

Processing hurts with

PROPHETIC JOURNALING

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Welcome! In this processing guide we take you on a journey toward wholeness and show you a safe way to process the hurts that inevitably come with life and ministry.

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IN FINISHING

Thank you for reading this healing guide and allowing me to be part of your journey to wholeness.

Welcome to this healing guide...

Hi, I'm Lyn Packer and I lead the School of Prophets Aotearoa.

My ministry journey over many years has shown me that we all face wounding at some point or another; it seems to be an unavoidable fact of ministry. Whether it comes through misunderstandings, communication issues, rejection of your words or your ministry, church people, church dynamics, or even other ministers – it hurts!



And, if we don't process those hurts and allow healing to come, it can have a devastating effect on our ministry in the long term. How we process our pain is important. Each step outlined in this guide is designed to equip you with the strategies and insights necessary to process pain in a healthy way. The processing tools you'll find here are ones I've personally found immensely helpful as I've processed pain over the years. They are based on scriptural principles and they facilitate a place of encounter with the Lord where His healing power can flow and minister fresh life to you.

I hope and pray that you'll find healing and restoration as you process things through with the Lord.

Bless you heaps

Lyn

LET'S DO IT!



WHAT IS PROPHETIC JOURNALING?

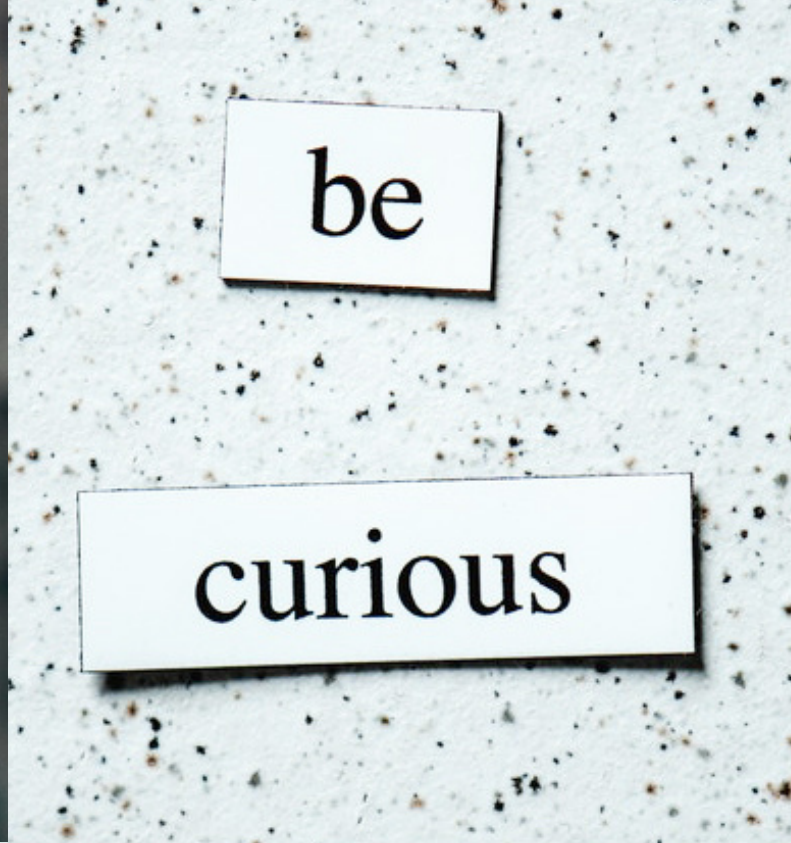
Prophetic journaling is a written conversation between you and God. It's a power-filled way of processing, prayer, and receiving revelation directly from the heart and mind of God.

In prophetic journaling you simply pour out your heart on paper and then record God's response. You can use just words or add pictures of the revelation you receive. Every time you communicate with God in this way you encounter Him in a way that brings insight, understanding, wisdom, strategy, and that releases transformational power.

Allow me to share some of the benefits I've found in prophetic journaling...

- Increased intimacy with God
- Revelation knowledge
- Wisdom and strategic insight
- Fullness of joy
- Inner peace
- Restoration
- Rest and refreshing
- Healing
- Empowerment
- Spiritual food to feed you and others
- Transformation
- Personal revival





LISTEN TO YOUR HEART

For ongoing health we must allow ourselves to be honest and vulnerable, and listen to our heart. This is so important if we want to process hurts in a healthy way.

The Bible tells us that our heart is a governing seat in our life and a holding place of all that is important to us; out of it flow all the issues of life.

