

**THE DANGERS OF
RESIDUALS**

Dealing with what remains

PSALM 51:10

“CREATE IN ME A CLEAN HEART
AND RENEW A RIGHT SPIRIT
WITHIN ME”





RESIDUALS

Something that remains to discomfort or disable a person following an illness, injury, operation or the like; disability

WHAT ARE RESIDUALS?

RESIDUALS ARE WHAT REMAINS AFTER THE SEASON HAS CHANGED BUT THE SOUL HAS NOT HEALED.

THEY ARE SPIRITUAL, EMOTIONAL, OR MENTAL FRAGMENTS THAT COME FROM:

- PAST RELATIONSHIPS
- TRAUMA
- SIN OR COMPROMISE
- WORDS SPOKEN OVER US
- FEAR BASED SURVIVAL HABITS

RESIDUALS FROM PAST RELATIONSHIPS

EFFECTS

- EMOTIONAL GUARDEDNESS
- DIFFICULTY TRUSTING OR RECEIVING LOVE
- COMPARISON TO PAST PARTNERS
- OVER-FUNCTIONING OR UNDERCOMMUNICATING
- LINGERING SOUL TIES

HOW IT SHOWS UP

- “I DON’T WANT TO BE HURT AGAIN.”
- TESTING PEOPLE INSTEAD OF TRUSTING GOD
- REPLAYING OLD CONVERSATIONS
- CARRYING RESPONSIBILITY THAT ISN’T YOURS

“A BROKEN SPIRIT DRIES THE BONES.” —
PROVERBS 17:22

TEACHING INSIGHT:

JUST BECAUSE THE RELATIONSHIP ENDED
DOESN’T MEAN THE ATTACHMENT DID.

RESIDUALS FROM TRAUMA

EFFECTS

- HYPERVIGILANCE
- EMOTIONAL NUMBNESS OR SHUTDOWN
- OVERREACTION TO MINOR TRIGGERS
- DIFFICULTY RESTING OR FEELING SAFE

CONTROL ISSUES DISGUISED AS WISDOM HOW IT SHOWS UP

- ALWAYS BRACING FOR IMPACT
- NEEDING TO KNOW EVERYTHING IN ADVANCE
- DIFFICULTY BEING VULNERABLE—EVEN WITH GOD

- FEELING UNSAFE IN PEACE

“HE HEALS THE BROKENHEARTED AND BINDS UP THEIR WOUNDS.” —PSALM 147:3

TEACHING INSIGHT: TRAUMA TEACHES SURVIVAL, NOT SURRENDER.

RESIDUALS FROM SIN & COMPROMISE

EFFECTS

- GUILT AND SHAME
- LOSS OF CONFIDENCE IN PRAYER
- HIDING FROM ACCOUNTABILITY
- REPEATING CYCLES
- SPIRITUAL DULLNESS

HOW IT SHOWS UP

- “GOD PROBABLY WON’T ANSWER ME.”
- JUSTIFYING SMALL COMPROMISES
- AVOIDING CONVICTION
- FEAR OF BEING EXPOSED

“YOUR INIQUITIES HAVE SEPARATED YOU FROM YOUR GOD...” —ISAIAH 59:2

TEACHING INSIGHT:

WHAT WE EXCUSE EMOTIONALLY, WE EMPOWER SPIRITUALLY.

RESIDUALS FROM SIN & COMPROMISE

EFFECTS

- IDENTITY CONFUSION
- SELF-DOUBT
- LIMITING BELIEFS
- FEAR OF VISIBILITY OR SUCCESS
- INNER CRITIC LOUDER THAN GOD'S VOICE

HOW IT SHOWS UP

- "I'M JUST NOT GOOD AT THAT."
- PLAYING SMALL
- OVER-APOLOGIZING
- FEAR OF FAILURE OR REJECTION

"DEATH AND LIFE ARE IN THE POWER OF THE TONGUE." —PROVERBS 18:21

TEACHING INSIGHT:

WORDS SPOKEN IN ONE SEASON CAN ECHO FOR YEARS IF NOT SILENCED BY TRUTH.

RESIDUALS FROM SIN & COMPROMISE

EFFECTS


- CONTROL INSTEAD OF TRUST
- INDEPENDENCE INSTEAD OF INTIMACY
- OVERWORKING
- EMOTIONAL DETACHMENT
- RESISTANCE TO REST

HOW IT SHOWS UP

- “I CAN’T DEPEND ON ANYONE.”
- STAYING BUSY TO AVOID FEELING
- STRUGGLING TO RECEIVE HELP
- CONFUSING SELF-PROTECTION WITH STRENGTH

“PERFECT LOVE CASTS OUT FEAR.” —1 JOHN 4:18

TEACHING INSIGHT: WHAT ONCE PROTECTED YOU
MAY NOW BE PREVENTING YOU.



