

Where Is God In All My Mess?

ALL TOGETHER YOU

Part 1

CHAPTER 3



In This Chapter, We'll Look At...

Where is God when we're floundering in self-destructive feelings and behaviors?

What does it mean to be saved—and what if I keep on struggling like crazy thereafter?

Can I really believe that there's an unalterable goodness at my core?



QUICK REVIEW

BASICS OF IFS





IN THE BEGINNING



**GOD
IMAGE**



**UNHINDERED
PARTS**

So God created mankind in His own image, in the image of God He created them; male and female He created them.

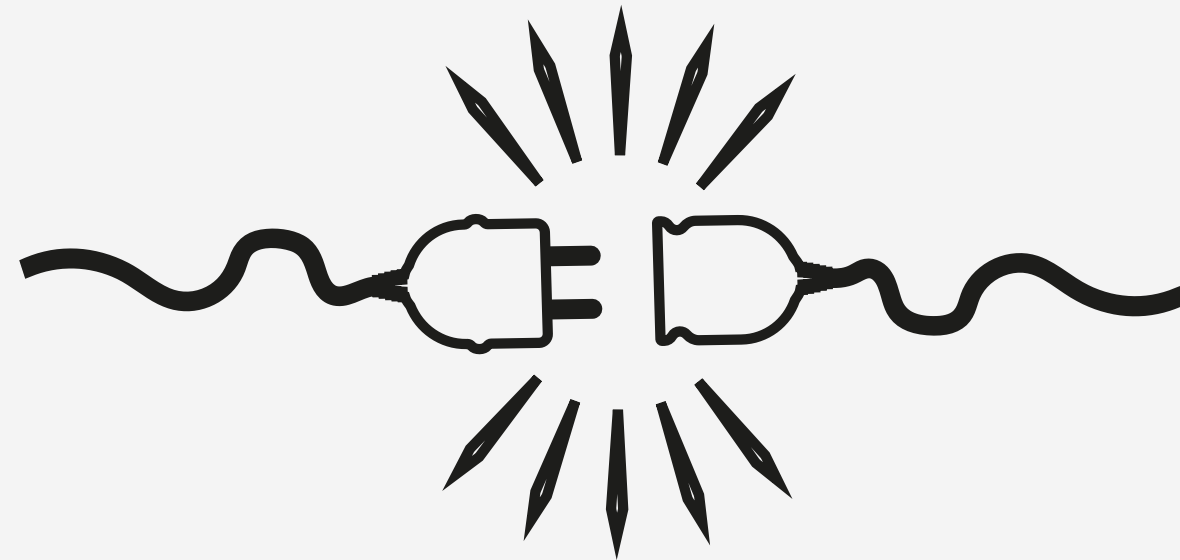
Genesis 1:27



RESULT OF THE FALL



GOD
IMAGE



PAIN
WOUNDS
BURDENS



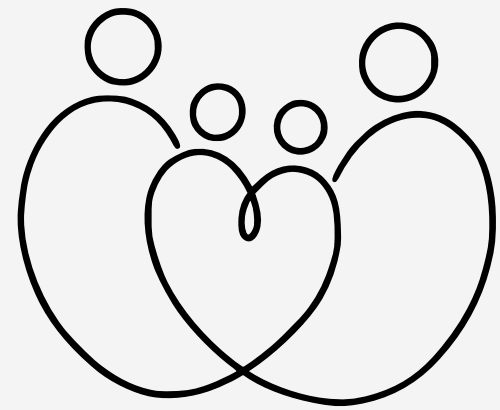
HINDERED
PARTS

Then the eyes of both of them were opened (as to know good and evil), and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

