

CHURCHES  
THAT HEAL

# PARTICIPANT WORKBOOK

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DR. HENRY CLOUD

 PRESENTED BY:  
Releasing children from poverty  
**Compassion**<sup>®</sup>  
in Jesus' name

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# Welcome to *Churches That Heal*

Most of us have heard the phrase *“the truth shall set you free.”* And that is absolutely true! But, we often do not read the entire source of where that phrase comes from, and what it says in its totality. Jesus is the one who said it, and this is what He said:

To the Jews who had believed Him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” (John 8:31,32)

We all want the freedom that Jesus brings. But what we often do not realize is that He said to realize that freedom is going to take some work....it is going to be a process of living out His teachings, His ways, the processes that He told us to “walk in.” The word “know” there is an experiential word, not just intellectual. We must engage in what He taught.

This program is a growth path to guide you through many of the processes that Jesus taught which bring healing to many of our deepest hurts, wounds, and inadequacies. He really did bring healing to the brokenhearted, the lost, the weak, and all of us who have gone our own way, or who have been hurt by others. But as the passage says, we will know that freedom as we engage in “holding” to those teachings . . . living them out. As He said in another place, if we only hear His teachings and do not put them into “practice,” it leads only to destruction. This guide will help you see how so many of His teachings bring about healing in the emotional and relational areas of our lives.

The first step is admitting we all have some form of brokenness in our lives. We all struggle with something, whether that struggle is with depression, anxiety, addiction, guilt, or a difficult relationship. We can't control our past or the people in our lives, but we can control our own reaction and response. We can seek His healing and His ways.

According to Genesis 1:27 we are all created in the image of God: “So God created man in his own image, in the image of God he created him; male and female he created them.” But because of sin, we no longer function as we were originally designed, to fully live out His likeness. There are four abilities that God has, and wants to develop in us so that we can be healed and function more like He does:

- **Bonding (our loving attachment to others)**
- **Boundaries (our ability to be free from others)**
- **Sorting out good and bad (our ability to deal with sin and brokenness and process pain)**
- **Becoming an adult (our ability to develop competency)**

Often, our emotional and relational issues stem from one of these four areas. Over the next weeks, we'll discover where we need healing to happen within ourselves so that we can get unstuck.

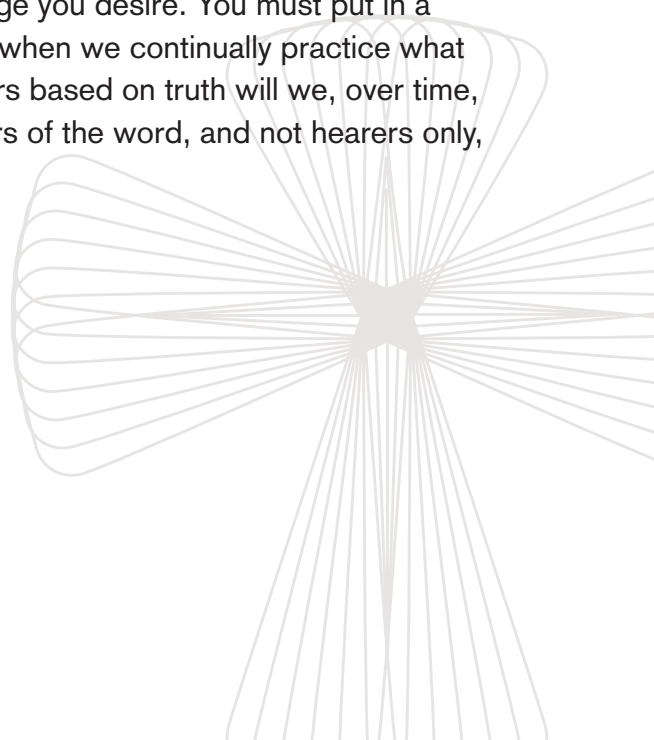
The principles you will learn in ***Churches That Heal*** are found in God's Word, and are given to us to be learned and experienced in a healthy community of people in our lives. Romans 5:5 reminds us "so we, though many, are one body in Christ, and individually members one of another." In fact, Ephesians 4:16 tells us that we grow as each one of us helps each other in the ways we are supposed to help. You were never meant to make these changes all by yourself and on your own. The connections, conversations, and support that you have throughout this course will be critical to your healing process. To begin making changes in your life and absorb the maximum benefits of this course, you are going to need:

**Community:** You are going to need the support, encouragement, and accountability of a safe group of friends. Psalm 133:1 says, "Behold, how good and pleasant it is when God's people live together in unity!"

**Contemplation:** Change can only happen with some needed self-examination. Until we are honest with ourselves, we limit our own healing. Psalm 51:6 says, "Behold, you delight in truth in the inward being, and you teach me wisdom in the heart."

**Courage:** Facing the truth about self and others is sometimes difficult and often painful. Leaving behind the familiar, even when it is hurtful and unhealthy, takes courage. And Jesus promised we will have trouble in this world. But He also said to "take heart! I have overcome the world." (John 16:33)

**Commitment:** Hearing alone will not produce the change you desire. You must put in a recurring effort. Dr. Cloud writes, "Only when we continually practice what we're learning about these new behaviors based on truth will we, over time, change." James 1:22 says, "But be doers of the word, and not hearers only, deceiving ourselves."



# Introduction

Before watching the opening session of Churches that Heal with Dr. Cloud, take a few minutes of personal self-assessment and think about a few passages of scripture.

1. Do you have any issues, problems, or struggles that you would like to see God heal and change?

Yes

No

List those areas in which you would like to see healing and change:

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2. What do the following verses teach us about ourselves?

Romans 3:10-11, Romans 3:23, Romans 7:17-24

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3. How are you feeling about your life right now?

Excited

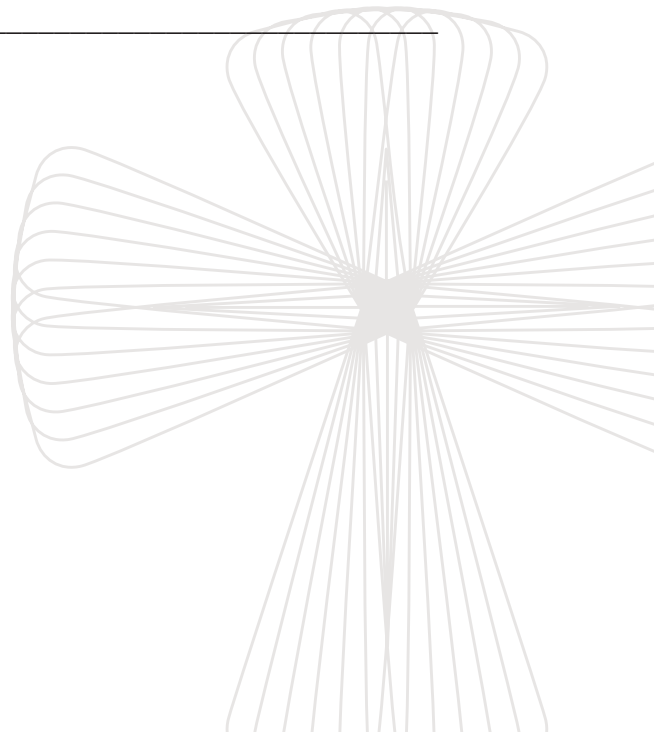
Hopeful

Frustrated

Discouraged

Struggling

Other \_\_\_\_\_



4. How would you describe the severity of the experiences and events in your life?

- A few near crashes
- Some fender benders
- Head on collisions
- Other

## Introduction Video

If we open ourselves up to God, He will bring healing in our lives. Over the next few weeks, we are going to discover how to reflect the image of God in a way that brings healing and wholeness.

