my best to help him, even with the little opportunity he gave me. I knew that people are ultimately responsible for their relationship with God, not me. And I know that God is ultimately responsible for the lives and well-being of His children, not me.

I am good at helping people with spiritual problems. Although the story I just told you might suggest otherwise. Nonetheless, I am very experienced, very knowledgeable, and have been very successful at helping people with very serious spiritual problems. But as experienced as I am, I cannot take ultimate responsibility for the life and well-being of God's people. I take responsibility for what I can do, and trust God with what I cannot do. (Pastor Kurt)

- b) Remember, God does not expect a Helper to meet the emotional needs of the Recipient. We cannot replace God. All the Helper can do is help the Recipient be reconnected to God so He can fully meet their needs.
- c) If you are not experiencing love (compassion), joy, and peace in your Renew Ministry, seek ministry for yourself.

Chapter 9

Following the Renew Ministry Process

A) Guidelines for the Renew Ministry Process

1) Everything a Renew Ministry Helper will encounter in a Renew Ministry session will fit in one of the Steps of the Process

- a) The Steps and Questions in the Renew Ministry Process have been carefully developed and confidently proven over years of experience. The only thing needed to progress through each Step is to ask the prescribed Questions in the Step.
- b) Because every Recipient is unique, every Renew Ministry session will be unique in some ways. But Renew Ministry Helpers never need to be creative or come up with their own questions during a session. Rather, they can rely upon the tried-and-true Questions in every session they facilitate. The proven Renew Ministry Process takes all the guesswork out of how to have an effective Renew Ministry session.

2) No need to get “stuck” or “lost”

Remember, you are always in one of the Renew Ministry Steps during the process. To restart in any Step, simply ask the Lost Question: “How are you feeling right now?” Continued resistance, distraction, or lack of progress in the session usually means you have encountered a Guarding Part or God Lie. Simply go to the Resistance Process for these or ask the Proactive Hesitancy Question: “Do you sense any hesitancy moving forward?”

3) Allow for silence

- a) Do not let silence or long pauses from the Recipient make you feel uncomfortable. It is important to learn how a Recipient processes so you can pace the session accordingly. Some people simply need more time to formulate an answer to your Question than others. Simply ask the Recipient after the first few sessions how they feel about the pace of your Questions.
- b) On one hand, there are times to keep the session moving by asking the next Question. Often, Recipients are stuck in a Guarding Part that is hindering their processing, and asking the prescribed Questions can determine this and help the session to progress. This may be especially true in the Feeling Step.
- c) On the other hand, Recipients may need time to process and release powerful emotions. Let them do so. This will be especially true in the Experience, Lie, and Truth Steps.
- d) If you are uncertain about what is happening in the mind of the Recipient, simply ask, “What is happening right now?”

4) Do not teach

- a) *The most common mistake that less skilled Helpers make is to start sharing truth instead of continuing to ask questions.* This often happens when the Renew Ministry session seems stuck. It is tempting to think that a Recipient does not possess the truth they need to combat a lie. Those gifted in teaching will be especially tempted to do this. You will also be tempted to do this because just talking about problems or giving advice may feel emotionally easier for you, the Helper. Part of you may feel relieved that you do not need to get into the emotion of a problem. But be assured that is what people need.

b) For example, it is common for a Recipient to ask, "Why did God allow this to happen?" It may be tempting to provide the Recipient with a theological answer. However, this will rarely be helpful. Remember, you are probably ministering to a very irrational, simple, emotional, and childlike part of their mind. Complex theological truths will not help such parts. What is usually more helpful is to redirect the Recipient to resolve any hurt behind such a question. Therefore, instead of trying to answer the question, simply respond with, "What feels true to you about that?" This will help you re-engage the Recipient's subconscious mind where the Hurting Part exists. Accordingly, we have written in the *FREEDOM* study:

God is usually not interested in answering "why" questions. Renew Ministry deals with the impact of the most tragic and painful events in your life. It is common to want to know "why" God allowed such things to happen. There are theological answers to that question that are most clearly answered in the book of Job. But those answers rarely help people in the midst of their pain.

What will actually relieve your pain is *not* having an answer to "Why did God allow that to happen?" Rather, the source of your pain is an Identity Lie that was imprinted by the experience and made you feel worthless, alone, etc. Revealing and resolving that will relieve your pain and you probably will no longer care about answering the "why" question. (*FREEDOM*, Chapter 18, Section C)

c) Remember an important Renew Ministry principle: "Most Christians do not need more truth. They need the truth they already have in more places of their heart." All of the truth that a Recipient needs in those hurting and deceived places will be very simple truth (e.g. "God loves me," "God is with me," etc.) The unique effectiveness of Renew Ministry over traditional counseling is partly explained by the fact that we do not simply tell Recipients the truth, but rather help them discover the simple truth they need in the hidden, hurting, and deceived parts of their heart.

For the most part, the truth that they report having received is basic and simple. People rarely report abstract theological truths during a ministry session. They are seldom controversial, even to the slightest degree. Instead, a Recipient typically reports truths such as the following:

"I am safe now."
"It wasn't my fault."
"He loves me."
"He said I was His precious child."
"He has made me clean."
"I'm not there anymore."
"He is my strength."
"He was there."
"I heard Him say that I do have value."
"I am not alone; He is with me."
"He said that He saw what happened and He cared."

"The incredible thing is how a simple truth spoken by the loving Lord can calm even the most tumultuous storm. A simple, 'Peace, be still' is all that is needed." (Smith)

d) Sharing truth instead of asking the prescribed Renew Ministry questions can often mean you are emotionally triggered and trying to do what feels safer for you. Unfortunately, you will normally just be telling the Recipient truths they already know, and likely wasting both your

time and theirs. If you do more talking than the Recipient, then you are not doing Renew Ministry. There is a time for teaching biblical doctrine. But a Renew Ministry session is usually not it. Dr. Van der Kolk shares the following experience:

When I first encountered patients like Marilyn, I used to challenge their thinking and try to help them see the world in a more positive, flexible way. One day a woman named Kathy set me straight. [In a group therapy session] she was taking responsibility for her sexual abuse: "I brought it on myself: I was seven years old and I loved my daddy. I wanted him to love me, and I did what he wanted me to do. It was my own fault."

When I intervened to reassure her, saying, "Come on, you were just a little girl—it was your father's responsibility to maintain the boundaries," Kathy turned toward me and said. "You know, Bessel, I know how important it is for you to be a good therapist, so when you make stupid comments like that, I usually thank you profusely. But after two years I trust you enough to tell you that those comments make me feel terrible. Yes, it's true; I instinctively blame myself for everything bad that happens to the people around me. I know that isn't rational, and I feel really dumb for feeling this way, but I do. When you try to talk me into being more reasonable I only feel even more lonely and isolated—and it confirms the feeling that nobody in the whole world will ever understand what it feels like to be me."

I've tried ever since not to tell my patients that they should not feel the way they do. Kathy taught me that my responsibility goes much deeper: I have to help them reconstruct their inner map of the world. (The Body Keeps the Score, 128)

- e) If you are concerned that someone does not know the truth they need, then simply ask them the Doctrine Question: "If someone came to you and asked you [whatever issue they are dealing with], what would you tell them?" Their answer will usually be correct and demonstrate there is no need for more "teaching" in the session.

5) Do not presume and manipulate

- a) It is tempting to presume that a ministry session should go in a certain direction. This can lead to asking questions that are not in the Renew Ministry Process and derailing the session. If you simply ask the prescribed Questions in the ministry session, the *Recipient* will lead the session where it needs to go.
- b) Several "don'ts:"

- Do not assume you know where the session is headed or what lies will be uncovered. You will be surprised by how often you assumed wrong.
- Do not make suggestions about what you think a person's lies may be.
- Do not try to guess how a Recipient will or should answer a question.
- Do not make suggestions as to what you think a memory contains or means.
- Do not assume the Recipient has been abused and must remember such a thing. Do not ask leading questions like, "Do you think you were abused?"
- Do not make a judgement on whether a memory is true or false.
- Do not try to interpret images for the Recipient. Simply ask the Recipient, "What does that image mean to you?"
- Do not lead people into more imagery than what the Renew Ministry Process produces.
- Do not paraphrase a Recipient's answer to a question or read something into it. When using their response in asking a question, use their exact wording as much as possible.

- c) Simply respond to the Recipient's answer with the appropriate Question in the Renew Ministry Process.

6) Using your "intuition" is discouraged

- a) By "intuition" we mean abandoning the Renew Ministry Process and Questions and trying something new.
- b) Helpers are normally tempted to do this when they perceive the process is not working or they are getting stuck. Remember: about the only reason a session stalls or gets side-tracked is because you have encountered a Guarding Part. The Renew Ministry process includes a proven set of questions that will enable you to resolve these.
- c) Do not make a habit of asking customized, spontaneous questions intended to lead the person where you assume they should go in the session. Stick to the general non-directive questions prescribed in the Renew Ministry process, asking them in response to what the Recipient is reporting.
- d) Using your intuition can make a session more interesting and energizing for a Helper, but it will rarely make it more effective. As stated above, if you are encountering difficulties in progressing with a particular Recipient, get your Renew Ministry Coach involved. They will likely demonstrate for you that the skillful and consistent use of the Renew Ministry Process was all that was needed.
- e) In the rare possibility that you might encounter something in a Recipient that has never been experienced before, or that cannot be resolved with the current Renew Ministry Process, then these things can be evaluated and properly responded to by the Renew Ministry Coach or Consultant.
- f) The truth is this: The most experienced and effective Renew Ministry Helpers virtually only ask questions the entire Renew Ministry session. And by far the most common questions they ask are: "How does that make you feel?" and "Why do you feel that way?"

7) Do not share advice until after the session is completed

During the session, you might make notes of things you can talk about after the Renew Ministry Process has been completed. If you have experience in areas of marriage, parenting, etc., and such things would be helpful, feel free to share them if you have time. But do not share things beyond your experience level. If the Recipient needs advice on difficult matters, refer them to a pastor.

B) Avoid "Mysticism"

1) "Mysticism" includes the unbiblical idea that God regularly speaks to us through "mental telepathy"

By "mental telepathy" we generally mean God planting thoughts directly into your mind. There is not a single biblical promise, example, or instruction of God doing such a thing in the lives of His people. When God wanted to communicate something to someone in the Bible that was not already in Scripture, He spoke to them in very obvious ways, including angels, visions, or even a donkey. But even those instances were extremely rare. Therefore, we do not expect nor need such things to occur in a Renew Ministry session.

God has already equipped a Christian's mind to effectively process truth and lies as required in a session. There is no need for any new divine revelation. The images that a Recipient might experience can be powerful, but this is something God created the human mind to do. Just

because someone has an image of Jesus in their mind does not mean they are having a vision of Him in the biblical sense. Recipients have read in the *FREEDOM* study:

For example, people may not just feel an Identity Lie, but have a visual picture of it. People may not just "think" what truth Jesus would give them, but may "see" Him communicating that truth in a certain way. Guarding Parts may not just be thoughts, but present themselves as images.

None of this should be interpreted as receiving visions of direct divine revelation from God. Our minds are simply created to process in pictures and to use our imagination to experience truth in a deeper way. (*FREEDOM*, Chapter 17, Section C)

For healing to occur in a session, it is not necessary to believe that God is actually speaking or providing visions to the recipient. Healing can be explained with how the mind works. We are taking truth we already know in our conscious mind and bringing it to hurting parts in the subconscious mind.

For a detailed Bible study on "mysticism" see Pastor Kurt's book, *The Myth of Mega Mysticism: Does God speak to us apart from Scripture?* online at <https://trainingsimothys.org/books/book-14-the-myth-of-mega-mysticism/>.

2) Avoid using any language in a question that would encourage the Recipient to expect a direct revelation from Jesus

A common example is using language like: "What is Jesus telling (or showing) you." This suggests the Recipient is having a personal and direct encounter with the Person of Jesus Christ in much the same way Apostles and Prophets in Scripture experienced. Therefore, we ask such questions this way, "How would Jesus interact with you in that place?" The difference is subtle, but important.

"You should avoid asking directive questions such as, 'Did the Lord tell you something?' Or 'What did Jesus say to you?' or 'Did you see the Lord?'" (Smith)

3) Never tell the Recipient to imagine or visualize something beyond what is prescribed in the Renew Ministry Process

Recipients have read in the *FREEDOM* study:

A Renew Ministry Helper will never encourage you to imagine or visualize something beyond what is prescribed in the Renew Ministry Process. Encouraging Recipients to place things in "Rooms" has proven to be a safe and helpful step in the Process. However, Helpers are not authorized to encourage whatever imagery they might think will be helpful. They are only to respond to the images your mind might create in answering the prescribed Questions of the Renew Ministry Process. (*FREEDOM*, Chapter 17, Section C)

C) Working with images

1) Many Recipients process Renew Ministry with pictures and images

Use your imagination if it is helpful to you. People process lies and truth in different ways. Most people, when working with their subconscious mind, will process things in pictures and images. This helps them "experience" the lies and truth in a helpful way. It has been said, "a picture is worth a thousand words" and this can be true in a Renew Ministry session.

For example, people may not just feel an Identity Lie, but have a visual picture of it. People may not just "think" what truth Jesus would give them, but may "see" Him communicating that truth in a certain way. Guarding Parts may not just be thoughts, but present themselves as images.

None of this should be interpreted as receiving visions of direct divine revelation from God. Our minds are simply created to process in pictures and to use our imagination to experience truth in a deeper way. (*FREEDOM*, Chapter 17, Section C)

2) Visual processing is to be expected when working with the subconscious mind

Because Renew Ministry focuses on the subconscious mind, Recipients are more likely to process emotions, lies, and the truth visually. The subconscious mind is among the most visual parts of the mind. Dreams are an example; they come from the subconscious mind and are very visual and not very logical.

3) It is not necessary to know if the Recipient is processing visually or merely in thoughts

The questions in the Renew Ministry Process will be equally effective regardless of whether the Recipient is processing visually or in thoughts. This is one reason that many questions refer to a "Hurting Part." For example, the Emotion Question in the Truth Step: "How does that make this part feel?" Whether the Recipient is visualizing this Hurting Part, or simply feeling it and thinking about it, the question will work.

4) It is not necessary to change the questions in the Renew Ministry Process to work with images

When a Recipient describes images it will be tempting to interact with them in a customized way and leave the script of the Renew Ministry Process. This is not necessary as the questions in the Process will enable the Recipient to effectively process images or thoughts.

D) Working with memories

1) Some Recipients are concerned that their memories may not be accurate

But they have read in the *FREEDOM* study:

Your perception matters, not reality. Some are concerned that they may not remember something accurately. First of all, no one does. No one perfectly remembers everything or knows everything about a particular event. Especially events that occurred in our childhood.

Thankfully, it does not matter. What matters is how *you* remember something because that is *your* reality and what may have imprinted you with a painful lie. If a memory comes to mind and gives you negative feelings, then it is a source of a painful lie you believe. What you must resolve then is *your interpretation* of what happened, not necessarily what actually happened. (*FREEDOM*, Chapter 19, Section 4)

Furthermore, Renew Ministry does not change memories, but only our perception of them.

2) In fact, it is the misinterpretation that occurred in a past event that usually caused the controlling Identity Lie

The accuracy of the memory does not need to be corrected, only the accuracy of what they believed about themselves.

Dr. Smith writes:

Memory is not a record of what occurred but rather a representation of what we remember having experienced. Our memories are not the source of our problems; rather, our troubles arise from our misinterpretations of what we remember. For example, the man who remembered being locked in a closet all day as a child is not claustrophobic today because of what he remembers. Rather, the fact that he still believes what he came to believe while

locked in the closet ("I'm going to suffocate and die") is the source of his emotional turmoil. We feel whatever we believe. Belief, not memory, should be the primary focus.

Dr. van der Kolk likewise states:

As a therapist treating people with a legacy of trauma, my primary concern is not to determine exactly what happened to them but to help them tolerate the sensations, emotions, and reactions they experience without being constantly hijacked by them.^{xxx}

Dr. Daniel Schacter, a Harvard University expert on memory, writes:

Even though memory can be highly elusive in some situations and dead wrong in others, it still forms the foundation for our most strongly held beliefs.^{xxxi}

If those beliefs have caused a controlling Identity Lie then they must be resolved for the person to be free from them.

3) Working with memories is not essential to the Renew Ministry process

The Experience Step of Renew Ministry takes advantage of the power of memory if a Recipient's present emotions naturally connect with a past event. We have not found this to be a necessity to successfully renew a deceived, hurting, and hidden part of a person's mind. However, if and when it does happen, it has proven to significantly help the Recipient connect with the part of the mind that needs renewal. Usually, connecting to a past event will make the session more meaningful for the Recipient and help them focus on a specific Hurting Part.

4) Forgetting traumatic events is a real thing

Elsewhere, we have addressed the false claim by some Christians that resolving your past is unbiblical.^{xxxii} But the topic of "false memories" is especially troublesome. For example, what if a Recipient of Renew Ministry recalls being sexually molested during a session, even though they had never remembered the incident before? Despite some critics who claim this can never happen, it does. Modern psychiatry calls it "dissociative amnesia."

Dr. van der Kolk writes:

In a 1996 case I convinced a federal circuit court judge in Boston that it was common for traumatized people to lose all memories of the event in question, only to regain access to them in bits and pieces at a much later date. [My position] was based on decades of clinical experience and research on traumatic memory, including the work of some of the great pioneers of modern psychiatry...

