

# CULTIVATING *Holy Beauty*

BOOK 2: *Letting the Healer Heal*



BY JESSIE NORTH

# Contents

Acknowledgements . . . . .	v
A Note from the Author . . . . .	vii
Are you the Group Leader? . . . . .	ix
Group Basics . . . . .	x
Course Requirements for Completion. . . . .	xi
Guidelines for A Successful Group. . . . .	xii
Addressing Hard Topics. . . . .	xiv
I Want Jesus! . . . . .	xv
Lesson 1 Why Healing with Jesus is so Important. . . . .	1
Lesson 2 Faith is the Healer . . . . .	23
Lesson 3 The Purge . . . . .	41
Lesson 4 Flip It . . . . .	67
Lesson 5 Repentance and Forgiveness. . . . .	85
Lesson 6 Forgiving Self . . . . .	103
Lesson 7 Love Letters. . . . .	121
Lesson 8 The Power of Choice . . . . .	141
Lesson 9 Your Living Testimony. . . . .	159
Appendix . . . . .	181
Course Requirements . . . . .	183
About Cultivating Holy Beauty . . . . .	184
About the Author . . . . .	186
The Quiet Time Template. . . . .	187

## LESSON 1

# Healing with Jesus

---

### KEY POINT

The ministry of Jesus was to bind up the brokenhearted and set captives free—all through faith and truth—His desire for you. This lesson biblically explains the effects of unaddressed pain and sin, how bitterness sets in, and what to do about it.

### WHY THIS MATTERS

Hurt people, hurt people (Matthew 12:33-34). As long as you have a heart full of pain, you are unable to walk fully and freely in your God-given identity.

### HOW TO APPLY

Often, it's hard to realize you are carrying around deep levels of hurt and pain. You will begin the healing process by learning how wounds, whether caused by choices you've made or no fault of your own, can be turned into lies, resulting in bitterness and sin.

## LESSON 1

### *Healing with Jesus*

#### MEMORY VERSES

Proverbs 4:23 (Write your memory verse in the space below.)

#### QUIET TIME VERSES

Proverbs 4:20-27; Isaiah 61:1-8; 1 Corinthians 13:4-8; James 1:2-7; John 21:25;  
Romans 8:18-30; John 7:37-38; Ephesians 6:10-13

*Have 4-7 Quiet Times as you complete Lesson 1 before your next meeting.*

#### KEY POINT

The ministry of Jesus was to bind up the brokenhearted and set captives free—all through faith and truth—His desire for you. This lesson biblically explains the effects of unaddressed pain and sin, how bitterness sets in, and what to do about it.

#### WHY THIS MATTERS

Hurt people, hurt people (Matthew 12:33-34). As long as you have a heart full of pain, you are unable to walk fully and freely in your God-given identity.

#### HOW TO APPLY

Often, it's hard to realize you are carrying around deep levels of hurt and pain. You will begin the healing process by learning how wounds, whether caused by choices you've made or no fault of your own, can be turned into lies, resulting in bitterness and sin.

## *Leader's Notes*

- This lesson may take two weeks to complete. Remember to be mindful to begin and end on time.
- Reiterate the importance of using a concordance, dictionary, and thesaurus as part of the Quiet Time.
- Remember to encourage your group members to go slow and focus on the process, not the end result. Use additional verses from the lesson for extra Quiet Time resources as needed.
- PRAY for your group as they begin experiencing Jesus as the One who comes to bind up the brokenhearted and set the captives free. Stay true to teaching the Word and let the Holy Spirit do the hard work!
- Highlight one or two questions from the lesson to be discussed in group time, allowing each person to share an answer. For quick reference, write the page numbers of the questions you chose to discuss below.

## Navigating Your Group Time

- Spend 15-20 minutes in worship.
- As the time of worship comes to a close, the leader should begin the WAR method of prayer.
- Write a quick summary of Lesson 1 in the space below. Share this with the group to begin the lesson after the time of prayer is finished.

- Ask everyone to share their “Main Take-Away” from the end of the lesson.
- Ask each person to share a Quiet Time.
- As a group, go over the two different *Heart Illustrations* on pages 11 and 14.
- Have each person share her findings from the “Words Exercise” on pages 16-17.
- Reiterate the importance of looking up the meanings of keywords on pages 17-18.
- If time allows, ask everyone to share an answer from the questions the leader highlighted (1-2 questions).
- Read sections: “Review” and “Before Your Next Lesson”.
- Break into pairs and recite your verses.
- Remind everyone to sign off on each other’s completions records in the back of the book.



# Participant's Guide

## LESSON 1

### Healing with Jesus

#### MEMORY VERSES

Proverbs 4:23 (Write your memory verse in the space below.)

#### QUIET TIME VERSES

Proverbs 4:20-27; Isaiah 61:1-8; 1 Corinthians 13:4-8; James 1:2-7; John 21:25;

Romans 8:18-30; John 7:37-38; Ephesians 6:10-13

*Have 4-7 Quiet Times as you complete Lesson 1 before your next meeting.*

#### KEY POINT

The ministry of Jesus was to bind up the brokenhearted and set captives free—all through faith and truth—His desire for you. This lesson biblically explains the effects of unaddressed pain and sin, how bitterness sets in, and what to do about it.

