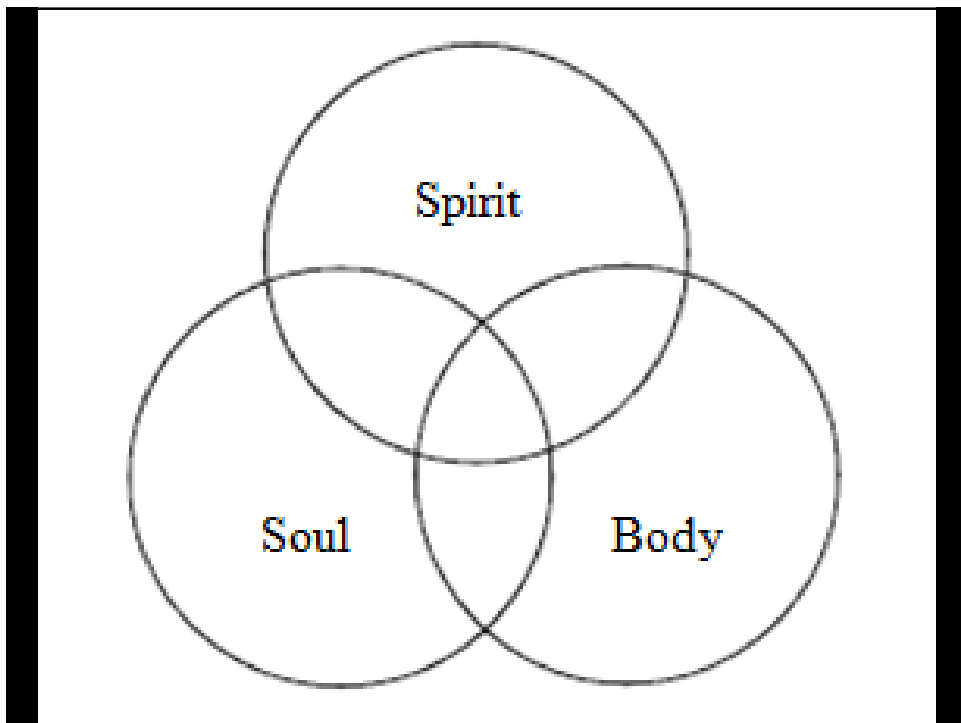


Just Stop It!

David Bovenmyer
December 31, 2016





