



# BENEATH THE SURFACE

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**Following Jesus into Mental & Emotional Wholeness**

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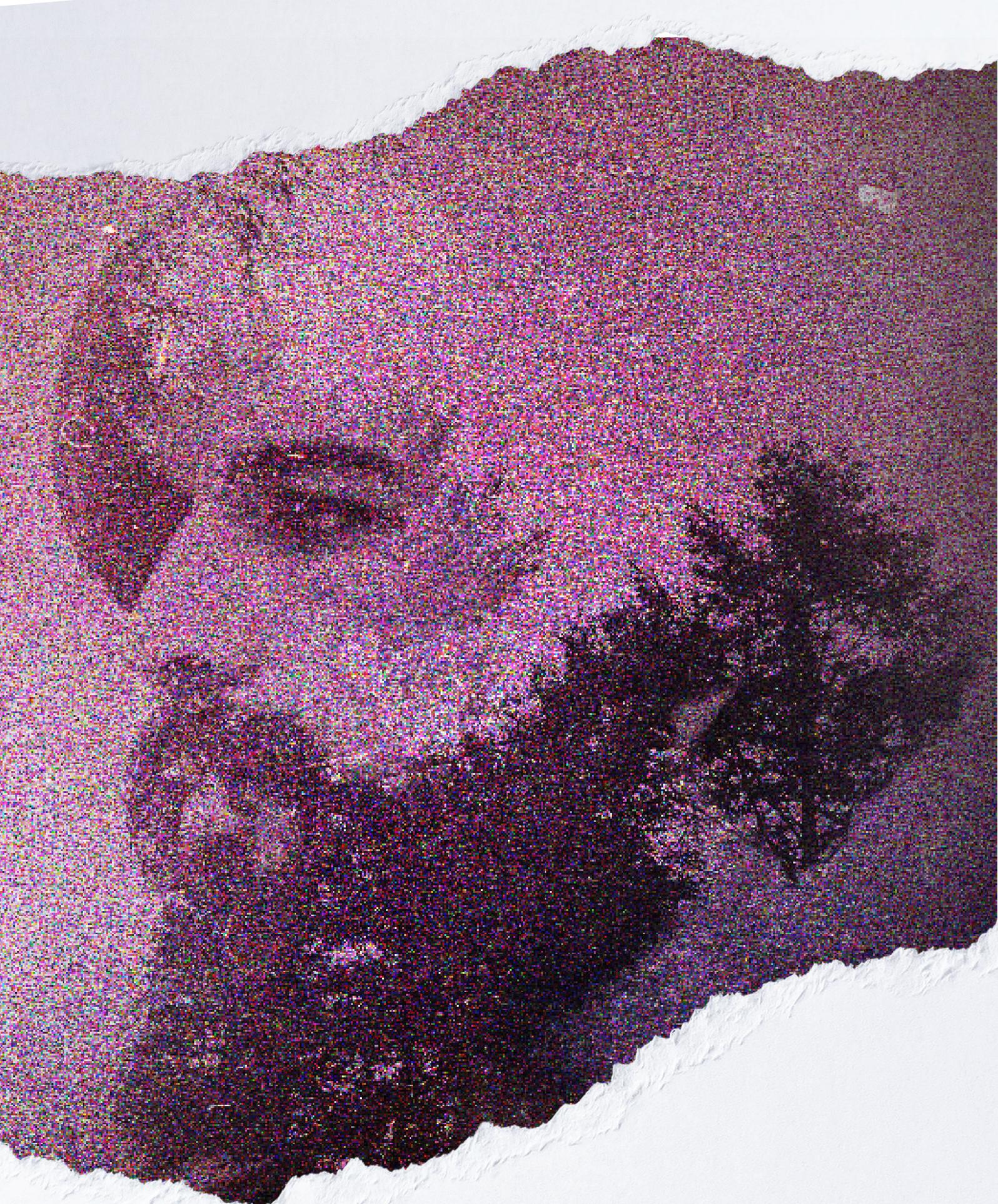
# BENEATH THE SURFACE: FOLLOWING JESUS INTO MENTAL & EMOTIONAL WHOLENESS

Jesus said, “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”  
(Jn 14:27)



Jesus promised us joy, peace and freedom, but many of us experience depression, anxiety and bondage. Looking deeper into our lives allows us to go deeper into our relationship with Jesus. This summer, we'll go deeper into how the love of God releases us into the personal wholeness He promises.





