

## Healing the Wounds of the Adult Child

- 1 - **God created mankind "very good"**—flawless, whole, functional (Gen. 1:31).
  - + Created to be like God (Gen. 1:27), we were made to live in a community of love.
  - + Created to be like God, we have the capacity to choose between good and evil.
  
- 2 - **Our first parents chose evil (Gen. 3:6). So did we.**
  - + We rejected God-centeredness and chose self-centeredness.
  - + This severed the one relationship—with God—indispensable to our well-being.
    - + It left us guilty (Rom. 3:19).
    - + It left us damaged (Rom. 3:9-18).
  - + Guilt and damage left us lost—unable to find our way back to where we belong.
  
- 3 - **On the cross Jesus made provision for our deliverance—our salvation.**
  - + For our guilt to be removed (Isa. 53:6)
  - + For our wounds to be healed (Isa. 53:5)
  - + For the destructive power of sin in our behavior to be broken (Rom.6:12-14)
  - + For us to be restored to wholeness (2 Cor. 5:17)
  
- 4 - **We are responsible to access this provision—this grace.**
  - + By faith—we choose to rely on Jesus in everything (Eph. 2:8).
  - + By obedience—this is how biblical faith is expressed (James 2:17).
  - + Jesus teaches us how—this is what discipleship is all about (Matt. 7:24-25).
  
- 5 - **Inner wounding, caused by sin**—mine and those around—blocks maturing.
  - + We enter adulthood having not yet "grown up" in some areas (Gal. 4:19).
  - + Some basic needs of the child remain unmet (1 Cor. 13:11).
  - + The foundational human need: To be competently loved and affirmed.
  - + The adult child is still trying to find the affirmation he so desperately needs.
  
- 6 - **A desperate search for competent love drives one to pseudo-solutions:**
  - + Self-centeredness—this blocks true insight. I am focused on the wrong person.
  - + Co-dependency—my well-being depends on someone else's choices.
  - + The false ("public") self—a defense shield. I fear being known will bring rejection.
  - + Role of a victim—I abdicate responsibility to respond productively to life.
  - + Blaming, shaming, condemning—other people are the "bad guys" (Mt. 5:21-22).
  - + Competitiveness—I try to elevate myself at the expense of another.
  - + Block-out—attempting to escape reality rather than healthily addressing it.
  - + Addiction—a pseudo-solution for escaping pain (James 1:14-15).
    - + Workaholism, chemical dependency, internet, sex, gambling, etc.
  
- 7 - ***The answer: Restore the indispensable relationship.***
  - + We learn how to come present to God and live (abide) there (Jn 15:4).
  - + Abiding in God's Presence we experience the high value he feels for us.
    - + This can't just be Christian terminology; the relationship must be experienced.
    - + Jesus not only removes guilt; he heals a relationship (2 Cor. 5:20-21).
  - + Immersed in God's acceptance and love, we begin to be healed.
  - + Healing removes blockages. We mature increasingly into wholeness.
    - + Our true humanity is restored: "Behold, I make all things new" (Rev 21:5).