

Personal Healing Workbook

Audio Recordings and Handouts from All Conferences Given
may be found at
www.NMCatholicHub.org/homilies/frbernabe.html
www.frbernabe.podbean.com

How to use this workbook

This workbook is for your private reflection and prayer. Each week contains a short teaching to read slowly, **key concepts** with brief definitions, a **real-life example** to help you recognize similar patterns in your own life, and **journaling prompts** to guide your prayerful reflection. Use the renunciations and truth proclamations aloud if you feel comfortable.

Standard Prayers (keep these handy)

Renunciation formula

In the name of Jesus Christ, I renounce the lie that _____.

Receiving truth formula

In the name of Jesus Christ, I announce the truth that _____.

7 Desires of the Human Heart

- To be listened to & understood
- To be affirmed (to be shown that you are good and valued)
- To be blessed (to be given unconditional love, spoken of well and truthfully)
- To be safe (both physically and emotionally)
- To be touched (in a healthy affirmation of affection (to be hugged/embraced, held, to receive physical signs of someone's love, in a safe and affirming way))
- To be chosen (to feel special, delighted in, cherished)
- To be included (to be a part of something or a group)

7 Deadly Wounds

Abandonment

Shame

Fear

Powerlessness

Rejection

Hopelessness

Confusion

How they Distort Our Identity

I am all alone. No one understands me.

I am bad, dirty, perverted ... it's my fault

If I trust, speak, confront, I will be hurt or die

I feel overwhelmed ... I don't know what to do

I am not loved or wanted I have no value

It's never going to change there is no hope

I don't know or understand what's happening to me

Lies often get planted in our hearts as young children through our misinterpretation of painful events, and lead to inner vows/promises we make that bind us in negative ways

Wounds lead to
I'm Filled with Pain

False Beliefs/Lies lead to

- **Lies** - what we believe about ourselves/identity
- **False Judgements** - what we believe about others

Inner Vows (harmful)
Promises we make to ourselves out of fears, wounds, or judgements:
Ex: "I will never be my father, mother, brother, abuser, etc."
"I will never trust again; I will never allow myself to be vulnerable"

Sins cause and grow out of wounds. Wounds leave behind the wreckage of habitual sins and empower them to maintain a stranglehold on our lives.

7 Deadly Sins

Pride

Envy

Gluttony

Lust

Anger

Greed

Sloth

Idolatry of

Self

Status or Possessions

Food or Drink

Sex or Relationship

Control

Security or Wealth

Comfort

Prayer for renouncing inner vows

Father, I acknowledge that I have tried to save myself rather than rely on You for my salvation. Please forgive me for my sin of pride and self-sufficiency. I acknowledge that my effort to protect myself has left me imprisoned behind walls that keep me from freely giving and receiving love. I desire to be free of this bondage that has come as a result of my own choices. In the name of Jesus I renounce the inner vow that _____. I ask You to release me from the bondage of this vow now. Give me the grace not to return in resentment to these false and wounding declarations. I give you thanks for your gift of freedom for the one who Jesus sets free is truly free. Amen.

Prayer for renouncing judgment

Father, I acknowledge that I have judged _____ (name). I realize that I did this to protect myself from the feelings of vulnerability and powerlessness in order not to be hurt. I also realize that this judgment is a sin and holds me bound. I ask You now for Your forgiveness and to release me and _____ (the person judged) from the bondage of this condemnation and isolation. In the name of Jesus I renounce the judgment of _____ (name) that _____ (identify specific judgments). I know that I cannot change my own heart, so I ask You to give me Your heart of compassion for _____ (name) who is also wounded by sin. Create in me a clean heart, O God, and renew a right spirit within me.

Prayer for renouncing soul ties

In the name of Jesus Christ and by the power of my baptism, I renounce, cut, and break any unholy attachments between me and _____ (name). I renounce all unholy mental, emotional, physical, sexual, and spiritual ties with this person and command any demonic spirits attached to either of us to go to the foot of the cross of Jesus for judgment. I give back to _____ what is theirs and I take back from _____ what is mine. *(Repeat 3x)*

Sealing and blessing prayer

Father, I thank You for this healing through the name of Jesus Christ and by the power of Your Holy Spirit. I praise You for Your great mercy and power, and for sending Jesus in the power of the Spirit to heal my broken heart and to free me from all bondage. I ask now for You to seal this healing and to close any remaining doorways, by the Most Precious Blood of Jesus, and the gentle ministry of Your Holy Spirit. I pray that You will bless me with a new infilling of Your Spirit and with a new understanding and authority of my identity in Jesus Christ. Amen.

