



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.

Restoration in Action

A Biblical Model for Healing When Hurt

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60 seconds of focus



Sixty seconds of focused attention in 15 second segments on your body, breath, gratitude, and prayer helps reset the nervous system, quiet mental noise, and re-center the mind and heart on what matters most. ❤️

Goals for Today

1. Articulate a biblical model of heart healing and forgiveness
2. Outline a step-by-step ministry approach for walking with individuals through repentance, making amends, and reconciliation
3. Address common roadblocks



Restoration in Action

A Biblical Model for Healing When Hurt

Step 1: Heart Healing

Step 2: Forgiveness

Step 3: Making Amends

Step 4: Reconciliation



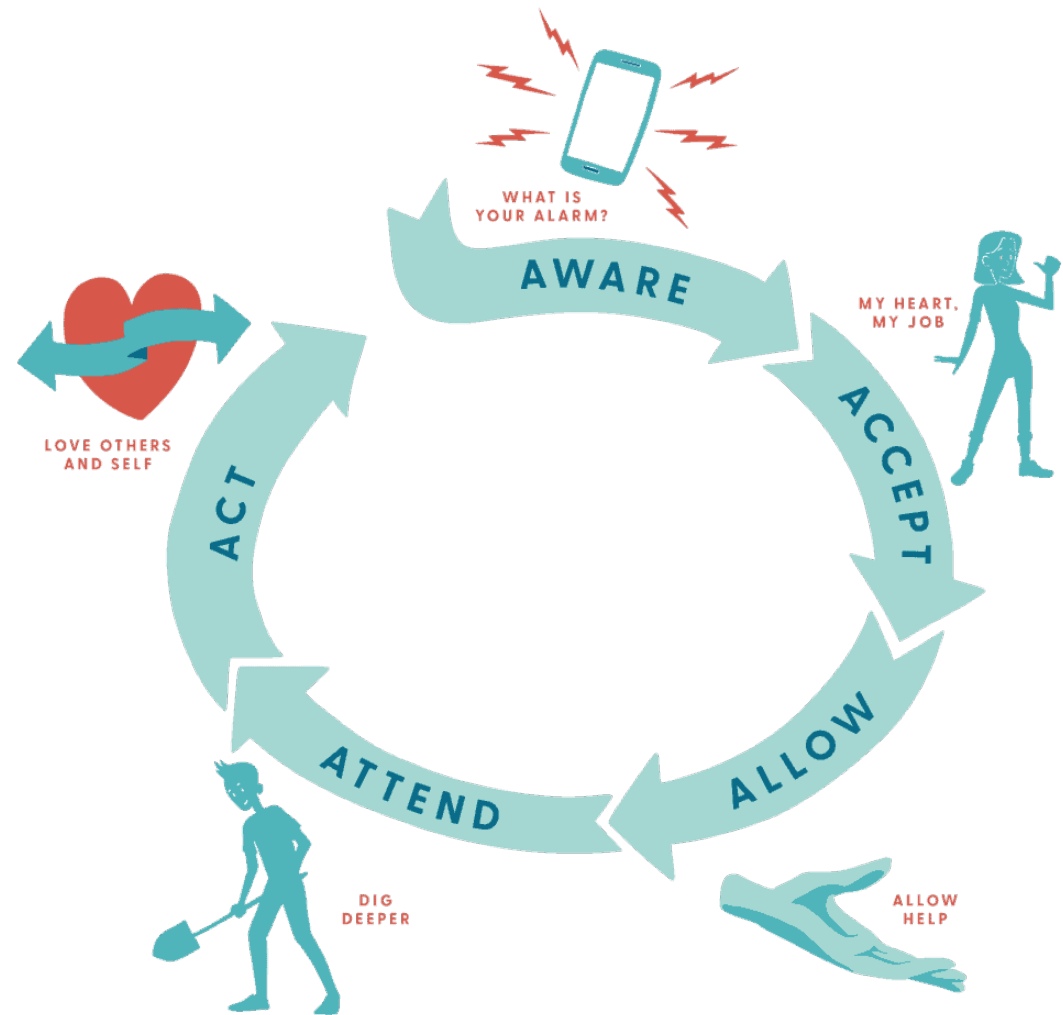
Why is this important?

- Unresolved hurt damages shepherds and sheep
Hebrews 12:15
- Unforgiveness distorts ministry leadership
Ephesians 4:26-27
- The Church is a part of Biblical Reconciliation
Matthew 18:15-17



Step 1 - Heart Healing

Goal: Healing your wounded heart with the Lord.



