

## Painful Event Worksheet

Please use the following prayer guideline to prepare your heart:

- ) First pray and ask Jesus to help you look away from distractions for the next few minutes.
- ) Pray in the name and power of Jesus to bind the enemy and forbid any interference from him.
- ) Invite Jesus to come and share the truth with you.
- ) Ask Jesus to search your heart and bring up the painful event that needs his healing touch today.
- ) Wait silently while he leads your thoughts to a painful event.
- ) After you sense Jesus' direction for you, begin to identify the five areas of this wound.

### 1. PAINFUL EVENT

Briefly describe the event that wounded your heart.

### 2. FEELINGS

Use the feelings chart (page 93) to identify the feelings that wounded your heart.

### 3. ACTIONS

What choices and decisions did you make as a response to your painful event?

### 4. THOUGHTS

What thoughts went through your head either during or after the event?

### 5. BELIEFS

What beliefs influenced your thoughts and choices? What did you believe about the character of God (page 15)? What did you believe about his relationship with you (page 38)? What did you believe about your identity (page 48)?

To whom was the role of provider, power and protector assigned—you, God or someone else?

**Beliefs often begin with “God is/isn’t...”, “God does/doesn’t...”, “God can/can’t...”, “I am/am not...”**

Examples: God isn’t an adequate provider. God doesn’t protect me. I am my own power source.