SPIRITUAL DANGERS OF RESIDUE

1. DELAYED HEALING - YOU FUNCTION, BUT YOU'RE NOT FREE
2. REPEATED CYCLES - SAME PAIN, DIFFERENT FACE
3. BLURRED IDENTITY - YOU LIVE BENEATH WHAT GOD SAYS ABOUT YOU
4. SPIRITUAL FATIGUE - YOU'RE TIRED BECAUSE YOU'RE CARRYING RESIDUE
5. FEAR-LED DECISIONS - RESIDUE KEEPS YOU CAUTIOUS INSTEAD OF COURAGEOUS



GROUP DISCUSSION RECOGNIZING RESIDUE

“SEARCH ME OH GOD AND KNOW MY HEART”

- WHAT'S SOMETHING YOU THOUGHT YOU WERE “OVER,” BUT IT STILL AFFECTS YOU?
- HAVE YOU EVER LEFT A SEASON, BUT THE FEAR OR MINDSET FOLLOWED YOU?
- WHAT DOES RESIDUE LOOK LIKE IN EVERYDAY LIFE?

THE R.E.L.E.A.S.E. PROCESS

1. R – RECOGNIZE THE RESIDUE YOU CANNOT HEAL WHAT YOU REFUSE TO NAME. TEACHING POINT:

RESIDUALS LOSE POWER WHEN THEY ARE IDENTIFIED IN THE LIGHT.

“WHEN WE WALK IN THE LIGHT... THE BLOOD OF JESUS CLEANSSES US.” —1 JOHN 1:7 APPLICATION:

- NAME THE SOURCE (RELATIONSHIP, TRAUMA, SIN, WORDS, FEAR HABIT)
- STOP MINIMIZING IT

THE R.E.L.E.A.S.E. PROCESS

**E - EXPOSE IT TO GOD (NOT PEOPLE FIRST)
BRING IT HONESTLY BEFORE THE LORD.**

TEACHING POINT:

GOD HEALS WHAT WE BRING TO HIM, NOT WHAT WE HIDE FROM HIM.

“POUR OUT YOUR HEART BEFORE HIM...” —PSALM 62:8

APPLICATION:

- HONEST PRAYER
- JOURNALING
- SAYING IT ALOUD TO GOD

THE R.E.L.E.A.S.E. PROCESS

**L - LET GO THROUGH
FORGIVENESS FORGIVENESS
IS NOT APPROVAL—IT IS
RELEASE. TEACHING POINT:**

**YOU CANNOT MOVE FORWARD
WHILE GRIPPING WHAT HURT
YOU.**

**“FORGIVE AS THE LORD FORGAVE
YOU.” —COLOSSIANS 3:13**

APPLICATION:

- **FORGIVE OTHERS**
- **FORGIVE YOURSELF**
- **FORGIVE GOD (WHERE
DISAPPOINTMENT WAS
MISDIRECTED)**

THE R.E.L.E.A.S.E. PROCESS

E- EXCHANGE LIES FOR TRUTH
RESIDUALS SURVIVE ON FALSE AGREEMENTS. TEACHING POINT: FREEDOM COMES WHEN TRUTH REPLACES THE LIE. “YOU WILL KNOW THE TRUTH, AND THE TRUTH WILL SET YOU FREE.” — JOHN 8:32 APPLICATION:

- IDENTIFY THE LIE (“I’M UNSAFE,” “I’LL ALWAYS BE REJECTED”)
- REPLACE IT WITH SCRIPTURE

THE R.E.L.E.A.S.E. PROCESS

A - ACTIVELY RENOUNCE OLD AGREEMENTS
RENOUNCING IS A SPIRITUAL ACT OF AUTHORITY. TEACHING POINT:
WHAT YOU DON'T RENOUNCE, YOU SUBCONSCIOUSLY RENEW. "SUBMIT YOURSELVES TO GOD. RESIST THE DEVIL..." —

JAMES 4:7 APPLICATION (OUT LOUD): "I RENOUNCE FEAR, SHAME, CONTROL, AND EVERY LIE I AGREED WITH."

THE R.E.L.E.A.S.E. PROCESS

S - SURRENDER THE NEED TO
CONTROL
HEALING DEEPENS WHEN
CONTROL ENDS.
TEACHING POINT: CONTROL IS
FEAR DRESSED UP AS WISDOM.

“CAST ALL YOUR ANXIETY ON
HIM...” —1 PETER 5:7

APPLICATION:

- RELEASE OUTCOMES
- RELEASE TIMELINES
- RELEASE
SELFPROTECTION

THE R.E.L.E.A.S.E. PROCESS

**E – ESTABLISH NEW
PATTERNS FREEDOM
MUST BE MAINTAINED.**

**TEACHING POINT:
DELIVERANCE REMOVES
RESIDUE; DISCIPLINE KEEPS
THE SPACE CLEAN.
“BE TRANSFORMED BY THE
RENEWING OF YOUR MIND.” —
ROMANS 12:2**

APPLICATION:

- **SCRIPTURE CONFESSION**
- **ACCOUNTABILITY**
- **HEALTHY BOUNDARIES**
- **REST AND REGULATION**