



Held Hostage by Assaulting Memories

Read Free Yourself
to Love: Chapter 5

ICON KEY

 Question/Discuss

 Read The Bible

 Read FYTL

 Watch the Video



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Matt. 26:37, 38 - Gethsemane of Forgiveness: price tag of forgiveness is anxiety.



Can I Forgive What I Can't Forget? Illus. computer vs. brain. p. 76

[Q] *Discuss how memories keep one a victim of past offenses.*

 *How does a person move past assaulting memories? pp. 76, 77*

 *Painful memories are not a sign of unforgiveness but a sign of the need for the "490" principle. pp. 78, 79*



"Master, how many times do I forgive a brother or sister who hurts me? Seven? Jesus replied, "Seven! Hardly! Try seventy times seven" (Matt. 18:21-22 The Message).

[Q] *Has a recent memory flooded you with fresh hurt? What triggered it?*

[Q] *Is this the first time you considered Jesus' message in the context of forgiving the same offense again and again? How liberating to you is the prospect of the 490 Principle?*



🔗 No one can hurt you worse than someone who knows you. p. 79

🔗 Numerical halo illustration of the “490 Principle.” p. 80

🔗 Dreams, flashbacks—parallel the intensity of the trauma. pp. 80, 81

[Q] *Can you share an intense memory and how you might apply the 490 Principle in relation to it?*

🔗 Trauma Triggers—the emotions connected to the event. p. 81

[Q] *Is it liberating to you that memories are part of the healing process? Why or why not? If liberating, explain in your own words how freeing it is.*

🔗 Neurobiology of “healing trauma” validates the “490 Principle.” p. 82
(1st century principle; 21st century scientific validation)

[Q] *What did you think about the neurobiology of the healing of your brain through memories and forgiveness?*

🔗 Welcome Memories and Flashbacks as Emotional gifts. p. 83

[Q] *Can you share an intense memory and how you might apply the 490 Principle in relation to it?*

🔗 Irony: The 490 Principle was given to the very apostle who would have to live the rest of his life dealing with the memory of denying three times the precious Lord he so loved!” p. 84



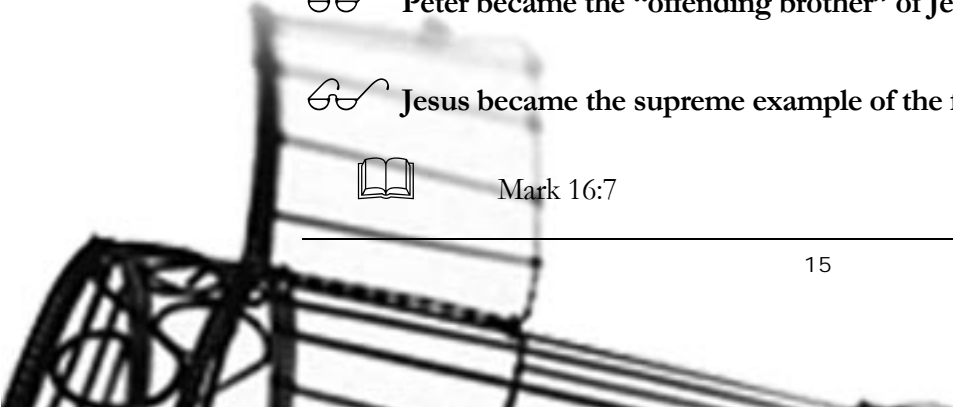
Matt. 26:69-75

🔗 Peter became the “offending brother” of Jesus! p. 84

🔗 Jesus became the supreme example of the forgiving brother. p. 84



Mark 16:7





[Q] *“Sometimes things that God lets happen to us are so horrible that the intensity of the event will make repetitive memories inevitable, so a person will be forgiving the same offense again and again.” Can you see this idea’s application in your own experience?*

☞ Triggered memory from unexpected stimuli. p. 85

☞ Overreacting to a very simple incident—disproportionate response—CSI (Christ’s Search of Interior)—buried hurt! pp. 85, 86.

Note: Overreacting can often be traced to buried hurt.

☞ When a memory or flashback intrudes on your day...ask yourself, “Have I already forgiven this person and released this event?”p. 86

[Q] *Are you ready to welcome memories as emotional gifts? Why or why not?*

☞ Are you being ruled by what is buried? p. 86

☞ Don’t let Memories Drag you back into rage. p. 86

