

# SESSION #5

## CHAPTER 4:

*“Go!”*

(PART I)



PRINCESS PRINCIPLE #3:

ALLOW GOD TO HEAL THE  
TENDER PLACES IN YOUR LIFE.

## GET READY: VIDEO RESPONSE SECTION

*(Note: This video message is very moving at times, so you may want to listen without concerning yourself with filling in these blanks—your leader can give you the answers afterward...just a suggestion!)*

1. God does require us sometimes to go \_\_\_\_\_ before we try to move forward.
2. John 4:13-14, “...Everyone who drinks this water will be \_\_\_\_\_ again, but whoever drinks the water that I give him will never thirst. Indeed, the water that I give him will become a spring of water welling up to \_\_\_\_\_ life” (NIV).
3. Give me a \_\_\_\_\_ fix!
4. Jesus asked her to “go.” To go back before she could \_\_\_\_\_.
5. \_\_\_\_\_ brings healing, ladies.
6. Do you really want the \_\_\_\_\_ or are you just talking about it?
7. I want you to go back and find those \_\_\_\_\_ in your heart that are hurting and that are empty, that you are trying to \_\_\_\_\_ with other stuff.
8. Ladies, have you ever been in a \_\_\_\_\_ before?
9. Hope deferred makes your heart \_\_\_\_\_. (Proverbs 13:12)
10. Have you ever bumped into somebody’s \_\_\_\_\_ wound and you didn’t know you did it?
11. Here’s the problem: Hurting people \_\_\_\_\_ people—that’s what they do!
12. We need to heal this thing from the \_\_\_\_\_.
13. Here’s the problem: Time may have moved on but the \_\_\_\_\_ is still very fresh, and very tender and very painful.
14. We tell ourselves that as Christians we’re not allowed to \_\_\_\_\_ and to \_\_\_\_\_.
15. It is okay to have \_\_\_\_\_ as long as emotions don’t have you.
16. Every one of us has something that we \_\_\_\_\_ with.
17. I’m going to use my \_\_\_\_\_ for God’s glory.
18. Scars \_\_\_\_\_!

## GET HONEST: CLASS CHAT TIME

### STUDENT NOTES

Are you sitting here silent because this hit a little too close to home? If so, I know exactly how you feel! Before I was ever given the opportunity to help others with this message, I first had to receive it—from God Himself! So before we even get started, please know that as God uses me to probe into your heart, I have been here myself—numerous times actually—standing before a God whom I knew loved me but who was asking me to do a hard thing. And it wasn't fun!

Confronting our past is never fun, nor is it easy. But I can promise you this—it is absolutely necessary and required if we truly desire freedom.

As we found out in the last session, we all have a past—and when not dealt with properly, it has a nasty tendency to sneak into our present and destroy all hopes of a fulfilling future!

So that's where I'd like to start today...with looking at your past to identify how "properly" you're dealing with it.

Let's begin.

1. I continue to say that there is a "proper" way to deal with our pain and our pasts. What do you think the "proper" way to deal with pain, hurt, and failure might be?

What would be the "improper" way? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Read 1 Peter 5:7. Why are we told to cast our cares upon Him? Is this the proper way to deal with our pain and cares? Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. I have shared much of my testimony with you about my life thus far. I told you that I was a runner (I ran from my pain and from others, avoiding people altogether), a chaser (I chased everything I could find to fill up my wounds), and a faker (I smiled my way through it all pretending that I didn't need anybody or anything!).

How do you tend to deal with emotional pain? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. I shared with you how, just after my dad died, I chose to turn off my emotions and "go numb" so that I didn't have to feel the pain anymore. Have you ever dealt with pain in that way? If so, when? And how did going numb work for you and your relationships? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Through this message, God has shown His love for us by showing up to intentionally touch on some tender parts of our lives that are still in great need of proper healing. What place is He touching on in your life? Can you identify an event(s) in your past that has kept you from moving forward? What was it? How does it affect you? Can you still feel pain associated with your thoughts?

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6. Are you willing to do what it takes to go back and confront the unresolved issues of your past so that you can be healed? If not, what is still stopping you?