There have in fact been hundreds of scientific publications spanning well over a century documenting how the memory of trauma can be repressed, only to resurface years or decades later. Memory loss has been reported in people who have experienced natural disasters, accidents, war trauma, kidnapping, torture, concentration camps, and physical and sexual abuse. Total memory loss is most common in childhood sexual abuse, with incidence ranging from 19 percent to 38 percent. This issue is not particularly controversial: As early as 1980 the DSM-III recognized the existence of memory loss for traumatic events in the diagnostic criteria for dissociative amnesia: "an inability to recall important personal information, usually of a traumatic or stressful nature, that is too extensive to be explained by normal forgetfulness." Memory loss has been part of the criteria for PTSD since that diagnosis was first introduced...

One important study demonstrated that: "Women who were younger at the time of the incident and those who were molested by someone they knew were more likely to have forgotten their abuse."^{xxxiii}

5) Satanic Ritual Abuse is a real thing

Professionals have been especially skeptical of memories of Satanic Ritual Abuse (SRA). But Dr. Smith writes:

Some people don't believe that SRA exists. I would invite these people to spend a few thousand hours in the trenches with these people, as I have over the last few years, to walk with them through their agonizing memories, and to witness the Lord Jesus restoring them. People who lack experience in these areas of ministry are quick to come to unfounded conclusions based on opinions rather than on the sweat and tears of doing the work of ministry. Even so, I seek to minister in the context of the person's reported reality, not in what I may think or believe. I do not know what is true or not true when a person reports their belief about what has happened to them. However, it is in their reality and not my own that genuine healing and renewal can occur.^{xxxiv}

6) The dangers of Recovered Memory Therapy

Some may confuse Renew Ministry with Recovered Memory Therapy which has been very popular, but widely criticized for good reason. However, there are significant differences between Renew Ministry and Recovered Memory Therapy.

Dr. Schacter addresses some specific Recovered Memory techniques that have proven to be especially susceptible to producing false recovered memories. These include:

- A therapist might tell their client that, on the basis of their symptoms, it is quite likely that they had been abused as a child. The inducement of some sort of trance state, especially hypnosis.
- Therapist confidently tells people they were sexually abused based on presently reported emotional struggles.
- Guided imagery in which "patients are encouraged to imagine abusive incidents that they seek to remember, attempting to create pictures in their minds of what might have happened."^{xxxv}
- The abused must believe that their memories are accurate.
- The abused must confront their abuser to be healed of what they did.

All such practices and principles are unnecessary and prohibited for Renew Ministry.

For good reason, Recovered Memory Therapy has been widely rejected by professional psychiatry. Recovered memories have occurred in rare cases in our Renew Ministry, but it is not something that is sought after, required, or necessary for Renew Ministry to be effective.

^{xxx} Bessel van der Kolk, *The Body Keeps the Score* (Penguin, 2014, Kindle ed.), 174.

^{xxxi} Daniel Schacter, *Searching for Memory* (Basic Books, 1996), 7.

^{xxxii} For discussion on the need to address your past see *FREEDOM*, Chapters 7-9.

^{xxxiii} van der Kolk, 175, 190, 191. For an obvious example of a woman suppressing incidents of sexual abuse in her childhood, even to the point of consciously not remembering them, see Kolk, 123-125, 128, 129-133.

^{xxxiv} Ed Smith, *Healing Life's Hurts* (New Creation, 2005), 267-8.

^{xxxv} Ibid. 272.

Section III

Instructions for Basic Renew Ministry

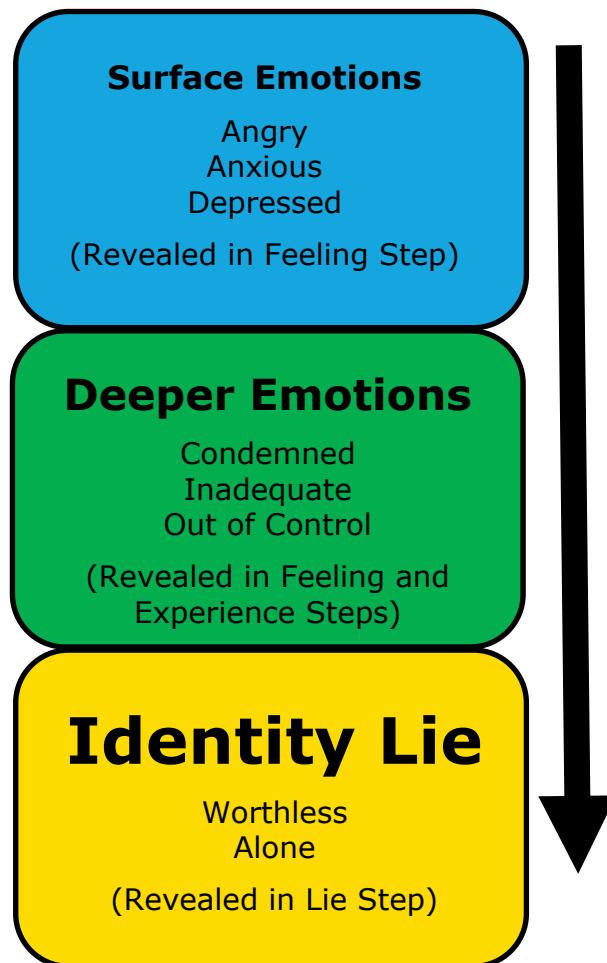
Chapter 10

Using the Why and How Questions

A) The makeup of a Hurting Part

- 1) The purpose of a Renew Ministry session is to reveal the Identity Lie that empowers a Hurting Part, and replace that lie with the freeing truth of Jesus. The problem is that these Identity Lies are often buried rather deep in the emotional/subconscious part of a Recipient's mind.
- 2) As explained elsewhere, the way to connect to a Hurting Part is to get in touch with our negative emotions. And the way to discover the Identity Lie is to follow a path of emotions that becomes deeper and more painful until we reach the bottom of the Hurting Part, which is the painful Identity Lie.

Progressing through Deeper Emotions to Discover the Identity Lie



B) Ministering to a Hurting Part

- 1) Because Hurting Parts are in layers of deeper emotions, it is necessary to enable the Recipient to progress through these layers to reveal the Identity Lie. It is here at the bottom, of the Hurting Part, where the greatest pain is found; alongside the lie that is empowering this part of their sinful nature.
- 2) The procedure for healing a Hurting Part consists of the ability to use various prescribed questions in the Renew Ministry Process to enable the Recipient to progress through deeper emotions. These questions are used in both the Feeling and Lie Steps for this purpose. These questions include:

How Question: "How does that make you feel?" This question is designed to enable the Recipient to connect with a deeper part of their emotional/subconscious mind. This will be by far the most repeated question in a Renew Ministry Process.

Why Question: "Why do you feel that way?" This question is designed to enable a part of the Recipient's emotional/subconscious mind to recognize the belief behind and under their negative emotions. It engages the Recipient's logical/conscious mind that possesses the truth and reasoning abilities needed by the emotional/subconscious mind to process lies and truth. This is the second most common question asked in a Renew Ministry session.

- 3) The How Question and Why Question are the primary scalpels of surgery that allow you to expose more and more of what is inside the Hurting Part. They enable the Recipient to connect with their emotional/subconscious mind and reveal the lies it believes, and to engage their logical/conscious mind to experience the truth they need.
- 4) These questions will be used especially in the Lie Step. Getting to a deeper emotion in the Feeling Step will usually require fewer questions and less time than revealing the Identity Lie in the Lie Step.
- 5) Because you are working with the subconscious mind, especially the How Question and Why Question will need to be asked repeatedly in the session. Do not become impatient with this.

"Don't be frustrated by the repeated questions. This Step can last 10-15 minutes of asking questions #3 and #4 over and over again: "How does that make you feel?" and "Why do you feel that way?" Why do these questions need to be repeated over and over again? Because we are working with your emotional, irrational subconscious mind. Because it is "subconscious" it is not "aware" of the lies it believes. It must be helped to realize the lies it believes. Your subconscious mind must be helped to "discover" what it believes. And this requires a patient and seemingly tedious process of asking and answering these questions repeatedly." (*FREEDOM*, Chapter 19, Section 2)

C) How to use the How and Why Questions

1) Remember that you are working with the emotional/subconscious part of the Recipient's mind

This is where Hurting Parts have been suppressed and operate from. Remember as well that the subconscious mind is wired, connected, and organized by *emotion*, not *logic*. The subconscious mind is not capable of analyzing or understanding. It just feels and experiences. Hurting Parts consist of these feelings and experiences.

Therefore, in order to minister to a Hurting Part, the Recipient needs to 1) emotionally connect with the Hurting Part, and 2) Help the subconscious part of the mind where the Hurting Part exists to "realize" what it is feeling and experiencing.

The How Question accomplishes both by asking: "How does that make you feel?" For all the above reasons, the How Question will be, by far, the most repeated question asked in a Renew Ministry session. This is because it is less painful to *think* through circumstances than to *feel* emotions.

2) You must also engage the logical mind to renew the subconscious mind

The emotional/subconscious mind is not capable of understanding the beliefs causing its feelings, or the truth needed to recognize lies and replace them. Therefore, the conscious/logical mind must be engaged to 1) reveal the false beliefs behind the negative feelings of the Hurting Part, and 2) be the source of the truth that replaces the controlling lies.

The Why Question accomplishes both by asking: "Why does this part of you feel that way?" This question engages the logical mind to analyze and reveal what the Hurting Part is believing to cause its negative and controlling feelings.

To summarize:

How Question: "How does that make you feel?"

(Engages the subconscious/emotional mind)

Why Question: "Why do you feel that way?"

(Engages the conscious/logical mind)

This back and forth interaction between the Recipient's logical/conscious mind and their emotional/subconscious mind enables them to progress deeper in the emotions the Hurting Part is experiencing, reveal the lies causing those emotions, and replace the lies with the freeing and simple truth of God's love.

3) When to ask the How Question

a) Ask the How Question when the Recipient expresses *information* (a belief, circumstance, event, image, etc.)

b) Example:

Recipient: "My dad was always yelling at me."

(A belief, circumstance)

Helper: "How did that make you feel?"

(How Question)

c) A belief, circumstance, perspective, image, event, etc. will usually be described in a phrase or several sentences.

d) Recognize that when the words "felt like" are used together, it is almost always a circumstance, not an emotion. For example, the Recipient might say, "I felt like I was being rejected." Despite using "felt" this is not stating an emotion, but a belief, and it would be best to ask the How Question ("How does that make you feel?").

e) Recipients typically respond to questions more often with beliefs, circumstances, perspectives, etc. Therefore, it is common to repeat the How Question.

4) When to ask the Why Question

a) Ask the Why Question when the Recipient communicates a feeling or emotion.

b) Example:

Helper: "How does this [circumstance/perspective/image] make you feel?"
(How Question)

Recipient: "Anxious."
(An emotion)

Helper: "Why do you feel that way?"
(Why Question)

- c) The Why Question is asking for an *explanation* of why the Hurting Part feels a certain way. This is helping the Recipient to discover the cause and beliefs behind their negative emotions.
- d) A feeling is usually a one word answer: "sad, mad, embarrassed, etc."

5) Mistakes are no big deal

In a rather short time, knowing when to ask the How Question or Why Question will become second nature. It is not a serious mistake to ask the wrong question. It will be fairly easy for you or the Recipient to recognize this and get back on track.

C) Example of using the How and Why Questions

Summary: The How Question ("How does that make you feel?") is in response to *information*. The Why Question ("Why do you feel that way?") is in response to *emotion*.

The Helper must listen closely to evaluate the Recipient's responses as a (probably one-word) emotion, or (probably a phrase or sentence) of information describing a belief, circumstance, etc.

These questions are not usually asked in a perfect back and forth order. Often you will ask the How Question several times before asking the Why Question. This is because the Recipient will often answer the How Question with a belief/circumstance/perspective instead of an emotion.

Example in the Feeling Step:

Helper: "What negative emotion are you struggling with?"
(Focus Question)

Recipient: "Anxiety."
(An emotion)

Helper: "Why have you been feeling that way?"
(Why Question)

Recipient: "My husband is making some bad financial decisions."
(A belief/circumstance)

Helper: "How does that make you feel?"
(How Question)

Recipient: "Like I could never please him."
(A belief)

Helper: "How did that make you feel?"
(Repeat How Question)

Recipient: "Rejected"
(A one-word, deeper emotion)

Notice how the How Question and Why Question enabled the Recipient to connect with deeper emotions. In the example above, the Recipient first expressed a rather vague feeling of "Anxiety." But in a short time, they were helped to connect with a deeper and more painful emotion of feeling "Rejected." This is a necessary process to eventually reveal the bottom Identity Lie and resolve it.

Chapter 11

Using the Looping, Coping, and Intensity Questions

A) Using the Looping Question

1) Sometimes the Recipient will respond to the How Question by repeating the same emotion

In such cases, the Recipient is experiencing a “processing loop” in their illogical/subconscious mind. This results in the Recipient repeating a feeling (e.g. anger) in response to the How Question, instead of processing through to deeper emotions. This is called “Looping.”

The Looping Question will help the Recipient to answer with something other than the repeated emotion. It puts both the belief/circumstance and the repeated emotion in the same question:

Looping Question: “Why did the [belief, circumstance] make you feel [the repeated emotion from the How Question]?”

2) Example of using the Looping Question

Helper: “How did that make you feel?”
(How Question)

Recipient: “Angry.”
(An emotion)

Helper: “Why did you feel that way?”
(Why Question)

Recipient: “Because he was making fun of me.”
(A circumstance)

Helper: “How did that make you feel?”
(Emotion Question)

Recipient: “Angry.”
(Repeated emotion)

Helper: “Why did his making fun of you (the circumstance) make you feel angry (the emotion)?”
(Looping Question)

Recipient: “Because all of my friends were watching.”
(A circumstance)

Helper: “How did that make you feel?”
(How Question)

Recipient: “Embarrassed.”
(A deeper emotion under “angry”)

B) Using the Coping Question

1) Sometimes a Recipient will respond to a question by expressing a desire or need for someone or something other than God

Examples include saying they need or want something, or that they have to do something, cannot do something, or are trying to do something. These are expressed in statements like "I wanted...," "I didn't want...," "I can't...," and "I couldn't." For example: "I wanted him to love me."

Such expressions suggest a controlling lie that creates false and damaging desires in a Hurting Part.

2) The Coping Question helps the Recipient discover the controlling lie operating in such cases

Coping Question: "How would you feel if you [did not do/did not have] _____ [i.e. anger, desire, idol, coping/defense mechanism]?"

The Coping Question is asking the Recipient how they would feel to have an idol or coping mechanism removed from their life. This question can significantly help a Recipient to discover painful and deep feelings and reveal controlling lies.

3) Examples of the Coping Question

Example 1:

Helper: "How did that make you feel?"
(How Question)

Recipient: "Angry."
(An emotion)

Helper: "Why did you feel that way?"
(Why Question)

Recipient: "Because I wanted him to like me"
(An idol)

Helper: "How would you feel if he did not like you?"
(Coping Question)

Recipient: "Devastated."
(Deeper emotion)

Example 2:

Helper: "How does that make you feel?"
(How Question)

Recipient: "Angry."
(An emotion)

Helper: "Why do you feel that way?"
(Why Question)

Recipient: "Because I should have been able to pass that test"
(A desire)

Helper: "How did it make you feel when you did not pass that test?"
(Coping Question)

Recipient: "Devastated."
(Deeper emotion)

C) Using the Intensity Question

Intensity Question: "On a scale from 1-10, how strong is the emotion you are feeling there?"

- a) This question is designed to enable the Helper to know if the Recipient is experiencing sufficient emotion to be connected to a Hurting Part and resolving it. This might be asked occasionally, especially in initial sessions, as the Helper better understands how the Recipient experiences emotions.
- b) Remember that people express emotions differently. If you are not familiar with how the Recipient expresses emotion, do not assume their feelings are minimal. Simply ask the Intensity Question.
- c) If they answer with seven or greater, you can conclude they are experiencing sufficient emotion in the Step you are in.
- d) If they answer the Intensity Question with something less than seven, it is recommended that you return to the Experience Step to find a deeper memory, theme, or image, or to the Lie or Feeling step to find a deeper emotion.

Chapter 12

Basic Step #1: CONNECT

CONNECT

Connect to Jesus

Connect Question #1: "How do you feel about being here today?"*Negative response: Go to Guarding Part Process.***Connect Question #2:** "How does Jesus feel about you being here today?"*Negative response: Go to God Lie Process.*

A) The purposes of the Connect Step

1) Connect to Jesus

It is often helpful for recipients to find some measure of comfort and security in Christ before moving on to focusing on painful emotions. Like securing a safety harness before repelling down a cliff face. Also, it is normal to feel nervous and anxious before a session, especially for new people, and this helps calm those anxious parts.

2) Expose God Lies and Guarding Parts Early On

These two questions may also flush out God Lies or Guarding Parts early in the process. This often makes for a smoother session with less Guarding Parts and God Lies as the session goes on.

B) Helpful Guidelines for an effective Connect Step

1) Don't be surprised if you spend a lot of time in the Connect Step

This step is intentionally designed to flush out God lies and Guarding Parts, so do not be surprised if you spend whole sessions in this step. This is progress! Many individuals have never explored their emotions in this setting before and may have a lot of Guarding Parts keeping them from diving in. Also, many individuals have never thought about how Jesus feels toward them in a meaningful way, so it is very important for them to work through this before moving on.

2) It's okay to skip this step

This step may especially be helpful for new people who are not used to diving into their painful emotions. For those that appear more comfortable exploring their negative emotions right away, this step may be skipped. Use your best judgement in this area.

Chapter 13

Basic Step #2:

FEELING

FEELING

Find a deeper emotion

Focus Question: "What negative feeling are you struggling with?"

Why Question: "Why do you feel that way?"

How Question: "How does that make you feel?"

Repeat Why and How Questions until they express a strong and specific emotion.