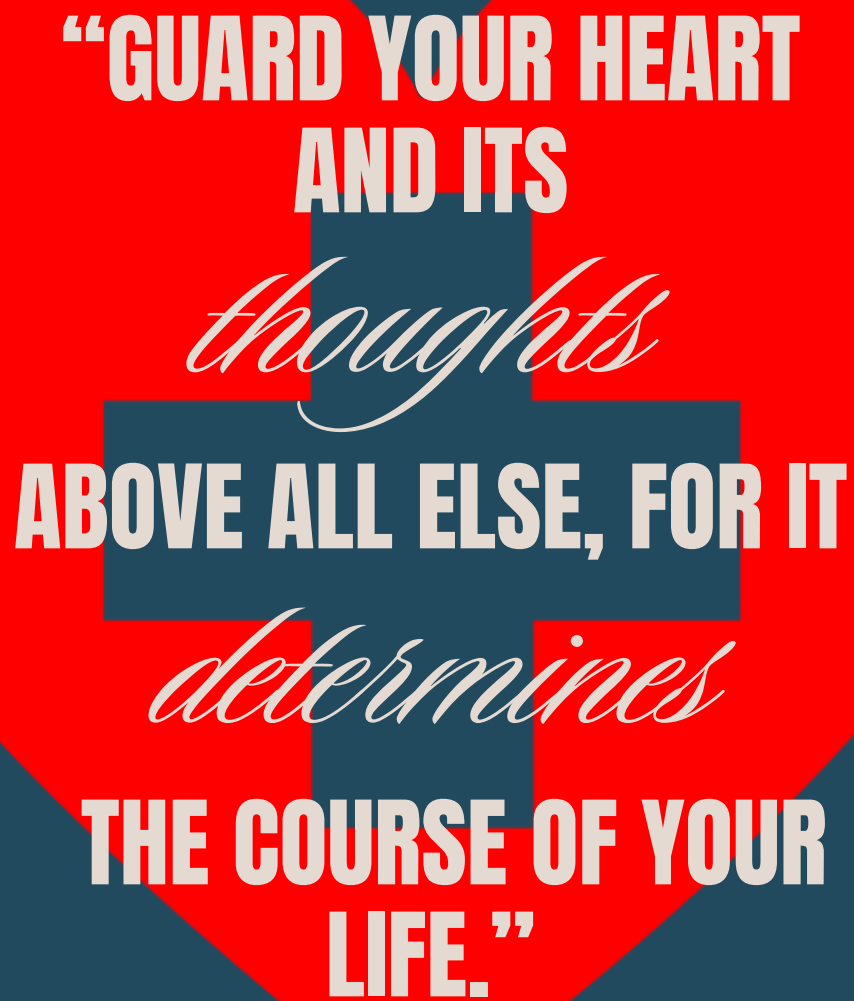
Our heart processes information and holds memories. Hurts and trauma, if not dealt with, can even affect its ongoing health.

“A cheerful heart is good medicine, but a crushed spirit dries up the bones”
Prov 17:22.

In many ways the Bible is a journal of God’s interaction with mankind. It records the ups and downs of people's lives and their relationships with God.

Many of the Psalms are a form of journaling – inner processing written down. In Psa 56:8 David says that God keeps a written record of our life – *“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.”*

God cares about the state of our hearts. He cares about our hurts, how we process them, and whether or not we find healing and resolution.



**“GUARD YOUR HEART
AND ITS
thoughts
ABOVE ALL ELSE, FOR IT
determines
THE COURSE OF YOUR
LIFE.”**

PROV 4:23

Using journaling to process life events and pain can be one of the ways the Holy Spirit ministers grace, power, healing, and understanding to us.

Set aside time and create a safe space. When processing heart pain through journaling, privacy is necessary – a place and time where you won't be interrupted. Privacy is important so that your flow of interaction with the Lord isn't interrupted, and also, deep pain, when we allow it to be expressed, often results in tears, which can sometimes be quite an intense experience.

Spend some time connecting with God first through prayer, worship, and gratitude. Pray in the Spirit (in tongues) – this helps build up your spirit. You may want to play music without lyrics in the background as you process, to keep an ongoing atmosphere of peace.

If you're processing pain concerning someone close, it's possible that you may feel a conflict between loyalty and speaking the truth. Sometimes we can think we're dishonouring a person if we reveal what happened, but we can't heal what we won't face and truthfully acknowledge.



THE JOURNALING PROCESS

When using this form of prophetic journaling for healing purposes, start with two side-by-side pages – a Gratitude page, and a Grieving page.