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7. What are some of the feelings you encounter when you think of going back? If they're negative, bring them to God. He understands! What are the positive feelings you experience with the thought of dealing with this once and for all?

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## GET CONNECTED: PRAYER & MINISTRY TIME

Ladies, with everything inside of me, I truly believe that God has already spoken and now He waits for you to respond. He has issued a command followed by a challenge. He wants you to go back and identify the gaping wounds that you're trying to fill with other things besides His love...and to confess it all! It doesn't get much clearer than that!

We're going to launch into corporate prayer...but before we do, I want to remind you that while this may be a difficult request, please keep in mind that God is not trying to hurt you, offend you, embarrass you, shake you up, or shake you off the path of following Him—rather, God's intention is to help you to shake off the chains that have bound you for far too long!

As you know, I've been here myself—and I can assure you, friends, God's command to go back and His challenge to acknowledge and to confess our past pain and mistakes is also followed up with a promise—the promise that our confession will bring

healing. Healing that is real, genuine, undeniable, and even tangible—like the one Alida’s husband experienced just a few years ago. Here’s that powerful story:

**STUDENT NOTES**

Alida’s husband had been sexually abused as a very young boy but told no one. Completely ashamed, he bottled it up from that first moment, pretending it never happened. In his adult years, he served the Lord faithfully, becoming a father, a loving husband, and even a local pastor and minister. Just a few years ago, when the responsibilities and challenges of being a pastor turned up the heat in his life, all of that hurt, pain, and shame from his childhood offense came spilling out into a shame-filled confession to his wife of 36 years. When all of the agony and fear of exposure was finally drained from his heart and mind, such a profound transformation had been done inside of him that even Alida almost didn’t recognize the new man standing before her. She couldn’t believe her eyes! Freedom had made him so completely brand new that even his countenance had changed! Alida fell in love with him all over again and their lives have never been the same. He has since gone on to have a powerfully anointed ministry of restoration—offering others the same hope and comfort through Jesus Christ that he received in his time of need.

And that’s what it’s all about, ladies!

Let me remind you that our God is sovereign and He paid the price so that we could go free from our pasts. There is nothing that is hidden from God, nothing we cannot face without Him, nothing that the love of God cannot overcome, and nothing that would ever be worth forfeiting our future destiny over! All we have to do is trust Him and obey. God is waiting for us at the well—the well of living, healing water that flows from His heart to ours.

If you’re truly ready, then the first step starts with confession...and it ends with liberty! God is already here and willing. If you’re ready, then let’s pray!

Personal notes:

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## GET BUSY: PERSONAL BIBLE STUDY TIME

Focus Scripture:

STUDENT NOTES

*"Therefore, confess your sins to one another...so that you may be healed..."*

~James 5:16 (NASB)

I have a confession to make (and no, it's not just because this was a catchy way to start a study on confession! I really do have to make a confession).

The night I sat writing this study session for you, I got stuck...big time stuck! I got stuck and nearly overwhelmed with the chore of taking such a huge, yet delicate, topic and laying it out plainly and concisely for you so that you'd get the most out of it. When 4:00 AM rolled around, I finally gave up, determined that I would tackle this subject after a few hours of much-needed sleep. I closed down my computer, turned out the light, and walked down the stairs. Hitting the "e-mail receive" button on my iPhone as I walked, I began scrolling through the posts as they showed up one by one. There were only a couple of e-mails to view at that late hour, but one of them caught my eye.

The short e-mail was sent by someone I had never personally met but who had befriended me over the internet after being introduced to my ministry by a mutual friend. This precious 26-year-old girl had just purchased my book with the intent of using it to help her to find her purpose and get "unstuck" in life. But upon receiving it in the mail, she apparently thumbed through the Table of Contents to read the chapter titles and their "Princess Principle" descriptions. I suppose it was then that she came across this chapter title and description: *"Go! ...Allow God to heal the tender places in your life."* And that's when she decided to write me this e-mail:

"I have to be honest and tell you that I am REALLY nervous about reading your book. I know of an area in my life that I haven't dealt with and the thought of having to face that part of my life really scares me."