*I have come that they may have life, and have it to the full.  
John 10:10*





# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

### 1) Identify your primary and secondary forms of denial (consider sharing this with someone close to you for feedback)

- a) **Simple Denial:** pretending my problems or painful memories don't exist.
  - b) **Minimizing:** acknowledging a problem, behavior or hurt, but refusing to see how deeply it impacts me and those I love.
  - c) **Rationalization:** making excuses to justify my unhealthy attitude or behavior.
  - d) **Blaming:** recognizing a problem or hurtful memory but maintaining that the responsibility for my current pain/behavior lies somewhere else, and not with me.
  - e) **Spiritualizing:** using Scripture as an excuse to bury my past hurts rather than face and deal with them.
  - f) **Diversion:** diverting the focus off my problems, issues or behavior and onto someone or something else.
  - g) **Victimization:** (also referred to as passivity): feeling justified in my attitudes or behavior because my life has been difficult.
  - h) **Hostility:** using anger, violence or threats to punish, manipulate or intimidate anyone who confronts my behavior, woundedness or dysfunction.
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**2) After considering the results from question 1, consider: how have your forms of denial negatively affected your mental, emotional and relational health.**

a) My primary form of denial is \_\_\_\_\_ and it has negatively affected my life by...

b) My secondary form of denial is \_\_\_\_\_ and it has negatively affected my life by...

c) My forms of denial have negatively affected those around me by...

**3) This week, during a moment of tension, conflict or painful emotion, try this Freedom Session Anger Busting Exercise.**

I am angry at: \_\_\_\_\_  
\_\_\_\_\_

I am afraid that: \_\_\_\_\_  
\_\_\_\_\_

I feel rejected by: \_\_\_\_\_  
\_\_\_\_\_

Then try leaning into the tension or conflict.

*Note: There are no guarantees completing this exercise will resolve the conflict. The goal is for you to take a step towards authenticity and mental / emotional health.*





# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

**1) Describe your impressions or beliefs about God prior to age 12.**

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**2) Compare your “picture” of a Heavenly Father (God) and your earthly father.**

a) How are they the same? How are they different?

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b) Compare your feelings for each?

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c) What connection are you discovering?

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# FATHER'S PRAYER

*Dear Son/Daughter,*

*I say to you in the name of the Lord Jesus Christ that Your Life is Not a Mistake. You have never been unwanted. You have never been alone. You have never been unloved. God has made you out of the depth of His own life and love and has called you into being at the right time and the right place.*

*He has prepared a way for you and has given up the life of His own Son for you...because He loves you. You are His privilege and His delight. You are not a burden. You are not an intrusion. You belong. You are one of His own dear children. You are His treasure, just because you are, not merely for what you can do.*

