**Chapter 7**

**Grieving and Healing the Roots**

Anger, Releasing, and Acceptance



The Bubble Sheets in Chapter 6 reveal the toxic system that we have been living our lives, and it has a name - the system of **SHAME**. Shame is the poison of our soul because it keeps us from knowing and receiving God’s love and encountering His grace. Yet Grace is the system that our Heavenly father operates out of, the one every child of the living God should be living under - covered by His all-sufficient grace. Paul the Apostle understood this. In 2 Corinthians 12:9, he writes, "My grace is sufficient for you, for my power is made perfect in weakness." This entire process has been about getting us to a place where we come out of denial so that we can go from that shame-based system that the enemy operates out of into God’s system of grace. One produces life, the other death.

Chapter 7 takes us through the grieving process. In chapter 6, we discussed the first stage of the grieving process – denial, now we will move into the remaining stages, anger, acceptance, and releasing. This is the point in the healing journey where participants begin to recognize who they are versus what they have believed about themselves. This is where some will give up because they feel that the process is too difficult, hurts too much or are not ready to face what’s underneath all the coping mechanisms that have been erected in order to survive, or they will move into freedom.

Your role as a group leader is to gently remind participants that they cannot heal unless they can connect emotionally to the pain and grieve the losses. Because it’s the grieving process that gives Jesus access to step inside our pain – to love us, comfort us, wipe away our tears, as He lovingly begins to replace the lies and the messages that have polluted our hearts and minds and kept us from seeing ourselves in our true identity as precious children of the living God.

**Group Discussion:**

A good topic for group discussion is the list of Legitimate Needs and Losses on page 137. This is often a point of breakthrough for participants as they come to realize that they have God-given inner needs that may have never been met resulting in going through life trying to get those needs met on their own often in unhealthy ways apart from God. This will also help identify the losses in life that must be grieved to heal and break free.

**Self-Study:**

Answer the questions on page 137 and ask God to show you your personal unmet needs and losses so that you can grieve them with the Lord, heal, and break free.

**Spiritual Growth:**

1Timothy

Daily Psalm & Proverb Reading

Meditate on Ecclesiastes 3:4