### Notes from the video:

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1. After watching the introductory video, how are you are feeling about your life?

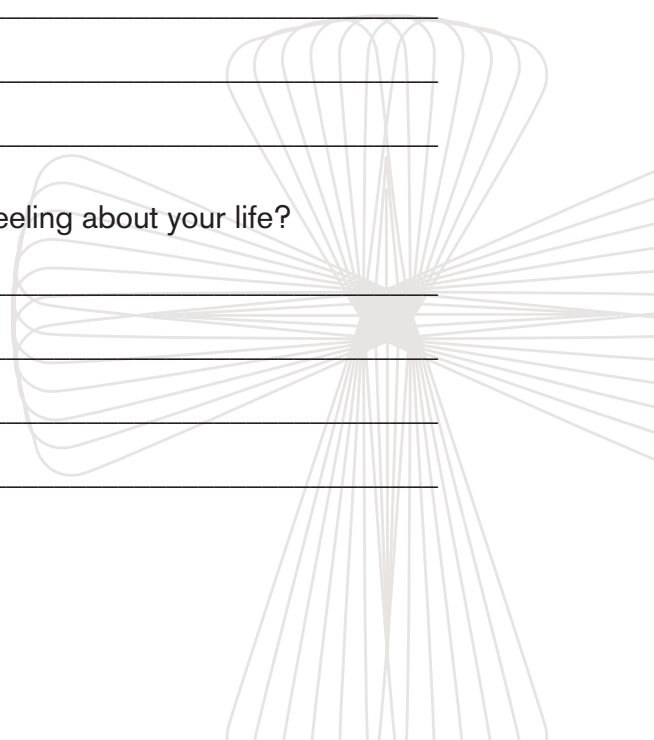
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2. What is your takeaway from the introductory video?

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**Deeper Study:** According to the following verses, how does God feel about you and your life experiences? John 3:17, Romans 8:1, Luke 19:10

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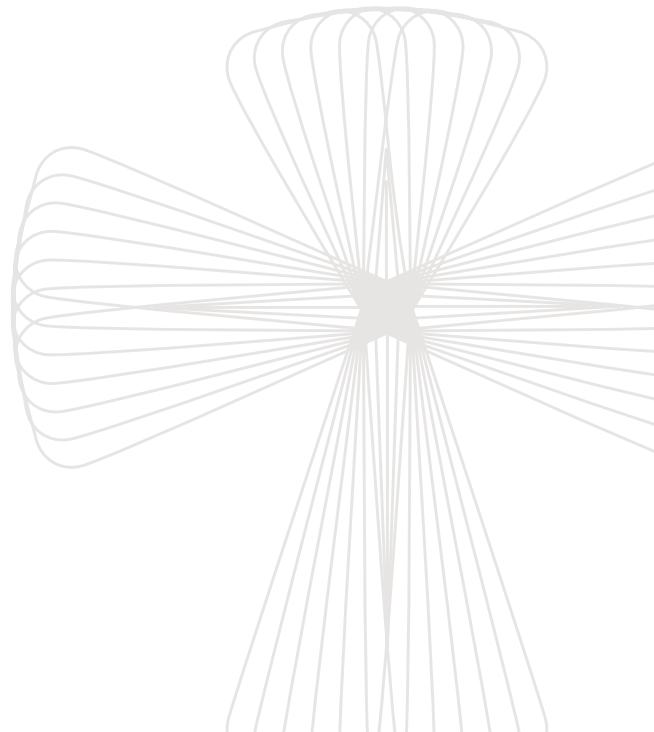
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SESSION 1  
Grace + Truth + Time

Notes from the video – *Parable of the Unfruitful Tree Part 1:*

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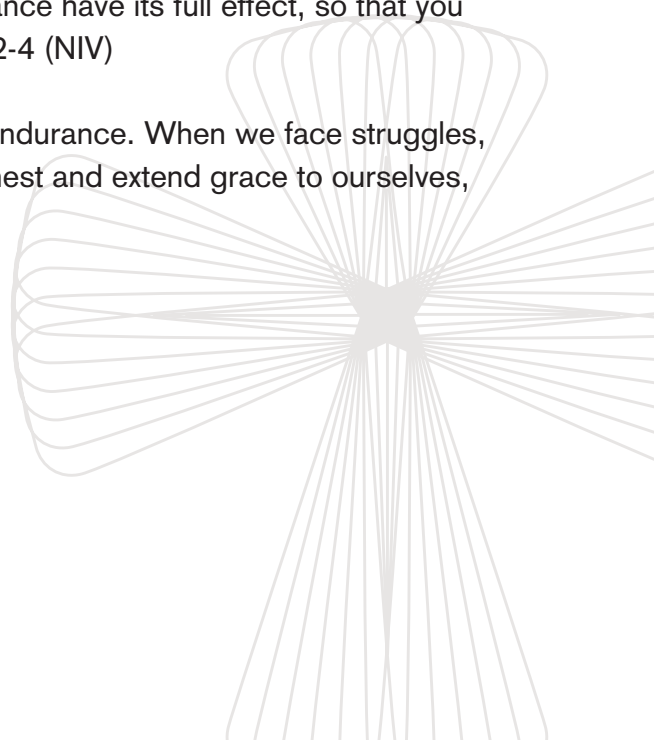
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When grace, truth, and time come together, that's where we find growth. Grace, truth, and time working together can develop the kind of endurance James talks about, "My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy: because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing." James 1:2-4 (NIV)

Just as there is good and bad time, there is good and bad endurance. When we face struggles, are we growing or just enduring the pain? If we can be honest and extend grace to ourselves, time spent suffering will lead to growth and healing.





1. Read the parable of the stuck tree: Luke 13:6-9. What is the problem? What are the solutions?

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2. As you think through Jesus' parable in Luke 13:6-9, think of your own life as a vineyard. What truth do you need to face and accept? What love and relationship do you need to receive in order to grow?

