



SALEM ALLIANCE CHURCH

SURRENDER & HEALING

RESOURCE GUIDE



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HOW TO USE THIS RESOURCE

This guide is a compilation of spiritual practices and resources that are specifically curated to help you engage with the stage you find yourself in on the Discipleship Pathway.

For each spiritual practice, there is a brief explanation as well as opportunities to put it into practice. We encourage you to read through the Resource Guide and see if there are one or two things that you sense the Holy Spirit inviting you to engage with.

These practices and resources are not the end goal but a means of deepening connection and communion with God, who is the one that transforms us into people of Christ-like love.

ABOUT THIS STAGE

This stage is perhaps the most poignant example of mystery in the whole journey of faith. There is a deep sense of God at work in us and, at the same time, we are at a loss to describe it. We may enter Surrender and Healing with fear and trepidation, but we become less afraid of being afraid because of God's leading. We are on holy ground. We are experiencing a pivotal moment when we feel drawn to surrender—knowing it will not be easy, but it will be worthwhile.

Our experience of God in this stage takes on different nuances based on our personal needs for healing and renewal. Thus the Surrender and Healing differs for everyone. Fundamentally, it has to do with slowly breaking through the barriers we have built between our will and God's will, and experiencing a newer awareness of God in our lives. We have spent our own energy; we have come to the end of our ropes. We are ready to learn about freedom—the liberty of living without grasping. In a more profound sense than ever before, we have to let God be God, and let God direct our lives.

Experiencing this stage can be both frightening and unpredictable. For some it requires a lengthy time. Others move through it rather quickly. Others will encounter this stage repeatedly at different levels at different times.

SPIRITUAL PRACTICE: RELINQUISHMENT

Ephesians 4:24

Put on your new nature, created to be like God—truly righteous and holy.

Luke 22:42

“Yet I want your will to be done, not mine.”—Jesus

“No one can perfectly love God unless he gives up his affections for perishable things.”—**Frances de Sales**

Description

Each of us has a beautiful true self inside of us, created in the image of God. Somewhere life taught us that our true self wasn't welcome or safe. So, we learned to hide and we built up what we might call the false self. It can be described as the ways that we get defensive, mistrustful, and reactive. These behaviors are problematic in our relationship to God, others, and self. The good news is that our true self can be uncovered and rediscovered as we take steps to relinquish, or detach, from the ways of our false self. We can learn to relinquish our striving, our image-management, and our protective practices and learn to love who God has truly designed us to be.

DETACHMENT

The practice of detachment involves letting go of image management, our dependence on our financial stability, and our ability to make things happen. Rather, we learn to trust outcomes to God rather than our own capabilities. The benefits of this practice can be freedom from addictions, both large and small, and tasting the simplicity of being loved and seen by God not for what we do but for who we truly are.

“The detachment from the confusion all around us is in order to have a richer attachment to God.”—**Richard Foster**

TIME TO PRACTICE:

1. Take an attachment inventory.

- Write a list of the defense mechanisms you are attached to (sarcasm, temper tantrums, aloofness, clowning around, etc.).
- Ask God to make you aware of the times you instinctively move into your defensive response. Consider what seems to trigger your response.
- What response would you like to cultivate instead?
- Share your observations with a trusted friend, asking them to pray with you.
- Ask the Holy Spirit to help you change your attachment to these behavioral patterns.

2. Practice letting go.

- Give away something you are attached to (money, time, possessions, etc.).
- Notice the feelings that arise in you when you think of giving something away.
- Spend time talking to God about how attached you are to your things.

SCRIPTURE MEDITATION

Christian meditation is about listening to God's voice through Scripture. This practice slows us down as we place ourselves in the story and allow God to bring it to life in us. We then have time to ponder, reflect on, and apply the things that God brings to our attention.

Psalm 119:37

*Turn my eyes from worthless things,
and give me life through your word.*

“What happens in meditation is that we create the emotional and spiritual space which allows Christ to construct an inner sanctuary in the heart.”

—**Richard Foster**

TIME TO PRACTICE:

Choose one of the Scripture passages below that show how Jesus surrendered Himself:

Matthew 26:36-56

Matthew 4:1-11

Philippians 2:1-11

1. Prepare

- Prepare yourself to meditate on Scripture by choosing a comfortable and quiet place.
- Arrange your space and your body for both comfort and attention.
- Place yourself in the presence of God.
- Release your anxieties and to-do list to the Lord. Ask Him to open your heart to His Word.