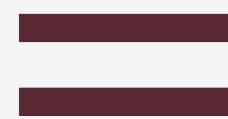
Genesis 3:7



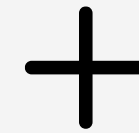
ALL TOGETHER YOU



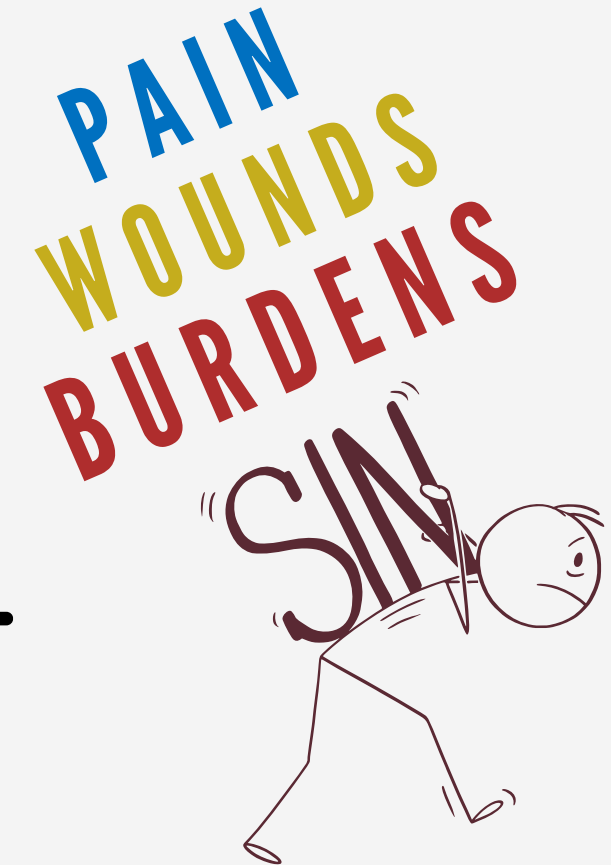
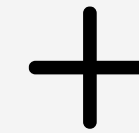
INTERNAL FAMILY
SYSTEMS



GOD
IMAGE



UNHINDERED
PARTS



HINDERED
PARTS



WHERE IS GOD WHEN

Our Hindered Parts Take Over?





- Many denominations tout that when you are in your mess (or sin), God isn't near you. That your struggle with behaviors that are destructive or damaging creates a barrier to the presence of God.
- Many of us see God as *Over There, Up There, Outside, or Away from us.*
- But in IFS, you can receive that the God Image is truly who you are in your innermost being and is your true Self.
- Having the divine signature and being made in the image of God means that God image is ALWAYS in you.
- **His Image is the power receptor** waiting to be plugged in when you receive the power and filling of the Holy Spirit.
- ***Your God Image is not distorted, but your burdened parts are.*** *Your God Image is the very image of God, who is by definition unbroken. **And that's good news!***





Gentleness

S

Love

GOD SEES US WITH:

Kindness

Creativity

Peace

Goodness

Joy

Self-Control

Confidence

Compassion

Faithfulness

S

Patience

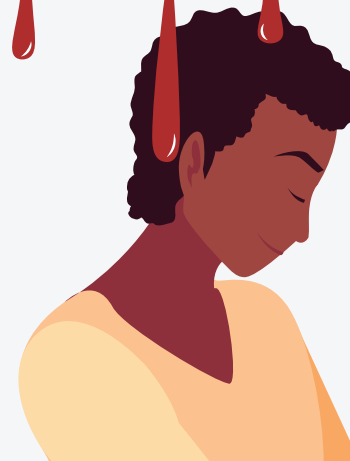
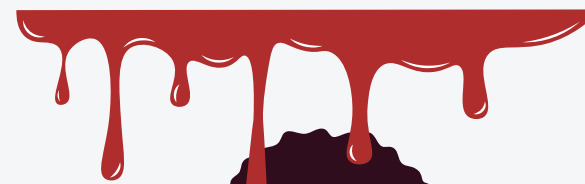
Connection

Courage

Calm

Clarity

Curiosity





- A part of being made in the image of God is to experience a range of emotions, sensations, and thoughts.
- God put the capacity for “negative”, uncomfortable, intense feelings within you. That’s a part of His image too. And when He created them, He said they were “very good.”
- Difficult feelings (struggles) are qualitatively good. They don’t feel good , but they are good.
- **God Over There** —implies that you must do something—probably a lot—to overcome the pile of sin (hindered part’s behavior) to truly rest in His presence and enjoy His favor.
- **God In Here**—implies that because God’s image is within you, God is already in here, in you, in the mess with you. When you are struggling with fear or anxiety or other bad feelings, God is with you in the mess.