A) The purposes of the Feeling Step

1) Access the subconscious mind

God created us to be able to suppress negative emotions into our subconscious mind. In the Feeling Step, you are asking the Recipient to allow themselves to feel these emotions. By doing so, you are helping them to access the hidden, hurting, and deceived parts of their subconscious mind. This is why emotion is essential to the Renew Ministry Process. Many of the questions are designed to help the Recipient experience the necessary emotion to process hurts, lies, and truth. In the *FREEDOM* study we write:

How do we locate and access the hidden Lie Fortresses through which Satan controls us? By focusing on and following our negative and sinful emotions. The Psalmist [in Ps 42] recognized a deceived, hurting, sinful, and controlling part of his heart by recognizing his "soul" was feeling "downcast" and "discouraged." This revealed that a part of His heart was not being controlled by God's Spirit and truth or "hope in God." These painful feelings were coming from the place that believed lies. Therefore, these negative emotions were the path to locating those lies.

Along these lines, in chapter 6, we described an enemy fortress to symbolize parts of a Spiritual Lie Fortress:

Finally, the walls and gate of this enemy fortress symbolize the barrier between your conscious/logical mind where you know the truth, and your subconscious/emotional mind where you are deceived. This "wall" is so thick and tall that your conscious/logical mind has no idea what is behind it. That is why what is behind the "wall" is "subconscious" or unknown. Likewise, the "wall" is so real that the truth possessed by the conscious/logical mind does not affect the lies that are in the subconscious mind...

So, how do we open the gate to the Lie Fortress to get the truth to the prisoners in the dungeon? How do we enter and minister to the subconscious mind? By following our feelings. Especially our negative and sinful feelings.

The conscious mind is connected and organized by *logic*. Logical thinking is what enables you to navigate and use your conscious mind.

But the subconscious mind is connected and organized by *emotion*. Usually negative emotions. Which is why they are suppressed into your subconscious mind.

When you are feeling negative and sinful emotions, you can usually assume you are experiencing your subconscious/emotional mind. Allowing ourselves to *feel* the negative and even sinful emotions in our subconscious mind allows us to minister to it.

Recognizing the anger, fear, and shame we *feel* deep inside of us, connects us to the lies we *believe* deep inside of us.

Those negative and painful feelings are the pathways to navigate the dark and often complex maze of passageways and staircases to the subconscious dungeon of your lie fortresses. Again, this is because the subconscious mind is connected and organized by emotion. And those negative and painful emotions are usually suppressed and pushed into the subconscious mind. Therefore, when we allow ourselves to feel those emotions, we are experiencing our subconscious mind.

Elsewhere we state:

Emotions such as anger, worry, discouragement, and lust are like smoke coming from a fire burning in the hidden parts of your mind. If you follow the smoke, you will find the fire. Likewise, if you follow those emotions, you will find the Identity Lies that are producing them. This is why a Renew Ministry session will focus a great deal on your negative emotions. (*FREEDOM*, Chapter 16, Section A)

The Feeling and Lie Steps are similar in function except for one main difference. The Feeling Step focuses on finding the context of the Hurting Part, whether that be an image, theme, or event; while the Lie Step focuses on finding the Hurting Part/Identity Lie itself.

2) Help the Recipient experience a strong and specific negative emotion that enables them to connect to a past Experience

- a) The Feeling Step is designed to lead to the Experience Step. In the Feeling Step we are helping the Recipient *begin* to emotionally connect to a Hurting Part that needs healing. In the Experience Step we are asking the Recipient to emotionally connect to the Hurting Part in a *deeper way* by connecting to an event, theme, or image that expresses the Hurting Part.

Therefore, you want to get to an emotion in the Feeling Step that is *strong* enough to connect with past Experiences, and *specific* enough to be related to the Hurting Part you are focusing on. This may be the difference between just feeling fear (strong emotion), but fear of failure (strong and specific).

- b) Here we will introduce the different levels of emotion. The Feeling, Experience, and Lie Steps in the Renew Ministry Process are designed to enable the Recipient to experience an increasing intensity of negative emotions. This is necessary to get to the most painful and powerful feelings attached to the bottom Identity Lie.

Normally the Recipient will begin a session experiencing surface emotions (anger, frustration, discouragement, etc.) The goal of the Feeling Step is to help the Recipient connect with deeper emotions (shame, rejection, inadequacy, etc.) These are the emotions that are strong and *specific* enough to enable them to connect to the memory, theme, or image (Experience Step) that is related to the Hurting Part being triggered in the Feeling Step.

Levels of Emotion

Vague Surface Emotions	Specific Deeper Emotions	Identity Lies	Versions of Identity Lies
Encountered initially in the Feeling Step	Encountered eventually in the Feeling and Experience Steps	Must be felt in the Lie Step before Truth will work	
Angry	Condemned	70% of the time	
Anxious	Failure		Ruined
Depressed	Guilty		Broken
Discouraged	Inadequate		Unlovable
Exhausted	Not good enough		Small
Frustrated	Out of control		Defective
Hurt	Painful circumstance		“Something is wrong with me”
Sad	Powerless		“I am bad or evil”
Tired	Rejected	20% of the time	
	Shameful	ALONE	Abandoned
	Stuck		Separated
	Stupid	10% of the time	
	Trapped		Hopeless
	Unsafe		“I want to die”
	Unwanted		

c) Therefore, the goal of the Feeling Step is to help the Recipient experience and express an emotion like those listed above in the Specific Deeper Emotions column.

B) The challenges in the Feeling Step

The primary challenges in the Feeling Step relate to how different people experience emotion. Some Recipients have a difficult time connecting to and expressing emotions. They will need help to do this. Other Recipients struggle more to control their emotions, and regularly experience an overwhelming and confusing flood of feelings. They will need help to focus on one negative emotion to get it resolved.

1) Help the Recipient experience a strong and specific emotion in the present

a) A Recipient may only be able to describe a vague emotion or may come to the session not struggling with anything at all.

[Connecting with negative emotions] is perhaps the hardest part of Renew Ministry for most people. The feelings produced by lies are painful. Normally we are trying to suppress anger, fear, shame, etc. In a Renew Ministry session we are asking you to let these things come to the surface so you can face them, reveal their source, and permanently resolve the lies that are causing them. (FREEDOM, Chapter 18)

In the *FREEDOM* study, Recipients have read:

... must experience the feelings. It will not be sufficient to just talk about your feelings. What is important is that you are actually *feeling* them. Only then can we know that we are ministering to the right place in your heart. If your feelings are somewhat vague and difficult to "connect" to, your Helper may ask you something like, "When is the last time you felt that way?" Discussing recent experiences that were challenging or upsetting can help you experience the feelings you need to resolve. (*FREEDOM*, Chapter 18)

- b) It is not uncommon to encounter a Guarding Part at the very beginning of the Feeling Step (shame, fear, etc.), especially in the beginning sessions. This will hinder the Recipient from experiencing and expressing their negative emotions.

2) Focusing on one negative emotion

- a) Some Recipients will be feeling and expressing a great variety of strong emotions. Several Hurting Parts may be expressing themselves all at once. Your challenge is to help them focus on one negative emotion, so you can work with one Hurting Part at a time.
- b) Some Recipients may want to share many struggles and emotions in a lengthy monologue. Such "venting" is often encouraged in traditional counseling sessions where a primary purpose of a session is to provide the counselee with a safe and accepting place to vent. But this will not change their life, nor even resolve the negative emotions. The Helper needs to help the Recipient focus on one emotion so they can connect to an Experience and begin to reveal and resolve the lies causing the emotion.

3) Do not be concerned about where to begin

The mind is complex and a typical Recipient will have multiple Hurting Parts that need resolution. Both the Helper and the Recipient can be concerned with starting at the "right" place or addressing the "right" issue.

Trust that the Recipient will address the issue they are ready for. Whatever issue they are struggling with in the present indicates a Hurting Part with coping mechanisms that are wearing out and are ready to be resolved.

In general, however, it does not matter which Hurting Part gets resolved in a session, or what order they are addressed. If a person is full of buckshot, you just start removing it wherever you find it. The order doesn't make a difference.

C) Helpful guidelines for an effective Feeling Step

1) The introductory question can be asked in a variety of ways

The suggested introductory question is: "What negative feeling are you struggling with?" The purpose is to get them to begin focusing on one negative emotion they are presently feeling at the beginning of the session. Variations to this question include:

"What have you been struggling with this week?"

"As you thought about our session today, what did you think we should talk about?"

It might be helpful to encourage the Recipient to close their eyes. Take a few deep breaths. And then sense what negative emotions might come to the surface.

2) Have the Recipient share their “story”

Focus on the previous week and any emotional struggle they had. Ask them to describe what was happening. This will normally stir up the emotion.

The first step in the process is to connect with and purposely feel the negative emotions. This is usually most easily accomplished through the person telling their “story” (a recent event in which they were “triggered” or when emotional pain was felt) and then focusing on how that made them feel. Most people come into a ministry session with something to report that has occurred in their current life situation. When they give their report, emotion usually will surface.” (Smith)

If the Recipient is having difficulty feeling emotional in the session, but they name an emotion, it can help to ask, “When have you felt that way recently and why?”

If a Recipient shares a struggle with pornography, masturbation, or over-eating, it is helpful to ask them what they were feeling *before* they acted that way. These actions are only the symptom of painful emotions underneath them. Asking about the emotion will help you connect with the Hurting Part that is acting out in these ways.

3) Do not seek unnecessary details of painful events in the Recipient’s life

Some Recipients will feel it is necessary to disclose every painful detail of a traumatic event. Fortunately, this is not necessary in Renew Ministry. Traditional counseling will often require a counselee to articulate the whole story in detail, but Recipients have read:

It will not be necessary to share all the details of a past event. In fact, you do not need to share any details. The only purpose of the Experience Step is simply to be better connected to a Hurting Part. Then you can answer the questions in the Lie Step about how this part feels and why. (FREEDOM, Chapter 18)

A Helper might feel tempted to know all the lurid details of a Recipient’s experience. Some may perhaps feel that they gain some sort of self-esteem from knowing someone’s deepest, darkest secrets. Again, there is no need for this. A Recipient must share enough details to be emotionally connected to the Hurting Part. But all the Helper really needs to know is what the Recipient is feeling and what they are believing.

4) What if the Recipient shares a vague emotion?

- a) Ask them: “When have you recently felt that way?” and again encourage them to describe what was happening.
- b) Some Recipients will begin the session with very little emotion. Even the emotions they share may seem very small. Do not be fooled into thinking these are insignificant and the Recipient has nothing important to resolve. Even the smallest feelings are usually the tip of an iceberg.
- c) Do not assume that all Recipients will express their emotion in the same way. For example, less emotional people may be feeling a great deal of emotion internally, but not expressing it on their face. This may just be their personality.
- d) If you have doubts that someone is experiencing sufficient emotion, ask the Intensity Question (“On a scale from 1-10, how strong is the emotion you are feeling there?”) Often the person will respond with a high number even though their face is not reflecting this.
- e) If the Recipient continues to struggle, it is probable that a Guarding Part is operating. Therefore, proceed to the Guarding Part Process.

5) What if the Recipient is struggling to specifically name their emotion?

They do not need to specifically label the feeling. Just feeling “bad” or “hurt” is good enough.

You do not need to describe your feelings with an accurate label. It is sufficient to just say, “It feels bad.” Or, “It hurts.” Your Helper does not need to know the specific feeling and sometimes you may not be able to specifically label it. Describe it the best you can. (*FREEDOM*, Chapter 18)

If the person is unable to describe –give a name to– what they are feeling, it does not matter *as long as they are feeling what they are feeling*. The person only needs to connect with what they feel and focus on it. You may need to assure the person of this and encourage him or her to just connect with what he or she is feeling. You might say something like, “It is not important that you name what you are feeling, but only that you are feeling it.” (Smith)

Even years later traumatized people often have enormous difficulty telling other people what has happened to them. Their bodies reexperience terror, rage, and helplessness, as well as the impulse to fight or flee, *but these feelings are almost impossible to articulate*. Trauma by nature drives us to the edge of comprehension, cutting us off from language based on common experience... [In traumatic experiences] the emotional brain, which is not under conscious control and cannot communicate in words, takes over. (van der Kolk, 43, 176).

6) What if the Recipient is struggling to share any emotion?

Check if a Guarding Part is interfering with this Step. Ask the Proactive Hesitancy Question (“Do you sense any hesitancy moving forward?”) If the answer is yes, then proceed to resolve the Guarding Part.

It is also not uncommon for a person to begin a session without feeling anything. They may have had a horrendous week but are emotionally “flat-lining” when they finally arrive for the appointment. (Smith)

It may help to encourage the person to monitor their emotions in the following week and make a note of negative feelings to discuss in a session.

Come to the session with a negative feeling to work on. It can be helpful to monitor your feelings throughout the week and make at least a mental note of something that “triggered” you to feel negative and sinful emotions. This will be a good place to begin a session. (*FREEDOM*, Chapter 18)

7) Do not allow Recipients to just “vent” unless you sense they are moving toward a stronger emotion

It is usually best to not allow the Recipient to emotionally “vent” for several minutes, unless you sense they are doing so to become more connected to a negative emotion. Often “venting” is keeping them from feeling. If you sense this is the case, gently interrupt them and treat it with the Guarding Part Process or remind them of what they read in the *FREEDOM* study:

Try to focus on one feeling. Some struggle to have any feelings at the beginning of a session. But others are struggling with a lot of strong emotions. It will probably not help you to just “vent” about all of your problems and struggles. The sooner you can focus on one feeling/issue and begin resolving it, the better. (*FREEDOM*, Chapter 18)

If the Recipient expresses a variety of emotions, you might ask them which one feels the strongest, and proceed from there.

Focusing on one strong emotion to sufficiently connect with an Experience should require no more than 10 minutes of the session, unless a number of Guarding Parts are encountered in this Step.

8) Record or remember the strong, specific emotion and the circumstances shared in the Feeling Step

You will come back to this initial feeling and circumstance in the Truth Step to help the Recipient test, process, and experience the renewal they have obtained in the session. Usually when you do this, the present emotion and circumstance will be resolved.

9) It may not be necessary to ask any of the questions in this Step

Remember, the only purpose of this Step is to recognize a strong emotion that enables the Recipient's mind to connect to a past Experience. Digging through emotions to discover the Identity Lie is *not* the purpose of this Step.

Therefore, in the course of relating a difficult experience that week, the emotion may be evident and you can ask the Experience Question: "As you focus on that feeling does it remind you of anything?" The goal of the Feeling Step is to be able to effectively ask this question.

10) Example of the Feeling Step

Helper: "What negative feeling are you struggling with?"
(Introductory Question)

Recipient: "Anger."
(Surface emotion)

Helper: "Why did you feel that way?"
(Why Question)

Recipient: "On Wednesday night my husband and I got into an argument. He yelled at me."
(A circumstance)

Helper: "How did that make you feel?"
(How Question)

Recipient: "Really angry."
(Surface emotion)

Helper: "Why did you feel that way?"
(Why Question)

Recipient: "Because I felt like I was being personally attacked."
(A circumstance/belief expressed with the words "felt like")

Helper: "And how did that make you feel?"
(How Question)

Recipient: "Rejected."
(A deeper emotion that will better allow the Recipient to emotionally connect with a related memory, theme, image, etc. for the Experience Step)

Helper: "As you focus on that feeling where have you felt that way before?"
(Experience Question)

Chapter 14

Basic Step #3:

EXPERIENCE

EXPERIENCE	Find associated experience or theme
Experience Question #1: "As you focus on that feeling what comes to mind?"	

A) The purpose of the Experience Step

1) To help the Recipient better connect with a Hurting Part and focus on it

a) The purpose of the Experience Step is to help the Recipient connect to a Hurting Part that was created by a painful interpretation of a past event and has been suppressed in their subconscious mind.

Experiences are the most powerful teacher in life. Your experiences and how you interpret them and what you learn from them (whether lies or truth) will affect your life more than anything you learn in a book or classroom. Experiences are the most powerful teacher in your life. Especially childhood experiences. (*FREEDOM*, Chapter 7, Section A)

Connecting to a past painful event will help you connect better to a hurting and hidden part of your heart. Our mind has an amazing ability to "associate" current feelings with past events where we experienced the same thing. Doing so is not always necessary but usually helpful. (*FREEDOM*, Chapter 18)

b) God has designed our minds to connect current and past events through the *process of association*.

Don't "remember" events, but instead follow feelings. Again, it is important to work with the subconscious mind. Therefore, *focusing on and following the feeling back* will lead you to a hidden and hurting part. If you try to "remember" painful events logically, you will probably not be accessing a hidden and hurting part of your heart.

This is why we do not begin by asking you about your past or have you try to remember painful events. This would tend to simply engage your logical/conscious mind. By starting with feelings, and focusing on and following those feelings, we are working with your subconscious mind. Dr. Smith shares:

To demonstrate how association works, think about the word "CLASSROOM." What just happened? A memory probably surfaced. Did you see how quickly that occurred? Notice that you did not have to try or look for a memory about a classroom.

Now think about the words "FIRST KISS." Whoa! Bet you didn't see that one coming. This is how God designed your mind to work. It is natural, automatic, and effortless. The associative process is not a strange and mysterious thing, but rather, the natural outcome of mentally focusing on something.

If the [Helper] has explained to the person how God has designed our minds to naturally “associate” to a memory, then the [Recipient] can *relax* in his emotion and allow his mind to do what it was designed to do.”

(*FREEDOM*, Chapter 18)

2) The Experience Step may not be necessary if the Recipient is already experiencing a strong negative emotion in the Feeling Step

The Experience Step of Renew Ministry takes advantage of the power of memory if a Recipient’s present emotions naturally connect with a past event. We have not found this to be necessary to successfully renew a deceived, hurting, and hidden part of a person’s mind.^{xxxvi} However, if and when it does happen, it has proven to significantly help the Recipient connect with the part of the mind that needs renewal. Usually, connecting to a past event will make the session more meaningful for the Recipient and help them focus on a specific Hurting Part.