Week 1 — Introduction: God's desire to heal

Short teaching

Healing is not only relief from symptoms; it is the restoration of relationship — with God, with yourself, and with others. The simple rhythm you will practice is: **remember** (bring a memory to Jesus), **renounce** (speak the lie aloud and reject it), **receive** (accept God's truth), and **integrate** (practice daily habits that sustain freedom). You are invited to move gently, to be honest with God, and to use the sacraments and prayer as your foundation.

Key concepts

- **Wound:** a formative hurt that shapes feelings and beliefs.
- **Identity Lie:** a false self-statement formed by a wound.
- **Renunciation:** speaking a lie to be broken in Jesus' name.
- **Receiving Truth:** proclaiming God's counter-truth.
- **Sealing Prayer:** asking the Holy Spirit to close doorways and confirm healing.

Real-life example

Anna grew up with constant criticism and little praise. As an adult she avoids promotion opportunities because the inner voice says, "You'll only disappoint them." When she asks for help she feels a tightness in her chest and an urge to apologize for taking up space. Notice the memory, body sensation, inner phrase, and protective behavior.

Suggested short practice

Quietly recall one memory that still hurts. Breathe slowly. Say aloud: *"In the name of Jesus Christ, I renounce the lie that I am unloved and unlovable."* Then say: *"In the name of Jesus Christ, I announce the truth that by virtue of my Baptism I am a beloved son/daughter of God."*

Journaling prompts (choose any)

1. What do I most want God to heal in me?
2. Name the earliest memory of feeling hurt or left out.
3. What phrase do I hear about myself (e.g., "I'm not enough")?
4. Where in my body do I feel tension when I think of that memory?
5. Who was with me when I first felt this wound?
6. How do I protect myself now because of that wound?
7. What would freedom look like in daily life?
8. What sacrament or spiritual practice comforts me?
9. Who is a safe person I could tell about this?
10. What is one small step I can take this week toward healing?

Week 2 — Rejection and abandonment

Short teaching

Rejection and abandonment often create the identity lie: “I am not wanted.” Bringing a memory to Jesus means noticing the image, the feelings, and the body sensations, then speaking a renunciation and receiving God’s counter-truth. This practice helps you stop living from the old story and begin to live from your baptismal identity as God’s beloved.

Key concepts

- **Identity Lie:** false self-statement formed by a wound.
- **Baptismal Identity:** who you are in Christ by baptism.
- **Memory Work:** intentionally recalling a formative event.
- **Counter-Truth:** Scripture or proclamation that replaces the lie.

Real-life example

Marcus remembers his father leaving when he was eight. As an adult he freezes when a friend cancels plans and immediately assumes abandonment; he withdraws before anyone can leave him. Notice the trigger, the automatic story, the bodily reaction, and the protective withdrawal.

Renunciations and truths you can say

- *“In the name of Jesus Christ, I renounce the lie that I am unloved and unlovable.”*
- *“In the name of Jesus Christ, I renounce the lie that I am alone, and that no one understands me or cares for me.”*
- *“In the name of Jesus Christ, I announce the truth that by virtue of my Baptism I am a beloved son/daughter of God.”*
- *“In the name of Jesus Christ, I announce the truth that Jesus promised, ‘I will never leave you nor forsake you.’”*

Journaling prompts (choose any)

1. Describe a time you felt rejected.
2. What did you tell yourself after that event?
3. How did you respond to protect yourself?
4. What did you long for in that moment?
5. Who affirmed you afterward, if anyone?
6. What bodily sensations accompany the memory?
7. What identity lie grew from this event?
8. How does that lie affect your relationships now?
9. What Scripture counters that lie?
10. What would trusting someone again look like in one small step?
11. Who could be a safe listener for this story?
12. What practical step will you take this week to receive God’s presence?

Week 3 — Fear and powerlessness

Short teaching

Fear narrows your world and convinces you that risk equals harm. Powerlessness follows when you believe you cannot change. Name a specific fear, trace where it began, renounce the lie that trusting will only bring harm, and claim God's promises of protection and strength. Healing often appears as one small step of trust.

Key concepts

- **Fear:** an emotion that can become a controlling belief.
- **Powerlessness:** felt inability to change circumstances.
- **Renounce Fear:** verbal rejection of fear-based beliefs.
- **Small-step Trust:** a concrete, low-risk action practicing trust.

Real-life example

Sofia avoids leadership roles because she imagines catastrophic failure. Her stomach knots, she sleeps poorly, and she declines opportunities, later resenting herself. Notice the imagined catastrophe, physical symptoms, avoidance, and inner narrative equating risk with ruin.

