

Title: "Just Hold It Up to Jesus"

February 2, 2003,

Greetings all,

Just posted another new essay, "'Just' Hold it up to Jesus," (at the bottom of the ministry aids page, [www.kclehman.com](http://www.kclehman.com)). The e-mail version is included below. As always, the e-mail drops the footnotes. Go to the web site for better formatting and the footnotes.

Blessings,

Dr. Lehman/Karl

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### **"Just" Hold It Up To Jesus**

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*\*\*We are working on an essay that will address the broader issue of what to do when the person receiving ministry doesn't want to listen to Jesus. "'Just' hold it up to Jesus" will be included as a subsection in the forthcoming essay. For now, this essay will serve as the first installment.\*\**

There is a difference between asking Jesus for truth about a particular lie/anger/painful emotion (and listening for His response), and "just" holding it up to Him. We have discovered that sometimes the person receiving ministry *is able* to "just hold it up to Jesus," even though they are *not able* or willing to participate in the usual Theophostic process of asking Jesus to come with truth and healing, and then listening/watching, and waiting for His response.

My perception is that many people have lies that get triggered when they think about "listening" for truth, "waiting" for Jesus, receiving something from Jesus, or by some other aspect of the usual Theophostic requests. For example, many people have intense guardian lies along the lines of "He won't say anything, and that will prove He doesn't like me," or "I won't hear anything, and it will be my fault," or "He won't come, and that will confirm that I'm not really saved." If you are watching for them, and even ask a few questions about this possibility, you can usually figure out the guardian lies that are being triggered by some aspect of the usual Theophostic requests. Sometimes the whole process will move forward as soon as you identify and name the guardian lies, and specifically ask Jesus for His truth about *them*. However, at other times the situation feels like a "catch 22" – the person can't listen to Jesus because of the guardian lies, and they can't get rid of the guardian lies because they can't listen to Jesus.

If attempts to address guardian lies/fear/anger-resentment don't work, and the person receiving ministry is persistently unwilling to ask the Lord for truth/listen to Jesus about the

lie/fear/anger/issue in question, I ask her if she would be willing to “just” hold the lie/fear/anger/painful emotion in question up to Jesus. I explain that she doesn’t have to listen to Jesus, she doesn’t need to hear anything, she doesn’t need to make anything happen, she doesn’t need to ask Jesus for anything, she doesn’t need to receive anything from Jesus, “but could you just hold it up to Jesus?” Sometimes the person receiving ministry can do this in some non-verbal, intuitive way – focusing on the lie/fear/anger/pain, and “holding it up to Jesus” in some way in her mind. At other times, it seems helpful for me to coach/lead them in a simple prayer<sup>1</sup> along the lines of “Jesus, I’m afraid to listen to You. I’m afraid to look at You. I’m afraid that \_\_\_\_\_, and I don’t know what to do – I just hold this up to you,” or “Jesus, I want to get healed, but I am so angry at you that I don’t even want You to help me. I don’t know how to get out of this mess, and I just hold this anger up to You.”

A common fear is “What if nothing happens?” to which I respond, “Let’s hold that up to Jesus – ‘Lord Jesus, I’m afraid nothing will happen.’” A common phenomena is for the person receiving ministry to perceive that nothing happened, especially after the first one or two attempts to hold a lie/fear/anger/painful emotion up to the Lord. When this happens, I help the person identify his thoughts and feelings associated with “nothing happened,” and then help him hold this up to the Lord. Once the person gets started with this process of “just holding it up to Jesus,” often a whole string of lies, fears, angers, and painful emotions will flow forward. I help them hold each one up to the Lord until they feel like they are “done” and/or they feel like they are ready to move forward.

The difference between “just holding it up to Jesus” and the usual Theophostic process may seem like a small point, but I have been surprised at how often this simple intervention has helped people be able to take the next step forward by stepping around some guardian lie that gets triggered by the usual Theophostic requests. For example, one person I worked with was very stuck, and wasn’t able *or willing* to hear or receive anything from Jesus. However, she was willing to at least hold her lies, fears, anger, and pain up to Jesus. For maybe 15 or 20 minutes, she held up to Jesus each lie, fear, anger, and painful emotion that came forward. One after another after another. Not hearing from Jesus, or even listening to Jesus, but just holding each lie, fear, anger, and painful emotion up to Jesus. She cried quietly through most of this process, and at the end she was able to see that bitterness, judgment, and a vow towards the Lord was blocking her from receiving from Him. “You betrayed me, and I will never trust You again! I don’t *want* anything from You.” She was then willing to go to the memories that anchored this bitterness and judgment. She went to memories where her parents *had* (truth-based) let her down in the ways she *felt* the Lord was letting her down, where she had the same bitterness and judgment towards her parents as she experienced towards the Lord, and where she had made the vow towards her parents that she also carried towards the Lord. She went through the prayers to release bitterness and judgment towards her parents, and immediately started to cry again. When she eventually stopped crying, and was able to explain what was happening,

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<sup>1</sup> This has also been my own experience when I use this technique. Sometimes I name and “confess” the problem in my mind, and then hold it up to Jesus, all in a non-verbal, intuitive process, and at other times it seems helpful for me to use words – both to describe the problem and to hold it up to Jesus.

she reported that her bitterness and judgment towards the Lord were also now gone, and that she was receiving healing from Him (the vow apparently vaporized spontaneously when she released the judgments and bitterness).

