

How do I make  
peace?

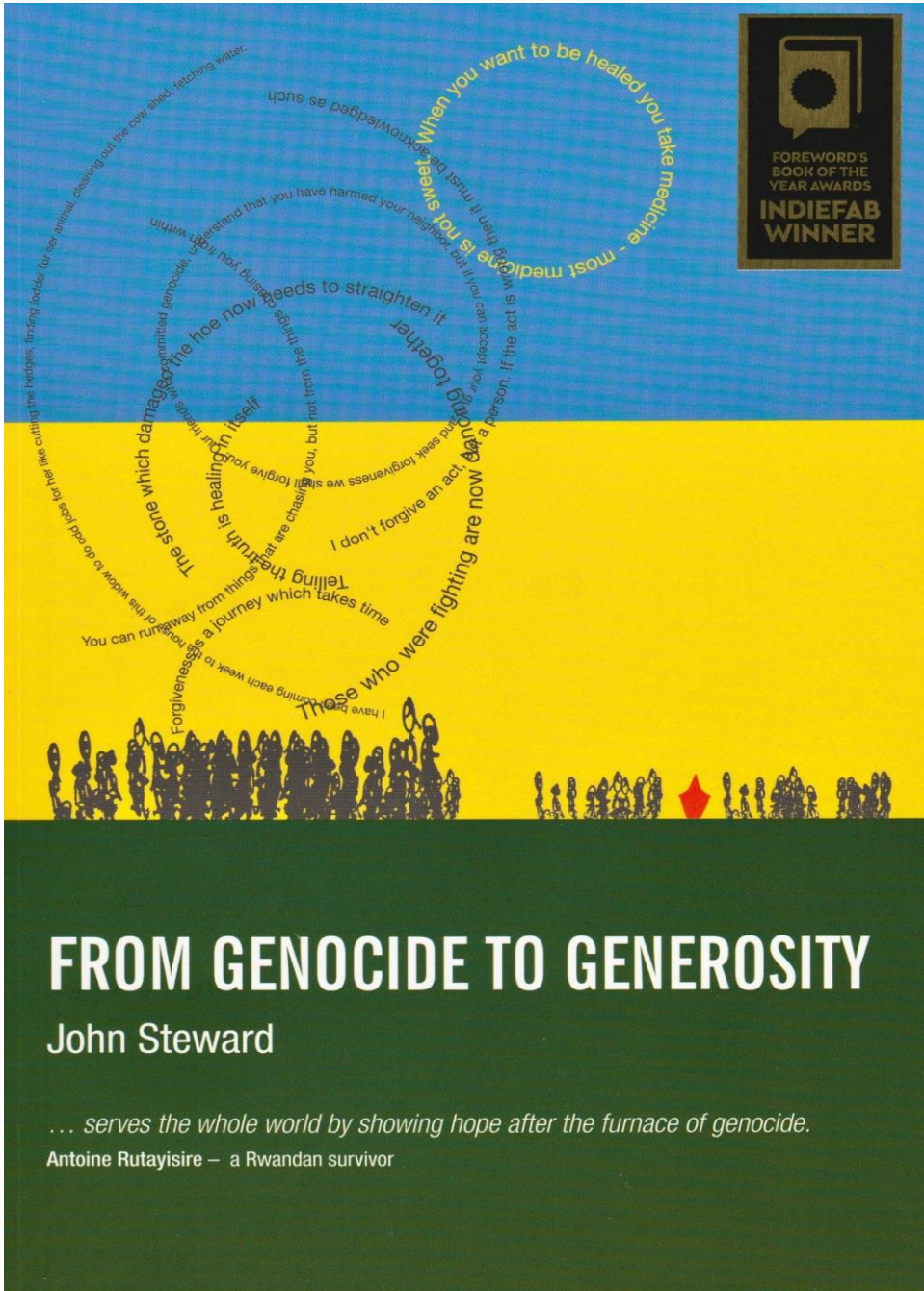
THE MYSTERY OF FEELINGS





# Alice & Immanuel





# FROM GENOCIDE TO GENEROSITY

John Steward

*... serves the whole world by showing hope after the furnace of genocide.*  
Antoine Rutayisire – a Rwandan survivor