Obviously, the fear of facing her looming past was enough to stop her cold in her tracks!

So let me ask **you**...

What's stopping you? What keeps you bound—even when you know that freedom is just one act of obedience away?

For my friend, her emotions were telling her it would be safer to forfeit her freedom than have to go back and face her painful past again...and I'm afraid she's not the only one!

Please hear my heart when I say this: There's just no point in spending your time, your money, and your energy on a book and a Bible study that holds the keys to your freedom if you don't intend to use them. Please believe me when I say that

I'm not into just selling books...I'm into selling Christ's message of freedom to all who can't afford to live another day stuck in their past and bound by their pain!

STUDENT NOTES

If our ultimate goal for this study is to step us into a fulfilling purpose of offering healing and hope to a wounded and desperate world, then we've got to be healed and whole ourselves, first!

I've put some questions together for you to help you to examine your heart. Remember to allow the Holy Spirit to reveal things to you—don't be afraid of the hidden issues of the heart. If He brings them up, then He obviously intends to bring you out from them! He's a God who can be trusted, remember?

So here we go—together!

1. We often hear it said that "time heals all wounds." Have you experienced firsthand how utterly false this statement is where it concerns the pains of your past? What wound(s) were you convinced, or at least hoping, that time would heal?

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2. Why do you feel that God is leading you back to deal with these issues now, after all this time? \_\_\_\_\_

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3. Do you see how dragging the pain of your past experiences around with you has left you weak, exhausted, and unable to live a life of freedom? \_\_\_\_\_

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4. Who or what else has been negatively affected by this experience that God is leading you to deal with? And how? \_\_\_\_\_

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5. Are you ready and prepared to confront these issues of your past once and for all with Jesus by your side? If not, why not? And what is stopping you?

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*Don't be afraid  
of the  
hidden issues  
of the heart.*

We're making great progress. Take a deep breath and let's keep stepping!

Chapter 4 of the book starts with a command—the command of "Go!"

The Great Commission to "*Go into all the world and preach the gospel...*" starts with that same command (Mark 16:15 NKJV).

The word *go* actually means to be in constant motion—and it describes the life of a believer. A believer's life from conversion onward should be in perpetual motion forward, moving into a dedicated and a godly life. If that's not happening, then perhaps something has gotten us stuck—something back in our yesterday.

Our focus scripture this week tells us how to get "unstuck"—if we're willing to heed the advice.

James 5:16, "***Therefore, confess your sins one to one another...so that you may be healed...***"

I particularly like how The Message Bible puts it: "***Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed...***"

Whole and healed...did you catch that? THAT is our goal here, is it not?

Now, while we Christians often only use the term "confess" when speaking about coming clean of our sins, that's only a part if it. The word **confess** actually means to own or declare knowledge of; to take ownership of; to disclose.

*Confession* is the acknowledgement, admission, and profession of something that we have discovered is unfinished or unresolved that needs to be brought out into the light so that it can be dealt with properly.

Admittedly, there is nothing harder than acknowledging our past and taking ownership of it and the unresolved emotions that accompany it. Once you take ownership of something, it's now yours to deal with properly. Ownership means responsibility. It means accountability. Owning something takes time, energy, work, and attention. You can no longer look away and say, "Nope, it's not mine." Because all of a sudden, it is yours and now you have to deal with it...

But that's precisely what God wants from us—to take ownership of our issues through confession and to deal with them properly, once and for all! And if we don't...there are certainly consequences.

Let's look a bit deeper into what confession really is and what it brings:

6. Complete this sentence from your weekly reading in Chapter 4. "Confession is our sign of \_\_\_\_\_, and only when we are willing to \_\_\_\_\_ can God take control."

7. Confession also shows that we are ready to \_\_\_\_\_.

8. In the book, I state that the best thing of all about confession to another is that it \_\_\_\_\_.

9. According to Proverbs 28:13, what happens when we cover our sins?

\_\_\_\_\_

STUDENT NOTES

And what do we receive when we confess? \_\_\_\_\_

10. From Psalm 32:5, what did God do with the guilt of David's sin after he confessed it to the Lord? \_\_\_\_\_

\_\_\_\_\_

11. When we confess something we are taking \_\_\_\_\_ of it. And that's important because it's no one's stumbling block but our own.

