

Other things to look for when ministering to a person other than doing TPM:

Judgments “All men are jerks.”

Inner vows “I will never ...”

Identity statements (“I am” statements) I’m worthless. I’m unloveable.

Foundational lies (UGB) “When I need God, He will not show up.” “I am helpless and powerless to stop this.”

Word curses “If your friends really knew you they wouldn’t like you.” “You’ll never amount to anything.”

Expectations

Example: I hate parties. The person has an expectation of what will happen at a party.

What to do: Ask for new expectations after dealing with lies & judgments, etc.

What to do when you are ministering to someone and you get triggered:

- Ask the Holy Spirit to calm you
- Ask your prayer partner to take over
- If alone: ask if it is OK to stop and pick up next week (then you go for your own healing)

Three Levels of Forgiveness

Level 1 – **verbally**: forgive by faith

Level 2 – **Emotional**: takes longer due to hurts, offenses, anger, attitudes, etc.

Level 3 – **Biblical or Heart Level**: when you’ve released all judgments, guilt, accusations toward the person who hurt you and you feel no pain or hurt towards them (when you see the person through God’s eyes)