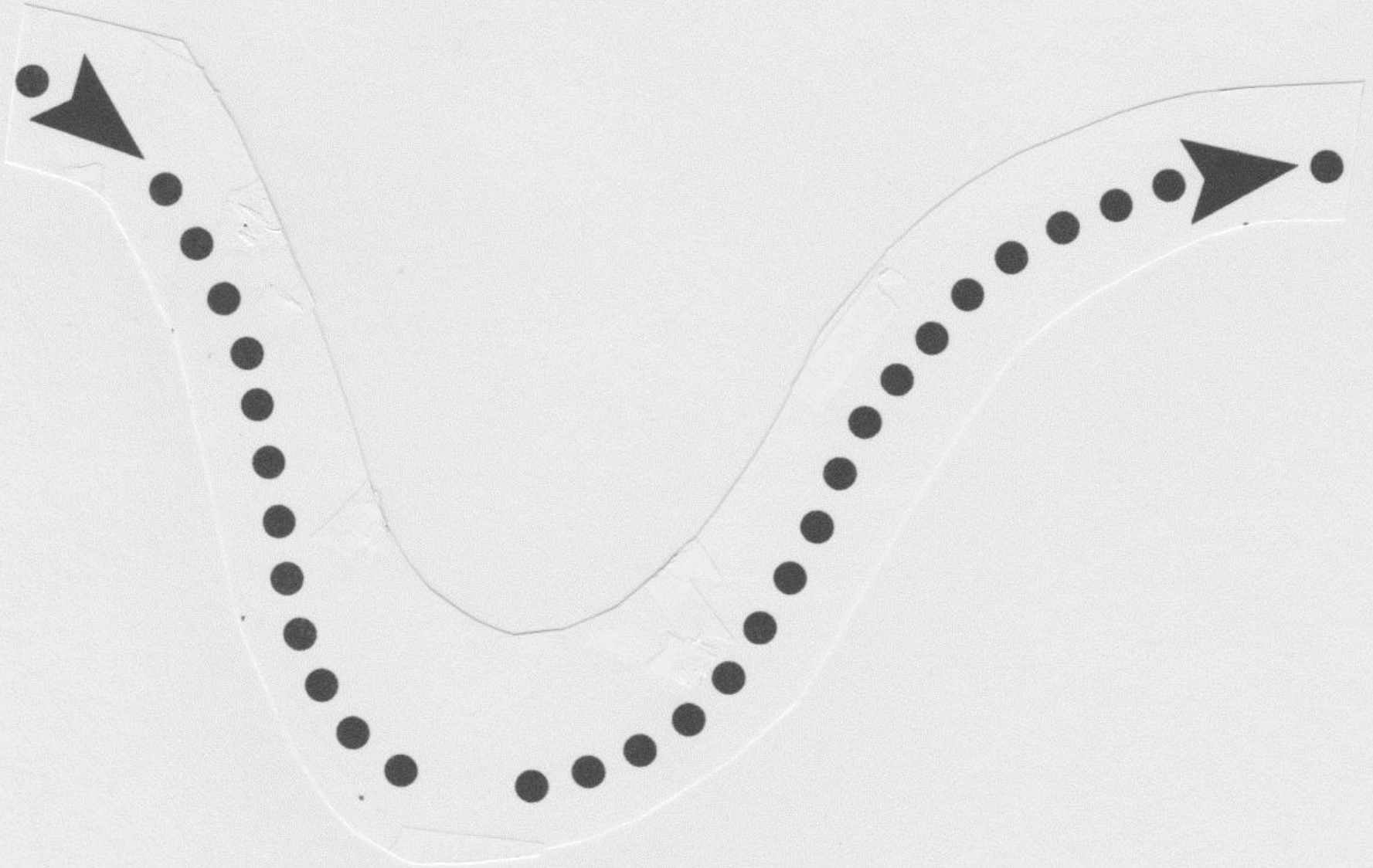


Quoted as by  
Martin Luther  
but ...?



- Our feelings come - yes !  
and feelings go – **where?**
- And feelings are deceiving –  
**only if ignored...**