#### WHY THIS MATTERS


Hurt people, hurt people (Matthew 12:33-34). As long as you have a heart full of pain, you are unable to walk fully and freely in your God-given identity.

#### HOW TO APPLY

Often, it's hard to realize you are carrying around deep levels of hurt and pain.

You will begin the healing process by learning how wounds, whether caused by choices you've made or no fault of your own, can be turned into lies, resulting in bitterness and sin.

## Participant's Notes

- Complete this lesson before your next meeting. Be sure to answer the questions marked with a  and be ready to share your answers with the group. It's important to remember there are no wrong answers to the questions throughout the lessons because they are your thoughts, so be free in how you answer!
- Use the space provided in the margins to take notes, write down additional Scripture references you find, or to draw pictures that come to mind as you journey through "Healing with Jesus."
- Use a concordance, dictionary, and thesaurus as part of your Quiet Time.
- Remember to go slow and focus on the process, not the end result. True transformation is a process, not a race.
- PRAY for yourself and your fellow group members as you begin experiencing Jesus as the One who comes to bind up the brokenhearted and set the captives free.



# Healing with Jesus

Layla recalled how she loved being a big sister. Her mother had told her stories of how at three years old, she was so proud of her new role. But even more than that, she loved her daddy! Layla was floored by the fact that she was once called a “daddy’s girl”! At age four, her parents divorced and her dad rarely came around to see her. Somewhere along the way, Layla believed the lie that she wasn’t very special, and may even be unlovable. She learned to harden her heart and not trust others easily. She learned from her step-dad that father figures just provided necessities, like food and clothing, but never cherished or delighted in her.

There were no daddy-daughter dates, long walks, or conversations. No one built her swing sets or threw her tea parties with feather boas. No man had ever invested in her character or taught her that she didn’t have to settle for someone to love her.

As Layla and I talked, I suspected Layla had projected this lack of expectation onto her Heavenly Father as well. She confirmed it when I asked her if she felt Jesus loved her. Layla jokingly replied, “Well, yes the Bible and the nursery rhyme tell me so!” In essence, she believed God loved her because He had to—not because He delighted in her or because she was His cherished creation.

As an adult, Layla stuffed her failures inside, trying to hide them from God and her loved ones so that she didn’t disappoint anyone. Layla believed she needed to be good and pleasing for God to love and accept her as His own. She had bought the lie that if she disappointed God, He would leave her.

This had affected how she lived as a wife, mother, friend, coworker, and most importantly, how she thought about God. Until she allowed God to come in and heal the lies that had taken root in her heart, she wasn’t able to believe or experience the fullness of God’s love for her.

Layla didn’t want to pour into her marriage and children from a heart full of yuckiness. She wanted pure, clean truth that only comes from a loving, Heavenly Father. As Layla grew in her relationship with God, she started to trust Him with her deepest feelings. She began to tell Him of the more shameful things she had

tried to hide in the past. The more Layla poured out the infection in her heart to God, the closer she felt to Him.

She learned through her time alone with God that He is always waiting and willing to listen to her for as long as she wants to talk. She came to understand that He never has more important places to go or more meaningful business to handle. She realized He is always present, and when her heart is breaking, He comes even closer. She began to see there was nothing too ugly in her heart that He wouldn't love her through, because He knew her intentions even when she was confused and felt worthless.

The more Layla poured out the infection in her heart to God, the closer she felt to Him. Layla realized she was a cherished and chosen daughter of the One True King, and she began to walk in freedom for the first time in her life. Until now, she had always had a relationship with God that she could live with, but now, she had one she could not live without!

## **YOU ARE IN THE HEART OF GOD**

Layla would not have been able to break free from this cycle of brokenness without intimacy with Jesus. This required her to allow Him to heal her by cleaning out the layers of wounds and lies that had built up in her heart. Jesus loves you and He wants you to know it! What better way could He prove it than by binding up your heart wounds and setting you free? And, as if that wasn't enough, He traded His very life for yours in the most traumatic way. The God of all creation loves you more than anything else He spoke into existence, and His actions prove it!

Being a cherished daughter of God is not determined by your past, what kind of home you come from, your ethnicity, weight, level of education, or what you have or have not accomplished in life. When you accept Jesus as your Lord and Savior, you are adopted into the heart of God—no exceptions. Even before you were saved, the God of all creation was pursuing you, wanting to spend ever-after with you.

The importance of binding up the brokenhearted and setting the captives free is so you may be firmly planted in the Truth of your Creator, and be found with no condemnation in you, because your confidence is in God (1 John 3:21). When the enemy strikes you with lies about your Heavenly Father and about your identity, you answer with HIS truth and remain steadfast in your identity in Him.

The Word of God states in 1 John 3:20 that the contents of your hearts can condemn you, but thankfully God knows the truth. “Letting the Healer Heal” is about allowing God to search out the pain in your heart by removing the lies. This can only be done through the Word and the Holy Spirit.

The purpose is to prepare the soil of your heart for good seeds waiting to be planted. If the soil in our garden is full of rocks and life-choking weeds, then the weeds soak up the nutrients, causing fruit-bearing seeds to shrivel and die before they are able to bloom. By allowing Jesus into these hurt places, He is able to clean the soil of our hearts from the hurt that keeps us from being fruitful, making our hearts a receptive and fertile field for His planting and harvest.