3) Some Recipients need help to learn how to connect with their emotions and Hurting Parts

The Experience Step helps them to learn this. This is why it is suggested that you try the Experience Step for the first 15 or so sessions with a Recipient.

4) (Optional) Experience Question #2: “Does that feel new or familiar?”

This question is designed to further assist in helping the Recipient find the origin or context of a hurting part. If they respond that it is new, then it is assumed that is the furthest back memory to work in. If they respond that it feels familiar, then ask Experience Question #1 again: “As you focus on that feeling, what comes to mind?”

If the recipient responds with imagery in Experience Question #1, then Experience Question #2 is unnecessary. Images and metaphors are the language of the subconscious, therefore, if a recipient responds with them, we may assume they are already connected to the Hurting Part. Skip Experience Question #2 and move on to the Lie Step.

B) Helpful Guidelines for an effective Experience Step

1) Be careful to ask Experience Question #1 as stated: “As you focus on that feeling what comes to mind?”

Other versions of the question may lead the Recipient to try to remember something with their logical mind, and this will disconnect them from a Hurting Part.

The [Helper] should avoid sending the [Recipient] on a “memory hunt,” but rather have him only focus on what he is feeling. The [Helper] never needs to instruct the [Recipient] to go looking for a memory or even to try to remember something. He does not need to ask questions such as, “Do you remember ever feeling this way before?” or “Can you recall any memory where you felt this same emotion?” These questions suggest that effort is required to remember. If there is no reason [i.e. Guarding Part] for the person not to remember, then when he focuses on what he is feeling (assuming that he actually is feeling his emotion and not suppressing it), his mind *will automatically* surface a related memory. This is how God has designed the mind to function.” (Smith)

2) Experience Question #1 will usually result in one of three responses:

- A memory of a painful event. (ex. “That reminds me of when my dad...”)

- Describing a “theme” in their life. (ex: “Growing up I felt this way all the time.”)
- An image that reflects a Hurting Part. (ex: “I see myself in a room with this creature...”)

3) Specific events or general themes will work

It is common to simply connect to “themes” instead of one specific event. Something like, “My dad was always angry.” This is fine. What is again important is that you are experiencing negative emotions and connecting with a hidden and hurting part of your heart. (*FREEDOM*, Chapter 18)

Through the mind's power of association, it groups similar messages from various events into one hurting part. If association enables the mind to group certain events together, then certainly it has the power to group certain messages together. And that is in fact how the mind has grouped the memories... Often we are not able to pinpoint particular experiences or happenings. Instead it can be an aggregate of surrounding influences, an all-pervasive atmosphere which encompasses us with a whole set of generalized [painful experiences] which require healing. (Seamands, 40)

Thematic lies are lies that become a way of life because of daily events that were a part of a person's awareness. These lies are reinforced every day and tend to be the most difficult to deal with because they are not episodic in nature. They are consequences of a dysfunctional family system or lifestyle. *Example: All my life, I have always been worthless and bothersome to others.*” (Smith)

4) You do not need to know the details of a memory. Just enough to connect with strong emotion

It will not be necessary to share all the details of a past event. In fact, you do not need to share any details. The only purpose of the Experience Step is simply to be better connected to a Hurting Part. Then you can answer the questions in the Lie Step about how this part feels and why. (*FREEDOM*, Chapter 18)

In fact, a [Helper] never really needs to know the details of what the [Recipient] is remembering, when the events took place, who was involved, etc., in order to fulfill his role in a session. (Smith)

A Mentor should never make any insinuations about what they think might have happened in a person's memory. Questions such as, “What else did he do to you?” or “Do you think that someone might have abused you?” or “You have the classic signs of having been abused. Do you think that you were?” are all highly inappropriate and should never be used during a session. (Smith)

5) Record or remember any memories or themes that are visited in the Experience Step

These will be revisited in the Truth Step to evaluate the resolution of the Hurting Part and to allow the Recipient to experience any new freedom.

6) Example of the Experience Step

Helper: “As you focus on that feeling, what comes to mind?”
(Experience Question #1)

Recipient: “Yeah. When I was about 7 or 8 years old my dad caught me lying about something.”

Helper: “Does that feel new or familiar?”
(Optional Experience Question #2)

Recipient: “It feels new there.”

Helper: "How did that make you feel?"
(How Question)

Recipient: "Terrified."
(This is a strong and specific emotion so go to Lie Step)

C) Troubleshooting the Experience Step

1) What if no memory, theme, or image comes to mind?

If the Recipient is sufficiently connected to a Hurting Part and experiencing enough emotion, then work with the emotion they have and move on to the Lie Step.

If nothing comes to mind with the Experience Question #1, then ask the Proactive Hesitancy Question ("Do you sense any hesitancy moving forward?") This will help you to know if a Guarding Part is interfering. If they are feeling something negative about answering the questions, then proceed to resolve the Guarding Part.

2) What if the level of emotion does not seem sufficient in the Experience Step?

As described in the previous chapter, ask the Intensity Question ("On a scale from 1-10, how strong is the emotion you are feeling there?") If they answer with seven or greater then you can conclude they are experiencing sufficient emotion to go to the Lie Step. If they answer the Intensity Question with something less than seven, it is recommended that you follow the ask optional Experience Question #2 ("Does that feel new or familiar?")

3) Remember, the goal of the Experience Step is to help them sufficiently connect with a Hurting Part

The goal is *not* merely to discover the "first time" they have experienced or felt something. Nor is the goal to resolve hurtful events. The goal is to resolve a Hurting Part that has been created by painful interpretations of those events.

Sufficient emotion can happen in the Feeling Step without the Experience Step as stated above. Sufficient emotion can also be experienced with the initial memory/image that comes to the mind in the Experience Step. But being sufficiently connected to the Hurting Part usually does not require them to remember the first time that Hurting Part experienced the hurt.

D) Additional principles for the Experience Step

1) Don't underestimate the significance of a past experience

Do not dismiss what first comes to mind in answer to the Experience Question #1 in the Experience Step. Often you will have no idea how it relates to the feeling/issue you are working with in the Feeling Step. Likewise, what comes to mind may seem unimportant. But the first thing that comes to mind has proven to be where people need to go.

Do not worry about not understanding how your current feelings are connected to a past event. Most people will not know this initially. Do not dismiss a memory because you cannot immediately make this connection. After things are resolved in the session, the significance of the event and the relationship between things will be more clear.

2) The Recipient's perception matters, not reality

Be careful of believing the Recipient's perceptions of an event are accurate. For example, a child may perceive that their parent was angry with them, but the truth of the matter is that the parent was angry with someone else and the child misunderstood. The frequency that such

misunderstandings can occur in a child's mind should give us great caution in accepting their version of events as accurate and causing us to form false opinions of other people. Again, this is especially true if the event occurred when the Recipient was a child. In such a case, the Helper only has half the truth and it is coming from the mind of a child.

Thankfully, neither the Helper nor the Recipient needs to accurately know what happened in the event. All that is needed is to work with the feelings and lies that were created by the Recipient's *perception* of the event. Lastly, it is important to note that we are not changing memories, nor can we, but only our perception in them.

3) It is okay if these places feel childish

Remember, hidden and hurting parts of the Recipient's heart are stuck back in time when they were hurt. When re-experiencing these places, the Recipient may feel odd about dealing with a childish part of their mind.

4) It is okay if a Recipient has to visit a specific event several times

Some painful events create several Hurting Parts and Identity Lies. Therefore, it may be necessary to work with a particular event in several sessions. This is normal and does not mean you are not making progress. Each time you resolve an Identity Lie that was created by the Recipient's perception of a painful event you are making progress.

^{xxxvi} This is one more difference between Renew Ministry and Transformational Prayer Ministry.

² David Seamands, *Healing Memories* (Victor, 1985), 40.

Chapter 15

Basic Step #4: LIE

LIE

Reveal painful
bottom lie

Why Question: "Why do you feel that way?"

How Question: "How does that make you feel?"

Repeat Why and How Questions until they respond with an emotional Identity Lie. Usually, a version of worthless or alone.

A) The purpose of the LIE Step

1) Reveal the painful, bottom Identity Lie

Identity Lies are how the Devil controls us.

The Devil's only weapon against you is a *lie*. That may not sound dangerous. But everything you desire and do is controlled by what you *believe*. So, if the Devil can get you to believe the wrong thing, he can get you to desire and do the wrong thing.

To whatever extent the Devil controls your beliefs, then he controls your life too... Remember, your sinful nature is essentially the part of your mind that is programmed with lies. Virtually all of the sinful nature's painful emotions including anger, worry, shame, and discouragement are empowered by believing lies...

This is why mind renewal is so important. It realigns your desires and reconnects you to God's love so you can experience all of His joy, peace, and power. We have taught throughout the *Christian Essentials* this vital truth: Believing lies turns on your sinful nature. Trusting the truth turns on God's Spirit in you. The difference between being controlled by your sinful nature or God's Spirit is whether or not in that moment you are trusting a *lie* or the *truth*. Notice then that just believing one lie can stop God the Spirit from controlling your life!... In fact, the Devil's strategy is even more simple than that. He only lies about one thing. *God's love for you...*

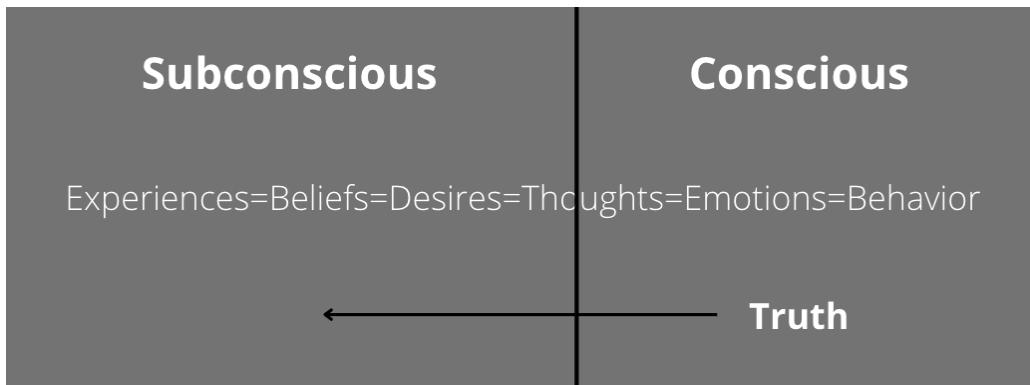
This is why the Devil is constantly attacking your *identity*. Your Christian identity is who you are because of God's love for you. If Satan can get you to believe you are weak, worthless, hopeless, rejected, and alone, then you will feel and act like you are these very things. We call these Identity Lies. They are the essence of how Satan controls your life. And the pain of those Identity Lies creates Hurting Parts in us that will seek relief and satisfaction apart from God, something God calls idolatry and is always sin. (*FREEDOM*, Chapter 5, Section A)

This is where the real battle is. Searching the hidden parts of your heart to find the deceived and hurting parts. These things are usually not on the surface and require some digging. It is necessary to get to the bottom of these hurting parts which will be a painful Identity Lie.

A good analogy is the need for a dentist to drill down through all the decay in a tooth before it can be healed. Likewise, it is easy to just pull the top off of a weed. But unless you pull up all the roots, the weed will just grow back. So it is with the Lie Fortresses in the hidden and hurting parts of your heart. You must find that painful Identity Lie in the bottom of the dungeon of that fortress in order to set it free. The truth will not work until the bottom Identity Lie is revealed." (*FREEDOM*, Chapter 19)

B) Identity lies always produce a chain of events

1) The sequence of experiences to behavior



2) Identity lies always produce a cascade of events that can be followed

Challenging experiences usually in youth often produce damaging beliefs about oneself or the world. These beliefs then shape our desires and what we believe will make us happy, which in turn controls what we think about. Our thoughts then impact our emotions and finally how we act.

3) A child's example

An example of this sequence playing out might look like a young girl who **experiences** neglect from a parent. Since she is still learning about the world, she takes her cues from her parents, whom she trusts to understand things better than herself. So if every time she comes to her father feeling sad, he tells her not to bother him, she walks away with the perception or **belief** that she must not be worth loving. This is a child's logic. It is far less painful for her to believe that she is the problem, than to believe that her dad, who is supposed to be a safe place for her, is. This painful lie that she is worthless then feeds her **desires**. She begins to believe that to not be worthless and to be happy, she must become good at something like sports. Of course, sports will never satisfy this deep need to be loved unconditionally, so she continues to believe deep down that she is worthless which effects her thought life. She may have **thoughts** like, "No one loves me," or "I'll never amount to anything." This affects her **emotions** and she becomes discouraged, depressed, and anxious. Thoughts like these in turn influence her **behavior** as she may choose to prioritize performing over relationships, or stay in bed if depression overcomes her.

According to the illustration above, most of what impacts us is experienced in our subconscious mind where we cannot readily see our own beliefs, desires, and often even our own thoughts. On the conscious side, you can see that some of our thoughts, emotions, and behaviors are apparent and noticeable. In a Renew Ministry session, this is all we have to work with. So we use what we can see, much like following bread crumbs, to find the controlling Identity Lies to deliver the truth at the root.

4) A biblical example

In Genesis 3, Eve came away from her **experience** with the Devil's temptation with a lie. She **believed** Satan when he said, "Did God really say you must not eat the fruit from any of the trees in the garden... you won't die... God knows that your eyes will be open as soon as you eat it and you will be like God, knowing good and evil." This lie planted the seed of doubt that God is not all Eve needed. And as soon as she accepted this lie, her **desires** changed. She now saw the fruit as "pleasing to the eye." Because of the lie, Eve idolized the fruit and was looking to it

to satisfy the needs she was designed to meet in God. Eve's **thought** life was corrupted as she set her mind on earthly things. Her **emotions** became entangled with fear as she wrestled with finding her security in objects that are fleeting and useless instead of in God. Adam and Eve's **behavior** immediately followed suit as they ran from God to hide.

C) The challenges of the Lie Step

1) Identity Lies cause very painful emotions

These painful emotions must be embraced to reveal the Identity Lie causing them. For this reason, we consider the Lie Step to be the second hardest aspect of Renew Ministry (second to resolving Guarding Parts).

2) Likely to encounter Guarding Parts

Because of the painful emotion attached to an Identity Lie, it is in the Lie Step that you are most likely to encounter Guarding Parts and God Lies. These will require some time, skill, and effort to resolve before you can resolve the Identity Lie.

Report any resistance or hesitancy to answer a question. This Step is probably working with some very painful places in your heart. It is important to proceed slowly and not force things, resolving Guarding Parts and God Lies along the way. (*FREEDOM*, Chapter 19)

3) Working with the subconscious mind

Remember you are dealing with the hidden and irrational (subconscious) part of the Recipient's mind. It is not aware of what it believes and may need a lot of help to realize the Identity Lie.

Be prepared to repeat the How Question and Why Question (including the Looping Questions and Coping Question) for 30 minutes or so. This can seem tedious for both the Helper and Recipient, so both must be patient to repeatedly ask and answer these questions until the Identity Lie is revealed. This is how we help the emotional/subconscious mind become aware of the lies it believes.

Dr. Smith notes:

There have been some people who have complained that the questions [in the Lie Step] can become redundant and monotonous and even frustrate the person receiving ministry. This is understandable if the person receiving ministry is uninformed as to why these questions are being asked. However, for the person who has been taught well and is oriented to the process, the questions make sense and the person will flow with the process. He hears the "redundancy" as a reminder for him to dig deeper, look in new directions or to clarify. This is why it is so important to train the recipient with the process as well as the principles and concepts."

4) The Lie Step is spiritual warfare

"The weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ." (2 Cor 10:4-5 NASB). The Lie Step is a place where spiritual warfare in the mind is certainly experienced. The Devil is a master creator of lies and deception and he likes to hide those in the deepest and darkest parts of our mind. The Lie Step can be both intense spiritual warfare and spiritual surgery.

5) It is easy to prematurely go to the Jesus Step

It is necessary to reveal the bottom Identity Lie before bringing Jesus in to provide the truth. Recognizing the Identity Lie in the Lie Step is the second hardest skill to learn in Renew Ministry.

For example, if a Recipient responds in the Lie Step with something like, "I felt rejected," you might proceed to the Jesus Step prematurely. However, feeling rejected might be truth-based. Perhaps someone did reject them. It is necessary to continue to ask the How Question and Why Question to reveal a sense of being worthless or alone under the rejection.

C) Revealing the bottom Identity Lie in a Hurting Part

1) The Identity Lie will be revealed with a *lie about themselves* expressed in a painful emotion

- In the "Levels of Emotion" table (pg. 88) notice an important difference between the Deeper Emotions and the feelings associated with Identity Lies. The feelings in the Deeper Emotions column may be *true*. Someone might have condemned you, you might have failed badly at something, you might be inadequate at something, you might not be in control of a situation, etc. The Identity Lie is not something that could be true.
- However, the feelings in the Identity Lie column are lies about the Recipient, if they are a Christian. No matter what happens or what a Christian does, they will never be worthless, ruined, unlovable, defective, or alone. "Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord" (Rom 8:39 NLT).

2) The Identity Lie will usually be a version of feeling *worthless* or *alone*

- We would estimate that the Identity Lie of a Hurting Part falls in the following categories with this suggested frequency:

- "Worthless": 70% of sessions (e.g. unlovable, no value, ruined)
- "Alone": 20% of sessions (e.g. abandoned, separated)
- Other: 10% of sessions (e.g. hopeless, trapped, powerless, want to die)

- Therefore, it is important to recognize that versions of "worthless" and "alone" are what you are usually listening for in the Lie Step.