Renunciations and truths you can say

- *"In the name of Jesus Christ, I renounce the lie that if I trust I will be hurt, disappointed, or die."*
- *"In the name of Jesus Christ, I renounce the lie that I am powerless, weak, unable to change or not capable."*
- *Proclaim: God is my rock and fortress; God's perfect love casts out fear; I can do all things through Christ who strengthens me.*

Journaling prompts (choose any)

1. What fear most limits my life today?
2. When did this fear first appear?
3. How does fear show up in my body?
4. What choices have I avoided because of fear?
5. What would courage look like in one situation?
6. Who models trust for me?
7. When has God protected me in the past?
8. What Scripture helps me trust?
9. What is one small step of trust I can take this week?
10. Who will hold me accountable for that step?
11. What support do I need to take that step?
12. How will I celebrate progress?

Week 4 — Shame and the sacraments

Short teaching

Shame tells you that you are unworthy and causes hiding. The Gospel says you are forgiven, washed, and justified in Christ. Confession and the Eucharist are powerful places to receive cleansing and to hear God's acceptance. Bring a shame memory to Jesus, renounce the lie that you are defined by your failures, and receive the truth of your identity in Christ.

Key concepts

- **Shame:** internalized sense of being defective or unlovable.
- **Justification:** being declared righteous through Christ.
- **Confession:** naming sin and receiving God's forgiveness.
- **Gospel Identity:** who you are in Christ, not defined by past actions.

Real-life example

David hides past mistakes and refuses intimacy because he believes he is "dirty." Even when forgiven, he avoids Communion and affection, convinced God could never accept him. Notice internalized condemnation, avoidance of intimacy, and sacramental hesitation.

Renunciations and truths you can say

- *"In the name of Jesus Christ, I renounce the lie that I am bad, dirty, ugly, stupid, worthless, perverted, shameful."*
- *"In the name of Jesus Christ, I announce the truth that Jesus died for my sins and that I am forgiven; I am washed; I am cleansed; I am justified in Christ Jesus."*
- *"There is now no condemnation for those who are in Christ Jesus."*

Journaling prompts (choose any)

1. What shame story do I carry?
2. When did I first feel this shame?
3. What words do I tell myself about it?
4. How does shame affect my relationships?
5. What do I hide because of shame?
6. What Scripture counters this shame?
7. Have I experienced forgiveness before? Describe it.
8. Would I consider sacramental confession? Why or why not?
9. What small act of self-compassion can I do this week?
10. Who can I tell about this safely?
11. What truth will I speak to myself daily?
12. How will I mark progress toward freedom?

Week 5 — Hopelessness and confusion

Short teaching

Hopelessness steals future vision; confusion paralyzes choice. The antidotes are **hope** and **discernment**. Hope trusts God's faithfulness; discernment asks the Spirit for clarity about one next step. Notice small signs of God's care and commit to one practical action that moves you forward.

Key concepts

- **Hope:** trust in God's future work.
- **Discernment:** listening for the Spirit's guidance.
- **Next-step:** a specific, achievable action.
- **Signs of Faithfulness:** small evidences of God's care.

Real-life example

Jamal applied for jobs for months with no success and stopped trying. He scrolls social media and believes others' success proves his failure. He cannot imagine a different future and avoids small decisions. Notice withdrawal, evidence-blindness, and paralysis.

Renunciations and truths you can say

- *"In the name of Jesus Christ, I renounce the lie that nothing ever changes; that I will never have what I want."*
- *"In the name of Jesus Christ, I renounce the lie that everything is confusing; that I don't understand anything."*
- Proclaim: *My hope is steadfast in Christ; the Lord gives wisdom to those who ask.*

Journaling prompts (choose any)

1. Where do I feel most hopeless?
2. What evidence of God's faithfulness can I name?
3. When have I seen small progress before?
4. What question do I want the Spirit to answer?
5. What decision am I avoiding?
6. What would a one-month hope plan look like?
7. Who encourages me when I'm discouraged?
8. What practical step can I take this week?
9. What resources do I need for that step?
10. How will I measure progress?
11. What promise from Scripture will I memorize?
12. How will I celebrate small wins?

Week 6 — The seven deadly sins and inner vows

Short teaching

Many recurring struggles are patterns rooted in **inner vows** — promises you made to survive (for example, “I will never trust again”). These vows produce behaviors that look like pride, anger, envy, lust, gluttony, greed, or sloth. Identify one pattern and the inner vow behind it, renounce that vow in Jesus’ name, and choose a virtue and a concrete spiritual practice to replace it.

Key concepts

- **Inner Vow:** a self-binding promise made in pain.
- **Pattern:** repeated behavior tied to an inner vow.
- **Virtue Practice:** a discipline to form new habits.
- **Renunciation of Vows:** releasing self-made vows in Jesus’ name.

Real-life example

Lena vowed after betrayal, “I will never trust anyone again.” Over time the vow hardened into isolation: she refuses invitations, keeps relationships superficial, and judges others quickly. The vow protected her but robbed her of intimacy and joy.