**THEN HE TOLD THEM MANY THINGS IN PARABLES, SAYING:**

**“A FARMER WENT OUT TO SOW HIS SEED. AS HE WAS  
SCATTERING THE SEED, SOME FELL ALONG THE PATH,  
AND THE BIRDS CAME AND ATE IT UP. SOME FELL ON  
ROCKY PLACES, WHERE IT DID NOT HAVE MUCH SOIL.**

**IT SPRANG UP QUICKLY, BECAUSE THE SOIL WAS SHALLOW.**

**BUT WHEN THE SUN CAME UP, THE PLANTS WERE  
SCORCHED, AND THEY WITHERED BECAUSE THEY HAD NO  
ROOT. OTHER SEED FELL AMONG THORNS, WHICH GREW UP  
AND CHOKED THE PLANTS. STILL OTHER SEED FELL ON GOOD  
SOIL, WHERE IT PRODUCED A CROP—A HUNDRED,  
SIXTY OR THIRTY TIMES WHAT WAS SOWN.**

**—MATTHEW 13:3-8 NIV**

## HOW DID WE GET SO FAR AWAY FROM WHO WE WERE DESIGNED TO BE?

Before claiming our rightful place in the heart of God, we embellished ourselves with the world's deceptive ideas of value, freedom, and love. We believed these lies filled in our gaps, making us whole, valuable, and worthy of affection, yet all the while we were being led further away from who God created us to be. Before we are wives, mothers, sisters, friends, or disciple-makers, we are daughters of the Most High!

Now let's just talk straight for a minute. It's a common thought and practice among believers to avoid putting focus on the enemy, and I agree! While we should never take our eyes off of Jesus to see what Satan is doing, 2 Corinthians 2:11 tells us to be aware of the enemy's schemes. The enemy, also known as "*the father of lies*" (John 8:44), revels in our pain and despair. He comes for one purpose, and that is to "steal, kill, and destroy" anything precious to God (see John 10:10).

Our "heart" is where our beliefs, attitudes, feelings, emotions, and memories are stored; it's our personality, where we store the things we value. Having unaddressed wounds, sin, painful memories, etc., in our hearts leaves the door wide open for the enemy to exploit our beliefs, attitudes, feelings, emotions, and memories. He starts by whispering lies that our young, inexperienced minds cannot navigate around.

Eventually, these lies become woven into the strands of our spiritual DNA, affecting the choices we make, such as how we treat others, and how we view ourselves and God. By giving our hurts and disappointments to God, the Father of Truth (see John 14:6), we are able to work through the details of the deception effectively, thus allowing God to bind up our broken hearts and set us free from lies (Isaiah 61:1). So let us not be like the crowd that Jesus saw, harassed and helpless, like sheep without a shepherd. We have a great and mighty Shepherd. Let us realize it and call on His Name!

**AS WATER REFLECTS A FACE, SO A MAN'S  
HEART REFLECTS THE MAN.  
—PROVERBS 27:19 NIV84**

**TAKE A MOMENT TO STUDY *THE HURTING HEART* ILLUSTRATION ON THE NEXT PAGE.**

# The Hurting Heart



This large layer represents what happens if we choose to believe the lie. When we adopt Satan's thought patterns about ourselves in place of God's truth, we enter into a cycle of sinful nature. The pus and infection caused by the lies we believed affects how we view ourselves, how we view God, how we love our husbands, raise our children, and interact with the world. We pour into others from this layer of our heart. (see *Matthew 12:34-35*)

Satan exploits the wound with his lies about God and our identity. This is the moment where we choose to claim truth or believe the lies from the enemy, thus determining the contents of our hearts. (see *John 10:10*)

The smallest area represents the real issue/s or original entry point of the wound. This could have taken place in childhood or adulthood and may include hurtful words or actions, or any type of abuse. (see *John 16:33*)

## ILLUSTRATION 2.1

**Disclaimer:** This illustration is an interpretative graphic of how the spiritual heart functions for the purposes of spiritual healing in *Letting the Healer Heal* by Jessie North. In no way should it be used in physical interpretations or to replace professional medical care. It's intended use is for the *Cultivating Holy Beauty* series only.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33 NIV84)

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it more abundantly." (John 10:10 NIV84)

"For out of the overflow of the heart the mouth speaks. A good man brings good things out of the good stored up in him, and the hurt man brings hurt things out of the hurt stored up in him." (Matthew 12:34-35 NIV84) [Emphasis added]

The smallest area at the bottom of the heart illustration is the wound. Countless situations cause these wounds in us. Some examples include hurtful words spoken, being bullied, verbal, emotional, physical, spiritual, or sexual abuse, the loss of a parent or family member, or a cherished friend, abandonment by one or both parents, the divorce of your parents, an unfaithful spouse, a porn-addicted spouse, etc. The list goes on and on.

The next area is where Satan makes his attempt with his lies concerning the wound, like, “I am unlovable” or “I am not smart enough” or even, “If I knew how to satisfy my husband, he would not have turned to pornography.”

The simple and clear truth is that the enemy hates you and me, and he is always looking for ways to steal our identity in Christ. Satan’s main purpose is to get us to sin against God, causing fellowship to break between our Creator and us. As a result, we tend to hear the enemy louder than we do our Heavenly Father, and we begin to move further and further away from the truth, which brings us to the biggest section in the illustration.