12. In 1 John 1:9, John writes that if we confess, then God is faithful not only to forgive us but to \_\_\_\_\_ from all unrighteousness.

13. In the book I state, "Because every painful place bears the roots of every ill feeling you have toward God, yourself, and others, [proper] healing is essential to moving forward toward a healthier, happier life." What would a healthier, happier life look like to you? \_\_\_\_\_

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\_\_\_\_\_

Make no mistake about it, confession is the first step in that healing process that moves you toward that healthier, happier life you just imagined—just ask the woman at the well!

Let's go to her story now...her story is so much like many of ours.

Please read John 4:1-42. After you're through, let's roll up our sleeves and dig into her story to see how it relates to us. There's so much we can learn from this meeting between her and Jesus!

Notice how her story unfolds and how Jesus drew her into a conversation with Him...He offered her something she didn't have to give her something He knew she wanted—to be valued and loved completely and unconditionally...just like us!

14. What was the state of that woman's life when she met Jesus at the well?

\_\_\_\_\_

\_\_\_\_\_

15. Do you think she was happy? Why or why not? What indicators are there in the story that lead you to believe that she was/was not happy? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Confession is the  
first step  
toward healing.*



16. In verse 4, it says that Jesus *had* to go through Samaria. We know through study that Jews intentionally avoided Samaria and its people at all costs. So why do you think Jesus *had* to go there that day? Is it possible He went there to **intentionally** meet with this woman? If so, why do you think He would do that? \_\_\_\_\_

\_\_\_\_\_

17. Why do you think Jesus asked her for a drink in the first place? \_\_\_\_\_

\_\_\_\_\_

18. Why was the woman shocked that Jesus spoke to her? \_\_\_\_\_

\_\_\_\_\_

19. Consider John 4:10. In your opinion what is the "gift of God" and what is the "living water" described in this verse? (a) \_\_\_\_\_ is the gift of God; (b) \_\_\_\_\_ is the living water.

20. In your own words, explain what you think Jesus was saying in verses 13 and 14. And how can this be applied in your life as well? \_\_\_\_\_

\_\_\_\_\_

21. In John 4:15, the woman sounds desperate to be filled. Have you ever been in a place of desperation? When? Where did you go or what did you do to be filled and to find satisfaction in that moment? \_\_\_\_\_

\_\_\_\_\_

22. Read Matthew 11:28. When we get to a place of desperation and we are weary and burdened by life, where should we go? And what will He give us?

\_\_\_\_\_

23. In John 4:17, the woman answered Jesus' request to go back and get her husband. What four words did she say and why were those four small words so instrumental in her finding the hope that she needed? \_\_\_\_\_

\_\_\_\_\_

STUDENT NOTES

24. In verse 17, the woman's **confession** brought her healing. James 5:16 confirms that this is true. Explain how this is possible and tell if you have experienced this in your own life. \_\_\_\_\_

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25. Read John 4:18. Jesus was speaking to the patterns in her life ("*you've been married five times*"). Do you recognize any patterns of defeat or destruction in your own life? What are they? And what do you intend to do to stop repeating that same pattern(s)? \_\_\_\_\_

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26. What do you think the woman at the well received that day that changed her completely? \_\_\_\_\_

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27. Where did she go and what did the woman do as a result of her newfound freedom? \_\_\_\_\_

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28. In John 4:34, when the disciples return, Jesus tells them that His food—or what fills Him up and sustains Him—is \_\_\_\_\_.

29. What does verse 34 mean for you and for me? What in life is the only thing that will ultimately fill us up and fulfill us like nothing else ever could?

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30. When God heals us, He sends us into a world of people who are hurting and in pain just as we were. Read on in John 4, to verse 35. Where is the field and who is the harvest Jesus is speaking of here? \_\_\_\_\_

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31. What do you think your part is in the above scripture? \_\_\_\_\_

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32. In John 4:39—and I really want you to see this!—what INITIALLY caused many of the Samaritans in town to come to believe in Jesus? \_\_\_\_\_

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33. How is your story, your testimony, an invaluable tool in helping you to share the message of Jesus Christ with others? What portion of your story will God use for His glory? \_\_\_\_\_

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I believe now would be a good time to point out that in John 4:26 Jesus revealed Himself as the Messiah to the woman at the well. Why is this important? Because never before had He done that—this was the very first time *ever* in Scripture that He had revealed His identity to anyone! That’s awesome!!