# The Cycle of Grief

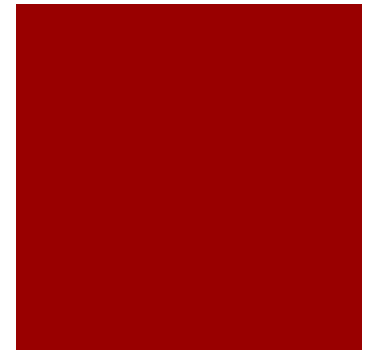
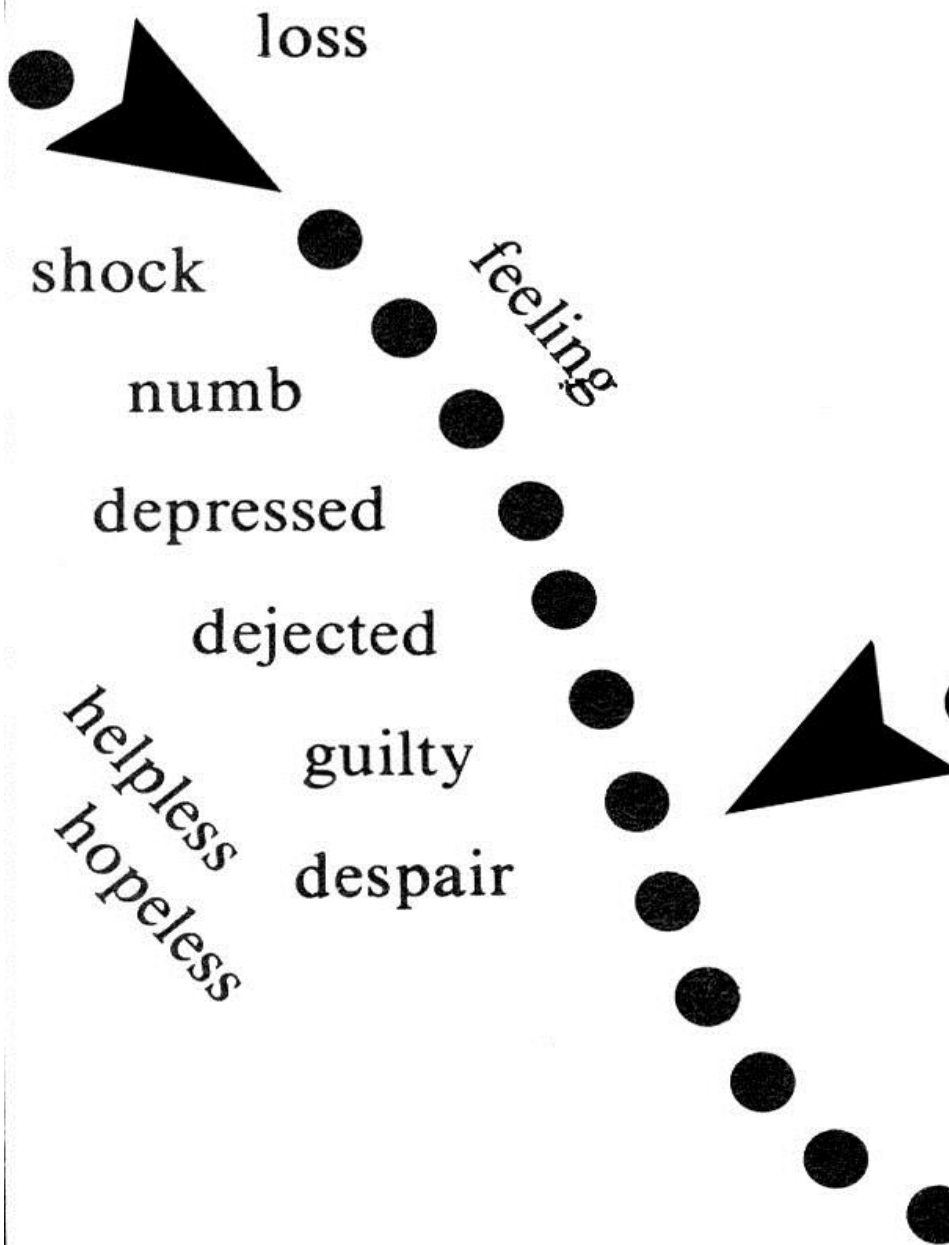