The pus and sickness of layer #3 is designed to keep us from seeing the very bottom layer—the truth—instead of the lies concerning the wound. In my view, this is the portion of our spiritual heart from which we function in our day-to-day lives. It affects our ability to love God, how we function in our marriages, how we parent, and how we interact with the world. The wound is the potential entry point for Satan. If we choose not to believe the lie by saying, “No, I am not the reason my dad left the family,” then Satan gains no authority in our lives because we have chosen truth over the lie he tried to plant.

However, if we choose to believe the lie, then that wound becomes infected and it continues to fester. The infection continues to spread and taints more and more of our thoughts about ourselves and God. The temptation to believe the thought is not the sin, but when we reject truth and believe the lie, we commit treason against God, giving Satan authority to harass us—by giving in to the sin.

Satan cannot gain authority in our lives unless given authority. Plainly put, when we step into the temptation of Satan and give in to sin, we give Satan authority in our lives. Remember, God tempts no one (James 1:13), but Satan is referred to as “the tempter” in Matthew 4:3.

To walk in freedom, we must allow Jesus to show us the truth, before we can get rid of the anger, hurt, and unforgiveness in our heart. Jesus is the only One

who can truly heal us. It is only then that we can move forward in forgiveness and walk in freedom.

Can you walk cancer-free if you have not been healed of the cancer? No, to be cancer-free, you must be healed of the cancer; it must be taken out of your physical body. Unaddressed hurt and pain work the same way in your spiritual self. It's not just going to go away if left untreated, but will grow and fester, changing how you think and act. It will eventually steal your life, whether it be through depression, never discovering your purpose, not knowing who you were created to be in Christ, and even physical death (1 Corinthians 15:44-49; Romans 12:2, 1 Thessalonians 5:23-24).

**DEAR FRIEND, I HOPE ALL IS WELL WITH YOU AND  
THAT YOU ARE AS HEALTHY IN BODY AS YOU  
ARE STRONG IN SPIRIT.  
—3 JOHN 1:2 NLT**

Matthew 12:33-35 clearly describes the heart illustration above. This is where we get the term “hurt people, hurt people.” If we have unresolved pain, hatred, anger, etc., in our hearts, it is scriptural that it will flow out of our mouths and inflict pain on others. We often don't realize this is the case, which is why we need to ask Jesus to help reveal the infection to us. Though some will have deeper wounds than others, we all have hurts that we need to surrender to God. “If we claim to be without sin, we deceive ourselves and the truth is not in us” (1 John 1:8 NIV).

However, when we cling to the truth of our Living God, our hearts become full of godly thoughts, the fruit that comes from His Spirit within us. The wound is healed and erased, and as you can see from the illustration below, the hard crust of our hearts softens and breaks up, allowing God's love and good seed to come in and take root in the soft and supple soil of our hearts. God's love radiates from us, as we begin to walk in our destiny as daughters of God, as wives mothers, and disciple-makers. We help advance the kingdom on earth, powerful and effective as the fruit of our lives proves our love and hope in Jesus.

**TAKE A MOMENT TO STUDY *THE HEALTHY HEART* ILLUSTRATION ON THE NEXT PAGE.**



# The Healthy Heart



“Plant the good seeds of righteousness, and you will harvest a crop of love. Plow up the hard ground of your hearts, for now is the time to seek the LORD, that he may come and shower righteousness upon you” (Hosea 10:12 NLT).

## ILLUSTRATION 2.2

**Disclaimer:** This illustration is an interpretative graphic of how the spiritual heart functions for the purposes of spiritual healing in *Letting the Healer Heal* by Jessie North. In no way should it be used in physical interpretations or to replace professional medical care. It's intended use is for the *Cultivating Holy Beauty* series only.



The beautiful and bright heart above, filled with the things of God is where we are headed in “Letting the Healer Heal.” Keeping the hard crust of our hearts broken up, as well as maintaining the quality of soil inside, is a lifelong process, a process you will learn in the next several weeks. We live in a dark and hurtful world, being subjected to new hurt and pain every day. The goal of this book is to allow Jesus to clean out any present infection in your heart and heal the wounds underneath, as well as learn how to identify the real enemy real-time and claim truth so you can maintain a healthy heart as you walk in freedom!



Read Hosea 10:12 in the illustration and apply it to what you have learned so far. Whose responsibility is it to break up the hard ground of our hearts? Write your answer below.



After reading about the heart illustrations, what comes to mind about your own heart's condition?

## **IT'S TIME TO DUST OFF YOUR GLOVES AND GARDENING TOOLS GIRLS. WE HAVE WORK TO DO!**

Allowing Jesus to heal you is a necessary step in your spiritual journey for deeper intimacy with Him. Trust His Word and the process laid out for you. As you move through Letting the Healer Heal, take time to look up the verses mentioned. Ask God to help your heart understand His Word and for His help dealing with any unbelief you may have (Mark 9:24).

True transformation takes time, it is encouraged to move at the pace of the group. There is no need to rush through the lessons, just make sure to stay on task. In the lessons ahead, your relationship with Jesus will be elevated to a new level as you learn how to pour out your heart to God through writing Hurt Letters.

Go to [www.CultivatingHolyBeauty.com](http://www.CultivatingHolyBeauty.com) to order a journal created specifically for *Cultivating Holy Beauty* or use your current Quiet Time journal.

