

Overcome inner barriers

Spiritual Self Defense basic technique #4 of 6. Sometimes inner obstacles keep us from the good things God has for us. God wants to free us from these inner barriers. Here's how.



Instructions:

1. Write as much as you want, or
2. Write as little as you want, or
3. Draw pictures instead of writing, or
4. Don't put anything in the blanks, or
5. Do whatever you want. This is here to help you keep track of where you are in the process.

IMPORTANT NOTE: Does this work every time for every person? No. But it might work right now for you. While this is safe for most people, if you are a survivor of trauma, have P.T.S.D. symptoms or other mental health concerns, DO NOT do this without the help and guidance of a trained counselor.

white belt ●□

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When you try to move forward to obtain or achieve something good, what gets in the way? (What inner obstacles do you face?)	
As you think about removing these inner obstacles, what feelings and beliefs come into your mind?	
Feelings What <u>negative</u> feelings come to the surface when you think about the barrier being removed. Important to be honest with yourself here.	Beliefs: What feels true? Different than what you <u>know</u> to be true. If these feelings could talk, what would they be saying?
Are you willing to receive whatever Jesus has for you in this painful place? (If yes, just say yes to Jesus.) (Feel free to write down what Jesus shares with you.)	
What has changed? What feels true now? (Thank You, Jesus!)	
Too scary? Overwhelmed? Too intense? You probably need to work with a trained counselor or highly skilled transformational prayer minister. They can help create a safe place for you to process your feelings.	
Stuck? No problem. Happens to all of us sometimes. You'll find ways to get unstuck in Chapter 5 of Dwight Clough's <i>Spiritual Self Defense</i> . See kim51.com/books	
Other notes	

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