

# the Venues

## Go Deep

“Finding Neverland”

Healing Our Inner Child

June 11, 2017

*What is your earliest childhood memory?*

*What was your favorite childhood toy?*

According to “Psychology Today, ”...the inner child holds our accumulated childhood hurts, traumas, fears and angers. ‘Grown ups’ are convinced they have successfully outgrown, jettisoned, and left this child - and its emotional baggage - long behind. But this is far from the truth.”

*What do you think?*

*B.S.*

*Yep, I see my inner child acting out daily.*

*I've never really thought about it, I don't care to think about it.*

*I've never really thought about it, but I'd like to explore it.*

1. What is the experience of your inner child?

Mary J. Blige, Christian Aguilera, Dylan McDermott, Adolf Hitler each had trauma in their past that affected their present.

*What experience of your inner child comes to your mind?*

*How do you explain this line from a poem by William Wordsworth, “The child is father of the man.”?*

2. Why do we not help our inner child?

*What do you think? Why do we not deal with those pains from the past?*

**Some of us have been taught that “Jesus is All You Need,” “Jesus is the Answer.”**

**It's not uncommon to hear from Christians that “The Bible is the only counseling you need.”**

*What do you think of those statements?*

*Do they reflect your experience?*

*What is true about them? What is not true about them?*

3. How can Jesus help?

Take a look at Romans 8:23-26

*What do you learn from this passage about how Jesus helps? What are the key words in the passage? What words are repeated? How is the help of the Holy Spirit described?*

Read John 5:6

*Why would someone not want to be well?*

Read Proverbs 13:10

***What “help” is suggested here?***

*What other ways does Jesus help us with the hurts of our childhood?*

**Want to talk to someone?** Go here: <http://thevenues.org/counseling-services/> for some good listeners and guides.