

J.A.M. Session™

Return to Joy Roadmap (Vol. 3)

KEY CONCEPTS

The Present

JOY			H O L Y S P I R I T
P E A C E	Attunement 	Armor 	
	Atonement 	Attachment 	
RIGHTEOUSNESS			

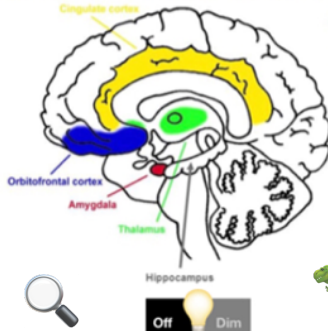
The Future

CONGRUENCE			
H E A R T S I G H T	Money    	Maturity   40 to 45 46 to 71+   33 to 39 17 to 32	B L E S S I N G
	Motivation 	Mindsight    	
VISION/MISSION			

The Four "I"s

L F H			
L O G	Insecurity 	Immaturity 	O H C
	Insolence 	Ignorance 	
S O C			

The Brain

DOPAMINE		
N O R E P I N E P H R I N E	<i>The Brain's Four Level Control Center</i>  Level 4 ■ 3 ■ 2 ■ 1 ■ Cingulate cortex Orbitofrontal cortex Amygdala Thalamus Hippocampus Off  Dim On  	O X Y T O C I N
	SEROTONIN	

The Four "C"s

		RETURN			
A C T	Criticism		Complaining		E N D U R E
	Confrontation		Conflict		
		REMAIN			

The Bible

SELF-EXPRESSION			
S E R I O U S M I N I N G	PWR 	AV 	S H A R E D A T T E N T I O N
	BOB 	GOB 	
SOFT MINING			

TAKING THOUGHTS CAPTIVE

(2 Corinthians 10:4-5)

COMMAND

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Thoughts

1. I **confess** that I have let the enemy's thoughts control me.
2. In the name of Jesus I renounce those thoughts, and ask Jesus to **cancel** the permission they have given the enemy to a place in my life.
3. In the name of Jesus I **command** the evil spirits responsible for these thoughts to leave now and take all of your works and effects with you. Go where the Lord Jesus Christ sends you and never return.
4. Lord I **commit** myself to your truth and choose to believe what the Scripture says about this.

Pictures

1. Father, will you show me in words or pictures how the devil is trying to get me to view _____.
2. Please show me words or pictures that might help me understand what _____ is going through or struggling with.
3. I renounce the enemy's lies about _____, and ask You for words and pictures that show me the truth You want me to believe.
4. I now commit myself anew to Jesus as Lord and invite him to cleanse me, heal me, and restore what needs to be restored in my life.

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Vows

1. I **confess** that I made a vow that:_____.
2. In the name of Jesus I renounce that vow, and ask Jesus to **cancel** any claim it has given the enemy in my life.
3. In Jesus' name I **command** any wicked spirit that took advantage of this vow in my life to leave now and take all of your works and effects with you. Go where the Lord Jesus Christ sends you and never return.
4. I **commit** myself to trust God with my fear and invite Jesus to be Lord in this area of my life.

Unforgiveness

1. Father in heaven, I **choose** to forgive _____ for doing what they did, and making me feel the way I feel. I know I have to live with the consequences of what has happened, but I ask for your grace to live with the joy that comes from you.
2. I **cancel** any permission my unforgiveness has given to the enemy to a place in my life.
3. In Jesus' name I **command** every wicked spirit who has claimed a right to a place in my life to leave now and take all of your works and effects with you. Go where the Lord Jesus Christ sends you and never return.
4. I ask you now to bless _____, and **choose** to trust you with the outcome of all of this.

CONFESS

Source: Understanding the Wounded Heart (M. Warner).

SHALOM EXERCISES

(Philippians 4:6-7)

QUIETING

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Shalom For My Heart (If I Am Feeling **Angry**)

1. What happened that has **upset** me?
2. What feels so **unfair** about this situation?
 - Keep telling God what feels unfair about the situation until you are able to tell Him how your body feels right now.
 - After 5 minutes if you are still feeling the same, focus on any part of the situation that is **sad**.
 - Tell God how you and others have been **hurt** by the situation and how your body feels now.
 - Is there any part of the situation that makes **God feel sad**?
3. Ask God to show you where He sees **you were hurt the most**.
4. What is different about the situation now that God and I are looking at things together?
5. What do I **appreciate** or long for when God joins me? Share your appreciation with God and tell Him what your longing feels like.

Shalom for My Body

1. Fear/Anger bomb
2. EMDR (Yawning)
3. Vagus nerve (Tap/Massage)

Psalm 56:3 - "Whenever I am **afraid**
I will trust in you O Lord."

Ezekiel 16:42 - "I will be quiet, and be
angry no more."