Attending to the Wound

Aware:

- What are your thoughts doing? Is this helpful?
- What is happening physically?
- What is happening emotionally?

Psalm 139:23-24



Attending to the Wound

Accept:

- It matters that your heart is hurting.
- Accept you have the emotion; this is an indicator that something is happening.
- It's up to you to attend to the wound/button.

Mark 5:34

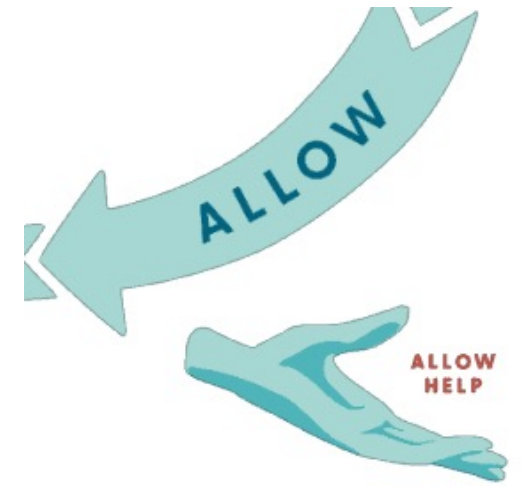


Attending to the Wound

Allow:

- Invite God into this process: prayer, journaling, scripture
- Ask for humility and strength in know what to do, and ownership in behaviors

Psalm 147:3



Attending to the Wound

Identify:

- Identify the pain
- Is there still heart hurt?
- How did you respond?

Ezekiel 36:26-27



Attending to the Wound

Heart Condition:

- Are there any idols that you are valuing?
- What is happening when the wound is pushed?
- Injustice Gap:



Act

Confession/Repentance:

- Humility opens the door to healing.
- Taking the condition of our heart to the Lord in confession and to trusted others for accountability.
- Making a plan to turn away from our sin. (1 Timothy 1:7)

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9



Act

Rest with the Lord

- What do I need?
- What is God telling me about his character, love, and grace?
- How does God stand in the gap of injustice?
- What do I need to surrender to his control?
- Who does God say I am?

God is our refuge and strength, an ever-present help in trouble.... Psalm 46



Step 2 - Forgiveness

- Goal of Forgiveness: To let go of the resentment and experience freedom from its destructive power.
- Unforgiveness is costly in terms of spiritual, relational, psychological, and physical health.

Matthew 6:14-15



What forgiveness is not...

- Total emotional peace
- Forgetting
- Becoming vulnerable, unprotected and powerless
- Excusing sin
- Freeing the guilt of the demand for justice
- Denying your hurt or stuffing anger
- Not a feeling
- Not conditional
- Trust
- Reconciliation
- Dependent on the defenders willingness, presence, response, understanding, or repentance.



What is Forgiveness?

Decisional Forgiveness:

A behavioral choice to not pursue payback for the offense.

Colossians 3:12-13

"Forgiveness is an act of the will, and the will can function regardless of the temperament of the heart."

-Corrie ten Boom

What is Forgiveness?

Emotional Forgiveness

The replacement of negative emotions with positive others-oriented emotions like empathy, sympathy, compassion and love.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

What is Forgiveness?

- Freedom from the power of other's sin.
- Prevention of our anger turning into sin.
- Alignment with the heart of Christ.
- Transferring of our demand for justice to God.

Hebrews 12:14-15, Matthew 6:12



What is Forgiveness?

- Between you and God alone.
- A work of the Holy Spirit in you.
- Trust in God.
- Choosing to act in Christ's love for others.

John 15:12



FREE

Process of Forgiveness

1. Face the Truth
2. Release the Hurt
3. Entrust justice to God
4. Exalt Christ

-Re:generation Recovery



Care
to change

FREE

Process of Forgiveness

1. **Face the Truth** - Evaluate sin by the truth of God's word and character.

