

*Jesus knew that  
as we go through life  
our hearts get broken  
and fragmented  
from the emotional  
wounds that are an  
inevitable part of living  
in a fallen world.*

*The Spirit of the Lord God is upon me . . .  
He has sent me to bind up the brokenhearted,  
to proclaim liberty to captives and freedom to prisoners; . . .  
to comfort all who mourn . . . giving them beauty for ashes  
. . . the mantle of praise instead of a spirit of fainting.  
—Isaiah 61:1-3a*



## woundedness

### the laborer's greatest obstacle

Rusty Rustenbach, People Resources Counselor



Jesus started His ministry by entering the synagogue and reading from Isaiah 61, in effect saying that He would focus His ministry on healing the brokenhearted and setting captives free. His main concern was with how people were doing on the inside, rather than on how well they performed.

The word “brokenhearted” in Hebrew is *shabar*, which means to break, fragment, crush, or shatter the heart. Jesus knew that as we go through life our hearts get broken. The real question is not whether we have been wounded, but rather in what way we have been wounded, and whether our wounds have been healed.

Our most damaging wounding takes place in childhood. Wounding can be *active* (emotional, verbal, physical, and sexual abuse) or *passive* (emotional neglect, parental absence, passivity, and a lack of loving affirmation). Wounding can also result from misinterpreting a completely neutral event. Proverbs tells us that “foolishness is bound up in the heart of a child.” Children are keen observers but lousy interpreters.

It is not so much the painful events that may have placed us in some kind of bondage, but what took place inside of us in the midst of the hurt. These unconscious inner reactions could be lies we came to believe, strategies we turned to in order to try to protect ourselves from more pain, or unbiblical vows we made. Lies are usually linked to our identity, our view of God, and how we view life. Strategies are ways to avoid future hurts, like performing to gain acceptance. Vows may be unconscious determinations to never be vulnerable, not to feel, or to not to be like our dad or mom.

### captivity

Isaiah 61 says that Jesus came to proclaim liberty to the captives. Captivity is bondage that a person cannot free himself from by exerting more effort or greater discipline. Captivity may manifest itself in such things as people pleasing, drivenness, eating disorders, sexual compulsivity, and persistent anxiety, fear, anger, or depression.

### becoming a prisoner

A prisoner is in a condition where truth does not seem to penetrate the heart. Though a person may know the truth intellectually, they are unable to experience it. Many of us know God loves us, but we may not experience God's love in our hearts. When our heart can't experience what our head knows, it is a sign that we have unhealed woundedness . . . but Jesus came to bring freedom to the prisoners!

### mourning

Jesus came to comfort all who mourn. A mourner suffers from a deep sense of loss due to the death of someone close, deficits, and other losses. But we also can suffer deep losses in ministry hopes, or how our lives and relationships are evolving.

In my mid-40s, God showed me my deficit of affirmation and significance. He gradually freed me from my faulty strategies. I began to hear God tell me in His still small voice, “It's not your fault,” and “Rusty, I love to hear your voice.”

## welcome

Dave Legg  
People Resources Team Director


*UpFront* is not a new newsletter, but it is a new name. For several years the People Resources Team published *Stimulus*, a newsletter for U.S. staff. According to the Communications Department, it was one of the most read newsletters published



by The Navigators. Our goal with *UpFront* remains unchanged:

- ⊕ To promote personal development as a value throughout The Navigators
- ⊕ To provide practical help for real needs
- ⊕ To inform about resources and opportunities

This *UpFront* issue focuses on the reality of “woundedness.” Unresolved relational and emotional wounding not only impacts our own spiritual growth and development, it blocks the flow of God’s grace and hinders the expansion of the Gospel.

Jesus said the Gospel is about setting prisoners free and healing brokenness. That applies to you and me as well as those we minister to. Without that healing, we are unable to relate in ways that demonstrate we are His disciples. 