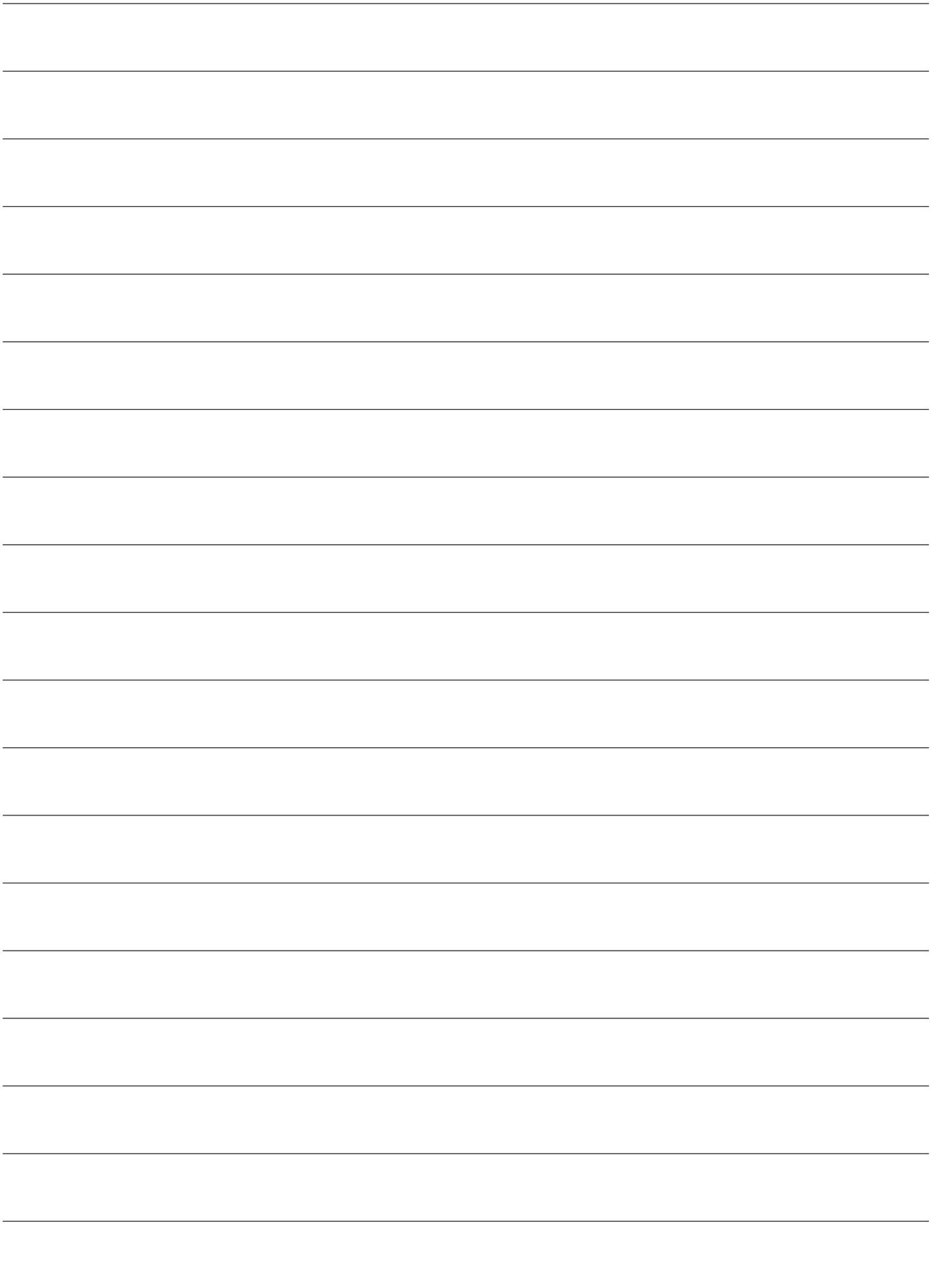
*Your Father, in heaven, is waiting for you to come home, to open your heart to Him so that He can fill you with His unconditional love. He is pouring that love upon you right now. Receive it. Accept it.*

*Thank you, Heavenly Father for welcoming your son/daughter back into your arms. In the name of Jesus, we pray. Amen.*



*He chose us in him before the foundation of the world, that we should be holy and blameless before him Ephesians 1:4*







*"The Lord is near to the brokenhearted and saves the  
crushed in spirit." Psalm 34.18*

# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

**1) The primary and most important follow up exercise this week is to select and process one of the traumas you've experienced in your life.**

a) **Column 1:** Identify the WHO and WHEN.

Consider the people in your life (past or present) that you feel have hurt you or let you down. It is a good idea to ask the Holy Spirit to guide you in this...and then listen for the names He brings up. Select one of them and enter it in Column 1 in the worksheet. Also write down when it happened and how old you were at the time.

b) **Column 2:** Confront WHAT specifically happened.

Following the example given during the sermon/message, complete the rest of the chart. In column 2, write out what this person specifically did or didn't do that caused you pain. Their actions/words may have been intentional or unintentional.

c) **Column 3:** Consider HOW the damage affected you as best you can recall, write out how you think that event affected you at that time, emotionally, mentally, socially or sexually.

d) **Column 4:** Contemplate HEREAFTER, the immediate & ongoing effect. Before completing this column, pause and ask the Holy Spirit to bring to your mind how these events and any negative conclusions, beliefs and/or judgements were made on your part.