Hebrews 9:25-28

2. Release the Hurt

3. Entrust justice to God

4. Exalt Christ

FREE

Process of Forgiveness

1. Face the Truth
2. **Release the Hurt** - Honestly give your hurt to God for him to heal the injustice gap. *1 Peter 2: 21-24*
3. Entrust justice to God
4. Exalt Christ

FREE

Process of Forgiveness

1. Face the Truth
2. Release the Hurt
3. **Entrust justice to God** - Transfer your claims to God and let him repay the debt.
Romans 12:19, Hebrews 10:29-31
4. Exalt Christ

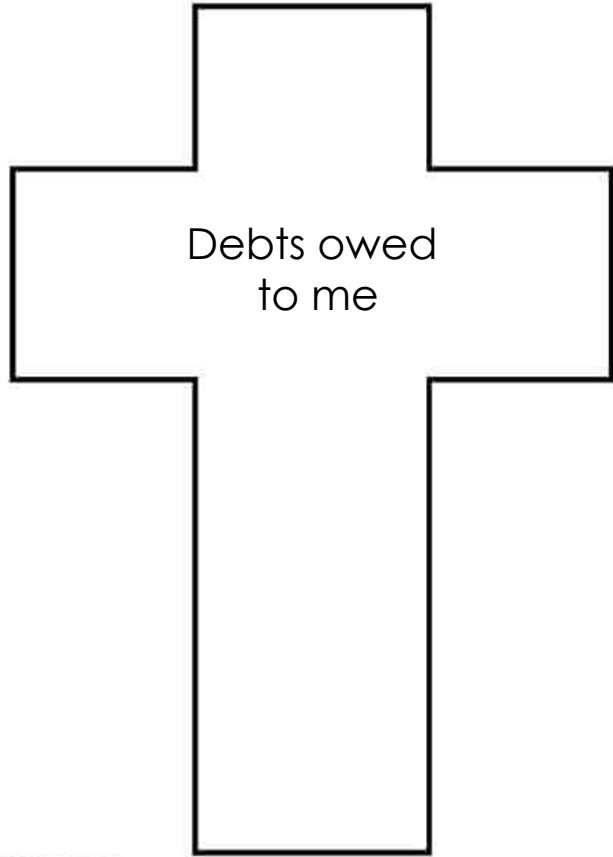
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Process of Forgiveness

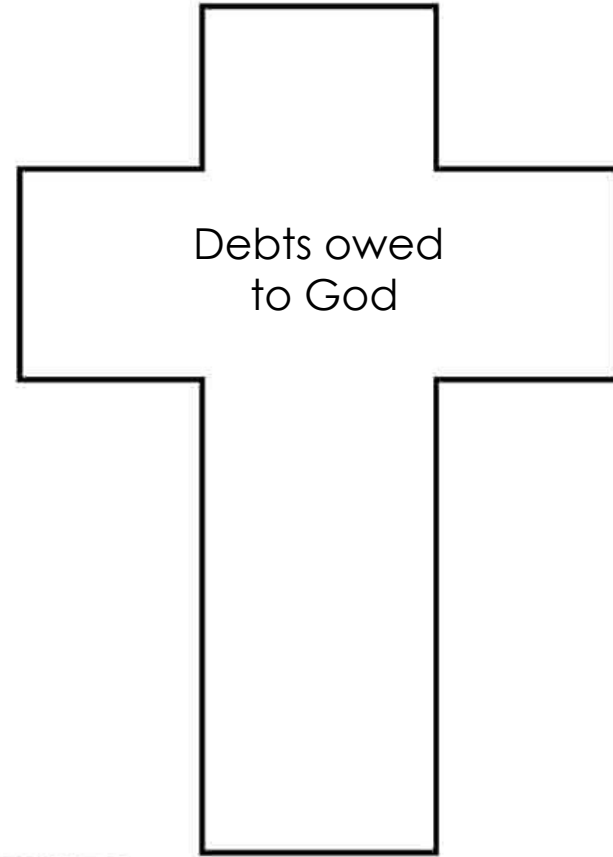
1. Face the Truth
2. Release the Hurt
3. Entrust justice to God
4. **Exalt Christ** - Thank Christ for paying for your sin, loving you even when you were lost, that his sacrifice was enough to cover every sin, and the freedom we are given.

Romans 5:5-8

Activity



Transferred
→



Step 3 - Amends

- **Goal** – Taking accountability for your actions and asking for forgiveness.
- Making amends for our wrongdoing - values truth, heals sinful damage inflicted in others, and Begins to rebuilds trust. It clears the way for mercy, forgiveness, and grace.

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. Hebrews 12:14



What Amends is not...

- Reconciliation.
- Taking all responsibility for a conflict.
- Excusing someone else's sin.
- Denying your hurt or stuffing your anger.
- Avoidable because someone is unaware of your sin.
- Freedom from consequences.
- Confronting another's sin against you.



Matthew 5:44-45, John 14:21

What is Amends?

