**Chapter 6**

**Facing the Truth of Our Roots**

Overcoming Denial & Shock



In the first five chapters, we sifted through the soil of our lives diagnosing our root issues by looking at our symptom list. It can be overwhelming to begin to unlock and come to terms with the faulty ways that we have been living our lives because of our filter of life. But now we are going to move on to the solution. The rest of the workshop is going to focus on the process of deliverance - the very pathway to healing and freedom. All the things that we have been learning are going to come together and will start making sense. To be free, we have to face the truth. It’s the key to unlocking the door to freedom. But many can’t face the truth. Why**?** Why because they are in **DENIAl.** Denial is a killer. It will prevent people from facing the truth and keep them in bondage, believing lies and operating in unhealthy ways. Participants must understand the importance of exposing denial so that they can see how negative life experiences are affecting them in the present so that they can break free.

As a group leader, you will start to see where participants are in the healing journey. Some will be eager to get started with the assignments. They will be connecting to the material and growing through the assignments while others may be disconnected and even question if the workshop is necessary. There is a chance that they may be in denial. Gently remind them that the Lord has a purpose behind it all and that the Holy Spirit will lead and guide in His perfect timing. If they are not ready to work on the assignment, reassure them that it’s okay. Encourage them to continue reading through the chapters and showing up. God is faithful. He will surface the things that must be surfaced when they are ready.

**Bubble Charts/Inventories**

The goal of the Bubble Chart is much like an inventory list that will help participants identify the people who have hurt them and the impact that it had on their lives. We do things so we can stop hiding, and stop pretending everything is okay, stop minimizing the behavior of others or our own behaviors so that we can break free by facing the truth no matter how painful it is. We cannot be free unless we face the truth. Encourage participants to hold on to God’s promises for healing. There is healing on the other side of the pain.

**List of Hurts**

Please let participants know that if they are having difficulty with the Bubble Chart, they can go to our website and download ‘List of Hurts.’ This format will accomplish the same goal, but it may be easier to work through for some.

Finally, encourage participants to pray and seek the Lord before beginning. Ask Him to reveal any hidden hurt that needs to be brought to the surface. This is a powerful step. The Holy Spirit is the **TRUE COUNSELOR**. We can never underestimate the power of prayer and the power we have in the Holy Spirit, who will lead and guide us through this process.

**Group Discussion:**

Participants are welcome to share with the group what was revealed in their Bubble Charts or List of Hurts. This is also a time of sharing and encouraging one another.

**Self-Study:**

Meditate on the things on your Bubble Chart or List of Wrongs. Process them with Jesus. He is the greatest group leader, exhorter, encourager, and the One who holds every one of your tears in His bottle.

**Spiritual Growth:**

2 Thessalonians

Daily Psalm & Proverb Reading

Meditate on Psalm 43:3