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3. How do you respond to your own failure to live up to expectations (judgment, anger, shame, guilt, fear, try harder, depression, escapism)?

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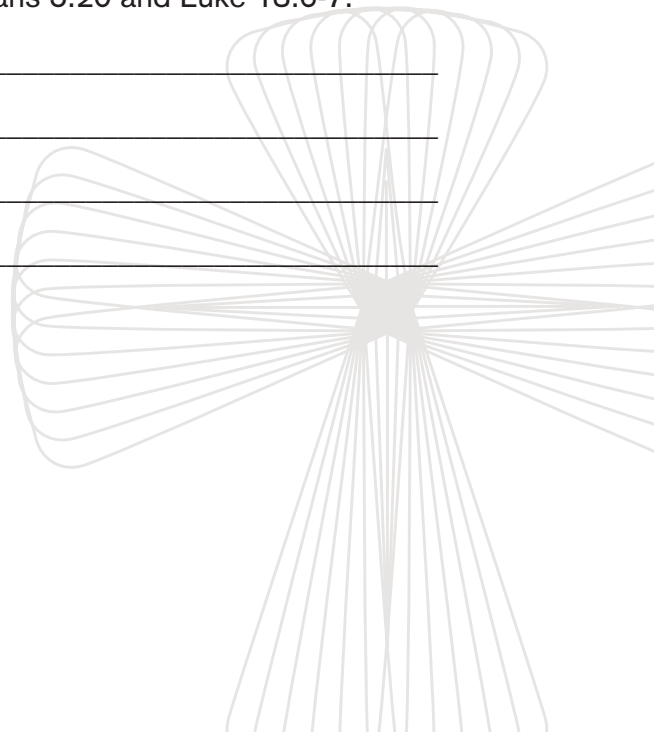
4. What does Scripture say about our failures? Read Romans 5:20 and Luke 13:6-7.

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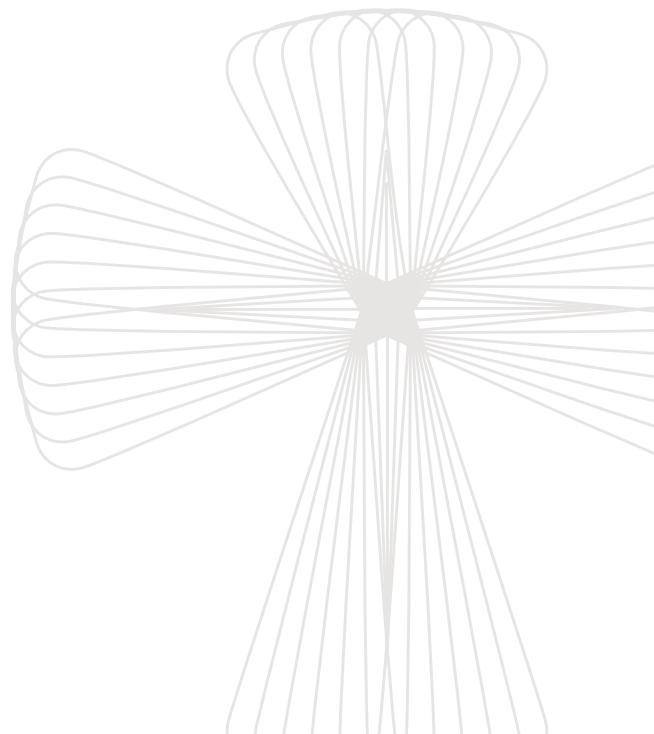
5. Read 2 Corinthians 7:9-10. What are the different types of responses that we can have to Holy Spirit produced conviction?

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SESSION 2  
Grace + Truth + Time

Notes from the video – *Parable of the Unfruitful Tree Part 2:*

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Our personal growth takes time and effort. It requires a balance of grace with ourselves, honesty with others, and patience with our growth. The fertilizer of grace, truth and time enriches the soil so that growth can begin again.

A reason why you may not be experiencing the changes you want in your life is because change requires all three ingredients: grace, truth, and time. We often apply only two of these three ingredients which either slows or completely stops the process of healing and change.

1. According to the following verses, how do we break the cycle of “stuckness”?  
Romans 7:24-25, Romans 5:20-21, Titus 2:11-12, and 1 John 4:18.

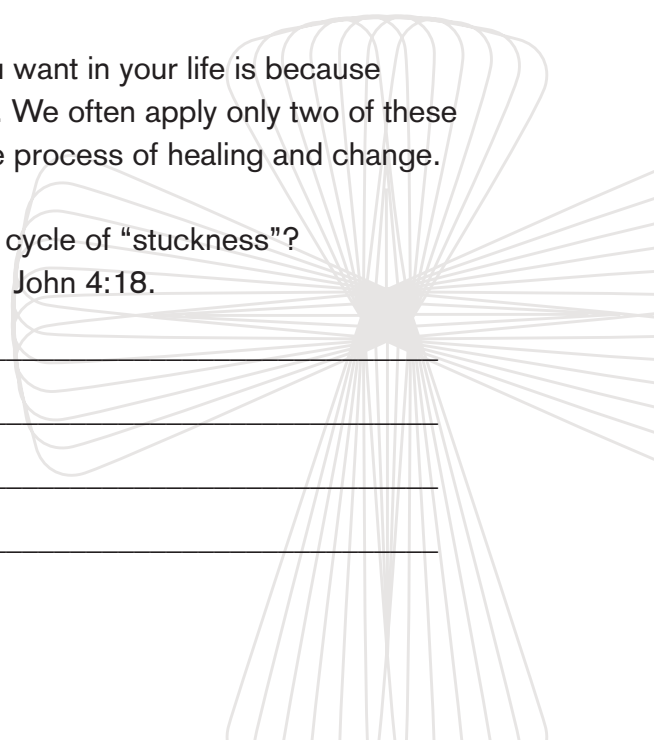
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2. How does the physical body heal itself? According to Ephesians 4:16 and James 5:16, how does the body of Christ, the Christian family of God, heal itself?

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3. Read Luke 13:8. What are the three ingredients for growth? What is the formula for change?

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4. Read Luke 11:39-40. Where must the change process begin?

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5. How are you extending grace to yourself and to others?