# Wounds of the heart

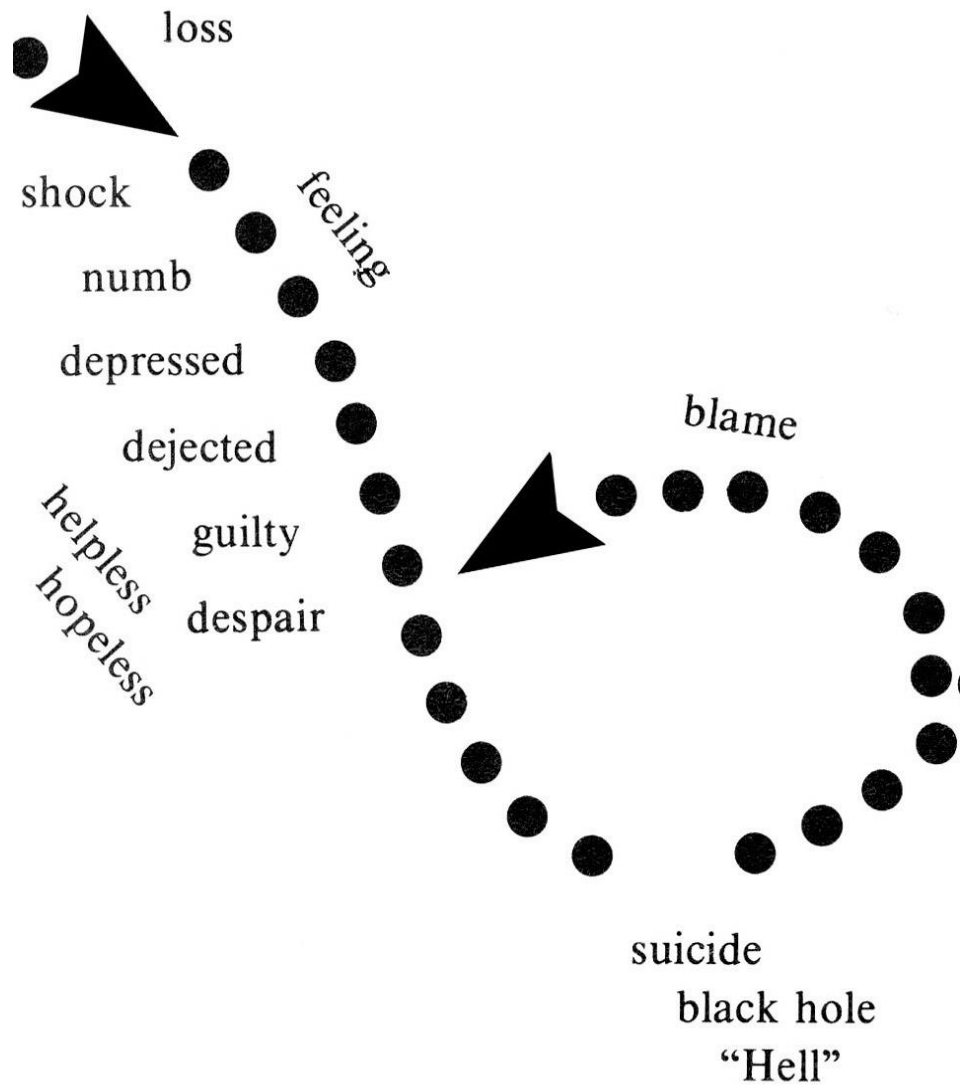


- A shock
- An agony
- A betrayal
- An abuse
- A shame





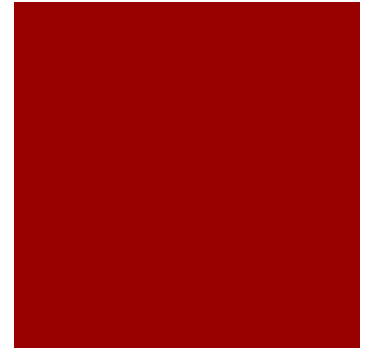
- Grief is a shovel that keeps digging deeper