Don't take shortcuts to the Identity Lie. You will discover that by far the most common Identity Lie that you are looking for is a version of feeling "worthless." Sometimes it will be a version of feeling "alone," "hopeless," or "powerless." But knowing these things and trying to logically discern or discover them will not help you. You must let your subconscious/emotional/irrational mind *realize* these painful Identity Lies. And that simply requires repeatedly answering the Emotion and Belief Questions in the Lie Step with the first thing that comes to mind. (*FREEDOM*, Chapter 19, Section 1)

- Identity Lies, and feelings close to them, are the opposites or absence of the H.A.P.P.I.E.R. needs described in *Christian Essentials* study #3 FAITH:

- Hope vs. hopeless
- Acceptance vs. rejection
- Protection vs. unsafe
- Power vs. powerless
- Importance vs. worthless
- Enjoyment vs. pain
- Relationship vs. alone

d) Even feeling "hopeless" will go to "worthless" or "alone" about half the time.

3) It is sufficient to reveal a feeling instead of a stated belief

The bottom Identity Lie is usually revealed with the Emotion Question ("How did that make this part of you feel?") If the Recipient answers with something like "worthless" or "alone" you can conclude you have revealed the Identity Lie. You could ask an additional question to establish the lie causing the feeling. For example, "What is this part believing to make you feel worthless?" But we have not found this to be necessary. Feeling worthless is sufficiently the same thing as believing you are worthless.

However, it has sometimes been helpful to ask the question: "What message did you receive from that?" to help the Recipient express the Identity Lie.

4) Intensity of emotion is not always a good guide to recognizing the Identity Lie

Identity Lies commonly have painful emotions attached to them. Therefore, if they respond to the *How Question* with a version of "worthless" and a lot of emotion, you have probably revealed the Identity Lie.

However, the Deeper Emotions (e.g. feeling rejected, ashamed, trapped, etc.) will often be felt with significant emotion as well. But they rarely indicate the recognition of the Identity Lie.

Sometimes the Guarding Parts around the Identity Lie cause equal or more emotion than the Identity Lie they are protecting. Therefore, emotional intensity alone is not a perfect guide to recognizing the Identity Lie.

Some will even express the most emotion in the Truth Step when the pain of the Identity Lie is released.

5) Deeper Emotions need to be distinguished from the feelings revealing an Identity Lie

In the "Levels of Emotion" table (page 88), many painful and powerful emotions are listed in the Deeper Emotions column. It is tempting to think these would reveal the bottom Identity Lie. But they rarely do. It is usually necessary to continue to ask the How Question and Why Question to reveal a feeling related to worthless or alone.

6) Failing to recognize the Identity Lie is not a big deal.

It is okay if you go to the Jesus Step before uncovering the Identity Lie. But the following will probably happen. When you go to the Truth Step, you will find that the pain is not resolved and you will have to return to the Lie Step and dig deeper for the Identity Lie. This does not reduce the effectiveness of the session, but will prolong its duration. As you become more skilled (and the Recipient learns to be patient), you will more efficiently recognize Identity Lies and this can shorten the time needed for the session.

7) Do not rush the Lie Step

There may be many painful emotions here that need to be expressed. Give the Recipient time to do this.

8) Be aware of Guarding Parts

Again, the Lie Step is the most common place where Guarding Parts are encountered. If the Lie step is not progressing to an Identity Lie, then proceed to resolve the Guarding Part.

D) Example of the Lie Step

Recipient: "Nothing I did was ever good enough."
(A belief/circumstance)

Helper: "How did that make you feel?"
(How Question)

Recipient: "I felt like his standards were too high."
(A belief stated using the words "felt like")

Helper: "How did that make you feel?"
(How Question)

(Notice the How Question was asked twice because the Recipient answered the first How Question with a belief, rather than an emotion.)

Recipient: "Afraid."
(An emotion)

Helper: "Why did you feel that way?"
(Why Question)

Recipient: "Because I could never make him happy."
(A belief/circumstance)

Helper: "How did that make you feel?"
(How Question)

Recipient: "It makes me feel really sad."
(Emotion.)

(Notice how the back and forth asking of the How Question and the Why Question is enabling the Recipient to progressively experience deeper emotions of their Hurting Part.)

Helper: "Why did you feel that way?"
(Why Question)

Recipient: "I guess I felt like he rejected me."
(A belief/circumstance stated with the words "felt like")

Helper: "How did that make you feel?"
(Emotion Question)

Recipient: "Worthless."
(The Identity Lie)

(Helper would proceed to the Jesus Step.)

Chapter 16

Basic Step #5

JESUS

JESUS

Recognize and
resolve Guarding
Parts

Jesus Question #1: "Let's isolate this part of you that feels _____. If we could bring Jesus to see you feeling that way, how would He feel towards you?"
If Jesus responds with anything other than compassion: Go to the God Lie Process.

Jesus Question #2: "How does this part of you feel toward Jesus?"
Negative response: Go to the Guarding Part Process.

A) The Purposes of the Jesus Step

1) Recognizing God Lies

- a) God Lies occur in about 25% of sessions.
- b) A God Lie is a false belief about God that is attached to a Hurting Part. These are sometimes referred to as a False Jesus. Examples include a belief that God is angry, disappointed with, or condemns a Hurting Part. This often results in the Hurting Part feeling anger, shame, or fear toward God. (See *FREEDOM*, Chapter 12, Section C)
- c) God Lies hinder a Hurting Part from receiving the necessary truth of God's love to set it free from the Identity Lie controlling it. Therefore, it is necessary to recognize and resolve any God Lies that a Hurting Part believes. One purpose of the Jesus Step is to detect any God Lies attached to the Hurting Part you are ministering to.
- d) God Lies are typically detected with the following Questions:
 - The Connect Question in the Connect Box
 - The Jesus Question #1 in the Jesus Box
 - The Truth Question in the Truth Box or Guarding Part Box
 - The Guarding Part Question in the Guarding Part Box

2) Recognizing Guarding Parts

- a) Guarding Parts will be encountered in about 65% of sessions.
- b) A Guarding Part is a deceived part of you that acts to protect a Hurting Part. Also referred to as a "Guarding Lie." They are the defense and coping mechanisms created in painful events to keep you from fully experiencing the pain. Examples include parts that act and feel angry, distracted, confused, or ashamed. These hinder or block the Recipient from progressing to deeper emotions and pain in the Renew Ministry session. (See *FREEDOM*, Chapters 12-13)
- c) Sometimes you will encounter up to 3-6 Guarding Parts (and/or God Lies) in one session. Do not be overwhelmed or confused by this. Simply, diligently, and patiently recognize them and continue to divide and conquer them.

Don't be frustrated if you encounter a lot of Guarding Parts or God Lies. These can seem to be an unnecessary obstacle that needs to be pushed aside so the session can progress and be helpful. But Guarding Parts and God's Lies are not merely distractions hindering a Renew Ministry session. They are deceived parts of you that probably effect almost every day of your life. Resolving them will not only make Renew Ministry sessions easier and faster, but more importantly it will change your life in a significant and permanent way. (*FREEDOM*, Chapter 19)

d) If we fail to detect an existing Guarding Part in the process, the session will be much more difficult for the Recipient. They will struggle with answering the questions and experience unnecessary fear, shame, anger, confusion, etc. "We can only 'process' horrendous experiences if they do not overwhelm us." (van der Kolk, *The Body Keeps the Score*, 223).

A [Helper] should seek to develop the vitally important skill of being able to identify when a [Recipient] is exhibiting potential [Guarding Part] behavior. If a [Helper] is unaware of the fundamentals regarding [Guarding Parts], they will continue to have seemingly "difficult" cases. They will assume that [Renew Ministry] only works consistently with a certain percentage of people, while being ineffective with others.

If the [Helper] does not understand the concept of [Guarding Parts] and how to recognize them when they are being engaged in a [Renew Ministry] session, they will have sessions that shut down and not move forward, seemingly, without explanation. Sessions will probably last longer than they otherwise would and seem to be more complicated than they actually are.

This is an area where most [Helpers] encounter trouble in sessions, whether they realize it or not. Learning to recognize when a potential [Guarding Part] is at play comes with time, training, and practice." (Smith)

e) Failing to detect a Guarding Part will significantly and unnecessarily lengthen the duration of the Renew Ministry session.

"In fact, nearly every obstacle that could hinder a person's progress in a session -- from an initial unwillingness to even apply the [Renew] Process, all the way to an unaccepting doubt regarding the validity of the transformation they experience towards the end of a session -- can be explained and addressed within the realm of [Guarding Parts]." (Smith)

f) It is especially important to detect Guarding Parts in the first sessions with a Recipient. Failure to do so can hinder the Recipient returning for further sessions. Recipients have read in the *FREEDOM* study:

Report any hesitancy, resistance, or distractions in responding to the questions. If there is anything happening in your thoughts other than focusing on answering the Helper's questions, then report this to your Helper so they can help you resolve it and make progress in the session. Common examples include: going blank, having no emotion, being distracted with other thoughts, feeling embarrassed, etc. If you sense any interference, hesitancy, resistance, or distraction from answering a question in the session, simply report this to your Helper.

Any mental interference to answering a question usually indicates a Guarding Part. These are the most common cause of an ineffective Renew Ministry session. Therefore, your Helper needs your assistance to recognize them if they occur during a session. Do not try to "push through" a session or simply ignore interference. It is important to recognize and resolve any Guarding Parts along the way to a successful Renew Ministry session. (*FREEDOM* Chapter 18, Section B)

g) The purpose of the Jesus Step is to *recognize* the presence of a Guarding Part and is described in this chapter. *Resolving* a Guarding Part is the purpose of the Guarding Part Process.

3) Establishing an emotional connection with Jesus

The Jesus Step prepares the recipient to receive freeing truth in the Truth Step. It is usually not enough for a Hurting Part to simply *realize the fact of God's love*. It is usually necessary and helpful for it to *experience the feel of God's love*. The Jesus Step helps the Hurting Part of the

Recipient establish and experience the personal relationship with Christ that all Christians possess.

B) Guidelines for effectively recognizing a God Lie

1) Jesus Question #1 in the Jesus Step is designed to introduce the presence of Christ to the Hurting Part and detect any God Lies believed by the Hurting Part

Jesus Question #1: "Let's isolate this part of you that feels _____. If we could bring Jesus to see you feeling that way, how would he feel towards you?"

Feelings reveal beliefs. Therefore, asking the Hurting Part how Jesus feels toward it reveals what the Hurting Part believes about Jesus.

2) God Lies are always and simply recognized by any lack of compassion from Jesus for the Hurting Part

- a) This is the only thing you need to be listening for in answer to the question above. If the Recipient's answer is *anything* except *compassion* (e.g. concern, sympathy, care, kindness, etc.) then you have probably encountered a God Lie.
- b) There are examples of a God Lie that may not be easily detected because they may sound biblical, or even sound like compassion. For example: "Jesus would feel disappointed." Or "Jesus would be angry about what happened to me." Again, these are *not compassion* for the Hurting Part and usually indicate a God Lie.
- c) A Jesus who has no feelings toward a Hurting Part (this is a lack of compassion) indicates a God Lie.
- d) Obviously, if the Recipient replies to Jesus Question #1 with something unbiblical, then it is a God Lie.

C) Guidelines for recognizing a Guarding Part

1) The most common and frustrating mistake that inexperienced Helpers make is failing to recognize when a Guarding Part is operating

Instead of realizing that a Guarding Part is interfering with the session, they will continue attempting to push the Basic Renew Process, and keep asking the How Question and Why Question hoping to make progress.

The thought of being able to spot a potential [Guarding Part] in a session may seem a bit overwhelming at first. However, once the concept of [Guarding Parts] and their characteristics are better understood, you will find identification easier and notice occurrences more frequently than you may have initially thought" (Smith)

2) Jesus Question #2 in the Jesus Step is designed to detect a Guarding Part

Jesus Question #2: "And how does this part of you feel towards Jesus?"

3) A Guarding Part is simply and always recognized as any resistance to answering a question

- a) There are many, many different kinds of Guarding Parts (See *FREEDOM* Chapter 12 for several different categories and examples). The very best way to detect them is to remember they are simply and always any resistance to answering a question.

b) Nonetheless, here is a list of 50 indications of a Guarding Part in five general categories and they all are motivated by fear:

Anger: Hate, obstinate, stubborn, self-hate, critical, judgmental, "This is stupid/dumb/sucks," pointing the finger/blaming

Logic: "Just give me the answer," rationalize, find practical solutions, "But I know that's not true," "But they didn't mean to hurt me," over analyzing, racing thoughts, confusion

Denial: "I don't want to look at it," "Whatever," "It's fine," "It's no big deal," "This is silly," apathy, "I don't know" (especially common), doubt, can't trust, skepticism

Flee: Numb, not feeling, fatigue, brain fog, freezing up, cowering, disassociation, depression, distraction, panic, run away, hide

c) Long pauses or saying "I don't know" in response to a question can also indicate a Guarding Part operating.

"Being 'stuck' is often manifested by feeling angry, not feeling any emotions (suppression), lack of memory recall, or some form of distraction that allows you to keep from pressing forward. All such [Guarding Parts] are self-generated and supported by false belief."

Common [beliefs causing Guarding Parts] include, "If I remember what happened, I will become overwhelmed, out of control, or die;" "If I let myself feel my painful emotions, they will be more than I can bear;" or "Feeling something only leads to more pain;" "If I try, I'll fail."

A simple indicator that a [Guarding Part] is in play is when the ministry session seems to stall out. When forward motion is hindered there is probably a [Guarding Part] engaged." (Smith)

4) A Guarding Part may be encountered in virtually any Step

This is why the Helper should be listening for any resistance, hinderance, interference, or distraction from the Recipient answering questions with the first thing that comes to their mind.

5) At any point in the Renew Ministry Process, if the Helper detects any resistance or hesitation with a question, they should ask the Proactive Hesitancy Question

Proactive Hesitancy Question: "Do you sense any hesitancy moving forward?"

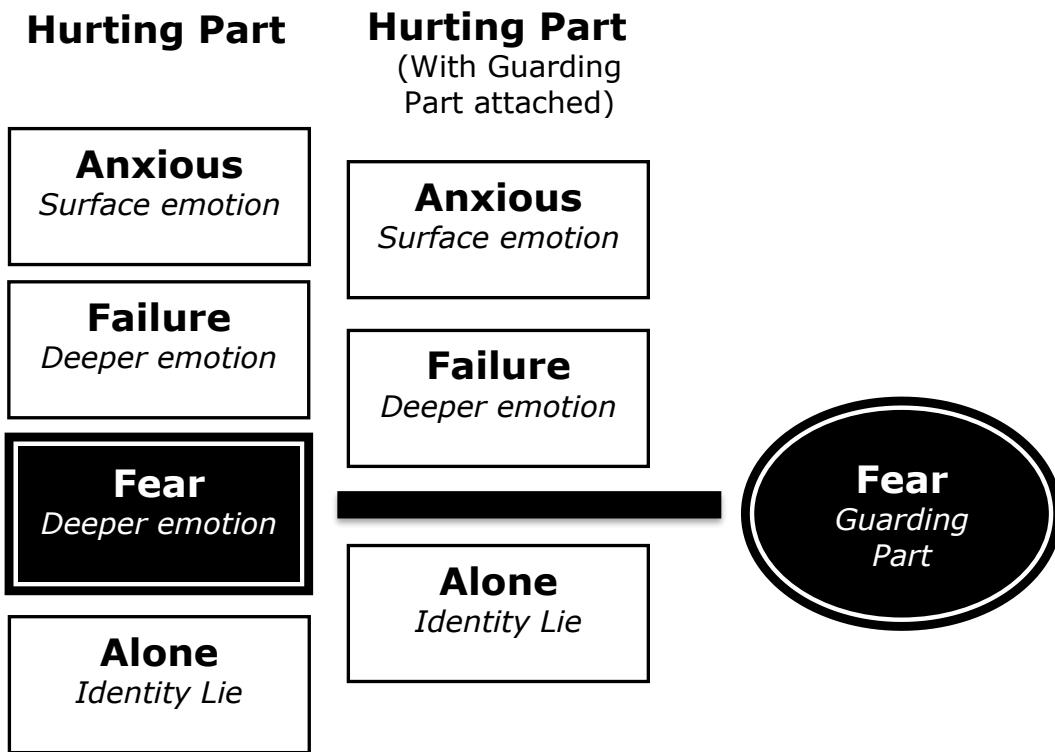
This question is designed to enable the Recipient and Helper to recognize if a Guarding Part is hindering the Renew Ministry Process. It might be asked in any Step of the process if the Helper suspects any interference at any time.

6) Sometimes an emotion sounds like a Guarding Part but is being caused by the Hurting Part

An example is fear. This is a common Guarding Part and is in fact the root of all Guarding Parts. But it can also be felt because of beliefs in the Hurting Part. If the fear is coming from the Hurting Part then it will be resolved as you progress through emotions in the Basic Renew Process. If the fear is coming from a Guarding Part, then you will need to "divide and conquer" and resolve this Guarding Part apart from the Basic Renew Process (explained in Chapter 19).

How can you tell the difference? If the fear is coming from a Guarding Part the Recipient will struggle to answer questions as you attempt to find deeper emotions in the Basic Renew Process. The two sources of fear can be illustrated in the following diagram:

The Two Places Fear Can Occur Diagram



7) Examples of Jesus Step

a) Example of processing fear coming from a Hurting Part

Helper: "How did that make you feel?"
(How Question)

Recipient: "Afraid."
(An emotion.)

Helper: "Why did you feel that way?"
(Why Question)

Recipient: "Because I was going to be alone."
(Probably the Identity Lie)

In this case the fear did not hinder the Recipient from going to a deeper emotion in the Hurting Part. Therefore, it was not coming from a Guarding Part.

b) Example of processing fear coming from a Guarding Part

Helper: "How did that make this part feel?"
(How Question)

Recipient: "Afraid."
(An emotion.)

Helper: "Why did this part feel that way?"
(Why Question)

Recipient: "I don't know. Maybe I'm making too big a deal about it."