## UPCOMING EVENTS

**April 17-19**

Relational Healing Seminar

**April 30 – May 4**

MBTI Qualifying Program

**May 16-18**

Personal Contribution Seminar

**May 21-22**

Listening Prayer and Healing Prayer

**August 29-31**

Personal Contribution Seminar

**October 2-5**

Sabbatical Development Retreat

For more information contact (719) 594-2555.



## life behind a mask

Terry Cook, Leader Development Network (Navigator Associate)

When I was in first grade, I had trouble pronouncing the letters “R” and “L.” So, every day the speech therapy teacher would take me to her class to work on my diction. Embarrassed at being the only kid in class who “needed extra help,” I dreaded being spotlighted by her appearance at the door. My classmates thought it great fun to call me “Tewee.” I laughed, too, but only on the outside. To cover up my shame, I began to play the comic so that my classmates laughed with me, on my terms, rather than at me.

But there was a down side to wearing the mask of a jokester: No one took me seriously as a leader. When I got into high school, I started wearing another mask to hide my insecurities, that of a fierce competitor. I was heavy into sports and school clubs and became president of most of them. Along with the competitiveness, I developed a sizeable anger toward anyone who made fun of me or who didn’t take me seriously.


When I came to Christ in college through the Navs, I quickly found myself in leadership roles. Many things changed, but I remained a cut-up and I was still competitive. I wore those masks for the same reasons I did in elementary school. I was certain that everyone saw me the way I saw myself—just a little first grader being led out of class to the chuckles of his classmates.

Another thing that didn’t change was my slow-simmering anger towards anyone who dared to challenge or tease me. Even after I went on staff with The Navigators and became a campus director, then a regional director, and later the U.S. Collegiate Director, I still bristled inside when things didn’t go my way.

I knew I had to deal with it. I memorized just about every verse in the Bible on anger. I prayed about it. I even managed to make some behavioral modifications, but they were external and temporary. Sometimes in team meetings, my anger would be evident to everyone, and I would power over the ones challenging me. Later I would cry out to God, “Why do I feel so threatened? Every team I’ve had has problems with me. Some even say that I’m the problem. How can this be?” These were questions that scared me to death.

Then I had an experience of grace that literally changed my life. I had lunch with an acquaintance who asked me how things were going with my team. I made sure the masks were on by very skillfully explaining that the problems were the results of others’ mistreatment of me. In fact, I thought that at any moment he would grab his napkin and start weeping over how I was treated.

Instead, he slowly put down his fork, looked at me with a gentle smile and said, “Terry, it sounds like you’re the problem.” I was both fearing that response and longing for it. Something supernatural happened inside me. By God’s grace I was able to respond, “I think you’re right, and I’m scared to death. I don’t know what to do.”

“If you’re willing to work on this, Terry, I’ll walk with you through it,” he said. I almost cried with relief. We met several times over the next months. Much of what he helped me understand and put into practice were the concepts which he would later put in his book, *TrueFaced*. I’m not perfect today by any measure, but I am a freed man, and I will forever be grateful to Bill Thrall for helping me take off my masks and begin living from my identity in Christ rather than from my insecurities. 







## recognizing our woundedness

schemas of the wounded heart  
Peggy Reynoso, *UpFront* Editor

*Schemas* are self-defeating patterns learned in childhood and carried into our adult lives which serve as mental filters we use to interpret and react to experiences. They are like scabs over old wounds that never heal. All of us have one or more of these dominating fears, and we react with self-protecting strategies when they are triggered. Below is a list of common mental schemas, taken from an interview with psychologist Tara Bennett-Goleman in *Bottom Line/Personal*, October 1, 2001.

### God can help us change unhealthy patterns. Recognizing them within ourselves is the first step to healing.

**abandonment**—*The fear that you are always about to lose someone or that you will be left alone.* Hallmarks: Clinginess, constant worry about the future of relationships, fear of rocking the boat, leaving someone before he/she leaves you.