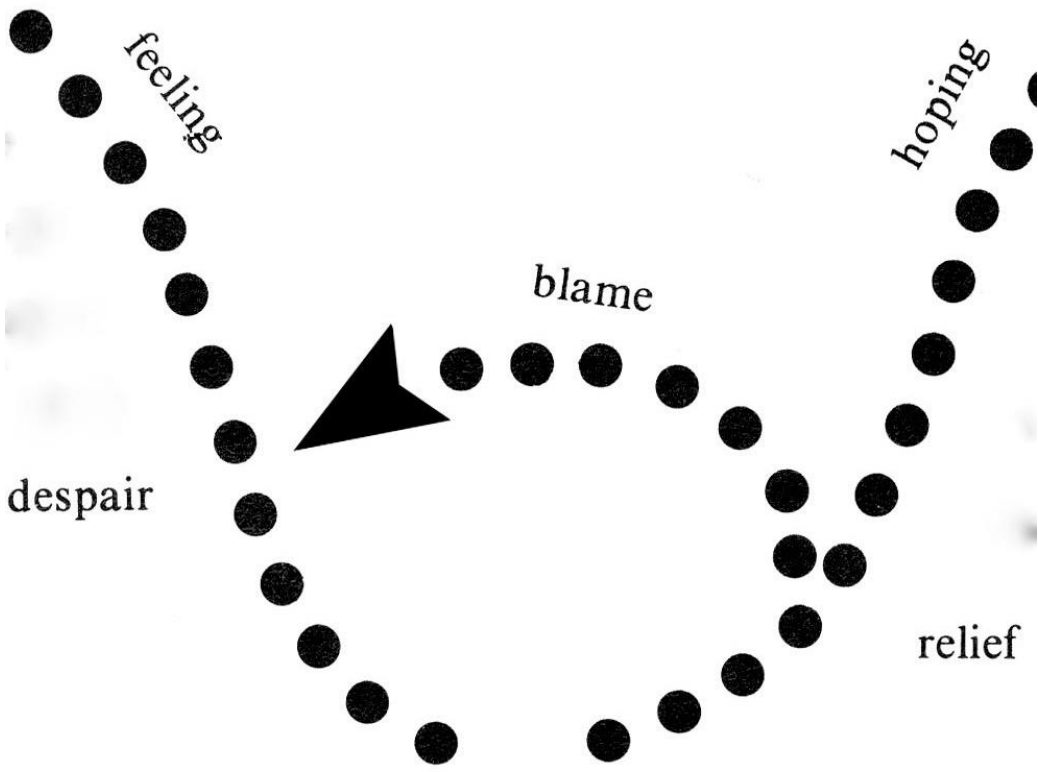
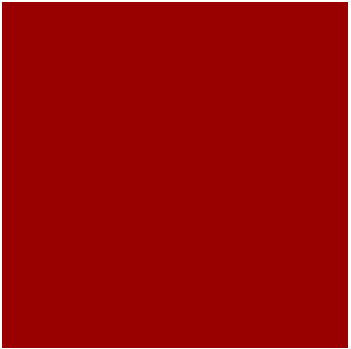
expressing — hatred  
anger  
resentment  
hostility

All violence begins as a  
wound in the heart.



- Cruelty, even my own acts of cruelty, begins as an agony in the self, before it is inflicted on others