- A freedom from earthly debt by doing your part to repair the damage of your sin.
- Having no excuses for your sin.
- Asking for forgiveness from your sin.
- One way transaction, pursuing peace.
- Carries no expectation of receiving any good in return.
- Requires accountability, humility, and obedience.



Walking through the Amends Process

1. Seek God for clarity.
2. Seek a humble attitude of repentance, love, and obedience.
3. Make an honest and specific confession of sin.
4. A request for forgiveness.



Walking through the Amends Process

5. Willingness to make restitution.
6. Readiness to share Christ and the way he prepared you.
7. Share your steps of change to turn from sin and follow through with restitution.

Ephesians 4:25-28, Matthew 22:37-40, John 8:31-32, Micah 6:8, Ephesians 5:8-11



Step 4 - Reconciliation

- Goal – Rebuilding of the relationship and trust.
- Ministry of reconciliation allows opportunity for past sin to not prevent a healthy relationship in the future.

2 Corinthians 5:17-20



Preparing for Reconciliation

- Start by focusing on your own sins and heart to create a safe environment.
Matthew 7: 2-5
- Prepare to confront sin with loving responses, not persuasion.
James 5:19-20
- Timing and invitation of the conversation is as important as the words you choose.
Proverbs 10:19



Process of Reconciliation

Heart Talk

- Heart Talk is a structured way to have empathetic communication and address conflict.
- Goal is closeness and intimacy, not logistics.
- Emotional and physical safety is the first priority.
- Vulnerability invites connection and the opportunity to rebuild trust.

Romans 12:18



How to Have a Heart Talk

- Someone initiates a conversation.
 - “I’ve got something I’d like to talk with you about. Are you open to a conversation?”
- Identify the feelings
 - “I feel...” and describe experience they had. Or “When ____ happens, I feel...”
 - Share in bitesize segments to not overwhelm the listener.



How to Have a Heart Talk

- Care about the feelings.
 - Allow your heart to be impacted by their feelings.
- Understand the feelings.
 - Don't fix.
 - Listener attempts to summarize what they heard.
- Then switch roles.



Additional Tips for Reconciliation

- Matthew 18 principle.
- Choose not to react right away.
- Call a timeout if needed.
- Study your reactions.



Additional Tips for Reconciliation

- Plan your words.
- Ask if the other person feels heard.
- Assume the best.
- Hope in Christ for healing.



Addressing Common Roadblocks

Common Situations

- “If I forgive, I’m saying it was okay.”
- “They don’t deserve forgiveness.”
- “I don’t feel ready.”
- “I can’t forget what happened.”
- “My anger is justified.”



Addressing Common Roadblocks

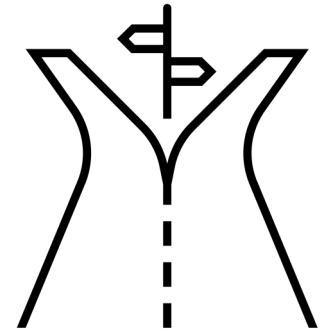
Common Situations

- Estrangement, timing, death
- Safety issues and abuse
- Repeat offenses
- Refusal to take responsibility
- Unforgiveness with God



Addressing Common Roadblocks

Common Situations



- Forgiveness can feel complicated or out of reach at times. These barriers are real and valid.
- Give yourself and those you serve permission to move at a pace that feels safe, supported, and honest.
- Trust that small steps can lead toward healing and freedom.

References

- Re:generation Recovery by Watermark Resources
- Growth and Flourishing Through Forgiveness by Everett L. Worthington, Jr.
- 9 Lies That Will Destroy Your Marriage by Robert Paul and Greg Smalley



Resources

- Care to Change Podcast on Healing:
<https://caretochange.org/podcasts/>
- Care to Change website resource page:
<https://caretochange.org/resources/>
- Forgiving What You Can't Forget – Lysa TerKeurst
- The Bait of Satan – John Bevere



Q & A



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Answer 2 simple questions



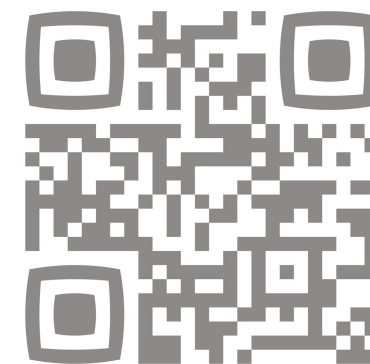
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