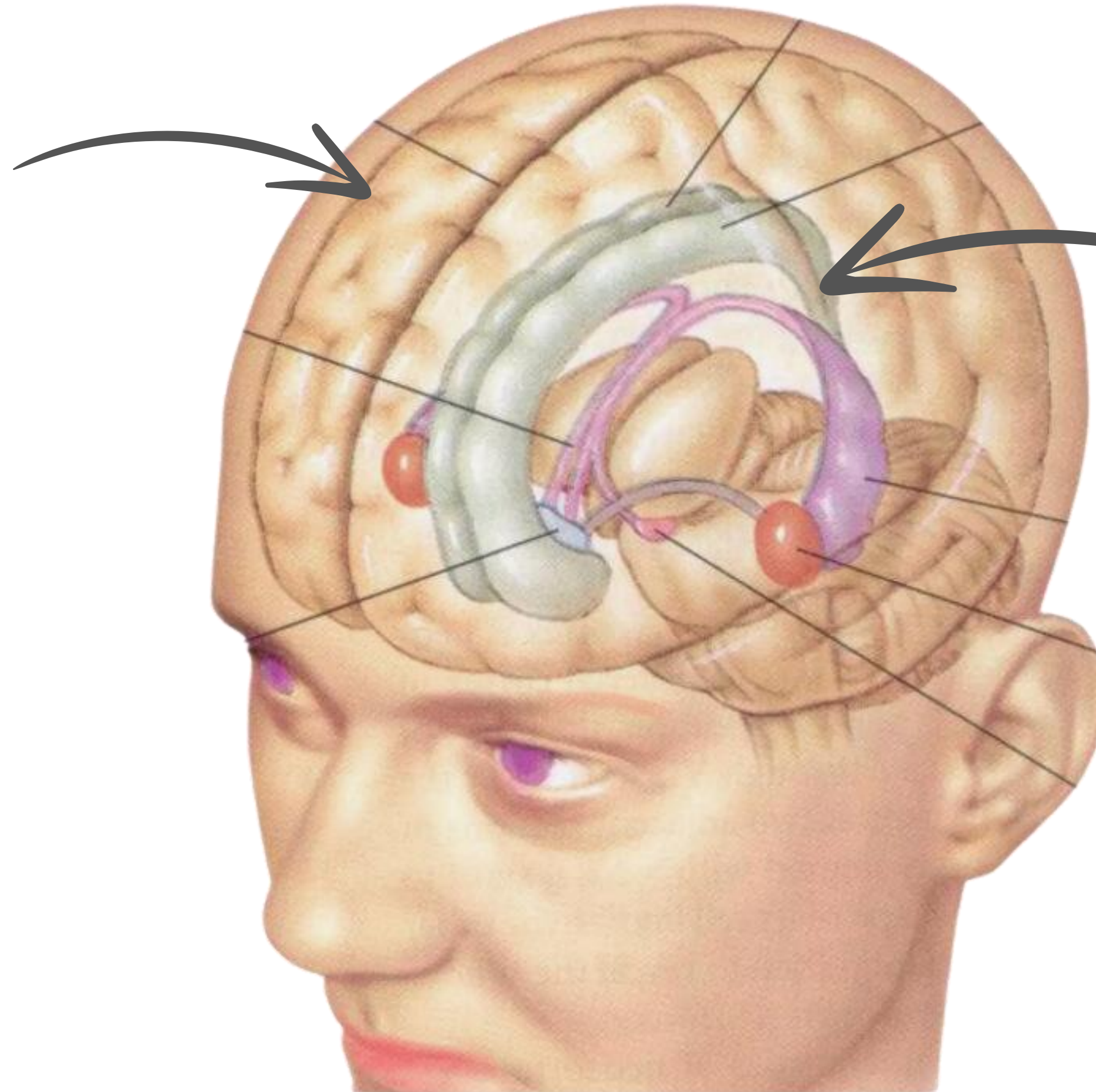


EMOTIONS CARRIED BY PARTS ARE REAL AND VALID

Fear, for example, (*or any other negative emotion*) comes out of an experience, and it's there for good reason. You didn't just wake up and decide to be fearful one day. Either you're actually in danger, or there is something unhealed in your life that created the fear, and that experience LIVES ON in the limbic (feeling) part of my brain which is not in communication with the cortex (thinking) part of my brain.

Emotions start as sensations in the body and feelings are generated from our thoughts about those emotions. Your emotional or feeling responses are real and valid and are due respect.

Cortex:
"Thinking"
Part of the
Brain



Limbic:
"Feeling"
Part of the
Brain



ACTIVATION

The somatic experience of emotions lives in the feeling part of the brain.



