



TASTE Reflection Questions
March 20, 2025

Heart of Healing: Relationship with Self & Others
Elizabeth Leon

*And remember, I am with you always,
to the end of the age. ~ Matthew 28:20*



1. What did you find most interesting about this talk?

2. Elizabeth told us that in addition to trauma, the enemy is an obstacle to living as the Lord's beloved. She then quoted 1 Peter 5:8. Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour.
 - How familiar were you with that verse?
 - How did it make you feel that the enemy would do anything to separate you from the promises of God?
 - What did you think about the devil's one play in his playbook – to shame us & convince us that we are not who God says that we are?
 - How important then is it to take to memory the scripture promises of who you are in Christ?

3. Elizabeth provided a visual of The Anatomy of a Wound by Dr Bob Schuchts. First the **WOUND** happens, then that creates **BELIEFS** about ourselves and others such as identity lies (false beliefs about ourselves) and judgement (false beliefs about others). Soon the beliefs turn into **VOWS** (e.g. I will never show my emotions again, because people get mad when I am happy etc.)
 - How does understanding this pattern help break the cycle of the anatomy?
 - How can you look at some of your vows and work backwards to understand that the vow came from a belief that came from a trauma and bring that situation to the heart and feet of Jesus?
 - How can our vows (there to protect us) have the unintended effect of telling God we do not need Him?

4. Elizabeth offered 3 things we can do to help counteract the enemy and facilitate healing in relationships:
 - a) Recognize our authority in Christ to overcome all the power of the enemy so nothing will harm us
 - b) Shift the conditions of our interior life to create a more supportive foundation for our outer expression
 - c) Receive forgiveness. Grieve not just how we were harmed, but how we harmed others.
 - Have you ever renounced the lies of the devil and replaced them with truth from God? Discuss. Do you have 4-5 scripture passages memorized ready to confront the enemy? See 2nd page for ideas.
 - What have you done (or can you do) to have a supportive, loving, accepting relationship with yourself? How can you better see yourself as God's Beloved? What words do you most need to hear today?
 - Why do "Hurt people hurt people"? Why is it that "trauma that is not transformed is transmitted"? How do you think it could be easier to condemn ourselves than face the grief of how we have harmed others?

List of Some Encouraging Scripture Verses

OUR LORD IS THE HEALER

- **Exodus 15:26** — I am the Lord, your Healer.
- **Psalms 147:3** — The Lord heals the brokenhearted and binds up their wounds.
- **Psalms 30:3** — O Lord my God, I cried out to You for help, and You healed me.
- **Jeremiah 17:14** — Heal me, Lord, and I may be healed; save me that I may be saved.

GOD'S PROMISES

- **John 10:10** — I came that they might have life and have it more abundantly.
- **John 15:9** — As the Father loves me, so I also love you. Remain in my love.
- **John 16:33** — I have told you this so that you might have peace in me. (In the world you will have trouble, but take courage, I have conquered the world.)
- **1 John 4:10** — In this is love: not that we have loved God, but that he loved us (and sent his Son as expiation for our sins.)
- **Psalms 16:11** — You will show me the path of life, abounding joy in your presence.
- **Philippians 4:6** — Have no anxiety at all, but in everything, by prayer & petition, with thanksgiving, make your requests known to God.
- **Psalms 27:13** — I believe I shall see the Lord's goodness in the land of the living.
- **Isaiah 41:10** — Do not fear: I am with you; Do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.
- **Matthew 11: 28-29** — Come to me, all you who are weary & burdened & I will give you rest.
- **Jeremiah 29:11** — For I know well the plans I have for you, declares the Lord.

JESUS LOVES ME

- **Isaiah 62:5** — As a bridegroom rejoices in his bride, so shall your God rejoice in you.
- **Jeremiah 31:3** — I have loved you (with an everlasting love)
- **Song of Songs 7:11** — I belong to my lover, his yearning is for me.
- **Song of Songs 2:6** — His left arm is under my head and his right arm embraces me.

MISCELLANEOUS

- **Joshua 1:9** — I command you: be strong & steadfast! Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go.
- **Proverbs 3:5-6** — Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.
- **Isaiah 40:31** — They that hope in the LORD will renew their strength, they will soar on eagles' wings; They will run and not grow weary, walk and not grow faint.
- **Luke 6:38** — Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.
- **Luke 10:19** — Behold, I have given you the power 'to tread upon serpents' and scorpions and upon the full force of the enemy and nothing will harm you.
- **John 8:31-32** — If you remain in my word, you will truly be my disciples, & you will know the truth & the truth will set you free.
- **Romans 8:28** — We know that all things work for good for those who love God, who are called according to his purpose.
- **Romans 10:9** — If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.
- **Romans 12:2** — Do not conform yourselves to this age, but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.
- **1 Corinthians 10:13** — No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it.
- **2 Corinthians 5:17** — So whoever is in Christ is a new creation: The old things have passed away; behold, new things have come.
- **2 Corinthians 12:9** — "My grace is sufficient for you, for power is made perfect in weakness." ...
- **Philippians 4:8-9** — Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you.
- **Ephesians 2:10** — For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.
- **Philippians 4:13** — I have the strength for everything through him who empowers me.
- **James 5:16** — Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful.
- **1 Peter 5:8** — Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour.
- **1 Peter 5:7** — Cast all your worries upon him because he cares for you