

## **Sharon: Dread, Avoidance, and Resistance from Guardian Lies Case Study from Live Ministry Series (LMS) Commentary**

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**Session summary:** Most of this session focuses on dealing with guardian lies/blocking beliefs. At the beginning of the session, Sharon describes dread, avoidance, and resistance with respect to participating in an Immanuel Approach session; and we then identify a large pile of guardian lies/blocking beliefs that were producing this dread, avoidance, and resistance. For example:

- “It will be shameful and painful to look at memories where I did bad stuff, as opposed to memories where I was just the innocent victim.”
- “If we go to older memories where I’m more responsible, there won’t be as much grace.”
- “If I surrender to Jesus and/or fully cooperate with this process, some part of me, some part of my past won’t be remembered or valued.”
- “It’s not safe to surrender to Jesus, depend on Jesus (or anyone) because people aren’t reliable and you will just get hurt/disappointed/let down.”
- “If I cooperate with Jesus and acknowledge what He’s showing me, there will be no more excuses – there’s a part of me that will have to grow up.”
- “Jesus is a man. He will be like other men – like my father and the boys in high school -- who just saw my physical attractiveness, but didn’t see (or care about) my heart, me.”

For each of these guardian lies, I help Sharon focus and get words for what feels true, and then I coach her to talk to Jesus and ask Him for help. As Jesus cares for each of her guardian lies, she is able to keep moving forward with an increasingly better connection and increasingly less avoidance/resistance. By the end of the session she is enjoying a beautiful, dramatically improved connection with Jesus.

**4 Month Follow-up -- Lasting positive changes:** At the four-month follow-up interview, Sharon reports that all of the guardian lies identified in the session continue to feel completely resolved, that distorted perceptions about Jesus’ character and heart continue to feel resolved, that the dread, avoidance, and resistance toward the Immanuel Approach continue to feel resolved, that the resistance to depending on Jesus continues to feel resolved, and that the improved connection with Jesus has remained. She also describes an unexpected, spontaneous, effortless increase in both capacity and maturity -- she describes thoughts, emotions, and behaviors that are now adult maturity instead of child/adolescent, and comments, “It’s not burdensome.”

### **Commentary/Discussion:**

***Intermediate-advanced approach to complex/confusing details:*** This session provides a good example of an intermediate-advanced approach for dealing with complex and/or confusing details.

First, the session is somewhat complicated. There are many different issues being addressed through the course of the session (including at least six different guardian lies), and Sharon bounces around between them. Second, there are a number of pieces that are just plain confusing. Finally, there are a number of places where I misunderstood her intended meaning.

My intermediate-advanced strategy regarding all of this complexity and confusion was that I kept my eyes on the big picture and didn’t try to be in control with respect to the details. I didn’t slow things down every five minutes and ask a lot of questions, so that I could understand exactly what was going on. The key is that I was focusing on the big picture of helping her get back to Jesus and engage with Jesus, as opposed to trying to be in

the driver's seat with some clever plan of my own. It didn't matter that a third of the session was unclear/confusing – I just kept helping her get back to Jesus and kept helping her engage directly with Jesus.

Even after the session was finished, and even after I watched through the whole session multiple times for analysis and editing, there are still parts that are unclear/confusing to me. And this doesn't bother me because it is clear that Sharon spent much (half? two thirds?) of the session interacting with the genuine presence of Jesus. Again, this is the big picture when Jesus is driving and I'm just trying to help the recipient keep going back to Jesus and engage directly with Jesus. It's okay that there are some pieces that I don't understand, as long as it's clear, *overall*, that the recipient is engaging with the genuine presence of Jesus. (This was my discernment during the session, and there is enough clear, lasting fruit to confirm that Sharon was, indeed, interacting with Jesus for much of the session.)

Another way to say this is that the complexity and confusion would have been a big problem *if I was trying to drive, and execute some clever plan* – there was too much confusion and lack of clarity at many points *for me to be driving with respect to content*. However, since Jesus was driving with respect to content, and my role was just to keep helping her get back to Jesus and engage directly with Jesus, the many pieces that were confusing/unclear *to me* were not a problem.

***Comments regarding Dr. Karl being so active:*** An important teaching point that I'm always making is, "Let Jesus drive." Especially with mental health professionals and people with a lot of emotional healing experience, one of the biggest things I do in training is help them learn to get out of the driver's seat and let Jesus drive. As the viewer may have noticed, I was much more active in *this* session than I am in many other sessions. Here are a few of my thoughts about this:

First, helping to identify, focus, and get words for Guardian Lies, or blocking beliefs, is one of the important responsibilities of the facilitator. And to the extent that the guardian lies are hindering the connection with Jesus, the facilitator has to be more involved, since the recipient is less able to get help directly from Jesus. Furthermore, in this session we encountered guardian lie after guardian lie after guardian lie, so that we spent most of the session in troubleshooting mode, with me helping Sharon to identify, focus, and get words for guardian lies.

An observation that can help the viewer to see this point is to notice the difference in my activity level between the portions where I'm helping Sharon with guardian lies and the portions where she is engaging with Jesus for healing. For example, at 34:51 in the session, Sharon is hurt and confused and angry regarding why the Lord didn't give her more help as a teenager. I just coach her to take this question and pain and anger directly to Jesus, and then I do very little as she has beautiful interactions with Jesus in which He shows her that He had been caring for her in many ways that she had not recognized.

Even so, I could have referred more of the work regarding guardian lies to Jesus. Sharon's connection with Jesus was *impaired* at the beginning of the session, but it wasn't zero. Even with her weak connection, I still could have coached her to focus on Jesus and to ask Him for guidance and help with identifying and getting words for her guardian lies. This would have worked, but with the impaired connection to Jesus the process probably would have gone slowly. My being much more active, and using intermediate skills and tools to lead the troubleshooting process, helped the session move more quickly.

Also, to be totally honest, part of what happens for me is that sometimes I get so excited about the Immanuel Approach that I forget my own teaching about letting Jesus drive. One of

my favorite things in the world is to help people identify and resolve hindrances, and then to see them experience a better connection with Jesus (Just as Sharon did in this session). I sometimes get so excited about this that I jump in the middle more than I need to, as opposed to just coaching the person to ask Jesus for guidance and help, and then deliberately sitting back and letting Him do more of the work.

In summary, I was more active in this session because so much of it was spent in working with guardian lies; but even after acknowledging this valid point, I could have facilitated this session with saying a lot less if I had remembered my own teaching about letting Jesus drive. This would have been valuable because it would have demonstrated that Jesus can drive and take care of the session, even if the facilitator doesn't know much or say much. This session turned out okay the way it was, but it (erroneously) makes it look like the facilitator needs to know a lot and do a lot.

Finally, I get so excited about teaching the Immanuel Approach that I sometimes get carried away with explaining what I'm doing. (These explanations are sort of for the recipient, but they are also indirect teaching comments for the training group). If you watch the session with this in mind, you will notice that these explanations/teaching comments account for a significant portion of my activity.