**deprivation**—*The belief that nobody cares about you and that your needs will never be met.* Hallmarks: Feeling hopeless, making aggressive demands, attacking—or the opposite, going out of your way to do favors or indulging.

**subjugation**—*Fear of being controlled.* Hallmarks: Giving in easily while burning with resentment, being unable to make decisions because you have lost touch with what you want or need, acting with passive aggression—“forgetting” to share information or acting withdrawn.

**mistrust**—*Constant suspicion of other people’s motives.* Hallmarks: Frequent arguments over perceived slights, quickness to anger, suspecting an ulterior motive whenever anyone does something nice, being drawn into abusive relationships.

**unloveability**—*Feeling fundamentally defective or flawed.* Hallmarks: Fear that people will reject you once they get to know you, being easily humiliated, avoiding drawing attention to yourself—or the opposite, obsessively seeking recognition.

**social exclusion**—*The feeling that you don’t belong.* Hallmarks: Anxiety in groups or with strangers—being overly conscientious about fitting in, experiencing deep sadness about being alone, social awkwardness, exaggerating the outcast role and glorying in being “different.”

**vulnerability**—*The feeling that danger lurks around every corner.* Hallmarks: Constant worry about money, health, and/or physical safety, over preparing, phobias—or the opposite, extreme risk taking.

**failure**—*The belief that you are incompetent to reach your goals.* Hallmarks: Achievements accompanied by sadness or the feeling that success is undeserved, constant self-doubt, feeling like a fraud, avoiding new challenges.

**perfectionism**—*Driving yourself to attempt perfection in everything you do.* Hallmarks: Focusing on what is wrong rather than what is right, working very long hours, stress-based disorders, such as tension headaches, being harshly critical of others and yourself.

**entitlement**—*Believing that you don’t have to follow the rules that apply to everyone else.* Hallmarks: Acting impulsively and selfishly, exaggerating your abilities and accomplishments, feeling irritated when people set limits.

The good news is God can help us change these unhealthy patterns. Recognizing them within ourselves is the first step to healing.

## healing prayer

Dana Yeakley  
National Leadership Services

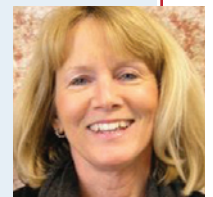
Last summer I couldn’t shake a pervasive feeling of sadness and anger. Realizing something deeper was going on, I asked a friend for help and she invited me to join her in the simple but profound practice of healing prayer.

As we prayed, the Lord reminded me of a frightening situation I had experienced as a little girl where I felt no one would listen to me. At this point I had begun to believe two lies: “I don’t have a voice,” and “I don’t matter.” As we uncovered these lies, God spoke truth to my little-girl heart: “I will never leave you. You matter to me. I died for you.” As my heart received this truth, I felt new freedom.

God showed me that I had made an unspoken vow to protect myself from future hurt. When I was slighted or ignored by others, these lies would be reinforced and I would go into protective mode. Because I believed that I didn’t matter and that no one would listen to me, I would retreat from those who hurt me. This cycle played itself out until I had built an iron yoke of pain and hurt around my neck that weighed me down and hindered my relationships.

While still in prayer, I envisioned myself at the foot of Jesus’ cross. I took off my yoke of anger and gave it to Him. He nailed it to His cross and His blood covered it. Deep inside my soul I felt freedom and release. I was able to love God and receive love from Him like I never had before.

God longed to meet me in my misery and free me from the woundedness that had controlled me. Through healing prayer, He freed me from the lies in ways that continue to free me from myself.





## Journal Psalms in the first person

as though God Himself were speaking to you

Vic Black, Navstaff

The Psalms are written from the point of view of the Psalmist talking about God. But what would it sound like if God Himself spoke the Psalms to you? Not David talking about the Shepherd, but the Shepherd Himself speaking Psalm 23 . . .

