Seven Deadly Sins

Pride - Idolatry of Self
Envy - Idolatry of Status or Possessions
Gluttony - Idolatry of food or drink
Lust - Idolatry of sexual pleasure
Anger - Idolatry of power or control
Greed - Idolatry of security/wealth
Sloth - Idolatry of comfort

Seven Deadly Wounds

Abandonment
Shame
Fear
Powerlessness
Rejection
Hopelessness
Confusion

Handout 6
Two Trees in the Garden: Flesh and Spirit

Tree of Knowledge of Good and Evil:
Life According to the Flesh

Fruit of the Sin
Specific sins that flow out of Deadly Sin

Wound

Lie
InnerVow

Lie
InnerVow

Lie
InnerVow
Handout 4: Inner Healing: Instructions for Journaling

A. Preparation

1. Find a comfortable place of quiet, allowing enough time to pray
2. Bring a journal with you and this instruction sheet
3. Ask the Holy Spirit to guide you as you enter into listening prayer

B. Current Situation

1. Describe a recent event that “triggered” your emotions
   a. What happened?
   b. Describe the behavior that hurt you (or that you did to hurt the other(s))
2. Describe your emotions during the event
   a. Identify what you are feeling (alone, afraid, rejected, sad, angry, shame, etc)
   b. What areas of your body are affected (e.g. shoulders, stomach, chest, etc)
3. Identify your thought processes that match these feelings
   a. What do you believe in your heart about yourself? (“Lies”)
   b. What do you believe in your heart about the other(s)? (“Judgments”)

C. Root Memories

1. Repeat the belief statements to yourself as you feel the emotions.
2. Ask the Holy Spirit to show you where these feelings/beliefs are rooted
   a. When did I first begin to feel this way?
   b. Where did these beliefs originate in my past?
3. Describe the events in the memory and write them out

D. Healing Prayer

1. Invite Jesus into the memory
2. Ask him to reveal to your heart what he wants you to know
3. Record in your journal what you received from Jesus
4. Check the fruit of the message in your feelings and beliefs
5. Thank Jesus for his compassion and healing love