The Recipient did not answer the question which indicates resistance and possibly a Guarding Part operating. Helper should proceed to resolve the Guarding Part.

Chapter 17

Using Jesus, Rooms, and Imagination in Renew Ministry

A) The purpose of referring to Jesus in Renew Ministry

1) Jesus is the suggested source of the truth throughout the Renew Ministry Process

This is why Jesus is referred to in the Truth Question: "If Jesus interacted with you, what would happen?"

Still, we understand that psychologically, the source of truth in a Renew Ministry session is the Recipient's logical/conscious mind (see *FREEDOM*, Chapter 16, Section C for an explanation of this).

2) Referring to Jesus as the source of the truth is helpful

It helps the Recipient "experience" the truth in a personal way.

Strange as it may sound, I often ask people which will be easier for them, talking with God or with Jesus? In most instances they will say something like, "I feel better with Jesus; I guess I'm scared of God." I have discovered that most of the time, people are comfortable with imagining a picture of Jesus. (*Seamands, Healing Memories*, 141).

Referring to Jesus also reminds the Recipient that we are needing biblical truth.

B) Helpful guidelines for referring to Jesus in Renew Ministry

1) In a very real way, Scripture tells us that Jesus is actually present in a Renew Ministry session

- "For where two or three gather in my name, there am I with them." (Matt 18:20 NIV)
- "God has said, 'Never will I leave you; never will I forsake you.'" (Heb 13:5 NIV)
- "God is our refuge and strength, A very present help in trouble." (Ps 46:1 NASB)

2) Some Recipients may be confused with the reference to Jesus

Some Recipients experienced the absence of Jesus in their painful past. Therefore, when the Helper refers to Jesus in a question, the Recipient might say, "But He wasn't there." In a sense, He was not if the person was an unbeliever at the time (cf. Eph 2:1-3, 11-12).

In such a case it is helpful to simply ask the Recipient, "Can He be there now?" Most will answer "Yes" because they logically know the omnipresence of God and that "Jesus Christ is the same yesterday and today and forever" (Heb 13:8 NIV). He is not bound by time and can "revisit" and be "present" in any moment of our life, including the past. Even though He may not have been with the Recipient in the past, He can be with them in those places now.

3) A very few Recipients may not prefer the use of Jesus

A very few may ask that the Helper use phrases like "the Bible says" or "the truth is" instead of using "Jesus." However, this may indicate a God Lie operating.

C) The purposes of using Rooms in Renew Ministry

This is an optional process.

1) Rooms help the Recipient to focus

Many Recipients experience multiple Hurting Parts and Guarding Parts all at once. None of them can be resolved unless the Recipient can focus on one at a time. Imagining these Parts in separate "Rooms" helps the Recipient to distinguish them and focus on them one at a time.

2) Rooms help the Recipient to process

Hurting Parts and Guarding Parts can cause very intense emotions that hinder the Recipient's ability to pull back, engage their logical mind, and analyze and process the feelings and lies in these Parts. Imagining these intense Parts in a separate Room with a wall separating it from the Recipient helps accomplish this.

Psychologically, the Rooms help the Recipient distinguish between their logical/conscious mind and their emotional/subconscious mind. The contents of the Room represent the latter. Jesus (the source of the truth) is the former.

3) Rooms help the Recipient to last longer

Renew Ministry requires a great deal of emotional and mental energy. However, Recipient's have only so much of that energy to give. Having many, strong emotions at once can make Recipients feel that they will be overwhelmed. This can prevent them from accessing their subconscious mind. Using rooms provides a path forward. Imagining placing painful Parts in Rooms has proven to allow the Recipient to feel sufficient emotion, but not expend unnecessary emotion. This has enabled them to last longer in a session and process more things.

4) Script for optional Rooms Process

This process is most helpful as a replacement for the Jesus Box or Guarding Part Box.

"Let's take this part of you that feels _____. In your mind's eye, place this part of you in a room. This room has a door and a window. If Jesus came to the window to see this part of you, how would He feel towards you?"

If compassion (etc.) go to next Question.

If interference, go to God Lie Process.

"If Jesus entered the room, how would this hurting part feel about Jesus being present with you?"

If response is positive go to Truth Question in the Truth Box or Guarding Part Box.

If response is negative (fear, shame, distracting thoughts, etc.) go to Guarding Part process.

D) Helpful guidelines for the effective use of Rooms and imagination in Renew Ministry

1) God gave us the ability to use our imagination to process truth in a deeper way

For example, the biblical promises of a "new heaven and earth" and a "new city" (cf. Rev 21:1-2) become more meaningful and effective if we "see" these promises with our imagination.

Good mental pictures, by involving that half of our mind which we call imagination, will take our understanding further than rational analysis on its own can ever go. This is evidently one reason why Jesus taught in parables and why all communicators do well to cultivate a style of presentation that is as imaginative as it is analytical. (Wright, *Making Peace with Your Past*, 50)

In fact, Satan knows how powerful our imagination is which is why he so often seeks to hijack it to cause us to worry, by imagining pain in our future. In the same way, we can redeem our imagination from Satan to be used to bring peace to our past.

Furthermore, imagination acts as a container to hold abstract thoughts and feelings and to give them borders to better understand and work with them. In doing so, we are leveraging the natural language of our subconscious mind.

2) Many Recipients already process the questions in the Renew Ministry Process with visual pictures instead of merely cognitive thoughts

The introduction of imagination will not be new to many Recipients for this reason.

In the *FREEDOM* study Recipient's have read several helpful things about the use of imagination in the Renew Ministry Process:

Use your imagination if it is helpful to you. People process lies and truth in different ways. Most people, when working with their subconscious mind, will process things in pictures and images. This helps them "experience" the lies and truth in a helpful way. It has been said, "a picture is worth a thousand words" and this can be true in a Renew Ministry session.

For example, people may not just feel an Identity Lie, but have a visual picture of it. People may not just "think" what truth Jesus would give them, but may "see" Him communicating that truth in a certain way. Guarding Parts may not just be thoughts, but present themselves as images.

None of this should be interpreted as receiving visions of direct divine revelation from God. Our minds are simply created to process in pictures and to use our imagination to experience truth in a deeper way.

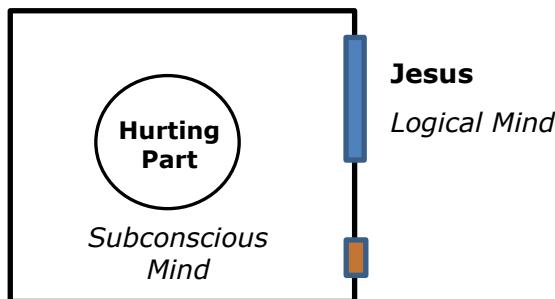
All of this is why we invite people to use their God-given imagination and ability to mentally process in pictures. For example, we ask Recipients to imagine their hurting parts in a "room." This has proven to have several benefits. First, it helps the Recipient focus on the part of their mind that needs renewal. Secondly, we are able to create multiple rooms in order to simplify complex parts, separating out their various components. Thirdly, we have found that the room imagery can decrease the emotional intensity and expenditure in the Renew Ministry process, without diminishing its effectiveness. This helps to protect the Recipient from unnecessary emotional pain in the session, and allows them to process for longer.

However, if you are more of a "conceptual" thinker instead of a "visual" one, or are simply uncomfortable with introducing imagery in the session, please just tell your Helper. In such a case you will probably be able to process effectively without it.

A Renew Ministry Helper will never encourage you to imagine or visualize something beyond what is prescribed in the Renew Ministry Process. Encouraging Recipients to place things in "Rooms" has proven to be a safe and helpful step in the Process. However, they are not authorized to encourage whatever imagery they might think will be helpful. They are only to respond to the images your mind might create in answering the prescribed questions of the Renew Ministry Process." (*FREEDOM*, Chapter 17, Section C)

3) A picture of what the Rooms Process is asking Recipients to imagine

The Recipient's Hurting Part is in a Room. Jesus is looking into the Room through a window. A door is next to the window.



4) If the Recipient is already experiencing an image, you may not need to introduce a Room

For example, perhaps the Recipient already remembered in the Experience Step a room, house, or place where a painful event occurred. It is not necessary to have them imagine another Room. Use the place they are already remembering in the Jesus Step.

In such a case, Jesus Question #1 might sound something like this:

Jesus Question #1 modified: "Let's take this part of you that feels _____ in this house. Imagine Jesus coming there to see this part of you. How would He feel towards you?"

Jesus Question #2 might sound something like this:

Jesus Question #2 modified: "If Jesus entered the house where you see this hurting part, how would it feel about Jesus being present with you?"

5) Some Recipients are not able or are uncomfortable with imagining Rooms

In such cases do not use Rooms. It is helpful for those it helps. But it is not necessary for effective Renew Ministry. You can find other ways to accomplish what the Rooms do. For example, simply asking the Recipient to focus on one particular Part or to pull back from something.

Chapter 18

Basic Step #6

TRUTH

TRUTH Experience the truth	Truth Question: "If Jesus interacted with you, what would happen?" <i>Negative response: Go to the God Lie Process.</i> Emotion Question: "How does that make you feel?" <i>Negative response: Go to Lie Step.</i> Test Question #1: "Are there any other negative feelings in this place?" <i>If yes, ask: "How would Jesus respond to that?" If still unresolved, go to Lie Step.</i> Test Question #2: "Let's return to any past or present experiences. How do those places feel now?" (Recheck each memory visited in order from least to most recent.) <i>If unresolved emotions, ask: "How would Jesus respond to that?" If still unresolved, go to Lie Step.</i>
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A) The purposes of the Truth Step

1) This is the fun part! The dawn after the darkness. The victory after facing defeat!

This Step is why we do Renew Ministry. It's why the Recipient is willing to do Renew Ministry. Which is why it is a wonderful thing that a skilled Helper will be able to enable a Recipient to progress through all the Steps in the Renew Ministry Process and experience the Truth Step in about 90% of their sessions.

The Renew Ministry Process guides the Recipient to re-experience the most painful and frightful events of their life. They have embraced those places where Satan hurt and defeated them the most. In the session, the Recipient has done one of the most difficult things they will ever do. But God never intends to leave us in our darkness and pain. And the truth of His love can remove the lies that cause them.

In fact, your faith becomes stronger than if the painful lie never happened, because Jesus brought powerful truth in an experience with Him that otherwise never would have happened. Truly, what Satan meant for evil, God meant for good.

2) The primary purpose of the Truth Step is to replace the Identity Lie with freeing truth

Truth Question: "If Jesus interacted with you, what would happen?"

Here is where the Identity Lie believed by the emotional/subconscious mind, is replaced by the belief in God's love from the logical/conscious mind. This enables the Recipient to "be transformed by the renewing of their mind" (Rom 12:2 NIV). Our experience is that this will result in a significant and permanent change in the person's character, emotional health, and experience of the fruits of the Spirit. All of which make the pain and effort of the process worthwhile!

This permanent change is called a "trait" change in psychology. It is a permanent shift in perspective leading to different ways of feeling, behaving and relating. This is in contrast to a "state change" which is temporary change in emotion such as going from happy that a favorite sports team is winning to sad when they end up losing.

3) A second purpose of the Truth Step is to evaluate if mind renewal has occurred

This is the purpose of the How Question and Test Question #1 in the Truth Step:

How Question: "How does that make you feel?"

Test Question #1: "Are there any other negative feelings in this place?"

Evaluating the emotions of the Hurting Part you have been working with will determine if the pain of lies has been replaced with the peace of truth. This is Christ's purpose as well: "Now may the Lord of peace himself give you his peace at all times and in every situation" (2 Thess 3:16). "Every situation" includes the painful events in the Recipient's past.

4) A third purpose of the Truth Step is to give the Recipient an opportunity to experience and recognize their newfound freedom

This is the purpose of Test Question #2.

Test Question #2: "Let's return to any past or present experiences, how do those places feel now?"

Experiencing newfound freedom occurs by revisiting emotional/painful circumstances/events that have been discussed in the Feeling and Experience Steps. These led to the bottom Identity Lie that was resolved. Therefore, the resolution of the Identity Lie will relieve the pain of these events and change the Recipient's perspective on them.

Most Recipients do not fully recognize how much transformation has occurred in a session. Over time they will gain evidence of this as they are exposed to situations that previously negatively affected them. But the Truth Step gives them the opportunity to experience some of that evidence now.

B) Helpful guidelines for an effective Truth Step

1) The Truth Question enables the Recipient's Hurting Part to receive and experience the truth of God's love, which replaces the painful Identity Lie

The question is broad enough to allow the Recipient to experience the truth in whatever way will be most helpful to them: "If Jesus interacted with you, what would happen?" Some will experience the truth as simply thoughts. Others will imagine Jesus doing something to, or for, the Hurting Part.

Do not rush the person's experience here. They are probably experiencing truth and freedom in a new way in a place that caused them bondage and pain. They may need some time to process that new experience of truth.

If you sense someone is experiencing a lot of processing after receiving the truth, you might say to them: "Let me know when you are ready for the next question?" This will help you not move on too quickly.

2) The Emotion Question tests the experience of truth

The Recipient's response to the Truth Question will indicate if they have received and experienced the truth. After the Recipient expresses their answer to the Truth Question, and in order to clarify what has happened, it is helpful to ask the Emotion Question: "How does that make you feel?"

3) Asking the *Emotion Question* here will usually result in three different responses:

- A feeling of peace and resolution. The painful emotions are gone.
- The specific painful emotion caused by the Identity Lie (e.g. worthless, alone) is resolved. However, the Hurting Part has residual sadness or questions.
- The Hurting Part does not feel better at all.

C) If the Recipient responds to the Emotion Question in the Truth Step with peace and resolution

If the Recipient responds that they feel peace, then you have effectively revealed the Identity Lie in the Lie Step. Because the truth usually only works if you have.

You will know the painful Identity Lie has been replaced with peaceful truth when the negative feeling is gone. Often people will say that place feels “better” or “good.”

However, be wary of a “fake peace” here that is a Guarding Part.

Be cautious you do not confuse “numbness” with peace. If the person is reporting peace, before assuming renewal has occurred, ask questions like, “Can you describe what you are feeling? Does it feel like relief, rest, resolve, or merely like the bad feelings just went away as they do on their own sometimes?” If the response is not resolve and release, the person probably has suppressed the pain.” (Smith)

1) To make sure the Hurting Part is resolved, ask Test Question #1: “Are there any other negative feelings in this place?”

This question is designed to evaluate if all lies have been removed from the parts you have encountered in the session. If the answer is that there are no more negative feelings, then move on to Test Question #2.

2) Test Question #2 is: “Let’s return to any past or present experiences, how do those places feel now?”

Test Question #2 gives the Recipient the opportunity to experience any freedom gained in the session. If the Recipient’s mind went to additional memories in the Experience Step, it is helpful to check what effect the session has had on these as well. (Which is why it is helpful to make notes about them in the Experience Step. So you can return to them here in the Truth Step.)

If multiple memories were discussed, simply begin with the earliest one and advance to the most recent, asking how those places feel. Ask the same question about the more current circumstance and emotions discussed in the Feeling Step.

You can expect all these places to be changed. If not, it simply means there are other issues to resolve. If there is enough time, and the Recipient desires to do so, these issues can be addressed by returning to the Feeling Step and beginning the Process over to address a new issue.

3) Example of resolution in the Truth Step and using Test Questions #1 and #2.

Helper: “If Jesus interacted with you, what would happen?”
(Truth Question)

Recipient: “He would tell me I am not worthless, but redeemed by His blood.”

Helper: “How does that make this part feel?”
(Emotion Question)

Recipient: “Good.” “Peaceful.”

Helper: "Does anything feel unresolved?"
 (Test Question #1)

Recipient: "No."

Helper: "Let's return to that memory [in the Experience Step] where your dad yelled at you. How does this place feel now?"
 (Test Question #2)

Recipient: "Different. That place doesn't feel scary anymore."

Helper: "Okay. Let's return to the struggle we started with [in the Feeling Step]. Your husband got angry with you and you felt afraid. How does that place feel now?"

Recipient: "Fine. I see it differently now."

Helper: "Okay. Let's take some time to review."

D) What if the Recipient responds to the Emotion Question in the Truth Step with remaining negative feelings or questions (Residual Issues)?

Hurting Parts commonly have "Residual Issues" even when the Identity Lie has been resolved. In this case the specific painful emotion/lie (e.g. worthless, alone, etc.) has been resolved. However, there is not complete peace. Sometimes a Recipient may have even three or four Residual Issues even after their Identity Lie has been resolved.

The most common Residual Issues are sadness or questions/confusion.

1) If the Residual Issue is sadness

Sadness is often a truth-based emotion. Jesus is sad about what happened to the Hurting Part as well. The Recipient may need to legitimately grieve the loss of something.

The sadness here can be intense. Allow and encourage the Recipient to cry and express any sadness they are feeling. It is helpful to ask the Recipient the Why Question: "Why is this part sad?"

After the Recipient responds, then ask the Truth Question: ("If Jesus interacted with this sad part, what would happen?") This will usually help them relieve at least some of the sadness. They are usually sad about a lesser truth (e.g. "They did not love me.") which can be alleviated by a greater truth ("But God loves me.")

2) If the Residual Issue is questions/confusion

Questions are usually about the past or the future. Questions about the past are often "Why?" questions about the painful event(s) in their life. Questions about the future are usually an attempt to understand what life will be like now that the Hurting Part is no longer hurting. Examples include:

"Why did God let me get hurt?"

"Why did God put me in the family I grew up in?"

"What am I supposed to do now?"

"Will this really work?"

"What if I forget what happened today?"

Never answer these questions for the Recipient. Their logical/conscious mind probably already knows sufficient answers to these questions. It is better to let the Recipient "realize" this.

Simply ask a version of the Truth Question: "How would Jesus respond to that question?"