2. Read

- As you read, notice what “lights up” for you.
- Stop and pay attention to the thoughts, emotions, and/or questions that are being stirred.

3. Reflect

- What do you notice about Jesus’ willingness to relinquish or detach?
- What’s your response to Jesus in this story?
- What might Jesus be inviting you into?

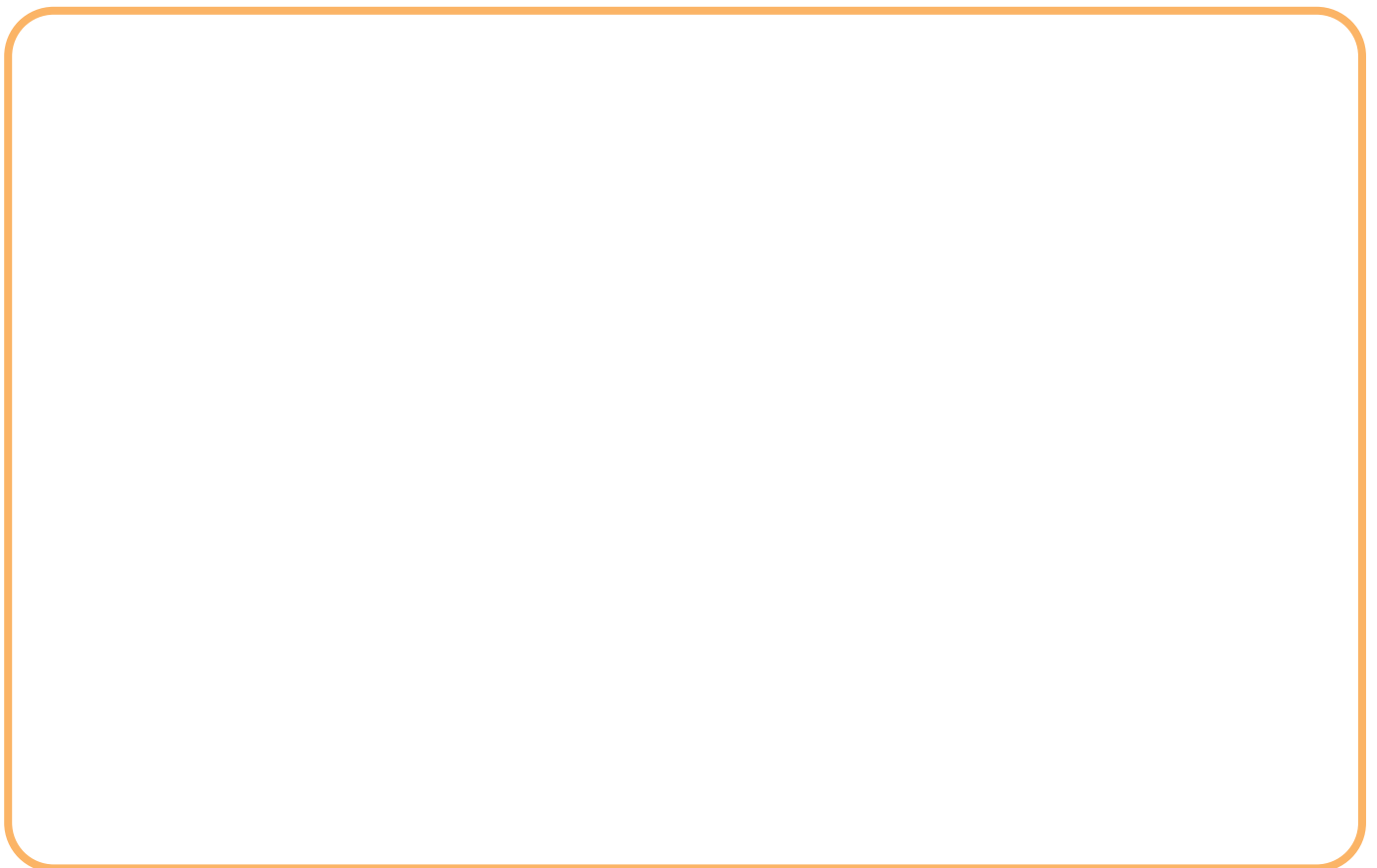
4. Meditate

- Allow the words and pictures of this passage to remain in your thoughts as you continue to ask God to to “give you spiritual wisdom and insight so that you might grow in your knowledge of God.” (**Ephesians 1:17**)

5. Invite

- Invite the words of Jesus to come alive in you.