Renunciations and truths you can say

- *“In the name of Jesus Christ, I renounce the sin of pride and any idolatry of myself or others.”*
- *“In the name of Jesus Christ, I renounce the sin of envy.”*
- Use the Prayer for Renouncing Inner Vows when a specific vow surfaces.

Journaling prompts (choose any)

1. Which of the seven sins most affects me?
2. What pattern do I repeat in relationships or choices?
3. What inner vow might be behind that pattern?
4. When did I make that vow?
5. How has the vow protected me? How has it hurt me?
6. What virtue would replace that vow?
7. What daily practice will help form that virtue?
8. Who will hold me accountable?
9. What small penance or discipline will I adopt?
10. How will I track progress?
11. What Scripture will I use to counter the vow?
12. What freedom do I hope to experience in three months?

Week 7 — Soul ties, judgments, and forgiveness

Short teaching

Unhealthy attachments (soul ties) and persistent judgments keep wounds alive. Forgiveness is not minimizing the offense; it is the will to will the good of the other and to release the debt. Use the forgiveness steps below to move through naming, renouncing, forgiving, blessing, and sealing.

Key concepts

- **Soul Tie:** an emotional or spiritual attachment that can be unhealthy.
- **Judgment:** a condemning stance that binds the heart.
- **Forgiveness:** willing the good of the other and releasing the debt.
- **Sealing Forgiveness:** asking the Holy Spirit to confirm and close the wound.

Real-life example

Carlos replays the betrayal of a friend who stole from his business. He carries a vivid image and a list of offenses; every time he sees someone similar he tightens and assumes the worst. His anger has become a daily companion. Notice the replaying, physical tightening, and how judgment keeps him bound.

13-step forgiveness practice (use as a guide)

1. Ask the Holy Spirit who you need to forgive.
2. Picture the person.
3. List the offenses and how they affected you.
4. Identify the identity lie that grew from the offense.
5. Renounce that identity lie aloud.
6. Ask the Spirit to reveal judgments and inner vows.
7. Renounce judgments and inner vows aloud.
8. Ask Jesus to forgive the person.
9. Forgive the person (will their good).
10. Pray a blessing over them.
11. Ask Jesus to seal the forgiveness and heal the wounds.
12. Thank God for His healing.
13. Commit to a boundary or reconciliation step if safe.

Renunciations and prayers to use

Use the Prayer for Renouncing Soul Ties and the Prayer for Renouncing Judgment when appropriate. Repeat aloud as you feel led.

Journaling prompts (choose any)

1. Who do I need to forgive?
2. What did they do to hurt me? List specifics.
3. What did they take from me?
4. What identity lie grew from that offense?
5. What inner vow did I make because of it?
6. What judgments do I hold against them?
7. How has holding judgment affected me?
8. What would it look like to bless them?
9. What boundary is needed for safety?
10. How will I ask Jesus to forgive them?
11. What prayer will I pray for their good?
12. Who will support me through this forgiveness?
13. How will I know if the forgiveness is sealed?
14. What pastoral help might I need?
15. What is one practical step toward reconciliation or healthy distance?

Week 8 — Integration and commissioning

Short teaching

Integration makes change durable. Healing is a new way of living sustained by a sacramental rhythm: Eucharist, Reconciliation, daily prayer, examen, and accountability. Create a 30-day plan with daily practices, weekly supports, one measurable goal, and find an accountability partner. Return to the sacraments and to trusted support when triggers arise.

Key concepts

- **Integration:** making change habitual and durable.
- **Sacramental Rhythm:** regular participation in sacraments and prayer.
- **30-Day Plan:** a concrete, time-bound plan to sustain growth.
- **Accountability:** trusted support to maintain new practices.

Real-life example

Maria notices fewer panic episodes after six weeks but still reacts to criticism. She commits to daily Scripture, weekly confession, and a monthly check-in with a spiritual friend. Practicing a nightly examen gradually reduces the power of triggers.

Integration exercise (write this out)

Create a 30-day plan: list daily practices (Scripture, 5-minute examen, short prayer), weekly supports (Eucharist, confession, spiritual friend), one measurable goal, and an accountability partner. Keep the plan visible and review it weekly.

Journaling prompts (choose any)

1. What changed for me during these weeks?
2. What identity truth will I carry forward?
3. What daily practices will I commit to?
4. What weekly supports will I use?
5. Who will be my accountability partner?
6. What is one measurable goal for 30 days?
7. What triggers still need attention?
8. How will I respond when triggered?
9. What sacrament will I schedule this month?
10. What spiritual reading will I commit to?
11. How will I celebrate progress?
12. What pastoral resources do I need?
13. How will I continue meeting with a supportive group?
14. What prayer will I memorize for hard moments?
15. What is one concrete act of service I will do this month?