Then listen. Ask the Holy Spirit to reveal to your mind what unhealthy coping strategies you developed to protect your heart as a result. Consider the ongoing damage in your various relationships and patterns of relating that you sense are causing challenges in your life.

# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

e) **Column 5:** Embrace the **HOWEVER**. Invite Jesus to reinterpret the event and correct your conclusions. Practically, consider the (negative) conclusions and / or false beliefs you have embraced, judgements, etc. Ask Jesus what His Truth is and write it down.

Most importantly, thank Him for His truth and embrace those truths in your life. Ask Him where He would like you to apply them and for the courage / strength to do so.

**2) Take a step back and look at your completed processing of the trauma. What are you learning about yourself?**

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**3) (Optional) Can you think of situations where you felt God let you down? If so, take the time to process that experience the same way.**

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\* For those with significant and/or intense trauma, we suggest you take the Freedom Session course in its entirety where you will have the support and community to deal with deep level trauma. Alternatively, you could seek counseling therapy to deal with any deep trauma that surfaced during this message. The goal of this exercise is to provide a process by which you can learn to more effectively deal with the hurts, regrets & challenges in life.

# “MIRROR” INVENTORY APPROACH

<b>WHO AND WHEN</b> Who hurt me? Who do I resent, fear, dislike, mistrust or avoid?	<b>WHAT SPECIFICALLY HAPPENED?</b> What specifically did they do or not do that hurt me? (Describe the specific action[s] or behavior[s] - intentional or not - that caused you pain).

# “MIRROR” INVENTORY APPROACH

## HOW THE DAMAGE AFFECTED ME

At that time, how did their actions or behavior affect/hurt me mentally, emotionally, socially or sexually?

## HEREAFTER, THE ONGOING EFFECT

How has this affected the rest of my life and relationships? What false guilt have I carried, false beliefs embraced, judgements made, negative conclusions?

## HOWEVER...

Invite Jesus to reinterpret the event with truth and correct my conclusions.



*I have come that they may have life,  
and have it to the full. John 10:10*





# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

### 1) Complete the following statements: I need to ask God to forgive me for...

a) Consider past/present behaviors for which you continue to feel guilt and/or shame. These may be known to others or secret.

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b) Decide whether or not you are willing to turn from the behavior/attitude. YES or NO. (God is not looking for perfection, but direction and effort.)

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c) Humble yourself and ask Him to forgive you, specifically for those behaviors/attitudes.

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d) Walk with your head held high.

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# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

### 2) I need to forgive myself for... process:

- a) Ensure you have first received God's forgiveness (see above).
- b) Identify the behavior/attitude you are tempted to continue holding against yourself.
- c) Decide whether you are willing to let Jesus pay the price for your sin/mistakes and/or failure. This means, in faith, you are willing to STOP trying to prove yourself worthy of His love. YES or NO.
- d) Use the FS Forgiveness Prayer, reading the prayer out loud, applying it to the specific sin you continue to feel guilt/shame over.
- e) Walk with your head held high.

### 3) I need to forgive... process:

- a) Identify the person who has hurt, wronged or let you down as revealed in Sermon #3 of the series, "The Healthy Resolution of Trauma."
- b) Use the FS Forgiveness Prayer, reading the prayer out loud, applying it to the specific hurt, offense or injustice you feel.

If painful emotions emerge during this process, allow yourself to feel them, and, then, push through the Forgiveness Prayer, pouring out any pain, bitterness or hatred towards Jesus on the cross. He died to pay the price for these wounds.

Take your time. Pray through the entire prayer.

(You can repeat this process numerous times for different offenses if you like.)

- c) Leave it all with Jesus on the cross and walk with your head held high.
- d) Share your story of being released from the prison of bitterness with others. Teach as many people as you can that forgiveness is possible.

# FORGIVENESS ADDITIONAL RESOURCE

**“... AS WE FORGIVE THOSE WHO SIN AGAINST US.” LUKE 11:4**

## **1) Turn to your Mirror Inventories. Write the first names from Column 1.**

These are names of people who've hurt you & those you resent or fear. Once you've written all the names down from your Mirror Inventory, skim through the names in Column 1 of your Shield and Closet Inventories. Some of the people you have hurt are also those who have hurt you. If so, include their names on your list.