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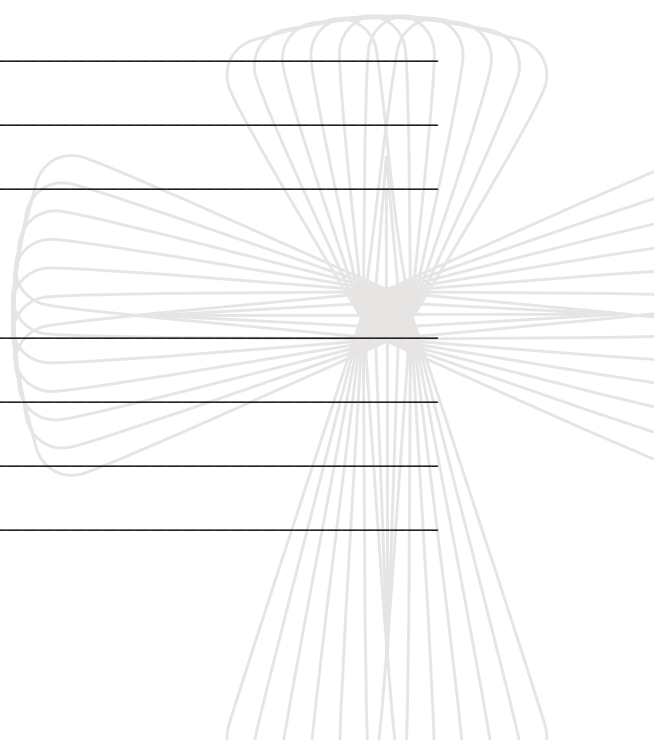
6. How are you extending truth to yourself and others?

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7. How are you using the process of time – good time (community) or bad time (isolation)?  
Explain.

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8. What does 2 Corinthians 1:3-5 tell us about how we all can engage in healing with those around us?

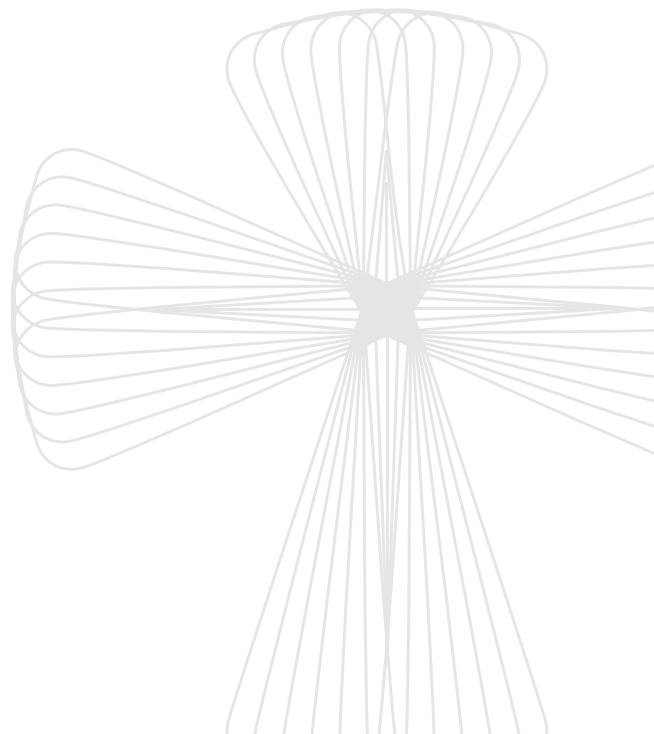
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Spend additional time meditating on the truths you learned this week.



SESSION 3  
Relational Connection

Notes from the video – *Relational Connection*:

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Bonding is the ability to establish an emotional attachment to another person. It's the ability to relate to another on the deepest level. Bonding is a basic human need. God created us with a hunger for relationship – for relationship with Him and with others. We must learn to connect, bond, trust, and be vulnerable.

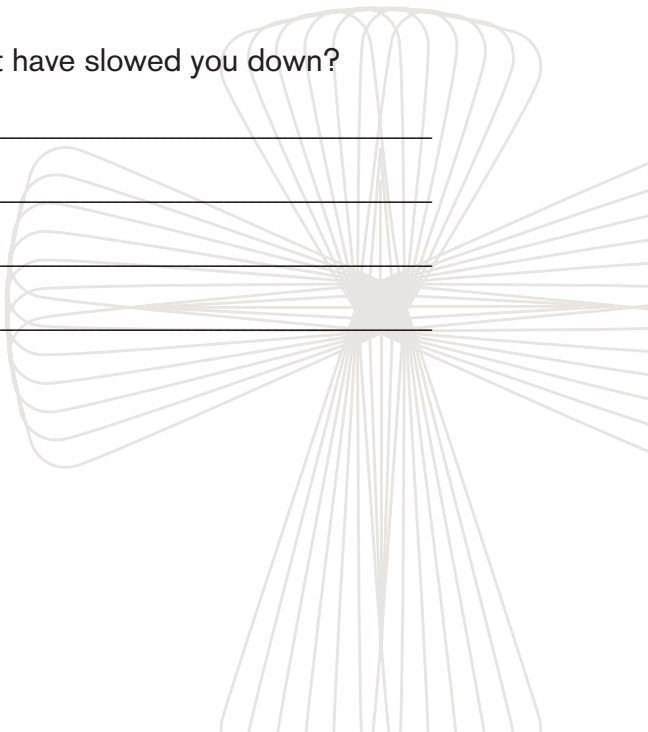
1. What are some speed bumps that you have hit in life that have slowed you down?

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2. What is your defense mechanism when you hit speed bumps and trials in life?

- Self-medicate
- Act out
- Strike back in anger
- Denial and detach
- Other \_\_\_\_\_

3. What challenges do you experience in bonding with others?

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4. Read 2 Corinthians 6:11-13. What does it mean to “open wide” your heart?

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5. How is your trust muscle when it comes to opening your heart wide?

- Atrophied
- Weak
- Torn Muscle
- Buff
- Other \_\_\_\_\_

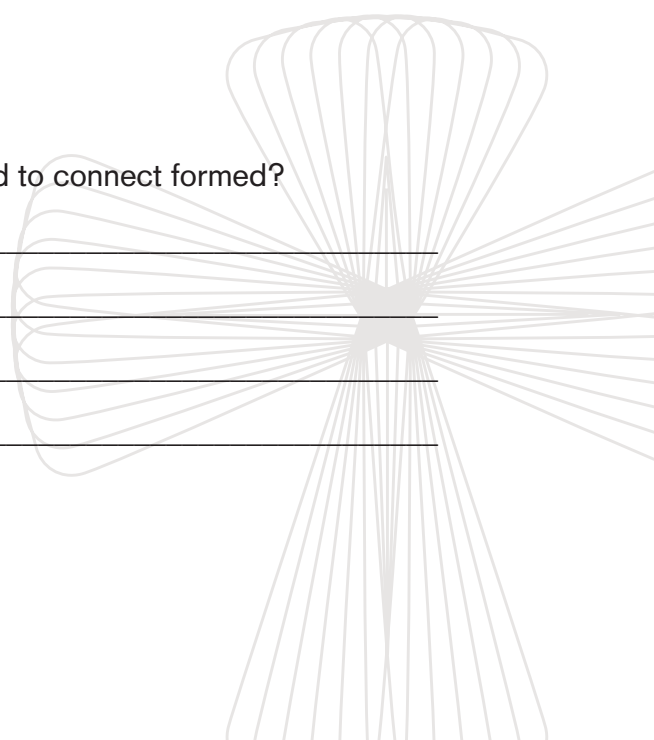
6. According to Psalm 22:9, where is the ability to trust and to connect formed?