## Words Exercise

Sometimes we have a cultural view of what common words mean. As we enter into this place of healing and transformation with Jesus, it will be important to have a clear meaning of what certain words mean. Take the word “heart” for instance. There are over 800 references in Scripture about our hearts. It’s important to understand what part of us Scripture is referring to when it says to “guard your **heart** above all else” (Proverbs 4:23-24), and that “your **heart** will condemn you” (1 John 3:20).

Another example is the prayer for us in Ephesians 3:16-17a; “I pray that out of His glorious riches he may strengthen our inner being so that Christ may dwell in your **hearts** through faith.” God isn’t referring to the cute little shape we doodle on our papers around the things we love, nor is He referencing the organ in our bodies that keeps our blood moving. Do you see the value in understanding what part of ourselves He is referencing when He is giving us instruction? How can we guard our hearts if we don’t understand which part of our make-up He is talking about?

In the space below use your Bible concordance, like the Strong’s Concordance or [www.BlueLetterBible.org](http://www.BlueLetterBible.org) (both are available in apps for smartphones), to get a better understanding of the term “**heart**” in the verses below. Rewrite the verse in your own words using your findings. Be sure to note any convictions the Holy Spirit gives you during this exercise and be prepared to share with the group.

- **STEP 1:** This exercise can be broken up and used as your Quiet Time for the first week of the lesson. I recommend taking your time through the word study to help you grasp the biblical meaning behind keywords in Scripture. This is vital to moving forward in healing and deeper intimacy with God.
- **STEP 2:** Using your concordance, look up the highlighted words, plus any others you may not fully understand in the verses below.
- **STEP 3:** Rewrite the verse in your own words using your findings from step 1 above for greater understanding.

Remember, the more you put into these exercises the more you will get out of them. God's Word never returns void!

### **USE THIS EXERCISE FOR YOUR QUIET TIMES THIS WEEK.**

#### **Proverbs 4:23 NIV84**

"Above all else, guard your **heart**, for it is the wellspring of life."

#### **Psalms 139:23-24 NIV84**

"Search me, O God, and know my **heart**; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

**1 John 3:18-20 NIV84**

“Dear children, let us not love with words or tongue but with actions and in truth. This then is how we know that we belong to the truth, and how we set our **hearts** at rest in His presence whenever our **hearts** condemn us. For God is greater than our hearts, and He knows everything.”

**Ephesians 3:16-17a NIV84**

“I pray that out of His glorious riches He may strengthen you with power through His Spirit in your **inner being**, so that Christ may dwell in your **hearts** through faith.”

**Matthew 12:34b-35**

“... For out of the overflow of the **heart** the mouth speaks. The **good** man brings good things out of the good stored up in him, and the **evil** man brings evil things out of the evil stored up in him.”



Based on your findings above, what part of our being makes up our “heart”?  
List your thoughts and be prepared to share with the group.

## Life Application

*Johnny was the oldest of his siblings. He grew up with a dominant mother and absent father. He was always getting interrupted when he spoke. Johnny never felt like he was heard, and he began to believe the lie that what he had to say wasn't important. As an adult, Johnny struggled with feeling insecure about his self-worth and value. He hated to be interrupted!*

*One night while sitting at the dinner table with his own family, Johnny was telling a story about work when his wife, intrigued, interrupted him with a question about his story. Johnny pressed his lips together and gripped the edges of the dining table with both hands so tightly his knuckles turned white. Awkward silence fell over the table as his wife began to apologize for not waiting until he was finished to ask a question. Johnny told her to forget it and refused to tell the rest of his story, finishing his supper in silence.*

In this example, Johnny's wound was never being listened to as a child. He was always spoken over and interrupted. The enemy used this to convince Johnny that his thoughts were of little importance. As he matured, he became bitter in his heart, which caused him to be harsh and unloving towards his family, causing another generation of hurt and frustrated children. Johnny was not a bad man, but as God's Word explains, *hurt people, hurt people* (see Matthew 12:33-35).

When we have unaddressed wounds, we interpret every word spoken to us through the grid of our pain, often leaving us with the emotional maturity level of the age we were when the wound happened. Frequently, hurt people live trying to fight off depression and frustration as a result of these bad seeds that were planted in their hearts somewhere along the way. Pain comes in various degrees of

intensity. You may not have obvious wounds, but due to the increased darkness in our world, it's a good idea to ask God to show you if there is something He would like to heal or correct in you.

**WHEN HE SAW THE CROWDS HE HAD COMPASSION ON  
THEM, BECAUSE THEY WERE HARASSED AND HELPLESS, LIKE  
SHEEP WITHOUT A SHEPHERD.  
—MATTHEW 9:36 NIV**

Experiencing God in this intimate way helps Him to become real to us. Sadly, I admit, before I encountered God in my hurt places like this, He was not as personal to me as I thought. I was learning as an adult through hearing sermons and Sunday school lessons about a loving God who did all of these amazing things. However, it wasn't until I started experiencing healing in my own heart that Jesus became someone I truly relied on in hard times.

As much as I wanted to believe He was the same today as He was in biblical times, it took experiencing His healing presence in the pain of my own life for my heart to fully believe He could love me enough to die for me. I was able to trust Him on deeper levels with less effort on my part because I had experienced His grace and love first hand. My ability to **not be afraid and just believe** (see Mark 5:36), that every word of God is flawless—and He wants good things for me, like a whole heart and freedom from the lies that once held me captive—increased after I allowed Jesus into my hurt places. I realized I didn't want a relationship with God I could live with, I wanted one I could not live without!

