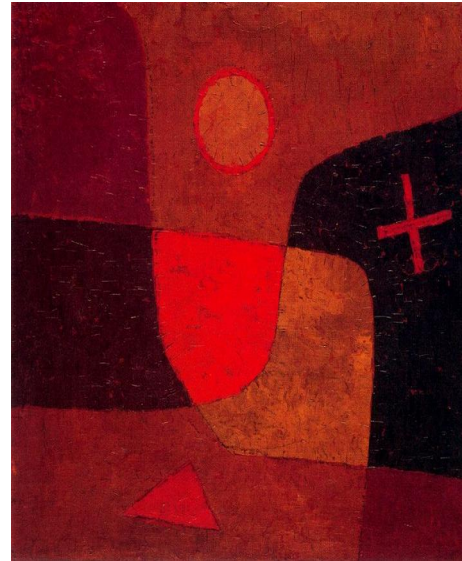


# Well-filling

18/19 July 2022



# Session Four: Hurt and Healing



# Daily Prayer with The Corrymeela Community

Jesus, you shared peace around a table of anxiety.

Peace with the bread, peace with the wine,  
peace in the face of the uncertain, peace in the place of pain.

May we share tables of peace in places of pain,  
sharing food and friendship and words and life.

Because you came to a fearful world  
and found your place around those tables.

**Amen.**

Pádraig Ó Tuama

# Handshake/Martin





# Handshake/Martin



stop that; shake hands; say sorry

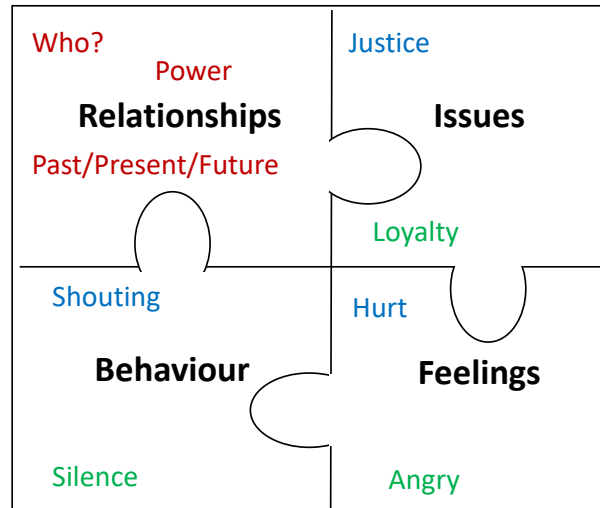


# Stop that shake hands say sorry

- It can be useful to stop a fight/dispute/friction
- Implies that all conflict is bad and needs sorted quickly
- Religious people should always shake hands? (make peace)
- Shaking hands addresses behavior/manages conflict
- Conflict is about behavior, feelings, issues, relationships
- Where do feelings go after the handshake?
- How do unresolved issues impact on future relationships?
- Peace is not an absence of conflict
- Conflict can reveal the nature and quality of a relationship

# Conflict Puzzle

MTP23





# Go for a walk with Jesus

- Silent
- Phones – for timer only
- Talk to him about what you are thinking/feeling
- 10mins

# Forgiveness

Much talked about, deeply misunderstood and distorted.

## **Definition(s):**

Release, pardon, letting go, unhooking, deliverance, liberty.

# Love(d)

- **The more loved I feel, the more I can love and forgive others**
- **The more I am loved in the midst of whatever I am feeling, the more I can listen carefully to the very things that might otherwise keep me stuck, until they too reveal a creative solution**

# Hurt

When we are violated/hurt we experience anger and bitterness.

We struggle with letting go of hurts and forgiving.

**The more extreme the offence, the deeper the wound,**  
the more difficulty we have in praying with Jesus:

*Father forgive them for they know not what they do*

# Myths around forgiveness

**Myth one:** Forgiving means forgetting

**Myth two:** Forgiveness means accepting the offence

**Myth three:** Forgiveness is automatic

**Myth four:** Forgiveness is quick and a one-time event

**Myth five:** Forgiveness means the relationship is reconciled.



# Reworking the myths

**One:** we acknowledge that remembering is essential for forgiveness.

**Two:** we acknowledge that naming the abuse as 'sinful' and unacceptable is essential to forgiveness.

**Three:** we acknowledge that anger, hatred and bitterness follow naturally from the abuse of power in family relationships.

**Four:** we acknowledge that forgiveness is a process

**Five:** we acknowledge the distinction between forgiveness and reconciliation

Source: Miller (1994)

# Forgiveness as story

**Forgiveness process as five chapters in the story of a hurt**

Source Text

Don't Forgive Too Soon

Linn et al (Paulist Press, 1997)

# Any hurt is a loss that is like a small death

- 1. Denial** I don't admit I was hurt
- 2. Anger** It's their fault that I am hurt
- 3. Bargaining** I set up conditions to be fulfilled before I'm ready to forgive
- 4. Depression** It's my fault that I'm hurt
- 5. Acceptance** I look forward to growth from the hurt.

# Forgiveness is...

**An in-built process for healing emotional and spiritual wounds**  
(if accompanied by a significant other)

## Allows for a process of forgiveness

- **No judgement at any stage.**
- **Each of the five stages is like a chapter in a story, revealing a part of ourselves that we are tempted to push away.**
- **When we listen respectfully to all five chapters in the story of a hurt, we regain our centre and a creative solution can emerge naturally.**



## Zephaniah 3: 17

**The Lord your God in your midst, the Mighty One, will save.  
She will rejoice over you with gladness,  
She will quiet you with her love,  
She will rejoice over you with singing.**

# Re-Story us

(Adapted from Water Brueggemann)

We confess you to be story-maker, story-giver, story-worker,  
and we find ourselves addressed by your making, giving, working.

So now we bid you, re-story us by your spirit.

**Re-story us** away from our shallow loves,  
into your overwhelming gracefulness.

**Re-story us** away from our thin angers, into your truth-telling freedom.

**Re-story us** away from our lean hopes, into your tidal promises.

Give us attentive ears, responsive hearts, receiving hands;

**Re-story us** to be your liberated partner in joy and obedience,  
in risk and gratitude.

**Re-story us** by your word become wind. **Amen**

go gently