## **2) Ask the Holy Spirit to bring to mind the names of any others He wants you to forgive.**

Add these names to your list.  
Lastly, write down God.

*NOTE: God is holy and doesn't need forgiveness, but many of us harbor resentment towards Him for things we think He should have done, or stopped from happening to us. "Forgiving God" is a way to release this bitterness.*

## **3) For each of the names on the list, think through what exactly they did to you that caused your bitterness or resentment. To refresh your memory, you can skim over the details in your Mirror Inventory. Be specific.**

If you forgive in general, you will experience a general freedom. Allow yourself to hurt!



# FORGIVENESS

**“... AS WE FORGIVE THOSE WHO SIN AGAINST US.” LUKE 11:4**

**4) Step forward in faith and obedience to actually forgive the first person on your list.**

LORD, I FORGIVE \_\_\_\_\_ (name the person).

FOR \_\_\_\_\_  
\_\_\_\_\_ (describe the offense)

WHICH MADE ME FEEL \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (verbalize painful feelings)

a) Describe what happened. Tell God how much it hurt & what you were longing for.

b) Pray the exact same prayer for each offense you feel this person committed against you.

THEN CONTINUE WITH A PRAYER SUCH AS: FORGIVENESS PRAYER.

**5) Thank God for the freedom you will experience and practice forgiveness as a lifestyle.**



# FORGIVENESS PRAYER

But now, I choose to forgive \_\_\_\_\_  
and release him/her to Your accountability. I choose to  
bear the consequences of their sin against me without  
bitterness, knowing You already paid for it on the cross.

Please forgive me for how I've tried to protect my heart  
from being hurt again. I acknowledge that You alone are  
the protector of my heart & I choose to trust You.

Fill this area in my life with Your Holy Spirit and heal this  
wound. Thank You for freeing me from the poison of  
bitterness.

I relinquish my perceived right to seek revenge or blame  
this person for any dysfunction or present pain in my life  
and I take responsibility for my own life choices. They  
owe me nothing! I ask You to heal my damaged emotions  
from this memory.

I now ask You to bless this person and to pour Your love  
into my heart for this person. And I commit to follow You  
in any steps of reconciliation You ask me to take.

*NOTE: Stay with each person until all offenses are dealt  
with and you've released all your anger and bitterness.  
You may need to forgive one person for many events.*