Gratitude page

Write down the good things the person has done, and any good things about the situation. When you've finished, read through the things you wrote. In your heart and mind acknowledge, and thank, the person for what they've given to you. Talk to the Lord about it and write down what He says about the good things that you discovered.

Grieving page

Write out what the person did that hurt you, or what they withheld from you, as that can have as much impact as their doing something can.

Don't try to hurry. It's important to give yourself time, as sometimes things take a while to emerge in our heart and memory.



If there are emotions, let them flow. Tears are an expression of the language of our hearts.

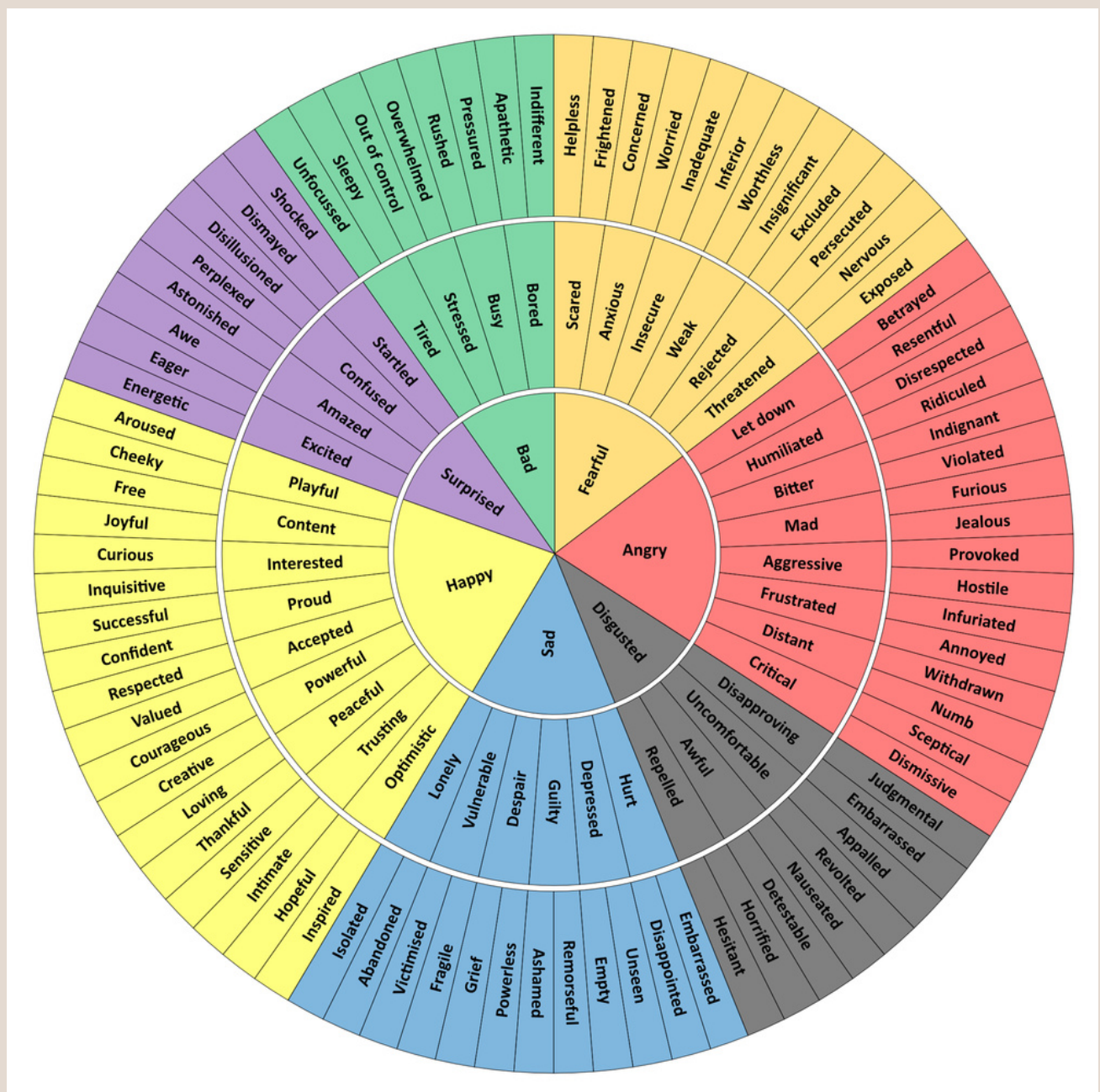
On the next page

Investigate your thoughts and feelings.