Below is some space to for you to journal as you engage in this practice:



A PRAYER OF RELINQUISHMENT

O Lord, how do I let go when I'm so unsure of things?

I'm unsure of your will, and I'm unsure of myself.

That really isn't the problem at all, is it?

The truth of the matter is I hate the very idea of letting go.

I really want to be in control.

No, I need to be in control.

That's it, isn't it?

I'm afraid to give up control, afraid of what might happen.

Heal my fear, Lord.

How good of you to reveal my blind spots even in the midst of my stumbling attempts to pray.

Thank you!

But now what do I do?

How do I give up control?

Jesus, please, teach me your way of relinquishment. Amen

(Taken from Richard Foster's Book, "Prayer")

SPIRITUAL PRACTICE: PRAYER FOR HEALING

Psalm 139:1, 6, 7

*O LORD, you have examined my heart
and know everything about me.
You go before me and follow me.
You place your hand of blessing on my head.
Such knowledge is too wonderful for me,
too great for me to understand!
I can never escape from your Spirit!
I can never get away from your presence!*

“He turns the arrows of the enemy meant to destroy us into the scalpels of the Great Physician meant to heal us.” —**Rob Reimer**

Description

Jesus is often called the Great Physician. Throughout Scripture, we witness Him attend to the pains and hurts of those He came in contact with. He continues to offer healing to us today.

It is apparent that God’s work of healing involves the whole person: mind, body, and spirit. Much of our healing journey involves bringing our emotional and relational hurts to God in ways that allow Him to bind up our wounds. In addition, much of our healing work involves inviting others to care for and pray with us.

A FEW WAYS TO ENGAGE

INNER HEALING PRAYER

Inner healing prayer is a specific way of seeking healing for wounding events from our past that continue to cause us pain. God has been with you, every moment of your life. God is not bound by time, so He can and will go back with you to wounding moments in order to bring light, truth, healing, and love.

“We are often so desperate for God to fix us; we want it now, and we want it quickly and painlessly. But sometimes God doesn’t come in power and make everything better, and we wonder why. There are some things that the power of God cannot do, that only the tenderness of God can do.” —**Rob Reimer**

TIME TO PRACTICE:

You can walk through these steps below by yourself, or you can invite others to help guide you through (see page 14).

1. If you are not sure where to begin, start with these questions in order to identify the area of your pain, struggle, or place you feel stuck.

- Is it an overreaction to a recent event?
- Is it a practice that is destructive to my life?
- Is it a persistent painful emotion?
- Is it an area of bondage?

2. Ask God questions to help reveal the origins and impact of this.

- Jesus, would you take me back to where this all began?
- Is there a memory or moment that is a root of this pain, struggle or place of stuckness?

3. Notice any memories that surface. Resist the natural tendency to analyze.

4. As the memory surfaces, ask God to communicate with you about His Presence in that moment.

- Jesus, what were you doing when this event took place?
- Would you please give me a sense of your Presence in that moment.
- Jesus, how were You feeling when it happened?