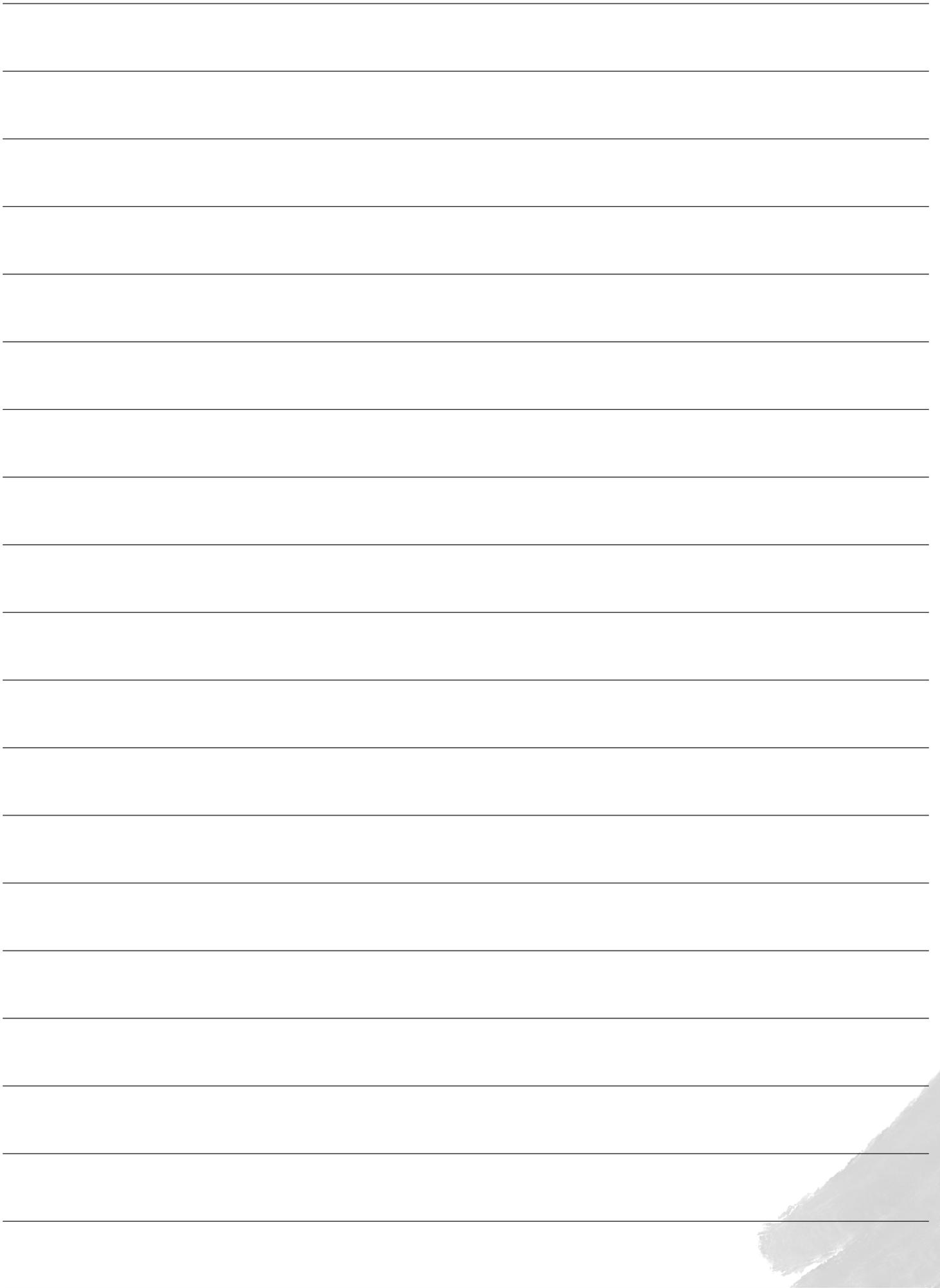
\*If you haven't heard this message, watch it now at  
[cschurch.ca/beneaththesurface](https://cschurch.ca/beneaththesurface) and then return to this exercise.  
Alternately, identify a person who you feel has hurt you, wronged  
you or let you down (intentionally or not).





*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Eph. 4:32*





# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

### 1) Make an amends list:

Ask yourself and the Holy Spirit the following question:

Who are the people who have a wound, hurt or offense towards me? [write down the first names]

### 2) Write out and “role play” the amends.

It is helpful to actually write out the exact words you would like to use. Use the outline and suggested script on the Amends C.A.R.D. (next page)

If you are participating in a small group discussion during the series, you will have opportunity to role play the amends and gain feedback on how the amends will sound and possibly be received. (Come prepared.)

### 3) Contact the individual and invite them to meet with you. Make a direct amends.

- a) If meeting in person is not possible, schedule a video conference.
- b) If that is not possible, make the amends over the phone.
- c) The last option is via email, letter or text.

### 4) Consider the indirect amends you need to make, a change of behavior or attitude. Enlist caring but firm accountability to ensure you make progress.

*Further Reflection:*

*By its very nature, the amends process is one-sided. The people to whom I offer amends may not reciprocate by forgiving me or by asking forgiveness for how they've hurt me. But just as forgiveness is primarily an issue between God and me, so is the obedience of making amends. Even if there is no hope the relationship can be restored, I am still instructed, "as far as it depends on me, to live at peace with all men."*

*Making amends gives me an opportunity to follow through on God's instruction and look to Him for my reward.*

# AMENDS C.A.R.D PROCESS

**“IF IT IS POSSIBLE, AS FAR AS IT DEPENDS ON YOU, LIVE AT PEACE WITH EVERYONE.”  
ROMANS 12:18**

I've asked to talk with (or have written to) you because I've been encouraged to take responsibility for my own life and the hurt I've caused others. You are one of the people God has shown me I need to make amends to.