When I saw Jesus walk into the middle of my pain, His goodness became undeniable to my heart. Being set free from lies about myself and God gave me a more accurate view of love. I was better able to see others the way Jesus sees them—which was not as evil, but as broken and hurting.



## Review

1. To understand why Jesus cared so much about binding up the brokenhearted and setting captives free, we must be able to grasp the effects of unaddressed pain and woundedness, how bitterness sets in, and what to do about it.
2. True transformation takes time and there is no need to rush through the lessons, just make sure to stay on task.
3. Remember to pray for your group mates as well as yourself! You are all headed into enemy territory that must be seized and given back to its rightful Owner, with a capital “O.” Do not be unaware of the enemy’s schemes and stay in the LIGHT!
4. Take time to look up every verse mentioned and ask God to help your heart understand, and to help with any unbelief you may have.



## Main Take-Away

What was your main take-away from this lesson?



## Before Your Next Meeting

1. Complete four to seven Quiet Times from the verses listed in Lesson 2.
2. Memorize **Luke 1:45** this week.
3. Come prepared having finished Lesson 2.

# Notes



## LESSON 2

# Faith in the Healer

---

### KEY POINT

Knowing God's character is vital for your spiritual healing and growth. Trusting someone with our deepest secrets and pain requires a deeper relationship. This lesson focuses on the characteristics and loving nature of God.

### WHY THIS MATTERS

Knowing our Father's character is key to growing in unwavering faith and trust that He is good and the promises of His Word are meant for you.

### HOW TO APPLY

Spend time meditating on the passages of Scripture provided in this lesson. As you move through the lessons to follow, come back and revisit the Scriptures on pages 33-34 for remembrance of God's goodness, love, and mercy.

## LESSON 3

# The Purge

---

### KEY POINT

Knowing God's character is vital for your spiritual healing and Sharing the unsavory things we try to hide in our hearts with God is not only an act of courage and faith—but obedience. God wants to know us intimately. He tells us to pour out our hearts to Him throughout Scripture. As we learn to trust Him with our deep pain and disappointments, we begin to depend on Him in greater ways, turning to Him first for our security, worth, and value. To walk in freedom, you must first be healed from the wound.

### WHY THIS MATTERS

This is important because before we can walk in to our God-given design, we must purge the junk from our hearts that wasn't designed to be there. Jesus wants to know us. He wants us to know Him so well, that we don't hesitate before we run to Him with our pain and failures.

### HOW TO APPLY

We learn to open up the places in our hearts that we have tried to hide from Jesus by asking Him where He wants to start. Then we write Jesus a detailed "Hurt Letter" about the instance that He brought to our mind.

## LESSON 4

# Flip It

---

### KEY POINT

Becoming a woman of the Word helps us know God's character. The more we learn how Jesus treated those around Him, the easier it is for us to recognize His voice when He speaks to us.

### WHY THIS MATTERS

The Word is only Truth—no lie can stand within it. If we know the Word, we will be armed with the Sword of Truth and be better prepared for battle! Learning to identify the difference between the Truth God speaks to us, and the lies of the enemy, is the beginning of your journey to true and lasting freedom in Jesus Christ.

### HOW TO APPLY

You apply this skill by asking God to help you identify the lies in your Hurt Letter, flip the lie for Truth, then anchor that Truth with Scripture.

## LESSON 5

# Repentance and Forgiveness

---

### KEY POINT

Learn how to move into true repentance with God, which is critical for greater intimacy with Him. As your heart becomes pure before the Lord, you will draw closer to Him.

### WHY THIS MATTERS

As you grow deeper in your relationship with your Heavenly Father, you begin to trust His goodness on deeper levels. Understanding that God truly is merciful and does not desire to punish you, but desires to help you move into true and pure repentance, helps you receive His forgiveness and extend that same forgiveness to others.

### HOW TO APPLY

As you work your way through this lesson, you will learn of God's immeasurable love and compassion for you as His child. You will see how He moves in your life with great acts of kindness leading you into right standing with Him.

## LESSON 6

# Forgiving Self

---

### KEY POINT

Grasp the truth that Jesus died on the Cross for you. He has forgiven you! It's time for you to surrender your disappointments of who you were not designed to be and walk into your God-given identity.

### WHY THIS MATTERS

The only way to lasting freedom is through Jesus Christ.

### HOW TO APPLY

Learn to see yourself the way Jesus sees you.

## LESSON 7

# Love Letters

---

### KEY POINT

Learn how to start hearing God's love for you over the lies of the enemy.

### WHY THIS MATTERS

Walking in God's love is a vital key to walking into your God-given design.

### HOW TO APPLY

Now that you are building a strong foundation of God's truth with a pure heart, you can begin to choose truth and reject lies, because you know your worth is in Jesus Christ!

## LESSON 8

# The Power of Choice

---

### KEY POINT

You choose what you value!

### WHY THIS MATTERS

Understand you always have a choice with God. Freedom is never an option with the enemy.

### HOW TO APPLY

Learn how to make the heart-illustration applicable in real time, avoiding bitterness setting in and hardening your heart.