5. Allow space for grief. Invite Jesus to love you and care for you as you grieve the pain of this event.

6. Ask God to communicate with you about what you came to believe.

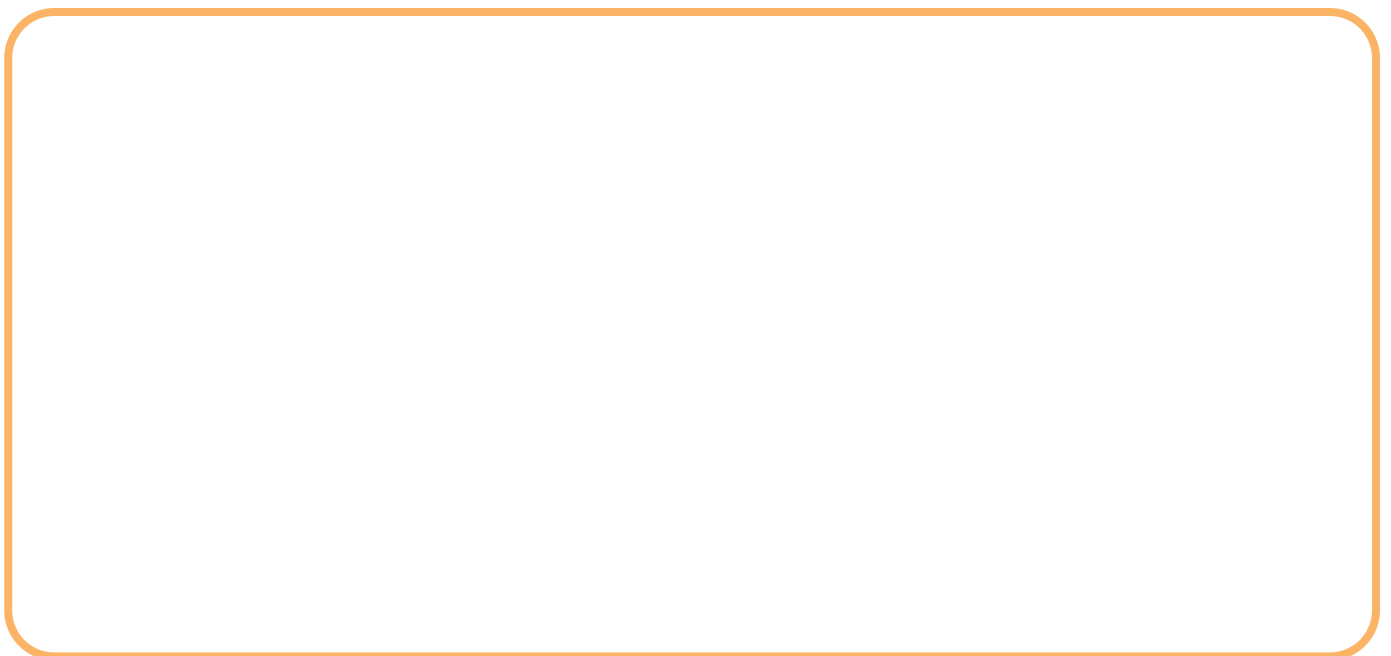
- Jesus, what did I come to believe in this event?
- What was the lie that took root because of this painful moment?

7. Ask God to reveal truth.

- Jesus, what is Your truth?
- Who do You say that I am?

8. Agree with the truth that has been revealed. Speak and actively accept God's truth.

Below is some space to for you to journal as you engage in this practice:



Forgiveness for those who have hurt us is key to finding freedom and experiencing God's grace. Forgiveness does not come easily or naturally, so we get to ask Jesus to make us both willing and able to give others the grace that has been given to us.

Ephesians 4:32

Be kind to one another, tender-hearted, forgiving each other, just as God, in Christ also has forgiven you.

"If you do what God asks you to do, He will do what you cannot do —He will change your heart." —**Rob Reimer**

TIME TO PRACTICE:

Steps to Forgiveness

These steps don't necessarily go in this exact order and they may take extended periods of time. Forgiveness is a process and shouldn't be rushed. Allow God to guide you each step of the way with His perfect gentleness, patience, and kindness.

- 1. Ask the Holy Spirit** to bring to mind people and events that He knows are the roots of the anger or pain in your heart.
- 2. Name the hurt.** Identify specifically what it is you need to forgive.
- 3. Be honest before God** in regards to how you feel about the person or the event. Allow space for grief. Invite Jesus to love you and care for you as you grieve the pain of this event.