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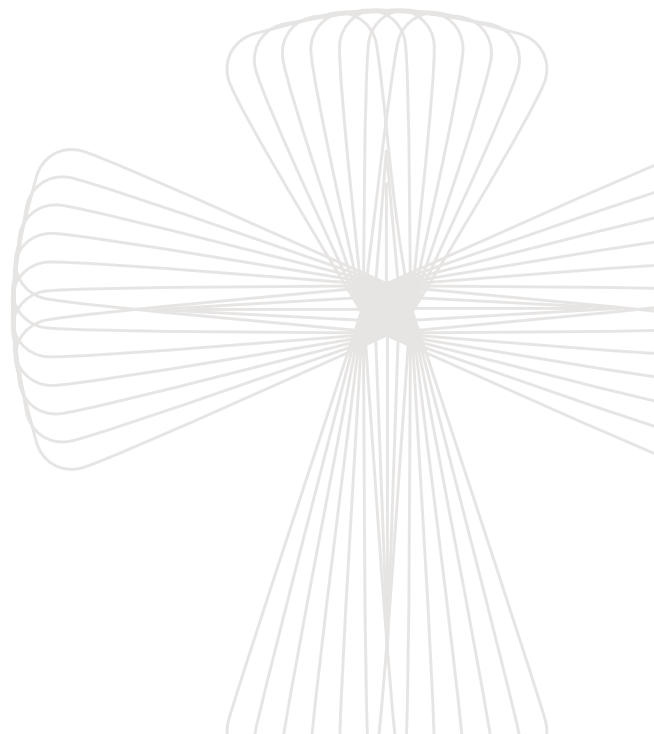
7. Dr. Cloud talks about transformational moments. Describe a transformational moment of encouragement which has happened in your life through your relationship with another person.

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## SESSION 4

# Boundaries

### Notes from the video – *Boundaries*:

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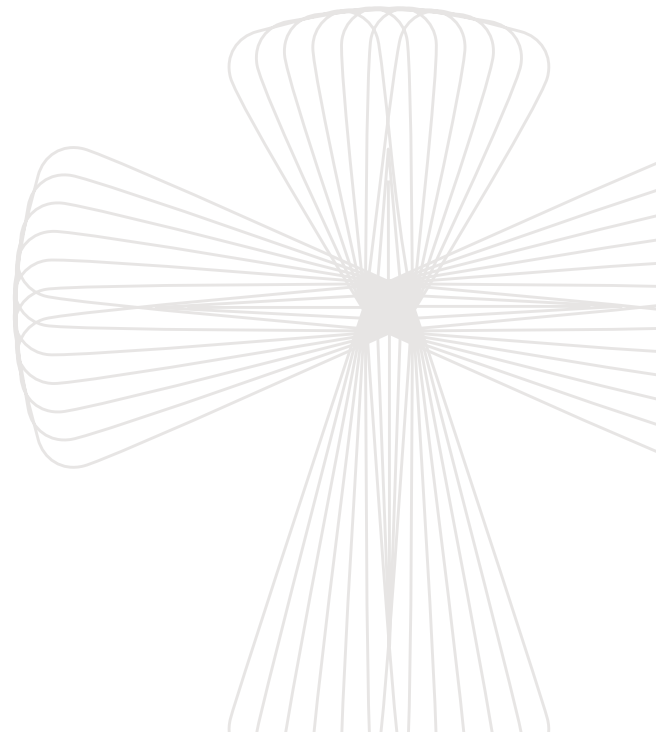
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If bonding is about connection and attachment, then boundaries are about separateness, autonomy, and freedom. Boundaries define us; it is like an invisible fence defining our physical and psychological space. Healthy boundaries will help us establish freedom, ownership, self-control, and responsibility.

1. How are you at saying, “No”?

- Professional
- Pretty bad
- Getting better
- Can't say it
- Other \_\_\_\_\_



2. What are some reasons that people give for not being able to say no?

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3. Who do you identify most with in Luke 10:38-42? Why?

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4. Do you struggle more with independence or dependence?

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5. What is the difference between being a servant and being a doormat? (Mark 10:45)

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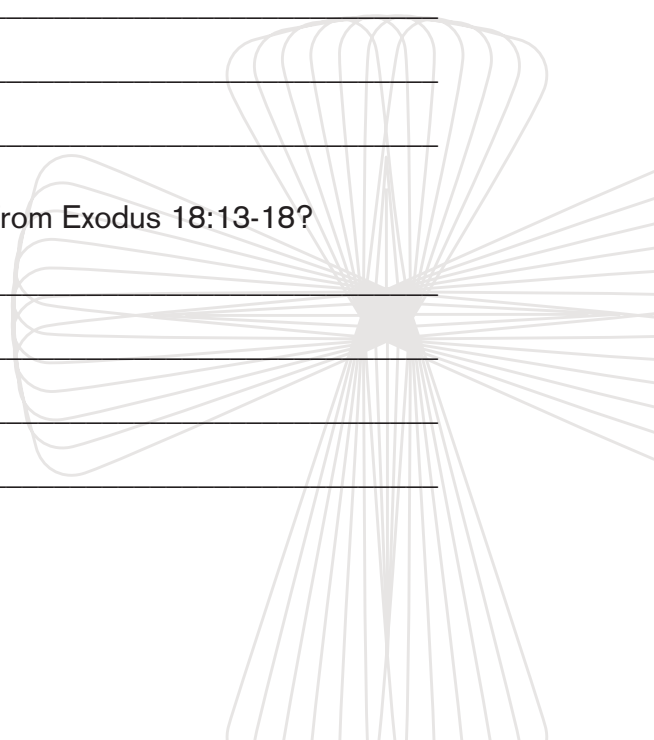
6. What did Jethro teach Moses about setting boundaries from Exodus 18:13-18?

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7. What do we learn from Jesus about boundaries? Mark 1:35-38

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8. What do we learn about boundaries when people behave badly? Matthew 18:15-17

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9. Read Galatians 6:7-8. What do we learn about responsibility and accountability from this passage?

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10. How does Proverbs 27:6 help us in being able to say "No" and set boundaries?