## LESSON 9

# Your Living Testimony

---

### KEY POINT

Movements of God fly on the wings of testimonies—and your testimony is the life you live as a child of God in front of a lost and hurting world.

### WHY THIS MATTERS

The story of your redemption through Jesus Christ is just a story if you don't live in a way that proves your faith. Living out your testimony in front of others will open doors for you to share your journey with God and bring hope to the lost and hurting.

### HOW TO APPLY

The more vulnerable you are with others—the more readily they will see Jesus in you. The fruit of your faith will speak for itself.





# The Quiet Time Template

DATE:     /     /  
SCRIPTURE I READ:

**KEY POINT:**

**FAVORITE VERSE:**

**REWRITE THE VERSE:**

In your own words and without changing the meaning

## APPLICATION & PRAYER

HOW might this verse change the way you live? WHY does practicing this truth in your daily walk with God matter? Write a PRAYER to the Lord sharing what you learned and what the verse means to you.

### ASK QUESTIONS:

**IS THERE...**

A PROMISE TO CLAIM?

A SIN TO AVOID?

A COMMAND TO OBEY?

SOMETHING NEW YOU LEARNED  
ABOUT GOD?

### EMPHASIZE:

Focus on different words to better understand their context and meaning.

# About Cultivating Holy Beauty

**Cultivating Holy Beauty** is a non-profit ministry devoted to awaking, equipping, and walking arm in arm with women as they pursue an intimate relationship with Jesus Christ. Our ministry helps women thrive by discovering their true identity and value in Jesus Christ, enabling God to rewrite their hearts, replacing the things they once valued for the things He loves. The overflow of a heart that has been filled with His Spirit will equip believers with the confidence to go and do likewise, making disciples of other women.

At the heart of **Cultivating Holy Beauty** (CHB) is its discipleship curriculum, written by Jessie North in response to the Lord's prompting. CHB is designed to elevate, not replace, other ministries by restoring the Bride of Christ with a whole heart. Developed as the women's companion ministry to **Every Man A Warrior**, by Lonnie Berger, this curriculum teaches believers how to think on God's Word with purpose and let it penetrate their hearts so they can learn to love God deeply, be redeemed fully and exalt Him highly. Such fertile hearts posture us for cultivating the pearls of purity, unity and obedience.

**PURITY OF HEART** means we are focused on continually evaluating our motives and actions according to the Word of God. It should humble us as we regularly lay ourselves low, yielding so that God can grow this pearl within us. This purity and humility ensures we surrender to His desires first and we remain above reproach with discerning transparency in how we respond to all things. (MATTHEW 5:8, 2 CORINTHIANS 7:1, and JAMES 4:8)

**UNITY OF SPIRIT** means we keep our gaze locked on Christ-crucified and resurrected. It is never about us as individuals or as a ministry, only who Jesus Christ is and what He has done. This is what drives us to elevate but never replace. We strive to reflect Christ's example in our actions, thoughts and emotions, making us all alike in body and spirit as we resemble Him more each day. (PSALM 133:1, 1 CORINTHIANS 1:10, COLOSSIANS 3:13-14, and EPHESIANS 4:3-6)

**OBEDIENCE TO THE LORD** means we walk in Spirit and Truth, testing everything against the Word of God. We believe every Word is flawless and for our teaching, rebuking, correction and training in righteousness. We value the opinion of God above all else and we live to glorify Him alone. (JOHN 4:23-24, JOHN 14:15, and 2 TIMOTHY 3:16-17)

Like the merchant in Matthew 13, who upon finding a pearl of great value sold all that he had and bought it, we have the opportunity to invest in something of great worth to the Kingdom of God. We are invited to co-labor with Him in radically transforming the lives of women, families and churches. If you are interested in introducing **Cultivating Holy Beauty** in your church or workplace, becoming a donor, or partnering in prayer over this ministry, we encourage you to visit our website at [www.CultivatingHolyBeauty.com](http://www.CultivatingHolyBeauty.com) for more information.

**Cultivating Holy Beauty's** vision is to prepare a Bride who is awake and ready for the return of her Beloved, Jesus Christ. We hope you will arise and join us as we bask in His extravagant love!

# Discipleship Course Summaries

Launching in fall 2018, PART I of the *Cultivating Holy Beauty* series, including books 1 thru 3, are foundational to strengthening our vertical relationship with God and cleaning out the wounds that have kept us from claiming love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Only then can we receive the horizontal restructuring that results in more fruitful relationships with others from PART II of the series. PART II includes three books: *Identity in Jesus—From the Inside Out*, *Azar—A Spiritual Ally in Marriage*, and *The Beauty of Motherhood*. (Coming Soon)

## — PART I SERIES: VERTICAL RESTRUCTURING —

### BOOK 1: *Intimacy with Jesus*

#### HOW TO WALK DEEPLY WITH GOD FOR A LIFETIME

Like any new relationship, intimacy comes from spending time with one another. Book 1: *Intimacy with Jesus* impresses the need for preparing Him room in our daily schedules and introduces a Quiet Time template that walks you through making the most of this time. As we draw near to Jesus by meditating on His Word and letting God's truth speak to our hearts, we begin to trust His character and believe His promises. This is how we fulfill God's First and Greatest Commandment! (MATTHEW 22:36-38)