4. Consider the effects and long-term consequences of what was done.

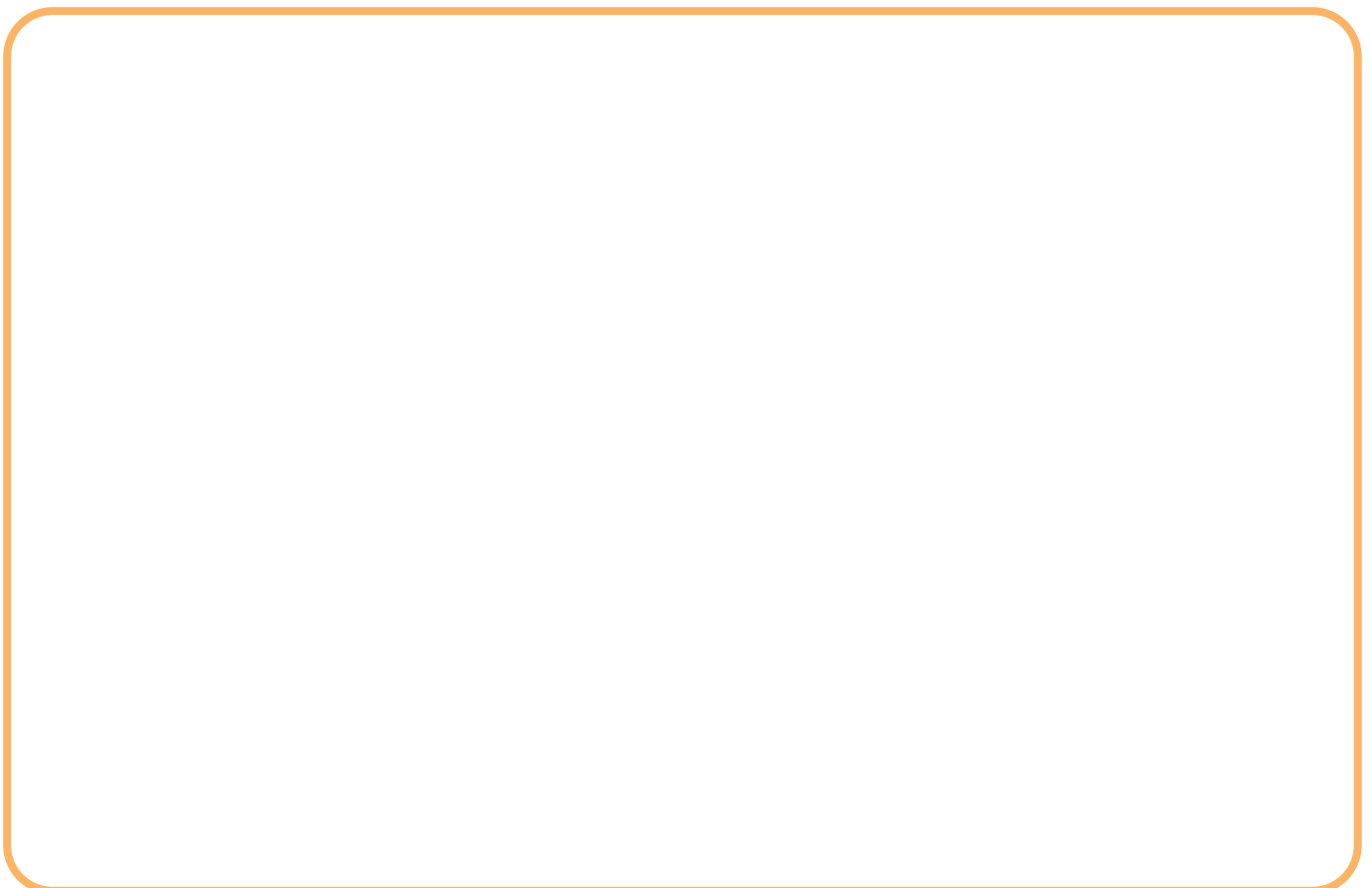
5. Ask Jesus to help you to forgive the offense and the effects of the offense. You may want to speak out loud or write down your very specific prayer of forgiveness.

6. Ask Jesus to help you release any person involved from your debt. You may need to ask God to forgive you for holding the unforgiveness in your heart.

7. Notice and allow space for any anger you might be holding toward God Himself. Spend some time in prayer about this natural response.

8. Ask God to show you how to pray for/bless the person you have forgiven.

Below is some space to for you to journal as you engage in this practice:



SPIRITUAL PRACTICE: HEALING IN COMMUNITY

James 5:13-16

Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises. Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

"We think that becoming more like God means becoming more powerful and protected from pain when in fact it is in our suffering—and in our persevering in the face of it in vulnerable community ... we actually become more and more like God" —**Curt Thompson**

Description

It is clear in the stories of Scripture that healing happens best in community, as we lovingly care for and pray for each other. When we are hurting in some way, it can be tempting to isolate or even hide out of shame, but we can hear and see Jesus' invitation to do the exact opposite.