Relational Skills Checklist

Remain relational

Act like yourself

Return to joy

Endure hardships well

Shalom For My Soul (If I Am Feeling **Anxious or Fearful**)

1. What happened that has **upset** me?
2. What feels **threatening** about this situation?
 - Keep telling God what feels threatening until you are able to tell Him how your body feels right now.
 - After 5 minutes if you are still feeling the same, focus on any part of the situation that is **sad**.
 - Tell God how you and others have been **hurt** by the situation and how your body feels now.
 - Is there any part of the situation that makes **God feel sad**?
3. Ask God to give you **shelter**.
4. What is different about the situation now that God and I are looking at things together?
5. What do I **appreciate** or long for when God joins me? Share your appreciation with God and tell Him what your longing feels like.

Shalom For My Cravings ("BEEPS") (If I Am Feeling **Attachment Pain**)

1. What does my attachment pain feel like and what am I **craving**?
2. What does it feel like I am **missing** from relationship right now?
 - Keep telling God about your attachment pain, cravings, and what you feel like you need from relationship until you are also able to tell Him how your body feels right now.
 - After 5 minutes if you are still feeling strong attachment pain and cravings, focus on any part of the situation that is **sad**.
 - Tell God how you and others have been **hurt** in this situation, and how your body feels now.
 - Is there any part of this situation that **makes God feel sad**?
3. Ask God to show you where He sees **you were hurt** and what you need most from relationships right now.
4. What's is different about this situation now that God and I are looking at things together?
5. What do I **appreciate** or long for when God joins me? Share your appreciation with God and tell Him what your longing feels like.
6. Is there **someone** I need to connect with now? (This could be a person or group.)

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SHALOM

Source: Belonging Module of Thriving Recovery. Copyright E. James Wilder Ph.D. and Ed Khouri 2009

Guessing the Five Levels of Moderate to Severe Desynchronized Pain

	Level	I Feel	Pain Resolves with	Symptom	Defense	Skills Needed	Diagnostic Indicators	Roll of Communication	Tests for levels
↑	Level 5 Left Prefrontal Cortex	Confused	More information	Internal conflict	Explain, blame, accuse, justify	Godsight	If I am focused on what other people think or on rules I am likely in level 5 pain.	Resolved by good communication.	Information or understanding will solve the problem without a person needing to be involved (the right document would work).
↑	Level 4 Right Prefrontal Cortex	Inadequate	An example	Immaturity	React or try to control	Act like myself	If I have gotten focused on doing instead of being I am likely having level 4 problems.	Not resolved by communication alone (needs mature example too).	Level four pain always realizes that "I am having an effect on you too" and continues to try to minimize the persons own negative impact
↑	Level 3 Cingulate Cortex	Overwhelmed	Mirroring	Stuck in "big six"	Try to make them understand me	Mindsight	If I am still trying to get other people to understand me I am at level 3 or higher.	Not resolved by communication alone (needs shared feelings too).	It is all about them but they want you to understand their feelings. When they want you to share their fear it is level 3 pain not level 2 pervasive fear.
↑	Level 2 Amygdala	Disconnected	Quieting	Not listening	Make it stop	Self quieting	If the bad thing that scares me has my attention or I withdraw from others I am in level 2 pain or below.	Not resolved by communication AT ALL.	Stopped interacting and relating to others as a solution to problems and is in his/her own fear driven world. Time and sequence do not matter below level 3.
↑	Level 1 Attachment Center	Alone	The one I love	Cravings	Cling or dismiss	Secure attachment	If I overestimate or underestimate the importance of feelings or relationships I likely have level 1 pain.	Not resolved by communication AT ALL.	Distorted view of relationships and what other people think and feel.
↑									

Four + Levels of Synchronization

	Level	Distinctive Pain	Malfunction	Recovery resources needed	Brain Region (added)	Brain Function	Capacities (added functions)	Principles from the Life Model	Spiritual Dimension
↑	Level 4+	Internal conflict	Incoherent dismembered identity (Lie based identity)	Internal spiritual	Left brain	Explanations	Autobiography (self over time)	Coherent Identity	Live from my heart
↑	Level 4	Loss of focus (direction) and reality	Immaturity (lack of complexity)	Community	Right prefrontal cortex	Focus your attention over time	Self in time (sequence)	Maturing	Act like true self (suffer well)
↑	Level 3	Continuing distress in big six feelings	Loss of relational capacity in continuing distress	Trained minds (trained control centers)	Right cingulate cortex (mother core)	Match energy levels	Shared states of mind (mind matching)	Recovering (Synchronizing)	Synchronize with God (Spirit led life) Stay relational
↑	Level 2	Pervasive fear	Fear bonds and mapping	A high capacity trained mind (trained control center)	Right amygdala (Guard shack)	Good, bad and scary	Engage or avoid	Receiving & giving	Love life (not death)
↑	Level 1	Painful existence	Distorted personal reality	Two bonded relationships for life	Thalamus and basal ganglion (attachment light)	What and who is personal	Personal reality	Belonging	Spiritual adoption
↑									

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