- Gregory Roberts

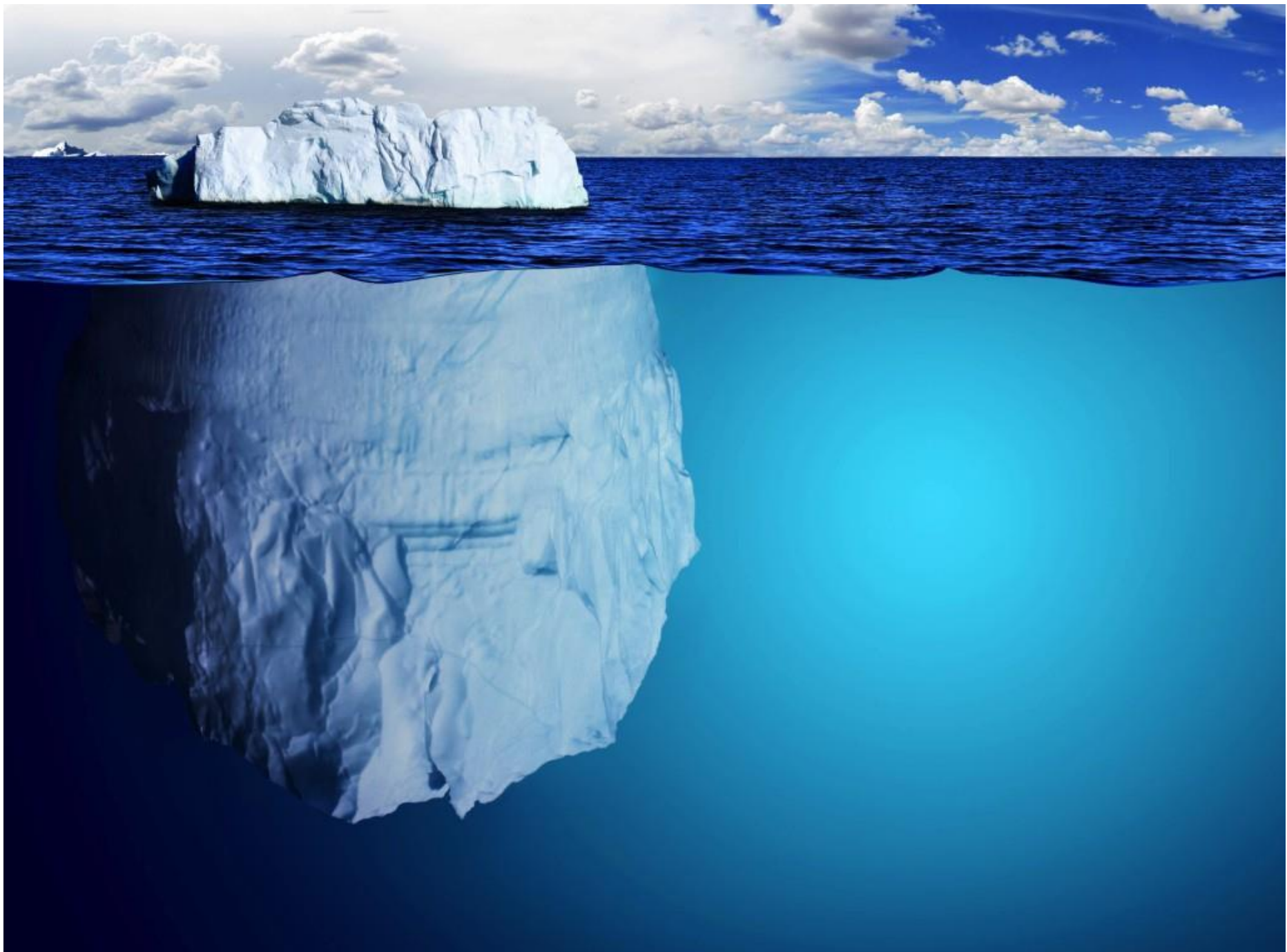