## 1) Confession

I want you to know that when I ... (describe what you did and possibly when it happened).

I deeply hurt you and that was wrong.  
I was wrong and had no right to do that to you.

## 2) Apology

I realize what I am saying now cannot undo what I've done or remove the hurt I've caused. Nonetheless, I want you to know and hear me say that I am deeply sorry for hurting you personally, and how this may have affected your life and those you love.

**OPTIONAL** inclusions if appropriate (if in doubt seek counsel). Using either of these would suggest you are in some sort of meaningful and trusting relationship with them.

a) Someday, if you would think it a good idea, I would be very open to talk about all the dynamics and possible reasons for what happened, but right now what is most important to me is to tell you I am deeply sorry.

b) To be honest, I would like to ask you to forgive me. But it seems to me that would be unfair to ask of you right now. I suspect you may need time to process all the hurt I've caused you. Right now, what's most important is that you hear I am deeply sorry.

# AMENDS

**“IF IT IS POSSIBLE, AS FAR AS IT DEPENDS ON YOU, LIVE AT PEACE WITH EVERYONE.”  
ROMANS 12:18**

## 3) Responsibility

I have no excuse for why I hurt you as I did. You didn't deserve that. What I do know is that my (pride/ justification/ bitterness, etc.) was influencing me rather than love or concern for you. Again, I am sorry.

## 4) Desire to Make Things Right

And lastly, I want you to know that, to the best of my ability and with God's help, I intend to \_\_\_\_\_

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*For God did not send his Son into the world to condemn the world, but to save the world through him. John 3:17*





# ON YOUR OWN

## MENTAL & EMOTIONAL HEALTH EXERCISES

**1) Think back on your experience over the entire “Beneath the Surface” series, re-read your notes and the exercises / small group discussions you’ve had.**

a) What has been the greatest “aha” or breakthrough moment for you?

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b) What has been the most meaningful exercise?

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c) What has been the most meaningful Scripture you’ve encountered?

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**2) Pause and ask the Holy Spirit of God to share His thoughts with you. Listen. Then complete this sentence, quoting God as best you understand what He has impressed on your heart. Fill your name in the blank. \_\_\_\_\_, My Son / Daughter,...**

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Thank you for joining us and participating in the teaching series and these exercises. For some, the teaching and exercises in this series will be enough to get you walking on a path of mental, emotional and relational wholeness under the Lordship of Jesus.

Please share this series and your story with those around you.

Many of those whom God has placed you in a position to influence need to hear the messages you have enjoyed.

For some, this series has touched on areas of your life that have not been healed and you are feeling vulnerable, perhaps even raw. Please don't suppress what is going on in your heart. God has brought these memories and experiences to light in order to deal with them and heal your heart. If this describes you, there are some next steps you can take:

**Freedom Session** is a 28-week in-depth discipleship journey that helps people work through significant issues in their lives and find greater forgiveness and healing. Go to [cchurch.ca/freedomsession](https://cchurch.ca/freedomsession) for more information and to apply. There is also a Freedom Session Sampler; a 7-week introduction to Freedom Session for those who aren't ready or able to commit to the full program. It will take place this fall, and registration will be available on the website soon.

It is always a good idea to connect with a safe, spiritually mature person in your life and begin to share with them what is happening for you.

You can also share with your small group or missional community.

To get started in community, go to [cchurch.ca/taste-and-see](https://cchurch.ca/taste-and-see).

**Encounter God** is another great way to deepen your relationship with Jesus and find forgiveness for sin and healing for wounds in your life. The next Encounter God weekend is October 25-27 at River's Edge Camp – to register go to <https://cchurch.ca/encounter-god>.

If you need them, a pastor is available for additional support

**Monday to Friday, 8:30-4:30. Drop by Central Campus or call 403-293-3900.**

## Additional Resources

Here are a few books that may help you on your healing journey. All these titles are available at CSC Books.

### Peter Scazzero:

Emotionally Healthy Spirituality  
Emotionally Healthy Leadership

### Geri Scazzero:

The Emotionally Healthy Woman

### Neil Anderson:

Victory over the Darkness  
The Bondage Breaker  
Freedom from Addiction