**Chapter 2**

**The Root of Restoration**

Foundation for Healing



This chapter sets the foundation for healing going over key principles required to be transformed and set free from the old system of survival into the new system of transformation and renewal in the new system of abundant life in Christ Jesus. Chapter 2 allows participants to look deep at the system that they have been operating out and identify who or what they are submitting to and giving authority over their lives. This is done by going back to the beginning to establish God’s order of things and challenges participants to choose who will be the voice of authority of their lives. One system is the way of blessing, the other, the way of curses as is explored in the Garden Principles presented in the chapter. The Garden of Eden has extreme significance in the healing journey for participants. In leading a group, it’s important that participants see the significance of the healing journey through the depiction of the fall of man and the life breathing lessons and applications for their lives and the process of healing.

This chapter emphasizes the importance of identifying the barriers hindering growth and the abundant life in the believer. The tool used is the life story. As a group leader, you will emphasize to participants that by writing their life story, they will begin to see the patterns in their lives. Keep in mind that in the beginning, they will be overwhelmed and even possibly angry and confused. That’s why as you work with the group, it’s a good idea to reiterate the importance of getting to the rooted issues, lay out the healing objectives and point them towards solution principles as the book and the teaching repeatedly points out. Remind them that the only reason they are here is that they want to be well. You can instill hope as the main motivator for them to continue no matter how painful the process gets.

**Self-Evaluation Homework:**

**Writing a life story –** Writing a story is a must. It is foundational to the rest of the process. The story should focus on the painful events and memories more than positive events simply because this process is for healing wounds. To be effective, the story should begin from the earliest memories all the way to the current circumstances.

**Why do this?** This is where the roots are going to be exposed. In this process, we begin to sort through life experiences with a filter of truth. As a leader, please understand that the purpose of this project is to simply “break up the soil” in order to sift, sort, and deal with each painful circumstance that is revealed. Therefore, the only purpose of this is for what they will gain by seeing their own story in black and white. Some people will procrastinate simply because writing their life story may seem a daunting task. Encourage them to try their best, and just write out what they recollect, focusing on how they felt more than simply presenting the facts. We have a saying at the Balm of Gilead – You have to feel to heal. Writing their life story will help participants to begin connecting emotionally to the wounds of the past, which is essential in the grieving process required for healing.

**Life Story Instructions:**

Ask Jesus to walk you through your life, from the very beginning and reveal to you areas where you are wounded - areas of your heart that have been damaged and that desperately need healing; focusing on the challenging situations, hard times, and the hurts that need forgiveness and restoration. Some examples of areas to focus on that could have caused pain are:

* unmet expectations ‐ by anyone
* fears
* death of a loved one ‐ or someone close to you
* rejection (by family, peers, or society as a whole)
* abandonment (intentional or unintentional)
* molestation or rape
* physical abuse
* verbal, mental, or spiritual abuse
* broken promises
* heartaches (by parents, boyfriends, girlfriends, spouses, etc.)
* Any abortion(s) you participated in.
* unfaithfulness
* parents were unfaithful to each other
* you were unfaithful, or you experienced unfaithfulness by another

(girlfriends/boyfriend/wife/husband)

**Please Keep in Mind** ‐ The objective is to write the story of your life from as far back as you can remember. Not in list format however, this list may help you focus on areas that might need attention. Again asking Jesus to take you as far back as you can remember and work towards where you are today. Don’t be discouraged if you have a difficult time remembering things, the Holy Spirit sometimes leaves things unseen until the perfect time to help you heal from it. His order and timing are **PERFECT**.

**Note –** The story will not be shared with the group. That’s between the participant and the Lord – the True Counselor. The story will aid participants to process specific things in coming chapters.

**Group Discussion:** Self Evaluation section at the end of Chapter 2.

**Spiritual Growth:**

Read the book of Galatians

Psalm & Proverb

Mediate on Psalm 30:11-12