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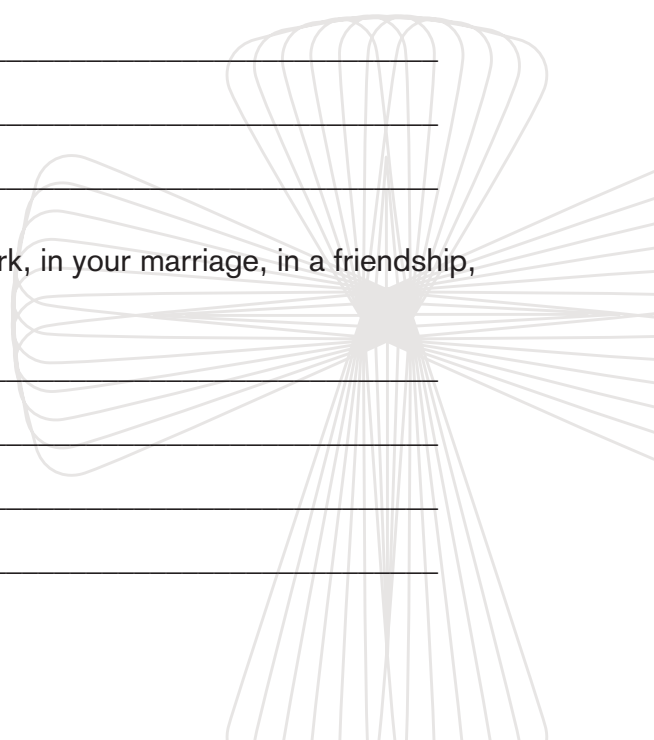
11. How can you set limits if you are being mistreated at work, in your marriage, in a friendship, etc.?

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12. Sometimes we cling to negative attachments because they're better than no attachments at all. What negative attachments of "truth without grace" or "grace without truth" do you need to either change or avoid in order to grow?

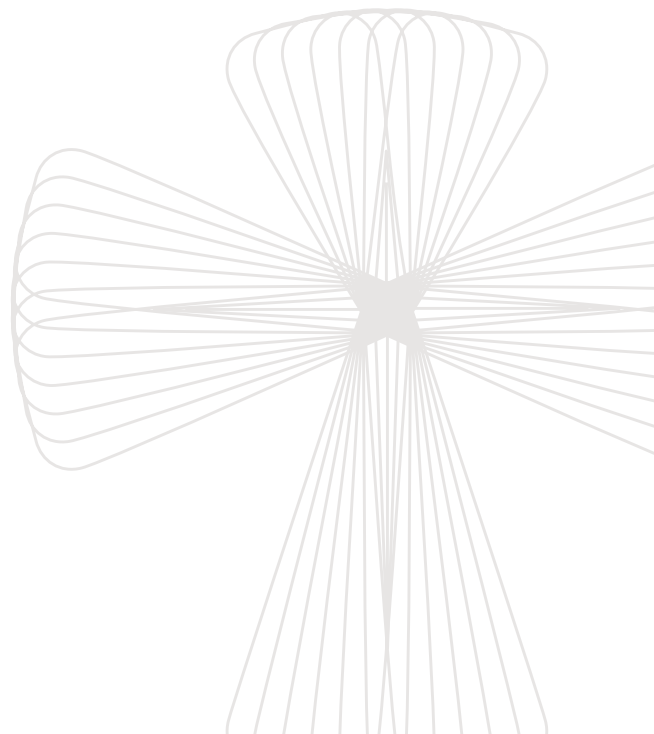
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Spend additional time meditating on the truths you learned this week.



## SESSION 5

# Processing Pain

### Notes from the video - *Processing Pain*:

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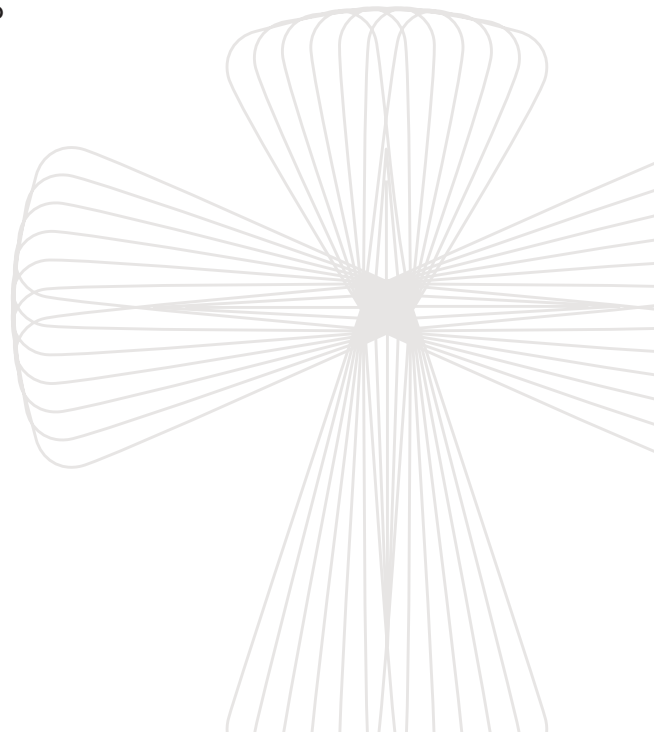
We are both good and bad. The people around us are good and bad. One of our tasks is to accept and love each other in spite of our failures and gently correct each other toward a goal of love. We do this through confession, repentance, and forgiveness.

1. Which of these do you consider yourself to be more of?

- Idealist
- Realist

2. Which of these are you more likely to do?

- Deny the existence of bad
- Deny the existence of good



3. What does John 16:33 teach us with regard to reality?

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4. What are some areas of weakness in your life? Where have you failed? Where are you immature and emotionally underdeveloped? How do you feel about answering this question?

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5. What did you learn about failure and forgiveness in your family of origin?

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6. How do you respond when people don't live up to your expectations?

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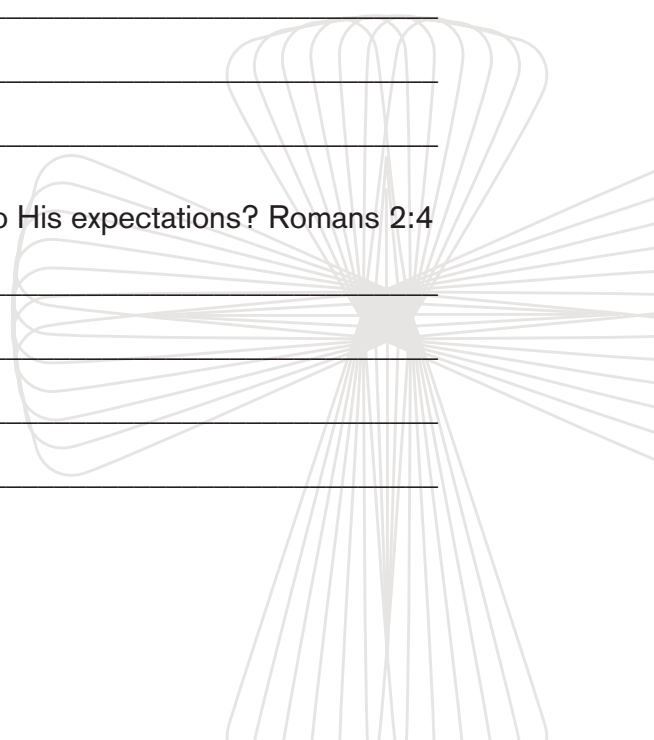
7. How does God respond to you when you don't live up to His expectations? Romans 2:4

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8. Who are people in your life who you idealize? What are some of the dangers of idealizing someone?