### BOOK 2: *Letting the Healer Heal*

#### HOW TO ALLOW GOD TO HEAL THE WOUNDS OF YOUR HEART

Hurt people, hurt people. Each of us carry wounds, whether caused by choices we've made or by no fault of our own. Book 2: *Letting the Healer Heal* dispels the myth that we have to live with this pain. You will begin the healing process by learning how wounds can be turned into lies, leading you away from God, resulting in bitterness and sin. In the process of encountering Jesus in your hurt places, you will finally

walk in forgiveness and freedom by allowing Jesus to heal you. (ISAIAH 61:1-3)



### BOOK 3: *Walking in the New*

#### HOW TO WALK IN FREEDOM AND NOT RETURN TO SIN

Many Christians become discouraged when they realize they have fallen back into the same cycles of sin. Healing is an ongoing process, a daily renewal of trusting in His ability to pardon and justify. Book 3: *Walking in the New* reveals how sin can be an outward manifestation of unaddressed wounds. Freedom from our patterns of sin requires healing as well as a choice-by-choice drawing near to God. His truth will help us confront the lies that allow hurt and bitterness to take root and harden our hearts. (ISAIAH 61, PSALM 38:3-11, and HOSEA 10:12)



## About the Author

Like many of Jesus' first disciples, I did not come into ministry with theological training or the eloquence of someone who had been taught in church from an early age. A series of hard life choices and the consequences that followed left gaping wounds in my life, exposing a heart that was spiritually dying and in desperate need of a Savior. And this is where Jesus closed the divide, drawing me to Himself through a series of dreams and revealing His plan of salvation to me. I found myself humbled, bent low at the foot of the cross. I stand victorious today only because of Jesus.



In 2013, my husband, Adam, began the *Every Man a Warrior* discipleship program by Lonnie Berger. It was through Christ's transformative overflow in my husband's life that God awakened me. He called me to begin writing *Cultivating Holy Beauty* upon realizing that lies had held me captive for over a decade *after* my salvation. As I grew in my heart knowledge of the Word, I became convinced of Proverbs 30:5, "Every word of God is flawless." Then one day, it clicked: "All of God's promises are true, and they are for me!" In that moment, my heart became like a bright city on a hillside. It was as if a light had been turned on inside me, and others wanted to know what had changed! I was being presented with one opportunity after another to share the Gospel—drawing back a shade to awaken the Bride of Christ to a Son that's already risen!

As one of His commissioned disciples, I am deeply committed to preparing the Bride for His return. I don't have an impressive résumé. I'm not rehearsed in the art of storytelling or teaching Bible studies. My only qualifier is Jesus. I am His humble servant and instrument. These words are an overflow of His work in *my* life. You can't fall in love with the creator of the universe and keep silent! His love changes everything. I want you to *know* Him. Will you arise and join me in pursuing Him? He wants to be found (Jeremiah 29:13).



### Jessie North

Daughter of the Living God, Wife, and Mother  
AUTHOR AND PRESIDENT OF  
*Cultivating Holy Beauty*

Many Christians are asleep, resting in their salvation instead of actively pursuing a relationship with the One who saved them. We are missing so much! *Cultivating Holy Beauty* isn't another Christian book study ... it's a shade drawn back, exposing our darkness to His light and awakening the bride of Christ to a Son that's already risen.

Designed as a multi-course discipleship curriculum for women, *Cultivating Holy Beauty* cultivates intimacy with Jesus by teaching believers how to think on God's Word with purpose and let it penetrate their hearts. The overflow of a heart that has been filled with His Spirit will equip them with the skills to go and do likewise, making disciples of other women.

*Cultivating Holy Beauty's* vision with this series is to prepare a bride who is awake and ready for the return of her Beloved, Jesus Christ. We hope you will arise and join us as we bask in His extravagant love!

## BOOK 2: *Letting the Healer Heal*

Hurt people, hurt people. Each of us carry wounds, whether caused by choices we've made or by no fault of our own. *Book 2: Letting the Healer Heal* dispels the myth that we have to live with this pain. You will begin the healing process by learning how wounds can be turned into lies, leading you away from God, resulting in bitterness and sin. In the process of encountering Jesus in your hurt places, you will finally walk in forgiveness and freedom by allowing Jesus to heal you.

**"*Cultivating Holy Beauty* has opened my heart, mind, and soul to the healing power of Jesus. Finding my identity in Him has allowed me to be freed from the pain of my past and embrace the future He holds for me, even if that means letting go of the expectations of this world."**

— *Nicolette*, AGE 21, NEW CHRISTIAN AND RECENT COLLEGE GRAD

**"I'm learning to love others well because I am receiving more fully the love He has for me. Chains are falling and love is opening my eyes."**

— *Emily*, AGE 46, PASTOR'S WIFE AND HOME EDUCATOR



JESSIE NORTH is a precious and beloved daughter of the King of kings. Led through a series of dreams into a saving relationship with Jesus Christ, she is deeply committed to preparing the Bride for His return. During the course of writing *Cultivating Holy Beauty*, Jessie has personally discipled dozens of women, guiding them into a deeper love relationship with their Prince of Peace. Women note that through these principles, they experience intimacy with Jesus in a way that had previously felt forced and fake. So beautiful are the ways Jessie walks women through the Scriptures, gently guiding them into the arms of Jesus. Jessie is the wife and spiritual ally to Adam. Together, they live in North Carolina with their two sons.