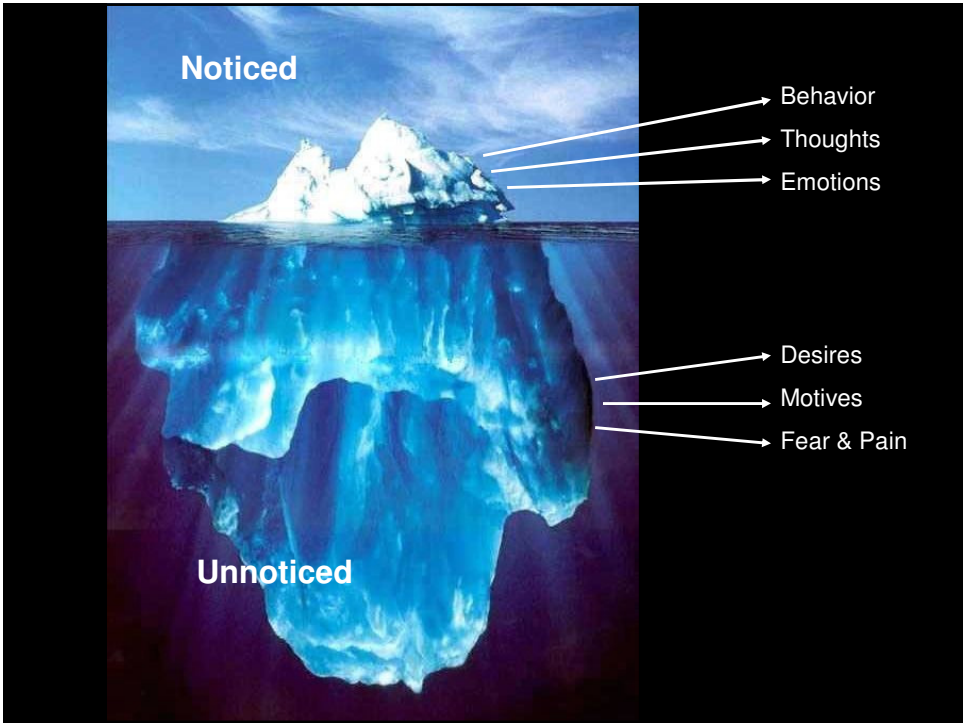
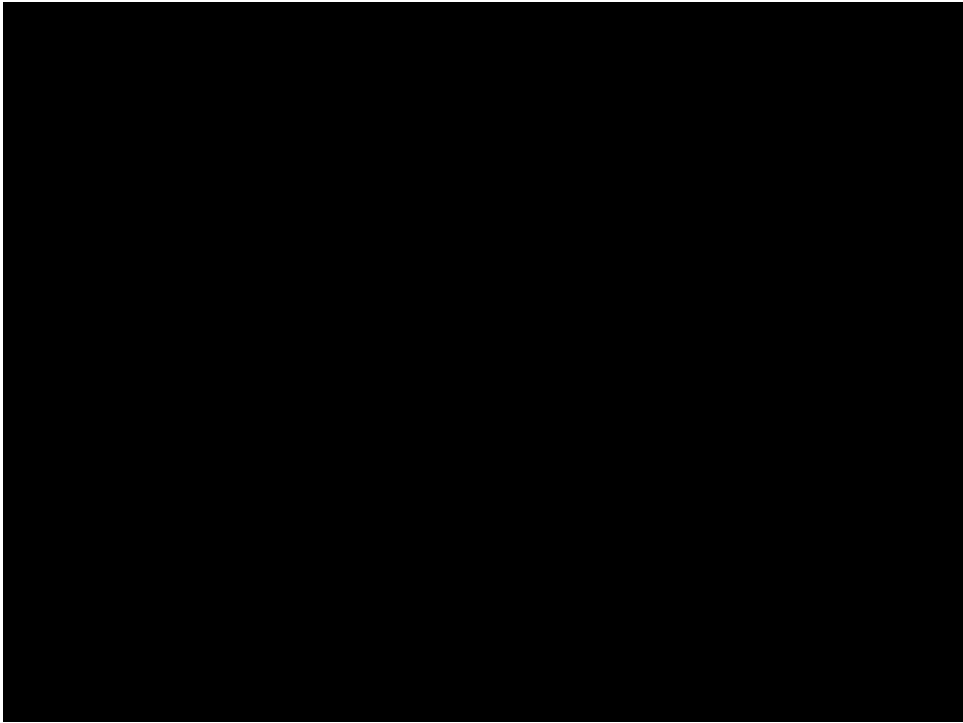
Hurts, Habits, & Hang-ups