This model came from an unusual experience I had while facilitating a collegiate prayer retreat. The students had time alone to journal from Psalm 23 and John 10 about the shepherd/sheep relationship. As I prepared to journal, I thought rather pessimistically, "I probably won't get anything new out of Psalm 23." Then the most amazing thing happened. It was like God showed up with a smile on His face. "So, you don't think you'll get anything new out of Psalm 23?" That's when He gave me Psalm 23 in the First Person, as though Jesus, the Shepherd, were speaking of Himself. Afterwards, He seemed to smile and say, "You can do this in the rest of Psalms, if you would like. And you can tell your friends about this experience." To the right is Psalm 23 as I received it that day in the Adirondack Mountains.

After the experience of Psalm 23, I began to experiment receiving other Psalms in the first person. Several principles soon fell into place. First, this is much more a listening exercise than a writing exercise. There is harm in forcing yourself to write something. There is freedom and peace in waiting and soaking in a Psalm. Allow God to speak. Give yourself freedom to experiment. This is for enjoyment and relationship. This is not about doing it right or wrong. It is about intimacy with the Lord.

This is a meditative exercise in which you are asking God, "What would it sound like if You, Lord, spoke this Psalm to me right now, in the first person? I don't want to put words in Your mouth. I don't want my imagination to run away with me. But I do want to use my imagination, as well as my heart, my soul, my mind, all of my faculties. What I want more than anything is to truly hear Your voice. Would You give me ears to hear and block out all distractions? Please engage with my heart through David's journal, the Psalms."

I would encourage you to have several translations available and open. Observe the footnotes, definitions, and cross references that expand the meaning of the passage. Live in one Psalm for a period of time. The objective is not speed. You are not trying to do one Psalm a day. The Psalms flowed out of David's life (as well as Moses', Asaph's, Solomon's, and the sons of Korah's). Now you want the Psalms to flow out of your life and into your life. You may spend hours or even days reflecting, meditating, and marinating in a favorite Psalm. Let the Psalm live. Let it breathe. Let it live in you. Let God speak.

- ⊕ Relax. Enjoy the exercise. Pray, "Lord, what would it sound like if you spoke this Psalm to me?"
- ⊕ Soak in the Psalm. Read it meditatively in several translations. Allow fresh, new phrases to form.
- ⊕ Work on one complete thought at a time. Don't force it.
- ⊕ Allow God to take your pen and add His personalized phrases.
- ⊕ Listen to the Lord speak these thoughts to your heart.
- ⊕ Suggested Psalms: 1, 15, 24, 27, 34, 40, 42, 51, 57, 63, 84, 91, 96, 97, 98, 139

### Psalm 23

*"I, the LORD, I am your Shepherd. You have no need of anything because I am all you need. I will lead you to green pastures and cause you to lie down. I will lead you to quiet waters, to waters of rest, and cause you to drink your fill. I am very serious about your rest and restoration. I will even restore your soul.*

*"I will guide you, not push you, down the particular path of righteousness, for the sake of My name. You will know this is the right path because you will see My tracks, My footprints of righteousness and holiness right in front of you. When I say so, together we will leave this quiet and restful place and go to other places that are not so restful. Some of these places may be scary. Some will be places of deep darkness and even death. But don't be afraid, I'm with you. My footprints are still right in front of you.*

*"My rod and My staff will touch you during those dark and scary times to keep you on the path and to reassure you of My presence. I may even prepare a table before you right in front of your enemies. But remember, I'm right there, too! I will anoint your head with My oil. It's My oil of authority and recognition as well as My oil of healing for your wounds. Your cup will run over with Me, with My very presence. You will become more and more convinced that My goodness and My loving kindness will aggressively pursue you for your entire lifetime. You will also become more and more convinced that you will live comfortably in My house for all the length of your days, not only on this earth, but in eternity!*

*"I love you! You are that little lamb on My shoulders!"*