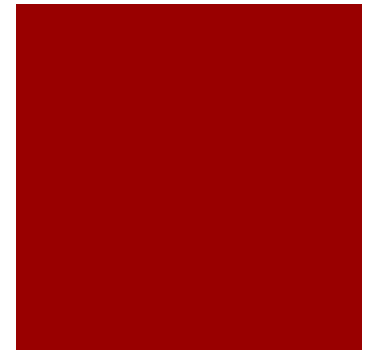
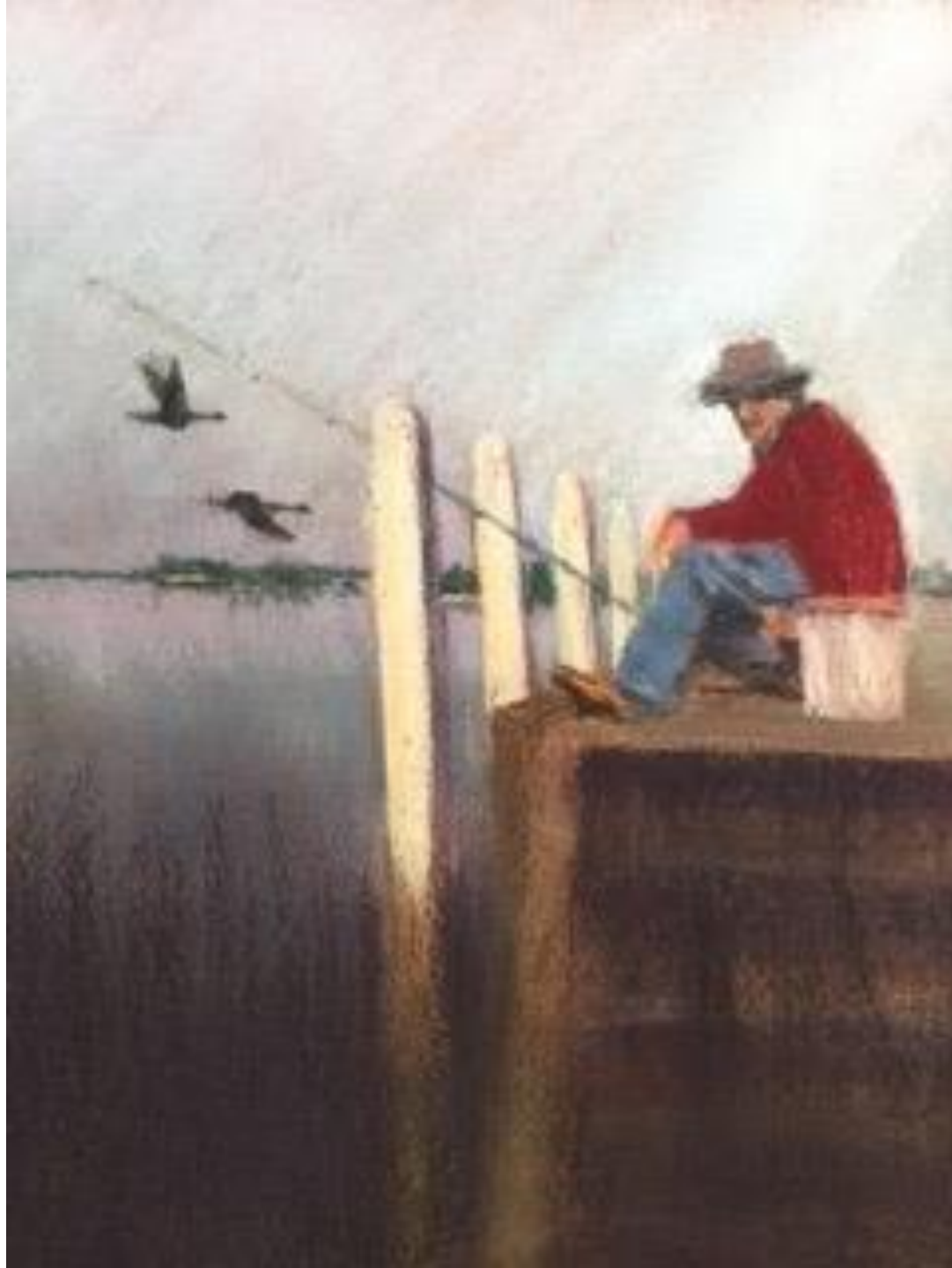
# OPTIONS



