

Healing Our View of God Manifesting the Redemptive Gifts

The Problem: If you have been repeatedly wounded by someone with a particular redemptive gift, that will most likely block you from seeing God as walking in that gift. This is an exercise designed to stop projecting our bad experiences with people of particular redemptive gifts on God so that we can receive everything God wants to give us.

The Parameters:

- 1) Select an ambiance that is customized to you and is conducive to doing deep, creative work. Allow an open ended period of time. Add motion or any other factor that facilitates your processing.
- 2) Identify the people with that gift who have hurt you.
- 3) Forgive them and repent for your having held bitterness against them for so long. Break the inner vows you made to never let someone of that gift get close to you again so they can't hurt you.
- 4) Drill down as specifically as possible to give language to the thing that they have done that has hurt you and that you still fear.
- 5) Envision God doing that specific thing against you.

The Results: We had a very small group of people test this so we cannot say with confidence that it will work in wider applications. People who were more deeply wounded overall found this exercise either impossible or ineffective. Those who had already made some progress in their pilgrimage and who had a solid working knowledge of the redemptive gifts found it to be more useful.

The heart of the exercise was step five. When we found precise language for what it was that we feared then tried to envision God doing that hurtful thing to us, the fear usually just melted away.

It seems that as long as we have a broad sense of fear of someone with a particular redemptive gift, the fear is durable. But when we distill the fear into something specific, the truth of who God is seems to penetrate barriers that have stood for years.

Suggested Application: There are two applications.

The one is obvious. If someone has a history of bad experiences with people of a particular redemptive gift, then they will tend to project that on God and not be able to see God as life giving to them within the spectrum of life that would flow from that gift.

A possible secondary application would be people who are up against a glass ceiling in their life and all the usual things have been tried with no results. God gives. We need to be able to receive everything that God is giving us. If we cannot view God with equanimity in all facets of the redemptive gifts, then it suggests that we cannot receive from Him everything that we need, to do what we are called to do. So someone who is lacking resources in some area, might need the exercise on exposing blind spots coupled with this exercise to be able to receive everything God wants to send their way.

This tool was developed through the team at Dr. Luke's Office
August 26, 2007