Hurt—an emotional response to a disturbing situation such as rejection, aloneness, abuse, abandonment, divorce, tragedy, betrayal, etc.

Habit—An addiction to someone or something. Examples include alcohol, drugs, food, gambling, sex, shopping, smoking, pornography, work, entertainment, sleeping, cutting, bingeing & purging, etc.

Hurts, Habits, & Hang-ups

Hang-up—A sinful reaction that we use to cope with people or adversity, such as, anger, anxiety, overly controlling behavior, withdrawal and avoidance, criticizing others, self-loathing, etc.



Matthew 15:19–20, ESV

For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person. But to eat with unwashed hands does not defile anyone.”

Matthew 23:25–26, ESV

“Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and the plate, but inside they are full of greed and self-indulgence. You blind Pharisee! First clean the inside of the cup and the plate, that the outside also may be clean.

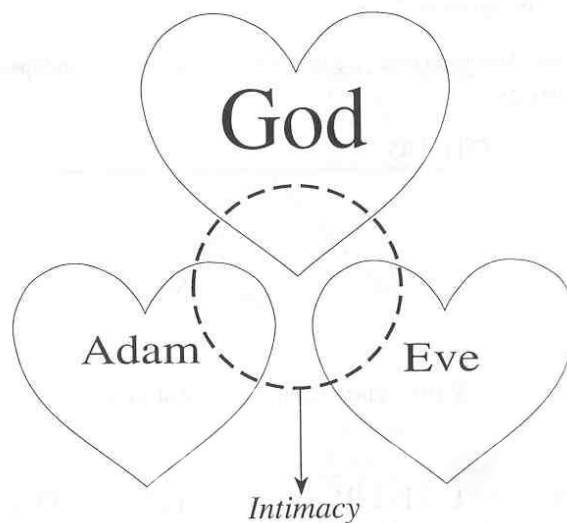
Matthew 5:28, ESV

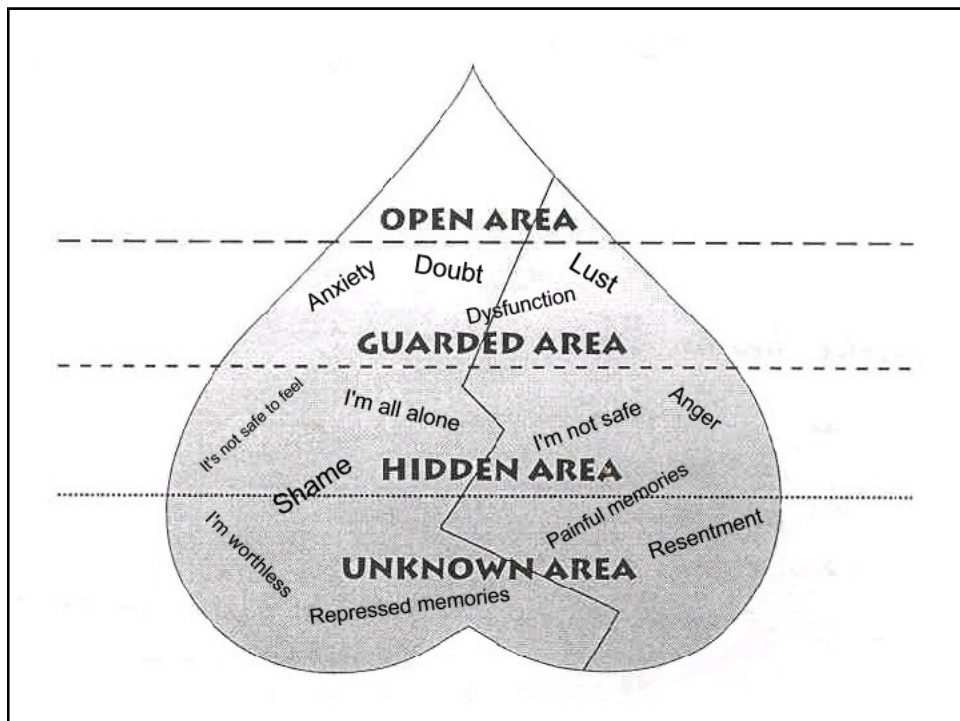
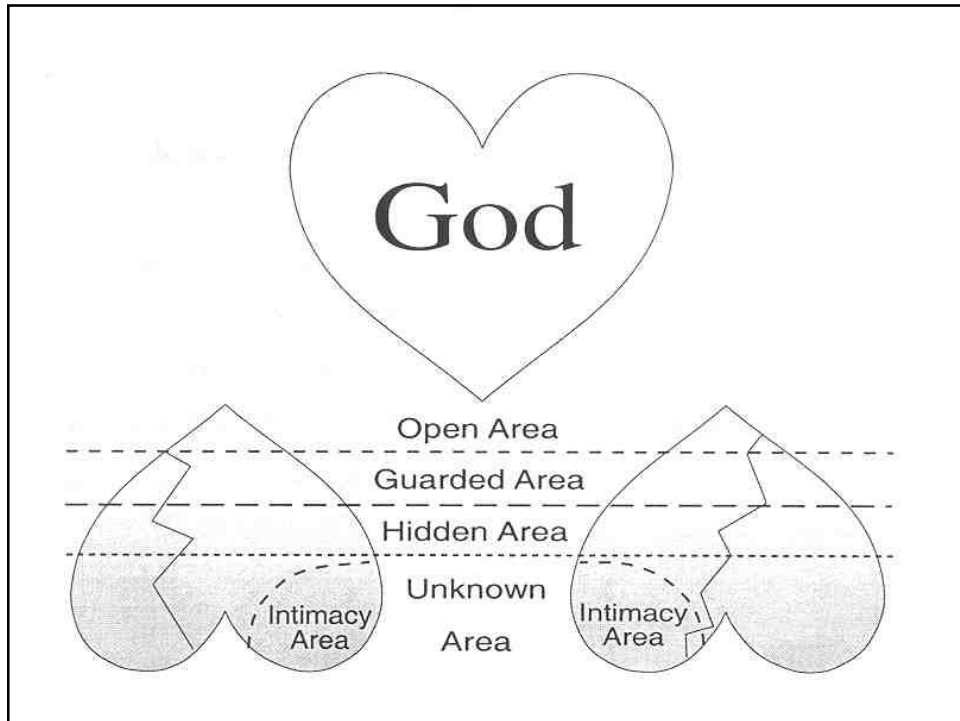
But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