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9. According to Romans 12:9: how are we to process both the good and bad in the world?

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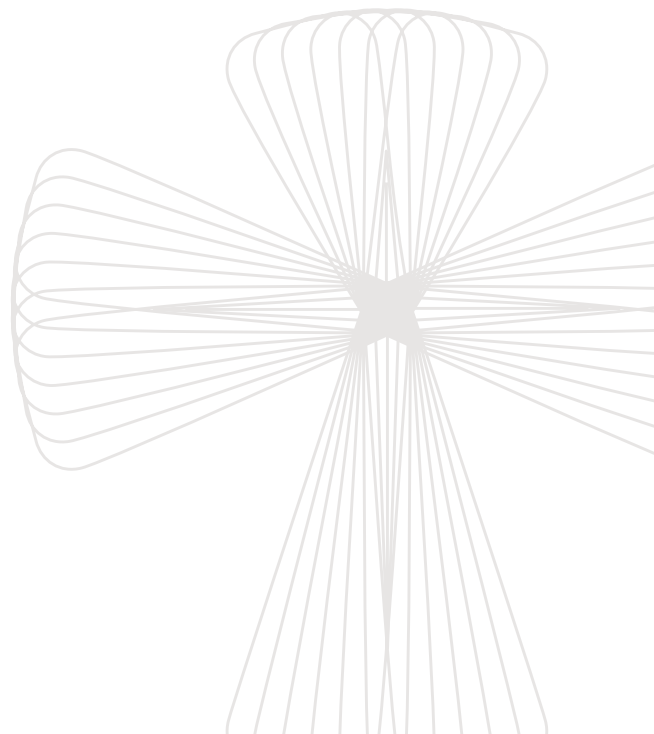
10. How does Ephesians 3:17-19 help you process the gap between the real and ideal with yourself and with others?

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## SESSION 6

# Becoming An Adult

### Notes from the video – *Becoming an Adult:*

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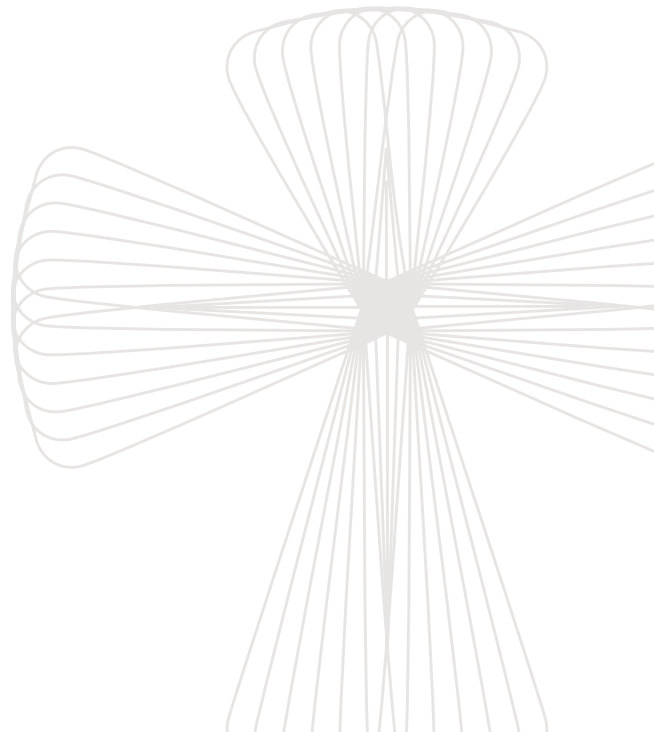
Becoming an adult is assuming an authority position of life. We are all born as children under adult authority, but over time we are to become authorities over our own lives.

1. What kind of authority system did you grow up under?

- High control
- Low control
- Out of control
- Healthy balance
- Other \_\_\_\_\_

2. How do you relate to authority?

- Rebel
- Shut down with fear
- Doubt and suspicion
- Respect and honor
- Other \_\_\_\_\_





3. How does Colossians 3:23-24 help you relate to authority without feeling “one-down”?

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4. Whose approval are you more concerned about, God's or other people's? Give evidence from your life to support your answer.

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5. Of whom have you been afraid to disagree with in your life?

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6. Not trying to please others is an important aspect of growing into adulthood. Read 1 Thesalonians 2:4. What stage are you presently at in regard to the approval of others?

- Infant
- Toddler
- Teenager
- Young Adult
- Other \_\_\_\_\_

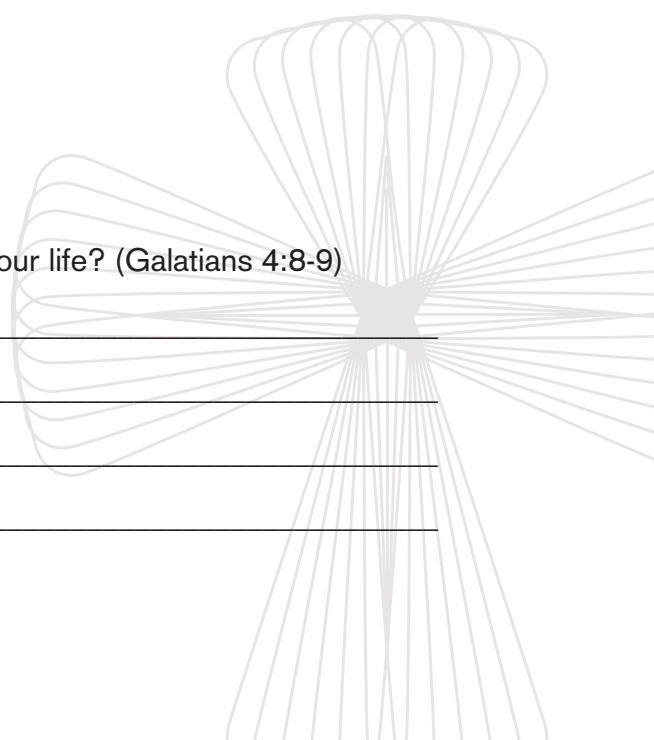
7. Who are you presently letting play the role of parent in your life? (Galatians 4:8-9)

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8. Read Romans 5:3-5. What role does struggle have in the process of maturing and becoming an adult?