3) Sometimes Residual Issues can seem like additional Hurting Parts

Examples include still feeling anxious, frustrated, or even shame. These can seem like the surface emotions of another Hurting Part. Again, simply ask a version of the TRUTH Question: "How would Jesus respond to that question?" Normally the issue will be resolved.

4) Example of resolving Residual Issues

Helper: "If Jesus interacted with you, what would happen?"
(Truth Question)

Recipient: "He would tell me I am not worthless, but redeemed by His blood."

Helper: "How does that make this part feel?"
(Emotion Question)

Recipient: "Good." "Peaceful."

Helper: "Are there any other negative feelings in this place?"
(Test Question #1)

Recipient: "Yes, I feel really sad there."

Helper: "Why do you feel sad?"
(Why Question)

Recipient: "Because I see now that I really didn't have a dad."
(This is legitimate, truth-based sadness)

Helper: "How would Jesus respond to your sadness about that?"

Recipient: "He would remind me that I have a dad in Heaven."

Helper: "Are there any other negative feelings in this place?"
(Test Question #1)

Recipient: "Yeah. Something just feels unsettled."

Helper: "Why do you feel unsettled?"
(Why Question)

Recipient: "What is my relationship with my dad supposed to look like now?"

(You might be tempted to give advice about this, but do not at this time. If there is a need to discuss an issue like this more, you can do so after the session.)

Helper: "How would Jesus respond to that question?"

Recipient: "I just need to love my dad as best I can."

Helper: "Are there any other negative feelings in this place?"
(Test Question #1)

Recipient: "No."

Helper: "Let's return to that memory where your dad yelled at you. How does this place feel now?"
(Test Question #2)

5) Sometimes there can be another Identity Lie

In rare cases, after resolving an Identity Lie and Hurting Part, another Hurting Part will present itself. This will not be residual issues from the resolved Hurting Part. Rather, the Recipient's mind is going to another Hurting Part because the first Hurting Part has been resolved.

This can be recognized by the amount of emotion still present in the Truth Step even after the Identity Lie has been resolved. This indicates that the Recipient's mind has moved on to another Hurting Part with another Identity Lie.

In such a case, it can be decided to end the session at this time and move on to the Review Step. However, if it is decided to pursue the resolution of another Hurting Part, simply return to the Feeling Step and restart the process.

E) Troubleshooting the Truth Step

1) If the Truth Question in the Truth Step does not significantly change the belief/emotion you have identified in the Lie Step

The most common reason the Truth Step does not work is that you did not reveal the Identity Lie in the Lie Step. If you do not get to the real bottom Identity Lie, the truth usually will not work. Why is this? Because the truth will only work in response to a lie, not a truth. For example, if you revealed in the Lie Step that the Hurting Part felt "rejected" this may be the truth. That Part really did feel that way. Which is why it is important to reveal a *lie* about themselves in the Lie Step (which is usually a version of worthless, or alone).

Therefore, the most common reason that the Truth Question in the Truth Step does not work is because the Helper went to the Jesus Step before revealing the Hurting Part feels a version of worthless or alone.

Return to the Lie Step and dig deeper with the How Question and Why Question to find the painful Identity Lie. Then proceed through the Jesus Step again to arrive back at the Truth Step.

2) A second reason the Truth Question does not work in the Truth Step is because a God Lie or Guarding Part is operating

This will be revealed as you go back to the Lie Step to confirm the Identity Lie as suggested above, and then also repeat the Jesus Step.

Chapter 19

Basic Step #7

REVIEW

REVIEW

Process and close
the session

- #1: "What lie did this hurting part believe?"
- #2: "How has this deceived part of you effected your life?"
- #3: "What was the truth that this hurting part realized today?"

A) The purposes of the Review Step

1) Help the Recipient further process, understand, and establish the mind renewal they have experienced

In a Renew Ministry session, a part of the Recipient's mind has been radically rewritten and the truth is new for them in that place. The Review step will help further establish this truth in their mind. The Review step will remind the Recipient of the freedom and progress they made during the session and help them leave encouraged.

Often complex and confusing issues are addressed in the session. The Review Step gives the Recipient the opportunity to see connections they could not see previously, helping them to experience the truth in a deeper way.

Expect Review Question #2 to be especially meaningful for the Recipient.

2) Bring closure to the session if everything has not been resolved

Sometimes time or emotional energy runs out before everything addressed in the session can be resolved. This can unfortunately leave the Recipient feeling emotionally stirred up.

The Review Questions help the Recipient refocus on the present and get their mind off of unresolved Hurting or Guarding Parts and focused on the truth.

Open and close the box of your feelings. A Renew Ministry session will typically be a very emotional experience. During a Renew Ministry session it is important to be as open about your feelings as possible. Usually those negative feelings are completely resolved. We are not exaggerating to say that over 85% of Recipients leave a session feeling very relieved and happier.

But sometimes not all of the painful emotions that were stirred up in a session get resolved. Therefore, as much as possible, you must "put a lid" back on those emotions at the end of the session. As discussed thoroughly in the previous *FRUIT* study, suppressing negative emotions and the Coping Christianity that results is not God's ultimate goal for your life. But until you are consistently experiencing Free Christian, this is the best and least destructive thing you can do.

As you start your Renew Ministry journey, you may struggle more with emotions than you did before. Things are getting "stirred up." But this is necessary. It has been the lie that you should not stir things up that has kept you in bondage. But as you continue to make progress, this struggle will significantly diminish.

So, you need to "open the box" of your painful emotions in a Renew Ministry session because it is a safe place to do so. But you need to "close the box" on any unresolved emotions until your next session, unless you decide to intentionally set aside time to work on them between

sessions using helpful tools such as self-renew or journaling. But be mindful of your capacity to do this kind of work on your own without getting overwhelmed.

Some have found it helpful to keep a journal of their emotions throughout the week. This can help them have a place to "put" their negative feelings until a Renew Ministry session. This can also assist you in knowing what feelings to start with in a Renew Ministry session. (FREEDOM, Chapter 17, Section C)

B) Helpful guidelines for an effective Review Step

- 1) If you revealed and resolved several Identity Lies, or Hurting or Guarding Parts, it can be helpful to use the Review Questions with each of these.
- 2) You may choose to end the session by having the Recipient pray and thank Jesus for whatever they are able to.

C) When to end a session

Obviously, the best time to end a session is after resolving all the issues addressed in the session through the Truth Step and completing the Review Step. It is reasonable to expect this 90% of the time.

However, if resolution of Hurting or Guarding Parts is not occurring, then a decision must be made to end the session or continue. Obviously, your goal is to progress through all seven of the Basic Steps of the Renew Ministry Process. Then you can end the session with the Review Step.

1) If the Recipient is too tired to continue

However, if the session is focused on recognizing and resolving Guarding Parts and God Lies, then you may not get through all the Basic Steps in a session. The following should be considered:

- a) The first consideration for ending a session is available time. Sessions are usually kept to 60-90 minutes.
- b) Another factor is the Recipient's level of emotional and mental energy. Renew Ministry requires emotional and mental energy and people only have so much. Especially if they have been struggling for several days to suppress or process pain, they will have already expended a great deal of this energy before the session. If they are too emotionally or mentally tired to continue (and you have clarified that this exhaustion is not a resolvable Guarding Part), then the session should be ended.
- c) Always ask a Recipient what they want to do when it comes to ending a session without completing all the steps. This should always be their decision. Let them decide when they are too tired to continue.
- d) Make sure a Recipient always feels the freedom to end a session at any time they decide to.

If you end the session with unresolved negative feelings, it is especially important to go through the Review Step to help the Recipient put their hurts "back in the box."

2) Guarding Parts can cause you to end the session too quickly

- a) A common Guarding Part will make a Recipient feel tired and even sleepy. This is a defense mechanism to keep the Recipient from processing a Hurting Part. In this case you will want to move to the Guarding Part box and ask the Hesitancy Question. If they do not sense hesitancy toward not being tired then this may be legitimate fatigue.

- b) How can you distinguish between legitimate emotional/mental exhaustion that calls for ending the session, from interfering tiredness? Obviously, if the "tired" feeling occurs early in the session, you can generally assume it is a Guarding Part. But if you have been battling in the session for 90 minutes or more, you are probably encountering legitimate emotional/mental exhaustion.
- c) Remember, we generally want the Recipient to decide to end a session. Therefore we simply ask, "Do you want to continue?" If they say yes, then this indicates they are encountering legitimate tiredness, but feel they have enough energy to continue.
- d) Often if you will go a little longer in a session, something significant will be resolved!

Chapter 20

Resolving Guarding Parts

Important note: For important information on understanding and recognizing Guarding Parts see Chapter 15 (pg. 94) or read Chapters 12-13 in the *FREEDOM* study.

GUARDING PART PROCESS	
Before moving on, asking the Why and Truth Questions will resolve more simple and less painful Guarding Parts.	
Isolate the Guarding Part (Checking first for a God Lie that is attached to the Guarding Part)	<p>Guarding Part Question: “Let’s isolate this part of you that feels _____. Let’s recognize this part has been protecting you, but has been deceived and is keeping Jesus from healing the hurt here. If we brought Jesus to see this part of you, how would He feel towards you?”</p> <p><i>Negative response: Go to God Lie Process.</i></p>
Resolve the Guarding Part	<p>Truth Question: “If Jesus interacted with this part of you what would happen?”</p> <p><i>Negative response: Go to God Lie Process.</i></p> <p>Emotion Question: “How does that make this part feel?”</p> <p><i>Negative response: Ask Why and Truth Questions.</i></p> <p>Test Question: “Is this part of you willing to yield to Jesus?”</p> <p><i>Negative response: Ask Why and Truth Questions.</i></p>

A) Often Guarding Parts can be resolved by simply asking the Why Question and Truth Question

About 50% of the time, simpler and less painful Guarding Parts can be resolved without the Guarding Part Process.

If the Guarding Part presents itself as a feeling, then attempt to resolve it with the Why Question and a variation of the Truth Question: “How would Jesus respond to that?”

Example:

Helper: “How did that make you feel?”
(How Question)

Recipient: “Afraid.”
(An emotion)

Helper: “Why do you feel that way?”
(Why Question)

Recipient: “I don’t know. I’m just feeling really afraid here.”

(The Recipient did not answer the Why Question. Indicates Resistance and possibly a Guarding Part operating. Resistance was expressed in a feeling, so use the Why Question and Truth Question to resolve.)

Helper: "Why do you feel that way?"
(Why Question)

Recipient: "I'm afraid I will do something to make this session a failure."
(A belief that will hinder progress in the session if it is not resolved)

Helper: "How would Jesus respond to that?"
(Truth Question)

Recipient: "He would say that He is here and He will help me."

Helper: "How do you feel now?"
(How Question)

(Use the How Question to refocus on the Hurting Part. Although this might reveal another Guarding Part)

Example of resolving a Guarding Part recognized with Jesus Question #2 in the Jesus Step:

Helper: "How does this part of you feel towards Jesus?"
(Jesus Question #2)

Recipient: "Anxious."
(This is probably a Guarding Part operating)

Helper: "Why do you feel that way?"
(Why Question)

Recipient: "I'm afraid I will do something to make this session a failure."

Helper: "How would Jesus respond to that?"
(Truth Question)

Recipient: "He would say that He is here and He will help me."

Helper: "So, how does this part of you feel towards Jesus?"
(Jesus Question #2)

Recipient: "Good."

(Helper can proceed with the Truth Step.)

B) The purpose of the Guarding Part Process is to resolve more complex and painful Guarding Parts

If using the Belief Question and Truth Question to resolve a potential Guarding Part does not work, use the complete Guarding Part Process

The more complex and painful a Guarding Part is, the more likely the Guarding Part process will be needed. Using rooms may be helpful at this stage.

The Guarding Part Process is a proven set of questions that effectively resolves even the most complex and painful Guarding Parts so the Renew Ministry session can proceed without hinderance.

"Imagine that the [Identity Lie] causing the pain is at the end of a long hallway separated by a series of doors. These doors have to be unlocked and opened before you can proceed [and get to the end of the hallway where the Identity Lie exists.] Each of these doors is held shut by the person because of his or her belief [a Guarding Part]. There is no other way to get to the [Identity Lie] without going through the doors. You cannot rush this process and there is no workaround. Each door was put in place by the person, and unless they choose

to open them, they will not be opened. They will open each door as they receive the Lord's truth. These beliefs are not [Identity Lies], but nonetheless, lies." (Smith)

C) Challenges to resolving Guarding Parts

1) Recognizing and resolving Guarding Parts is the most difficult part of the Renew Ministry Process

Learning the skills to recognize, then divide and conquer Guarding Parts is by far the hardest practical thing about Renew Ministry. Getting good at this aspect of the Process requires the most experience.

2) Guarding Parts are potentially the most frustrating aspect of Renew Ministry

Sometimes an entire Renew Ministry session is consumed by only resolving Guarding Parts. This tempts the Helper and Recipient to feel like no progress is being made.

Again, Guarding Parts are the greatest obstacle to a successful Renew Ministry session. This is why they can be seen as merely annoying distractions in a session and unworthy of our attention. But again, remember that Guarding Parts do not only interfere with the Renew Ministry process, but they control your life every day. Therefore, it is certainly worth the effort and time to resolve them. (*FREEDOM*, Chapter 12, Section A)

Frustration can be especially tempting if either the Helper or the Recipient or both are "Type A" personalities that just want efficient "results."

Frustration with Guarding Parts can lead amateur Helpers to abandon the Renew Ministry Process and try other things.

A common mistake facilitators make when they do not know what to do is they "go on the attack" and try to make something happen. Typical weapons used to get people unstuck are: Prayer, offering advice/solutions, spiritual warfare, quoting Scripture, encouragement. (Smith)

3) Guarding Parts can be especially powerful in the Experience Step

This is because the Recipient may be accessing a very painful event. For example, in response to the Experience Question, one Recipient told Pastor Kurt, "It feels like you are asking me to put my hand on a burning hot stove top. I can't do that." Another Recipient once said, "I can't go there." Then got up, left the office, and never returned to counseling. The mind is powerful in trying to protect itself from experiencing pain.

When encountering Guarding Parts we are not asking the person to try and force their way through it. We are simply asking them to recognize the Resistance and we will help them identify the belief behind it.

This illustrates the importance of not pushing people beyond their faith and helping them move forward in faith, not fear. To make any progress the Recipient must believe it is safe and worthwhile to do so.

We never want you to do something in a Renew Ministry session until you are ready to do it. For example, it may be helpful for you to revisit a very painful, scary, and shameful event in your life. We don't want you to "go there" until you have the faith to do so. It is not necessary or helpful to "push through" your fears. Therefore, when we encounter any resistance or hesitation to a step in the Renew Ministry session, we will back up, and resolve the issue before moving forward.

This is why it is important to recognize and resolve Guarding Parts and God Lies along the way.

There may be Guarding Parts that will strongly resist you accessing these hurting, controlling, and deceived parts of you. Other Guarding Parts may want to "force" you to "just get this done," and become impatient with the process. But you need to move forward in the process by *faith*, not *fear* or frustration. Recognizing and resolving Guarding Parts and God Lies along the way will enable you to trust and experience Jesus and His peace throughout the process. (*FREEDOM*, Chapter 18, Section C)

4) Guarding Parts can be more painful and scary than Hurting Parts

The Identity Lie in a Hurting Part usually causes the most powerful and painful emotions in a session. However, at times, a Guarding Part can produce more painful and powerful emotions than the Identity Lie. It is like arriving at a campsite and being confronted with a wall of smoke. You assume it must be coming from a large campfire, but as you get closer you discover it is a rather small fire that is burning green wood. Likewise, sometimes the "smoke" of a Guarding Part can be bigger than the "fire" of the Identity Lie in the Hurting Part. In such cases, after a long and hard battle to resolve a Guarding Part, the Identity Lie and Hurting Part are resolved very quickly and easily.

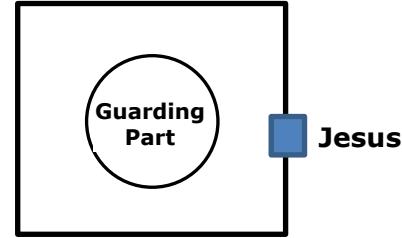
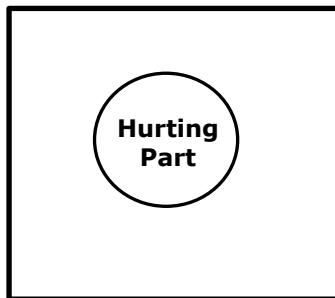
One reason this happens is the person has a personality that greatly struggles with how others view them. The prospect of people *knowing* what happened to them creates more painful fear and shame than the Identity Lie they were imprinted with in the event. An example has been sexual abuse. It can create an Identity Lie of being "unlovable." This Lie is painful and creates a Hurting Part. But the Guarding Part of shame and fear can be much more powerful and difficult to resolve.

D) Helpful Guidelines for an effective Guarding Part Process

1) A purpose of the Guarding Part Question is to "divide and conquer" Guarding Parts attached to a Hurting Part

"Let's take this part of you that feels _____. Let's recognize this part has been protecting you, but has been deceived and is keeping Jesus from healing the hurt here. If we brought Jesus to see this part of you, how would He feel towards you?"

The Guarding Part Question helps the recipient turn their focus to the Guarding Part to resolve it. Therefore, if you encounter a Guarding Part, the session might look like this:



3) Another purpose of the Guarding Part Question is to establish compassion for it

In one sense, Guarding Parts are deceived parts of your sinful nature and serve the Devil's purposes. They can be very stubborn and resistant to allowing the Recipient to experience permanent healing. For these reasons, it is tempting for a Helper to have a confrontational and fighting attitude toward them. However, it is much more effective to have a compassionate and winning attitude toward Guarding Parts. Instead of hating them, we should appreciate the protecting responsibility they have been carrying as well. Instead of seeking to destroy them, we are seeking to redeem them and bring them under the loving lordship of Jesus.