Triggers

Unhealed Wounds

Intense Emotions



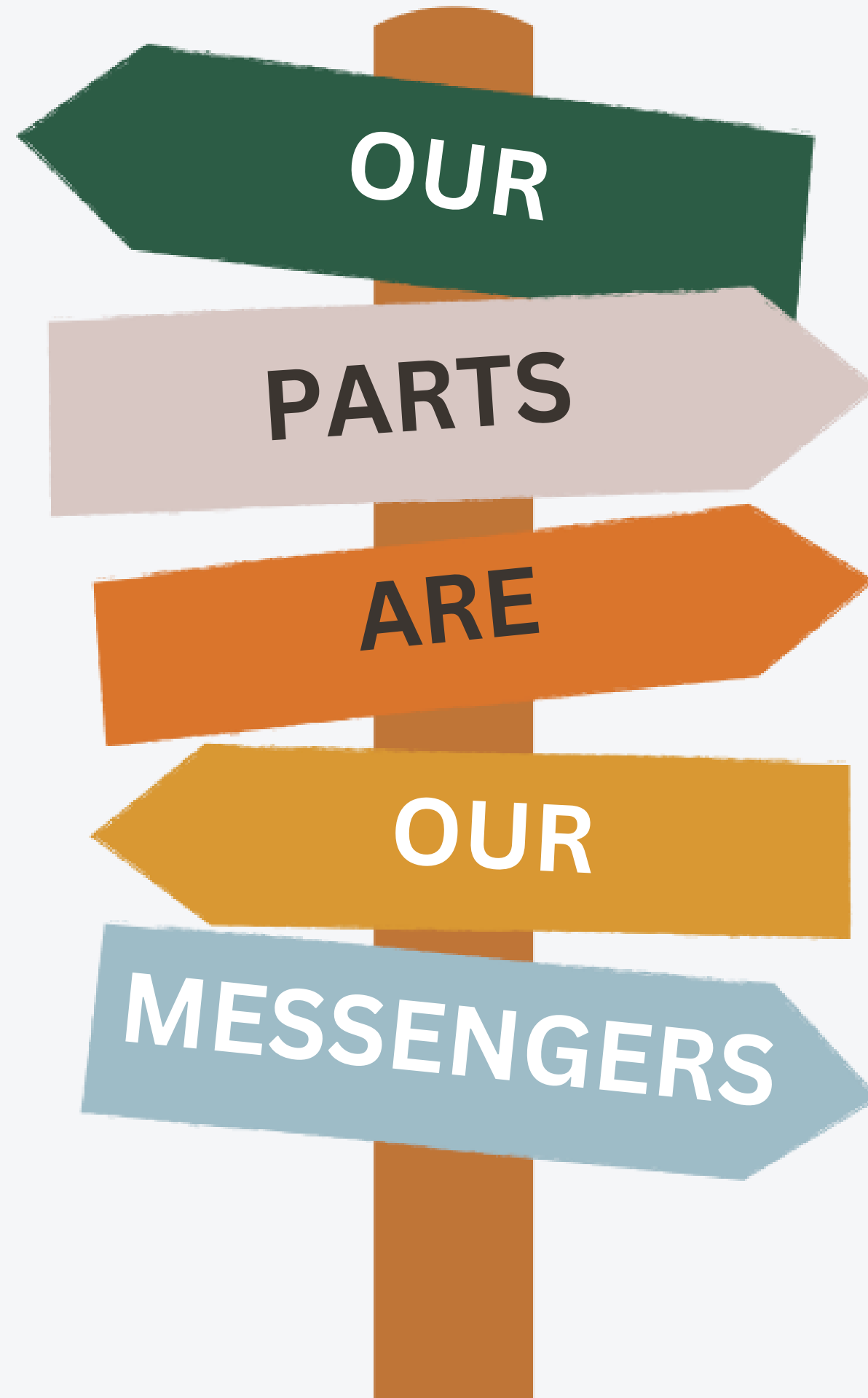
Burdens

Activation

Dysregulation

HINDERED PARTS

Hindered parts (exiles and protectors) are our parts that carry the effects of sin and the fallen world, and they **hijack** our inner system. When they hijack our lives, we are separated (obscured) from both the God Image within and the experience of God outside of us.





God gave you the capacity to experience emotions just like Him.

He didn't place the capacity for difficult or "negative" emotions in your brain to turn around and shame or condemn you for feeling them. God created your body and brain deliberately and the "disconnect" during activation is designed for survival.

He is a genius creator!