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9. When was the last time you disagreed with or expressed an opinion different than an authority figure in your life? How did it go?

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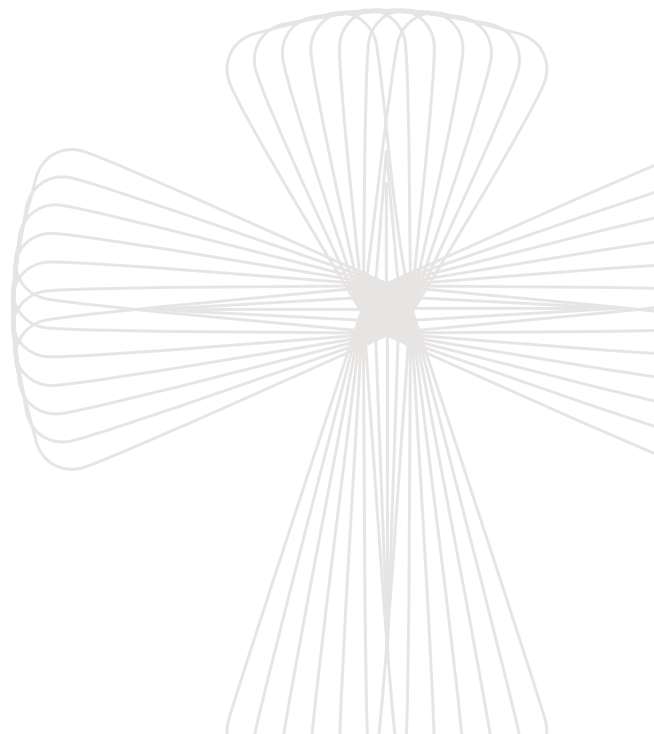
10. What talents have you buried in the ground? What plans will you make to develop your expertise and be a good steward of the gifts God has given you? What is the first step you will take and when will you take it?

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# Conclusion

What have you discovered about your own struggle in each of the following areas? Take a moment and list two to three barriers you discovered and steps you have taken to overcome those barriers.

## 1. Relational Connection

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Steps you have taken to overcome the barriers:

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## 2. Boundaries

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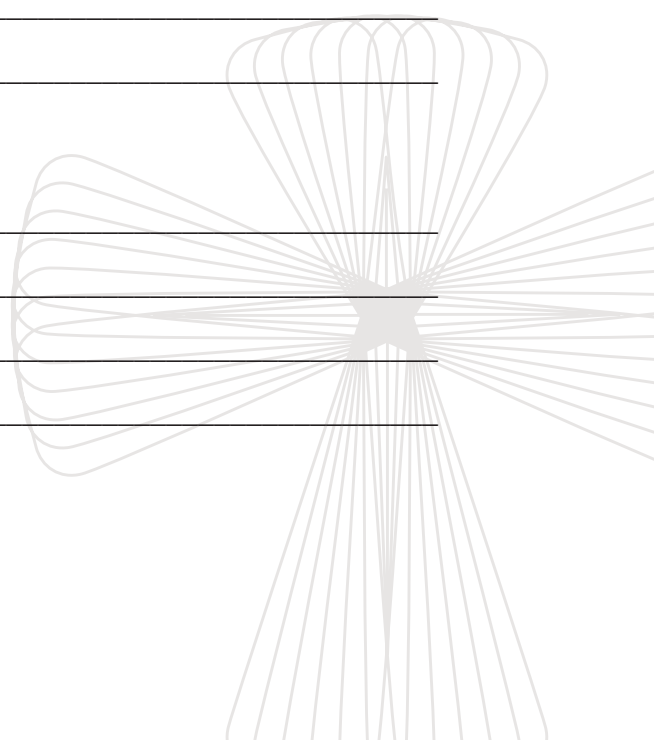
Steps you have taken to overcome the barriers:

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### 3. Processing Pain

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Steps you have taken to overcome the barriers:

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### 4. Becoming an Adult

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Steps you have taken to overcome the barriers:

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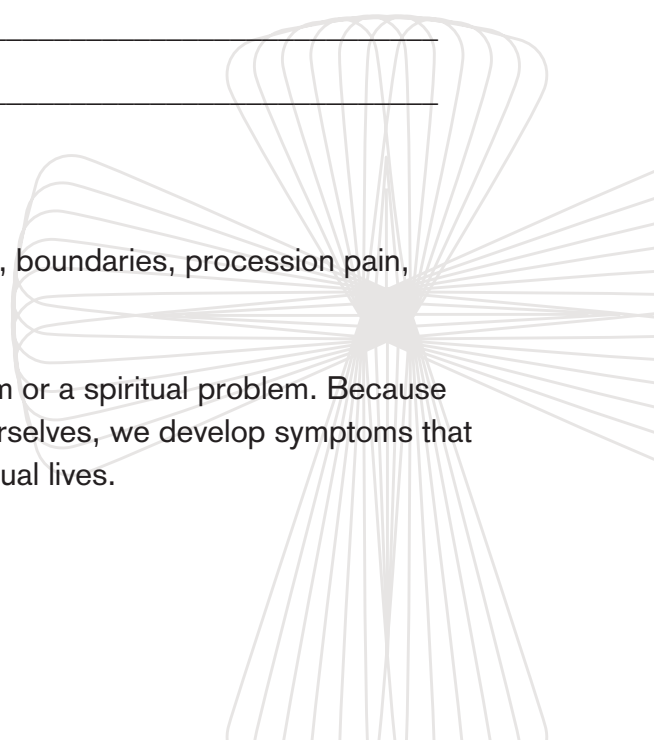
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In ***Churches That Heal*** we discovered:

- 1) We all struggle with four areas: relational connection, boundaries, processing pain, becoming an adult.
- 2) There is no such thing as either an emotional problem or a spiritual problem. Because of our broken relationships with God, others, and ourselves, we develop symptoms that we feel on an emotional level and live out in our spiritual lives.



- 3) Our symptoms are not the problem. Healing is superficial when we focus on the symptoms rather than the problems.
- 4) The Fruit of the four areas are: meaning, purpose, satisfaction, and fulfillment.

Meaning comes from love, which flows out of bonding. Purpose comes from direction and truth, which form boundaries. Satisfaction comes from having the less than perfect be “good enough” in light of God’s ideal, and fulfillment comes from the adult ability to exercise talents.

The model set forth in this study can help us become functioning human beings but that is not the final goal. We were made to love. A fully functioning person is one who takes his bonded, separate, forgiving, adult self into the world and denies that self for the sake of others. “The greatest of these is love.” 1 Cor 13:13

As you finish this study, resolve to keep working on yourself so that you can enjoy fruits of healthy relationships.

Spend additional time meditating on the truths you learned this week.

**Notes:**

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