If a Guarding Part senses that a Helper or Recipient is harsh or condemning toward it, this can cause it to be more defensive and harder to resolve. It is very important that these Guarding Parts meet a compassionate Jesus. A Guarding Part will have a very difficult time being ministered to by a condemning Jesus.

If the response to the Guarding Part Question is compassion or something like it proceed to the Resolve Step. If the response is not compassion or something like it, proceed to the God Lie Process explained in the next chapter.

4) The Truth Question in the Resolve Step is designed to enable the Guarding Part to receive freeing truth:

"If Jesus interacted with this part of you what would happen?"

5) The Emotion Question in the Resolve step is designed to test the reception of truth:

"How does that make this part feel?"

6) If the Guarding Part is resolved, then the final Test Question of the Resolve step can be asked which is designed to confirm if the guarding part will trust Jesus so we can move forward:

"Is this part of you willing to yield to Jesus?"

7) If the Guarding Part remains unresolved, ask the How Question and Truth Question until it is resolved:

How Question: "How does this part feel?"

Truth Question: "How would Jesus respond to that?"

8) Do not respond to a Guarding Part reacting to the Helper

Sometimes a Recipient will confess that they are struggling to trust the Helper, fear what they might think, or feel ashamed for the Helper to know more about them. It is tempting in such a case for the Helper to think the most effective solution is for them to respond personally and assure the Recipient about their love, acceptance, grace, etc. But this usually will not help the Recipient as much as following the Guarding Part Process and asking the Truth Question: "How would Jesus Respond to that?"

Chapter 21

God Lie Process

Important note: For information on understanding and recognizing God Lies see Chapter 13, Section C in the *FREEDOM* study.

GOD LIE PROCESS	
Reveal God Lie	Expose Question: "What would this Jesus want to say or do to this Hurting Part of you?"
Isolate False Jesus	Isolate: "Let's take this Jesus who [would feel, do, say the answer to Expose Question]. Isolate him."
Resolve God Lie	False Jesus Question: "If we brought the Jesus of Scripture, who died for you on a cross, to see this False version of Himself, how would he feel?" Truth Question: "If we let the Jesus of Scripture interact with this False version of Himself, what would happen?" <i>For multiple God Lies: See "Multiple God Lie Process" in the Renew Ministry Training Manual.</i>
Return to Basic Process	True Jesus Question: "Let's bring the Jesus who loves you back to this Hurting [or Guarding] Part. If this Jesus could see this Part of you, how would He feel?" <i>If you have the true Jesus, continue with Guarding Part or Basic Step you were working with. If another God Lie, see "Multiple God Lie Process" in the Renew Ministry Training Manual.</i>

A) The purpose of the God Lie Process**1) The purpose of the God Lie Process is to resolve God Lies so the truth can be received by Hurting and Guarding Parts**

- God Lies are typically detected in the Jesus Step (Jesus Question #1) or anywhere else the Truth Question is being asked (Truth Step and Resistance Process).
- God Lies are detected when a Hurting Part believes/feels something unloving or unbiblical about Jesus. This is most clearly revealed by any lack of compassion.
- As shown above, the God Lie Process is unique, having several questions that are not asked elsewhere in the Renew Ministry Process.

2) The purpose of the Expose Question is to clearly expose the False Jesus as being very different from the real Jesus

Expose Question: "What would this Jesus want to do or say to this hurting part of you?"

- Psychologically speaking, this engages the logical/conscious mind to help the emotional/subconscious Hurting Part "realize" the lie it believes about God.
- Metaphorically speaking, this forces the False Jesus to confess its true feelings and character, and clearly expose itself as being very different from the real Jesus.

3) The purpose of the Isolate Instruction is to help the Recipient focus on resolving the God Lie

Isolate Instruction: "Let's take this Jesus who [would feel, do, say the answer to Expose Question]. Isolate him."

God Lies are recognized in the context of working with the most painful parts of a Hurting Part. In the God Lie Process we are asking the Recipient to temporarily ignore the Hurting Part and focus on this False Jesus that is prohibiting the Hurting Part from receiving freeing truth. Isolating the False Jesus from the Hurting Part helps this refocusing to occur.

4) The purpose of the False Jesus Question is to help the Hurting Part emotionally experience the real Jesus

False Jesus Question: "If we brought the Jesus of Scripture, who died for you on a cross, to see this False version of himself, how would he feel?"

- a) The False Jesus Question engages the logical mind that knows what the real Jesus is like and enables the deceived Hurting Part to experience the real Jesus.
- b) We are asking how Jesus would feel, again, to build and encourage emotion in the process.
- c) If the "Jesus of Scripture" does not in some way rebuke the False Jesus for his lack of compassion, then it is another False Jesus. In this case, follow the process below:

Multiple God Lie Process:

Ask Why: "Why He would feel that way?"

Isolate 2nd False Jesus: "Let's take this Jesus who [would feel, do, say the answer to previous question]. Isolate him."

False Jesus Question: "If we brought the Jesus of Scripture, who died for you on a cross, to see this False version of Himself, how would He feel?"

Truth Question: "If we let the Jesus of Scripture interact with this False version of Himself, what would happen?"

Isolate 1st False Jesus: "Let's take the first Jesus who [would feel, do, say the answer to Expose Question]. Isolate him."

False Jesus Question: (Ask the False Jesus Question to the 1st False Jesus): "If we brought the Jesus of Scripture, who died for you on a cross, to see this False version of Himself, how would He feel?"

Truth Question: "If we let the Jesus of Scripture interact with this False version of Himself, what would happen?"

True Jesus Question: "Let's bring the Jesus who loves you back to this Hurting [or Guarding] part. If this Jesus could see this Part of you, how would He feel?" *Then continue with Guarding Part or Basic Step you were working with.*

If Same God Lie, go to the Feeling Step: If at any point through the above process you encounter more than two God Lies or the same God lie shows up twice, go to the Feeling Step starting with the How Question because this may indicate an identity attached to the God Lie.

5) The purpose of Truth Question is to enable the Hurting Part to receive the truth about Jesus

Truth Question: "If we let the Jesus of Scripture interact with this False version of himself, what would happen?"

6) The purpose of True Jesus Question is to return to the Basic or Guarding Part Process and test for another God Lie

True Jesus Question: "Let's bring the Jesus who loves you back to this hurting part. If this Jesus could see this part of you, how would He feel?"

B) The greatest challenge in the God Lie Process

1) The most difficult aspect of resolving a God Lie is clearly distinguishing the Hurting Part's deception about Jesus, from the truth about Him

Sometimes the deception has been there for so long, and is so ingrained, that it is difficult for the Hurting Part to recognize the difference between the Jesus they have experienced and the real Jesus. Remember, God Lies are usually formed in the minds of the Recipient before they were a Christian. Misconceptions about God during this time can be powerful.

C) Examples of the God Lie Process

1) Example of resolving a God Lie revealed in the Jesus Step

Helper: "Let's isolate this part of you that feels _____. If we could bring Jesus to see you feeling that way, how would He feel towards you?"
(Jesus Question #1)

Recipient: "Disappointed."
(Lack of compassion indicates a God Lie operating: Go to the God Lie Process)

Helper: "What would this Jesus want to say or do to this Hurting Part of you?"
(Expose Question)

Recipient: "He would tell me I am not a good Christian because I keep failing."
(Further exposes the God Lie and the difference from the real Jesus)

Helper: "Let's take this Jesus who would say that and isolate him."
(Isolate Question: Helps the Recipient focus on resolving the God Lie)

Helper: "If we brought the Jesus of Scripture, who died for you on a cross, to see this False version of himself, how would he feel?" (God Lie Question #3)

Recipient: "He would be angry with the False Jesus."

Helper: "If we let the Jesus of Scripture in to interact with the False version of himself, what would happen?"
(False Jesus Question)

Recipient: "He would get rid of the False Jesus."

Helper: "Let's bring the Jesus who loves you back to this Hurting Part. If this Jesus could see this part of you, how would He feel?"
(True Jesus Question)

Recipient: "Compassion. He wants to help."
(No more God Lies)

2) Example of resolving a God Lie in the Guarding Part Process

This is one of the most complicated examples of what can happen in a Renew Ministry session when both Guarding Parts and God Lies are encountered.

Helper: "How did that make this part of you feel?"
(How Question)

Recipient: "Afraid."

Helper: "Why do you feel that way?"
(Why Question)

Recipient: "I don't know."
(Possible Guarding Part)

Helper: "Do you sense any hesitancy moving forward?"
(Proactive Hesitancy Question)

Recipient: "Yeah. There's some anxiety there."
(Try to resolve the Guarding Part with simple Why Question and Truth Question).

Helper: "Why does this part feel that way?"
(Why Question)

Recipient: "I'm afraid I will do something to make this session a failure."
(A belief that will hinder progress in the session if it is not resolved)

Helper: "How would Jesus respond to that?"
(Truth Question)

Recipient: "I don't know. I don't feel connected to Jesus in this place."
(This suggests a God Lie operating with this Guarding Part: Go to the God Lie Process)

Helper: "What would this Jesus who is not connected to you want to say or do to this part of you?"
(Expose Question)

Recipient: "He would tell me I am not a good Christian because I keep failing."
(Further exposes the God Lie and the difference from the real Jesus)

Helper: "Let's take this Jesus who would say that and isolate him."
(Isolate Question: Helps the Recipient focus on resolving the God Lie)

Helper: "If we brought the Jesus of Scripture, who died for you on a cross, to see this False version of himself, how would He feel?"
(False Jesus Question)

Recipient: "He would be angry with the False Jesus."

Helper: "If we let the Jesus of Scripture interact with this False version of himself, what would happen?"
(Truth Question)

Recipient: "He would get rid of the False Jesus."

Helper: "Let's bring the Jesus who loves you back to this Guarding Part that is afraid you will cause this session to be a failure. If this Jesus could see this part of you, how would He feel?"
(True Jesus Question)

Recipient: "Compassion. He wants to help."
(No more God Lies: Resume resolving the Guarding Part)

Helper: "How would Jesus interact with this part?"
(Truth Question)

Recipient: "He would say that He is here and He will help me."

Helper: "Do you sense any other Part with hesitancy moving forward?"
(Proactive Hesitancy Question) "

Recipient: "No."
(Helper can proceed with Step they were in)

Appendices

Appendix 1

Note Taking

A) Basic note taking

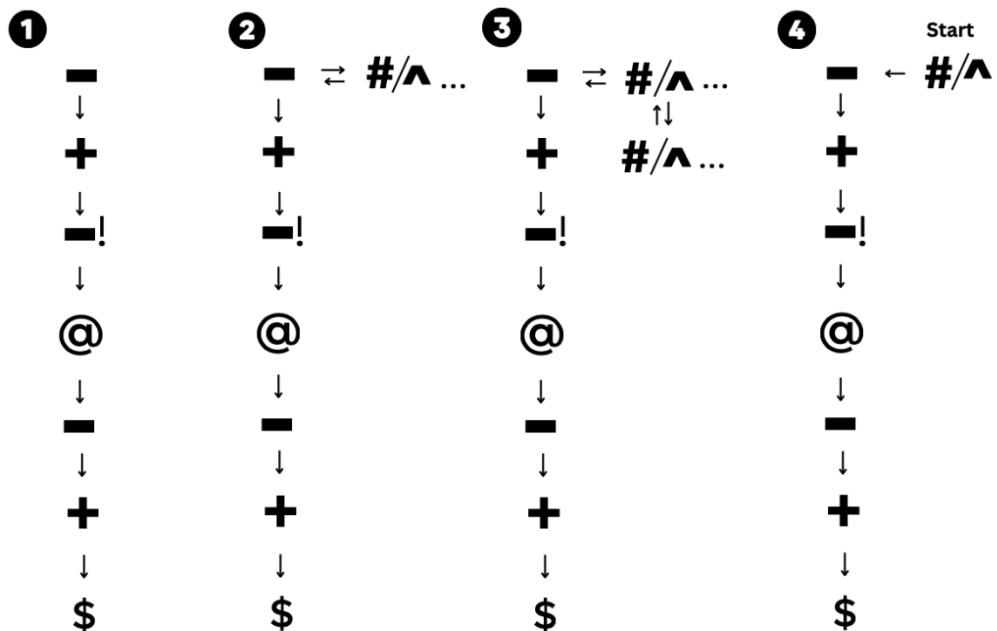
- a) It certainly is not necessary to record the entire session. But there are a few things you might want to make note of:
 - 1) The beginning circumstance and feeling focused on in the Feeling Step.
 - 2) The event, theme, or image that came to mind in the Experience Step.
 - 3) The Hurting Part revealed in the Lie Step.
- b) These are important to remember because you will go back to them later in the session. 1) and 2) will be tested in the Truth Step. 3) will be asked about in the Review Step.
- c) Additional items you make take notes on include:
 - 1) Guarding Parts you recognize and resolve.
 - 2) Any issues you want to discuss after the session is completed.

B) Advanced note taking

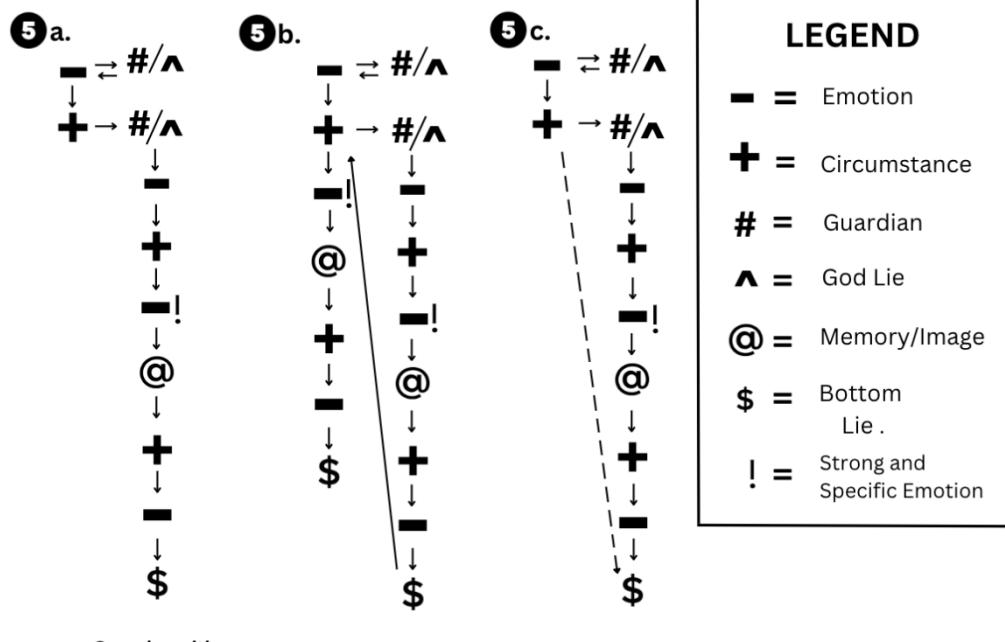
a) Renew Session Maps

- 1) If you desire to be thorough in your note taking you can use the diagram and symbols (Renew Session Maps) on the next page. This can be helpful to keep track of where you are if you desire to use Renew on yourself as well. If you feel more comfortable using a computer for self-Renew, the symbols can be used on the keyboard.
- 2) The diagrams may also be helpful to show you how different sessions may look. It may be helpful to reference these if you feel lost or confused with a recipient because all sessions will fit into one of the categories.

RENEW SESSION MAPS



Basic	Basic with Guardians	Basic with Compounding Gaurdians	Basic with Initial Gaurdians
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Complex with
Guardian SpineComplex with
Double Spine

Complex 2 for 1

b) An explanation of each of the seven different Renew Session Maps

- 1) This map is the basic process without any Guarding Parts or God Lies.
- 2) This map is a session with Guarding Parts and/or God Lies that could occur anytime throughout a session.
- 3) This map shows Guarding Parts and/or God Lies that build off one another. For example, you may be attempting to resolve distraction as a Guarding Part when another Guarding Part of anger shows up before you have resolved distraction. This is when it is necessary to keep track of each one to "divide and conquer."
- 4) This map simply indicates that it is possible to start with Guarding Parts before getting into the basic process.
- 5a) This map indicates that the same Guarding Part or God Lie continues to show up, so it becomes necessary to turn the focus onto it and use the basic process on it.
- 5b) This map starts out the same as 5a. but instead of only resolving the Guarding Part, you go back to where you left off and resolve the original emotion as well.
- 5c) This map indicates that a Guarding Part or God Lie keeps showing up, so you use the basic process to resolve it. The Identity Lie that was resolved is also the same lie that would have resolved the original emotion if you would have stayed there.

c) Other notes about the Renew Session Maps

- 1) An ellipsis (...) indicates that Guarding Parts and God Lies can show up in the indicated pattern at any point in the session.
- 2) The slash between God Lie and Guarding Parts indicates that either/or could appear.
- 3) Where the Guarding Parts and God Lies are shown on the maps is arbitrary, they can appear anywhere in the process.

d) How to remember the symbols

- 1) The Emotion symbol (-) is a negative sign to indicate negative emotions.
- 2) The Circumstance symbol (+) does not have any other meaning so much be memorized by rote.
- 3) The Guarding Part symbol (#) looks like a shield to indicate that Guarding Parts are shields attempting to protect us.
- 4) The God Lie symbol (^) looks like an arrow pointing to heaven where God lives.
- 5) The Memory symbol (@) is an at sign to indicate the location, or where the emotion came from, whether a memory, image, or theme.
- 6) The Bottom lie symbol is a (\$) to indicate that its "money" to locate a Lie and resolve it with Christ!
- 7) The strong, specific emotion symbol (!) symbolizes a strong emphasis on an emotion.