Identify your emotions – Write out honestly what you are feeling in your heart – your confusion, anger, hurt. and where those emotions have led your thoughts. Try to go beyond the surface emotions to what's underneath them. You can do that using the emotions wheel on the next page.

The Emotions Wheel – This is especially helpful for identifying deeper emotions that might be at work in a situation. The inner circle in the picture below shows the most commonly recognized human emotions, but underneath them may be deeper more complex ones. This will help you identify those deeper emotions so you can address them.

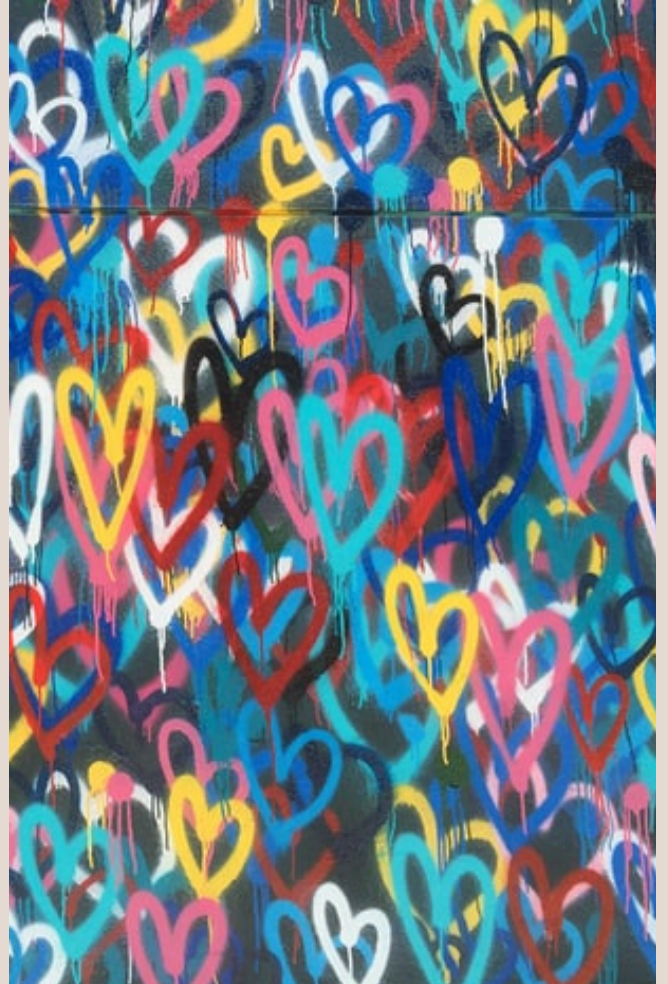
For example, anger is often an initial response emotion, and one that we recognize easily. Underneath the anger may be any number of other emotions or reactions. e.g. Being able to recognise that you are feeling let-down and betrayed, enables you to work on those underlying reactions.



Identify your body response – If

possible, identify where you feel the stress or pain in your body. Our body holds the score - it stores undealt with trauma in our muscles and cells where it works, slowly releasing its pain, and may even eventually cause physical ailments.

Ongoing effects – Write down any ongoing effects the situation has had on your life. E.g. Betrayal may make you wary of others and not able to trust easily. E.g. Not being able to express emotion as a child may lead to us seeking to suppress emotions as an adult.



Write down how you have reacted to prevent being hurt again – what coping mechanisms you use – e.g. trying to be more spiritual, overt positivity, denial, dissociating, drinking, shopping etc.

Bring the pain and hurt to the Lord and ask Him to heal it. Write down your prayer for healing, then take a few minutes to wait on God for His response. He will want to give you insight, comfort and guidance, as a Father to a son or daughter. Record what He says to you. It will probably come as a flow of thoughts to your heart and mind, but it may also be accompanied by inner visions.

Renounce any vows you made as a result of the person's treatment, as well as any wrong attitudes you developed, behavioural responses, etc. Choose to release the person/people from your judgment (forgive them) and sever in the spirit any soul ties that bind you to them.

To finish

Spend some time sitting quietly, talking to the Lord about what this time of processing and healing has meant to you, and record anything further He says to you.

Your notes

Enjoy the process

Your Notes

Enjoy the process

Your notes

Enjoy the process

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, understanding, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.”

Brene Brown



IN FINISHING

I hope that you've found this processing guide helpful, and that as you spend time processing with the Lord you'll find the peace, healing, restoration, and freedom your heart has longed for.

Use this process again and again, as needed. Make it a part of how you process your days, and you'll journey through life as a healthy prophetic minister.

Arohanui - much love

Lyn

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Thank you

For allowing me to walk alongside
you in your growth journey.