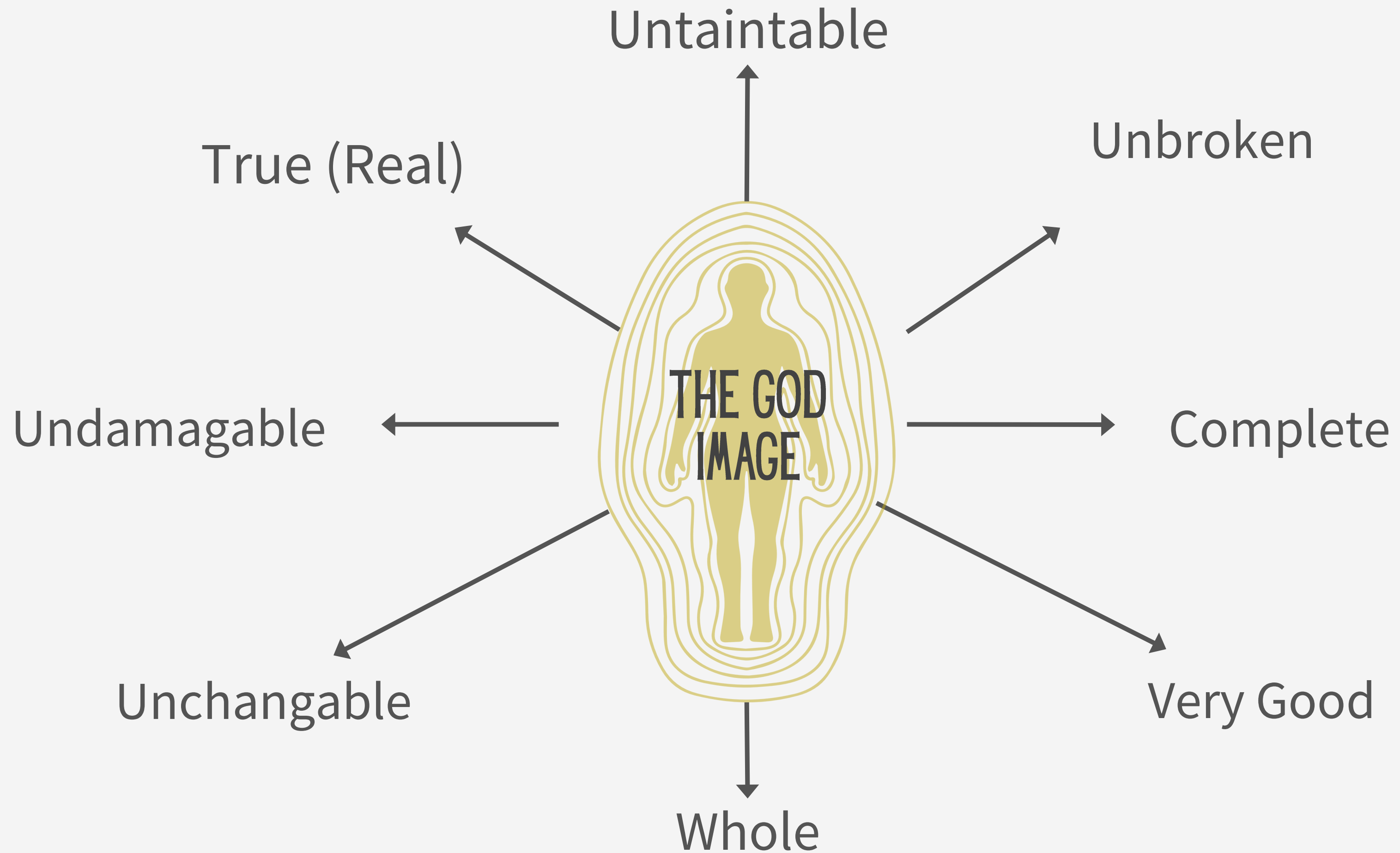




WHAT WOULD IT MEAN TO KNOW THAT...

You Cannot Mess Up (Corrupt) Your Core Self?







"BLUR" EXERCISE

*WHAT IT MEANS TO BE "SEPARATE" FROM THE
GOD IMAGE*



God Is In The Mess With Us When...





WHERE DO YOU THINK GOD IS WHEN *Our Unhindered Parts Step In?*





Gentleness

S

Love

Creativity

Compassion

Courage

Clarity

GOD SEES US WITH:

