

## **Helpful Definitions & Insights**

**Fear:** future imaginations where the truth and love of God is not present

**Anxiety:** the tense and distressed state that flows from fear

**Anger:** the emotional response which occurs when one's will is blocked

**Negative Pride:** comparing, competing and arrogantly thinking you are superior

**Evil:** malignant narcissism

**Worldly Sorrow:** self-centered hurtful feeling

**Godly Sorrow:** compassion for another person's hurt

**Control:** the strategy used to cover and deal with inside pain and lies

**Envy:** feeling inferior and wanting what others have

**Jealousy:** wanting to keep what you have and not willing to share it with others

**Worry:** the attempt to mentally control the future

**Shame:** the feeling that makes us think that hiding and lying are safer than open truth

**Forgiveness:** letting go of the desire to seek revenge

**Blessing:** honouring another with words, ceremonies, deeds; and speaking God's favour into another person's life

**“WHY”:** a destructive, backward looking word that hurts human relationships by creating: blame, shame, hurt and pain; and shifts responsibility to the one being asked the question

**“HOW”:** a creative, co-operative, forward looking word that offers grace and invites options, possibilities and shared solutions for the future

**Love:** the unconditional, selfless, sacrificial “will” to humbly accept and respect others, to support and compassionately care for others, to forgive others and serve them, and to nurture their growth for their well-being

**Inner Healing:** the removing of pain from memories when Jesus is invited to reveal his truth in a person's mind. His truth sets you free.

**Jesus Only Description of Himself:** I am gentle and humble. (Matthew 11:29)