“Just holding it up to Jesus” is more of an *experiential* asking for help, that bypasses the cognitive processes and words that trigger all the guardian lies.

It is important to eventually get to the place where we explicitly ask Jesus for His truth because there is power in the words we use and in the specific requests we make. If we ask our earthly parents for a glass of milk, we get a glass of milk and not a pizza. And sadly, sometimes we want and need something, but don't get it simply because we don't ask for it (“you do not have because you do not ask” James 4:2). Also, it is important to get to the place where we intentionally, deliberately listen/watch for the Lord's truth and wait to receive His healing. As in any other relationship, we are much more likely to hear if we are actually listening. In several Theophostic ministry sessions we have observed Dr. Smith facilitating, the person receiving ministry first responded with “nothing” after Dr. Smith asked the Lord to come with truth. Dr. Smith then encouraged the person with “Are you sure you're listening? Focus on...., and be sure to listen.” He then again asked Jesus to come with truth, and the person receiving ministry immediately reported hearing truth from the Lord.<sup>2</sup>

In some way, it seems that this simple intervention provides some kind of a bridge, that helps the person receiving ministry get from where she is stuck to the next step. It provides an intermediate stepping stone that helps the person receiving ministry get from where she is stuck to the place where she can explicitly ask the Lord for truth and healing, and then listen and wait for His response.

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<sup>2</sup> Demonstration sessions, Level I and II apprenticeships, Campbellsville, KY 1999, 2000, 2001, and 2002.

## **“Just” Hold It Up To Jesus: Sample comments, prayers**

1. Guardian lies, blocking anger-resentments: (to be expanded in forthcoming essay)
  - A. Identify guardian lies/anger-resentment. Ask Jesus for truth regarding these.
  - B. Go to anchoring memories.

2. “Just hold it up to Jesus:” If the guardian lies and/or blocking anger-resentments are still in place, and the person receiving ministry is persistently unwilling to ask the Lord for truth/listen to Jesus, ask **“Would you be willing to just hold \_\_\_\_\_ (guardian lies and/or blocking anger-resentment, and the original issues) up to Jesus?”** Explain **“You don’t have to listen to Jesus, you don’t need to hear anything, you don’t need to look at Jesus, you don’t need to make anything happen, you don’t need to ask Jesus for anything, you don’t need to receive anything from Jesus,”** and ask again **“Would you be willing to just hold it up to Jesus?”**

If the person says “no,” go to #3. If he says “yes,” help him “hold the problem up to Jesus:” If the person receiving ministry prefers to focus on the lie/anger/painful emotion, and “hold it up to Jesus” in some non-verbal/intuitive way, encourage him to do this. Otherwise, help him to pray in his own words or lead him in a simple prayer along the lines of **“Jesus, I’m afraid to listen to You. I’m afraid that \_\_\_\_\_ (name any specific fears), and I don’t know what to do – I just hold this fear and this \_\_\_\_\_ (issue in question) up to you,”** or **“Jesus, I want to get healed, but I am so angry at you that I don’t even want You to help me. I just hold this anger and this \_\_\_\_\_ (issue in question) up to You.”**

If the person raises “guardian” fears/concerns, such as “What if nothing happens?” ask **“Would you be willing to hold that up to Jesus?”** If “no,” go to #3, if “yes,” help/lead him in holding the guardian concerns up to Jesus.

If the person perceives that nothing happens, help him identify his thoughts and feelings associated with “nothing happened,” and then help him hold these up to the Lord. If he continues to perceive that nothing is happening/changing, go to #3.

Once the person gets started with this process of “just holding it up to Jesus,” often a whole string of lies, fears, angers, and painful emotions will flow forward. Help him hold each one up to the Lord until he feels like he is “done” and /or he feels like he is ready to move forward.

If important issues come forward during or at the end of “holding it up to Jesus”, work with the person to address them.

If the person is now willing to ask the Lord for truth, and listen/watch for His answer, then return to the initial target issues/lies, and proceed with the usual Theophostic process.

If something is happening with “holding it up to Jesus,” but the person receiving ministry is still not willing to ask Jesus for truth, go to #3 regarding continued unwillingness to ask Jesus for truth, and continue to use “holding it up to Jesus,” as appropriate, as a part of the process.

3. Other issues: If the person is not willing to cooperate with the interventions described

above, or if the interventions described above don't work (the original issues appear unchanged, and the guardian lies still feel true), then there are other issues blocking the process. Keep asking the Lord for guidance, and apply everything you know about issues that can block the Theophostic process.