Peace

Faithfulness

Goodness

S

Patience

Curiosity

Joy

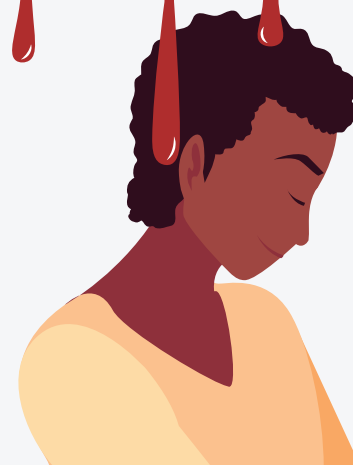
Calm

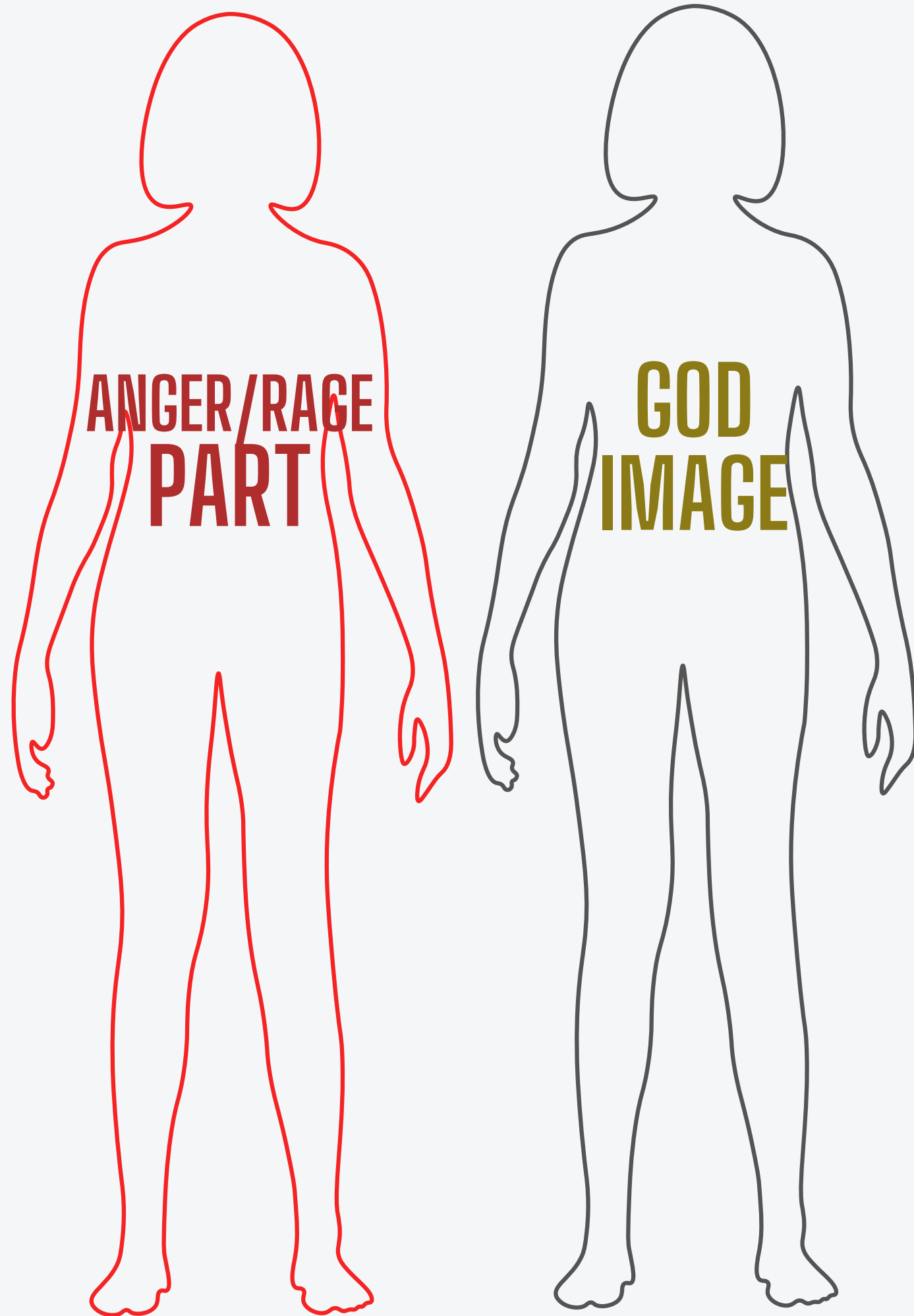
Kindness

Self-Control

Confidence

Connection



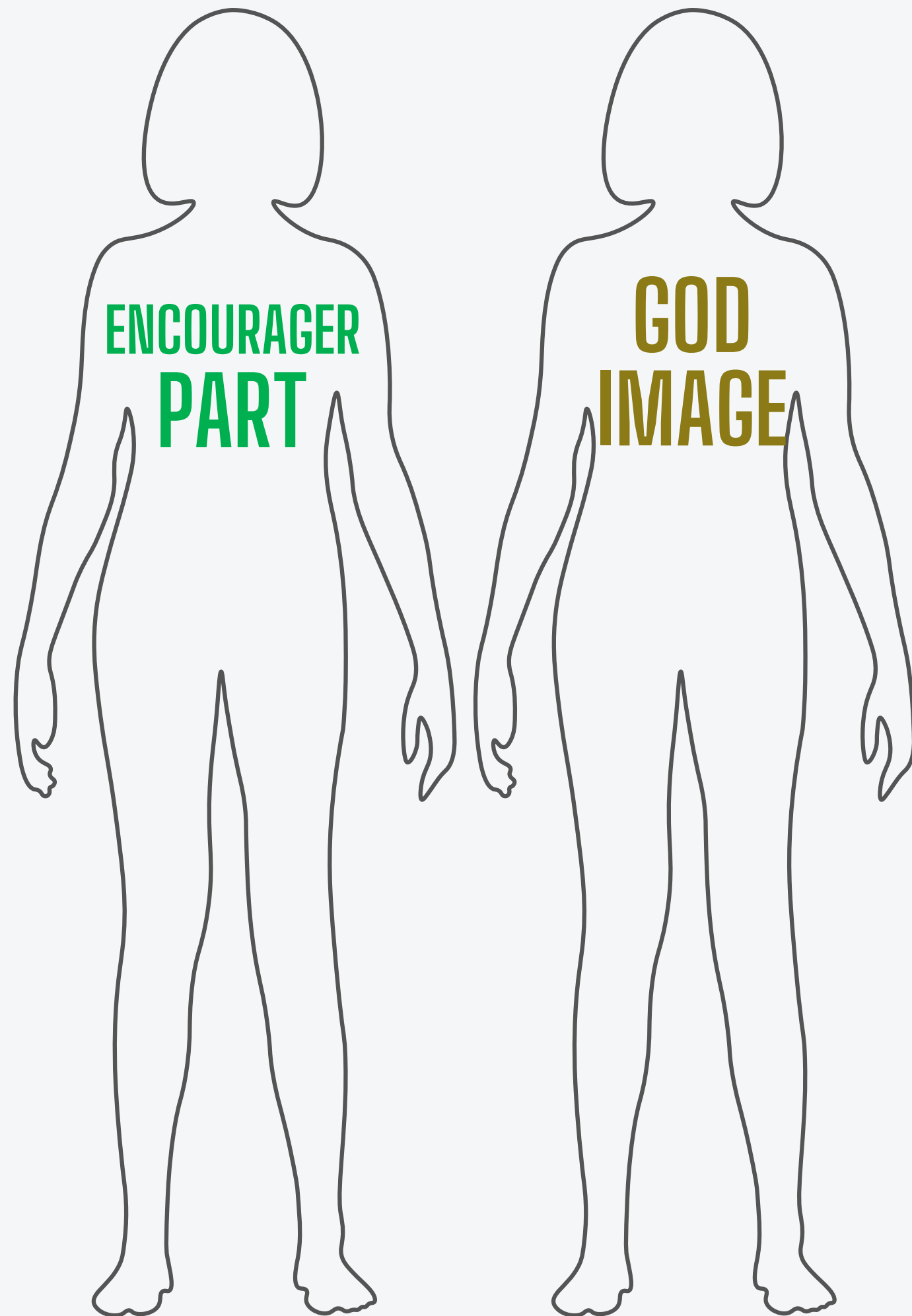


PART PROFILE: Angry Firefighter burdened with fear & shame

Name: TAZ (*Tazmanian Devil*)

- Means Business tone of voice
- Glare in her eyes
- Direct (Plays No Games)
- Demands answers immediately
- Laser focused on what's being said
- Intense energy
- Dominates interaction
- Doesn't back down
- Decimates someone in conversation
- Nasty





PART PROFILE: Unburdened part free to express encouragement

Name: CHEER ALOT

- Means business tone of voice
- Kindness in her eyes
- Intentional
- Offers support and encouragement gracefully
- Discerning of the God Image/Unhindered parts in others
- Hopeful energy
- Holds space in interaction
- Gives adequate space for processing
- Holds space for others in conversation
- Tender-hearted



Q & A

What thoughts come to mind when you reflect on the statement, “God didn’t place the capacity for negative feelings in my brain so he could shame me for feeling them”?

How can grasping that God is In Here instead of Over There change the way you relate with him?