Think about that: Jesus chose to first reveal Himself as the Messiah to an obscure woman with a pain-filled past in some undesirable town at some far-off well!

Hmm...Is it possible that Jesus wants us to know that He will reveal Himself to us completely in a life-altering way when we are finally ready and willing to be honest about where we are and where we’ve been in life—confessing it all to Him and allowing Him to go back with us into our past so we can deal with it once and for all?

I think so!

As we come to the close of this session, I want you to keep the woman at the well and her story at the forefront of your mind as a reminder of what God can and will do when you choose to obey His Word. I also want you to remember that there is an enemy to your newfound freedom that is seeking to stop you short in your progress.

Your enemy, Satan, would like nothing more than to keep you from moving forward. He wants you bound by your past experiences and rendered helpless to help others. He is the one who drags your failures and regrets up from the depths of your mind and dangles them before your heart, and he’s the one who whispers

in your ear that they will never go away—that you'll never be good enough to do anything significant for God.

STUDENT NOTES

And because I know his tactics, I want to share a scripture from the book of Psalms for you to think on this week as you take this leap of faith forward. Psalm 124:7-8, *"Our soul has escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped. Our help is in the name of the Lord..."* (NKJV).

There is truly nothing sweeter than to walk free from a prison of emotional pain and suffering. Your Heavenly Father is ever waiting to be invited into your personal turmoil. He's a gentleman and will never force His way in...but when you take ownership and lay it all out at His feet you are making a step toward lasting freedom. Soon and very soon, you'll be running free, praising your Deliverer every step of your way!

Before we wrap up for the week, I have to tell you that I am so proud of the work you've been doing...and I know that God is so pleased with your decision to trust and rely on His Truth to be your guide! I also know that it has not been easy or enjoyable at times, but you've stuck it out and I am so thankful you have! I hope you know that I am praying for you daily—not a day goes by that my heart does not cry out for the freedom of my sisters in Christ. I trust that God is answering that cry through this study.

I also want to say once more that I am blessed that you would allow me to lead you on this journey to your freedom. It is an honor and a privilege that I do not take lightly.

Okay, my friend, I'll see you next week... Oh, and don't forget to journal! (Yeah, it really is that important!)

God bless you!

GET EMPOWERED: A PRAYER FOR CHANGE

*Lord, thank You for caring so much for me that You came along to slice open a tender place so that I may heal once and for all. I admit—I cannot live like this anymore. I want to be healed! I know that You, Lord, can heal me completely from the inside out. I also know that this is not going to be easy, but I am not alone. Help me to trust this process—help me to keep my eyes upon You! You've given me the courage to see those places that need healing, and now, Lord, help me to admit it to another. I trust You. Heal me, God, once and for all, so I can live...for You!*

*Soon and very soon, you'll be running free!*

## GET DETERMINED: A DECLARATION OF FAITH

### STUDENT NOTES

***I will allow God to heal the tender places in my life.***

*I am so ready. I can't deny it anymore. I can't cover it up. I can live with my old self no longer, and no longer will I allow my past to hold me back from God's purpose.*

*I am now willing to face the consequences of wounds that I have inflicted and wounds that have been inflicted upon me.*

*In order to heal completely, I know that I have to slice them open to the core. I know I must confess everything so that I may be healed.*

*At this moment, I vow to find someone to share my pain with, someone who will listen to my past and love me in spite of it.*

*I trust God's promise that I will find perfect healing through confession.*

*I am ripping off the bandage—and it won't be pretty. But I find comfort in knowing that God is here with me, staring at that same ugly wound, and He loves me anyway. In fact, He's willing to wrap it up in His love and grace and heal it from the inside out.*

*I am ready. He is waiting. Here I go...*