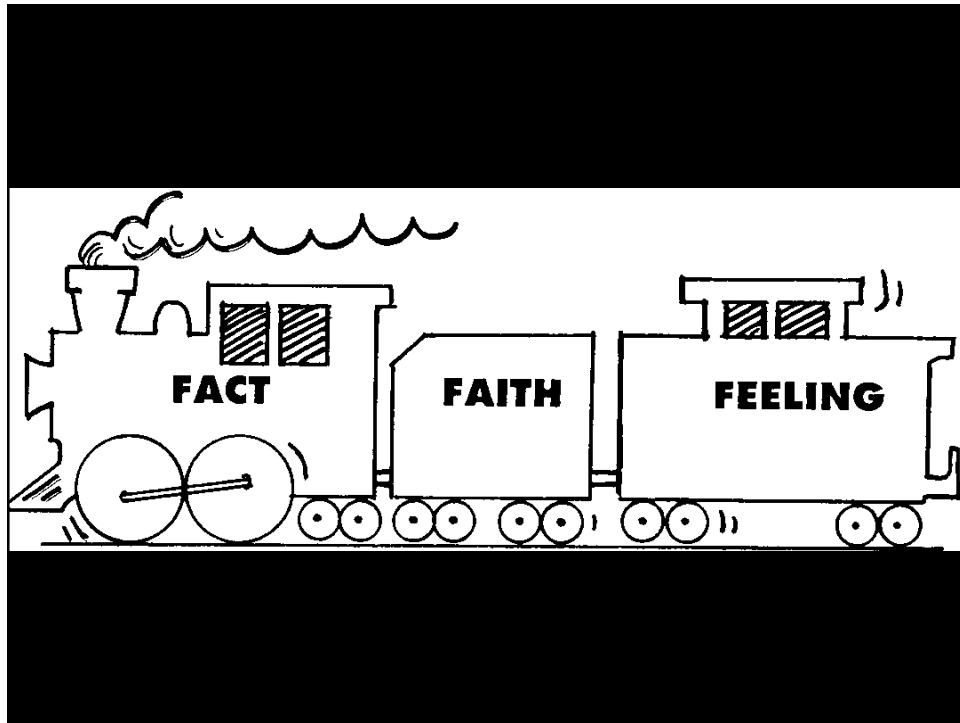
We need repentance
at a deeper level

Ephesians 4:22–24, ESV

to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness







Transformation Prayer Ministry

TPM is a disciplined way of exploring our hearts with the aid of the Holy Spirit, that follows our emotions to experiences and then to beliefs, with the goal of re-interpreting those experiences and changing those beliefs in the light of the truth of God.

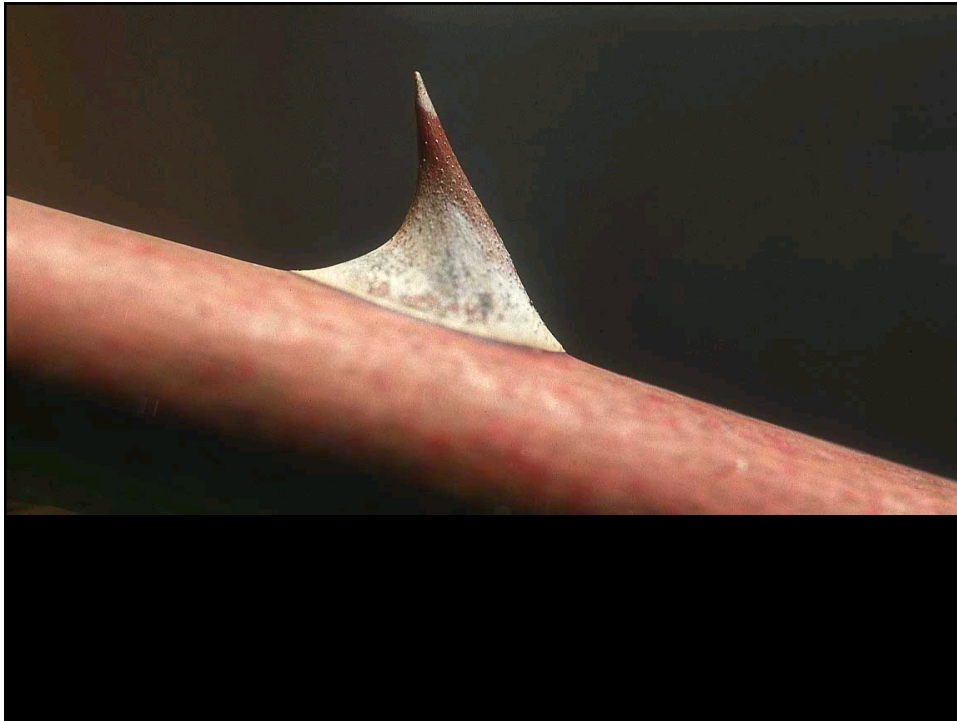
A Trigger

When an event automatically produces emotion based on past experience

The Spirit Searches Our Hearts

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting! (Psalm 139:23–24, ESV)





Wounds weigh us down
and hinder us









Resources

1. Transformation Prayer Ministry
 - Transformationprayer.org
 - Supplemental Training, Suggested Study Path
 - "The Map"
2. Listening for Heaven's Sake Seminar
3. Intimate Encounters Small Group for Couples
4. Edge Venture experiential Men's Retreat
 - May 19-21, Eldora Iowa

A Few Books

1. *The Emotionally Healthy Church*, Peter Scherzo
2. *The Never Alone Church*, David Ferguson
3. *Outsmarting Yourself*, Karl Lehman
4. *Healing Life's Hurts Through Theophostic Prayer*, Ed M. Smith