HEALING IN COMMUNITY AT SAC

SOUL CARE INTENSIVES

Soul Care explores seven principles that are profound healing tools of God: securing your identity, repentance, breaking family sin patterns, forgiving others, healing wounds, overcoming fears, and deliverance. Life change is hard. But these principles, when packaged together and lived out, can lead to lasting transformation, freedom, and a healthy soul.

Soul Care Intensives are on Mondays nights, starting in both the fall and the winter. They include large group teaching as well as small group discussion and application. Scan the QR code for more info, or contact Laura Scharer at lscharer@salemalliance.org or Josh Mann at jmann@salemalliance.org.



INNER HEALING PRAYER

One way that the Father expresses His love to us is by bringing healing to the broken areas of our lives where we may feel stuck or in pain.

During Inner Healing Prayer, a team of two or three people will be praying with you. They will begin with some simple questions about what it is you want Jesus to do for you. Then, they will listen to God with you and on your behalf. You will receive prayer that could include breaking generational sin patterns, healing for distorted images of God or self, prayer for inner healing in regards to wounds of the past, forgiveness of others, breaking ties or oaths connected to the work of the enemy, deliverance from evil spirits, or other ways that God may guide the team to pray. Scan the QR code for more info, or contact Stephanie Brown at healingprayer@salemalliance.org.





Elder Prayer

If you'd like prayer for physical healing, a few of our Elders would love to pray for you, anoint you with oil, and pray for God to heal your pain or sickness. For more info contact Gordon Bergman at gbergman@salemalliance.org.



Support Groups

We offer a number of support groups including Grief Share. Scan the QR code for more info or contact Gordon Bergman at gbergman@salemalliance.org.



Referrals for Counselors

Our pastoral staff has a list of trusted, local counselors with a variety of modalities and specialties. For more info, contact Laura Scharer at lscharer@salemalliance.org.



Pastoral Care

Many of our pastoral staff are equipped and ready to listen and pray with folks who are seeking spiritual care and discernment. To connect with a pastor, contact Gordon Bergman at gbergman@salemalliance.org.

REFLECTION QUESTIONS

If you hope to get the most out of these spiritual practices, reflection is a helpful tool.

After engaging with one of these practices for a while, take five to ten minutes to journal your answers to the following three questions.

“We don’t change from our experience, we change when we reflect on our experience.” —Trevor Hudson

WHERE DID I NOTICE RESISTANCE AS I ENGAGED IN THIS PRACTICE?

WHERE DID I FEEL DELIGHT?

HOW WOULD I DESCRIBE THE CONNECTION AND COMMUNION WITH GOD I EXPERIENCED THROUGH THIS PRACTICE?

WHERE DO I SEE EVIDENCE OF MYSELF BECOMING A PERSON OF CHRIST-LIKE LOVE THROUGH THIS PRACTICE?

RECOMMENDED RESOURCES

BOOKS

- ***Listening and Inner Healing Prayer*** by Rusty Rustenbach
- ***Soul Care*** by Rob Reimer
- ***The Gift of Being Yourself*** by David Benner
- ***Surrender to Love*** by David Benner
- ***The Soul of Shame*** by Curt Thompson
- ***The Deepest Place*** by Curt Thompson
- ***Emotionally Healthy Spirituality*** by Peter Scazzerro
- ***Invitation to Journey*** by Robert Mulholland
- ***The Healing Presence*** by Leanne Payne
- ***Prayer*** by Richard Foster
- ***The Book of Forgiving*** by Desmond and Mpho Tutu
- ***The Art of Forgiving*** by Lewis B. Smeads
- ***Self to Lose Self to Find*** by Marilyn Vancil

PODCASTS

- **The Place we Find Ourselves with Adam Young**
- **The Allender Center**

ONLINE RESOURCES

- **Healing Care Ministries**
 - <https://www.healingcare.org/>

YOU'RE INVITED TO JOURNEY WITH US AS WE PURSUE LIFE WITH JESUS, TOGETHER AND ON MISSION.

JESUS

- Baptism Class
- Exploring Faith Ministries
- Healing & Prayer Ministries

TOGETHER

- Weekend Services
- Partner Class
- Life Groups
- Age & Stage of Life Ministries

ON MISSION

- In Church
- In the Neighborhoods
- In the Nations
- Baraka (Refugee Ministries)



Find out more

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