- Stay stuck
- Faith
- Healing

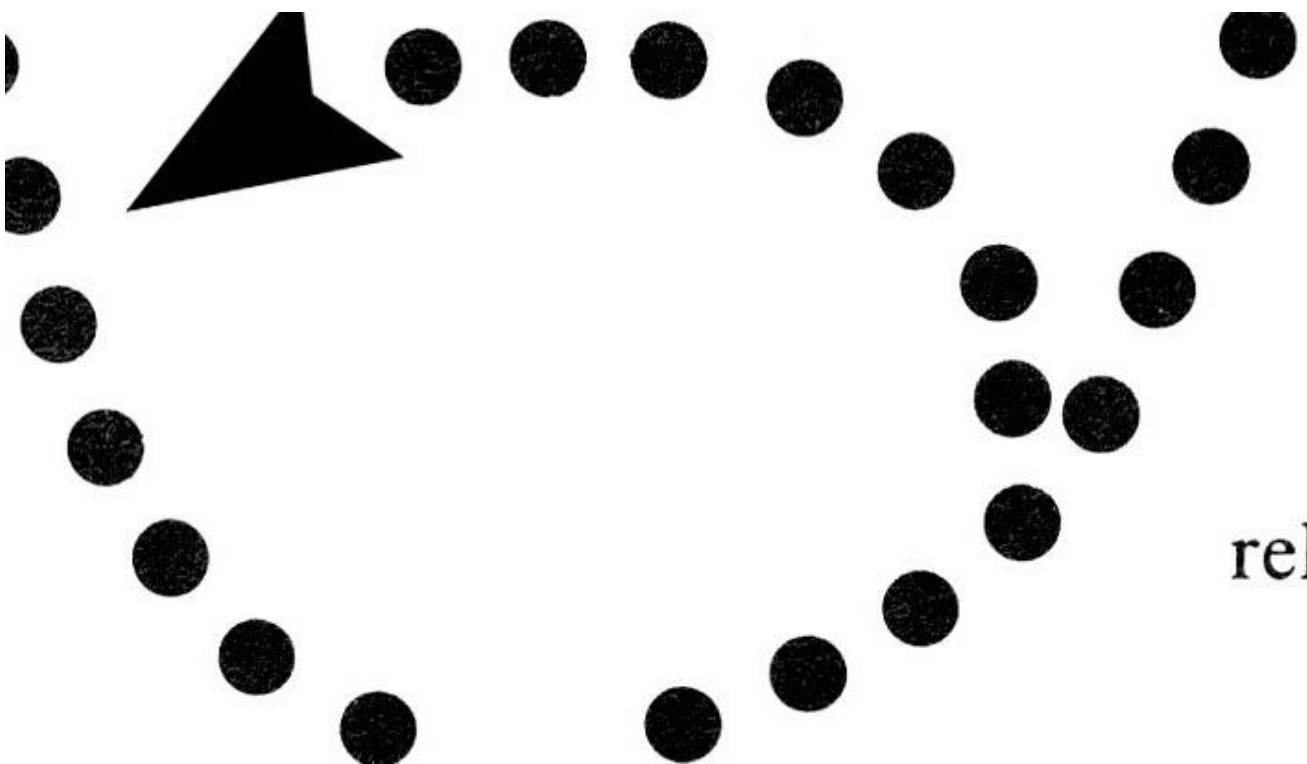






# Space to hear





accepted

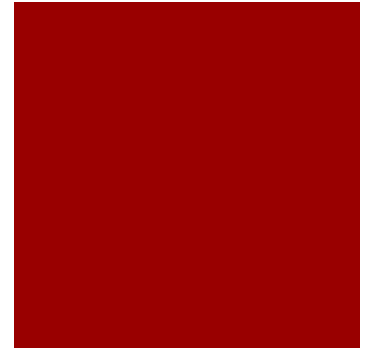
release

relief

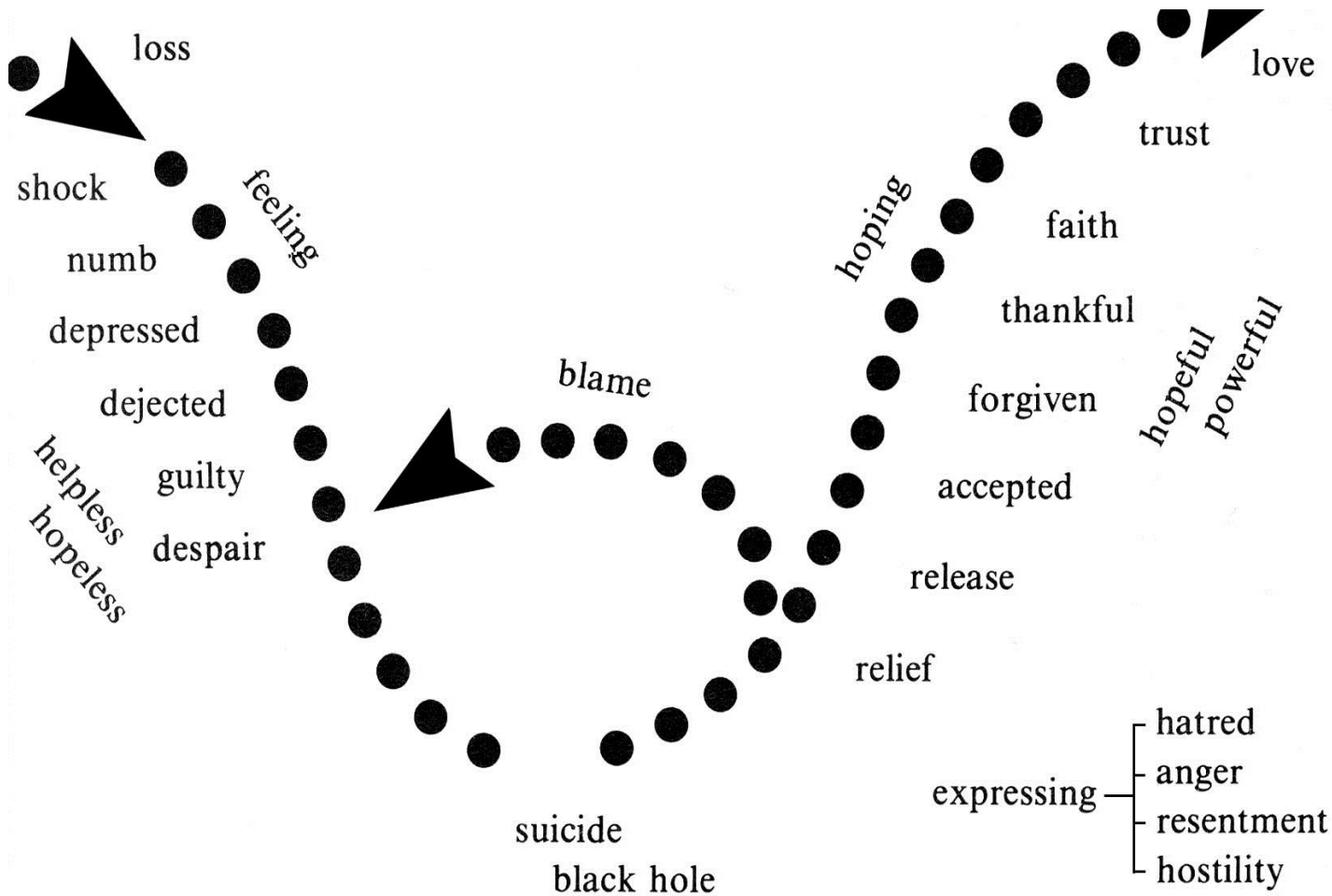


## Common phrases

- Just get over it
- It's nothing really
- Let's move on
- You just have to forgive and forget



# Exiting the deep valley



# Re-phrase



- Just get over it – **Just get into it**
- It's nothing really – **It's really something**
- Let's move on – **Let's look back & heal**
- You just have to forgive and forget –

**You cannot forget and are not yet  
able to forgive**

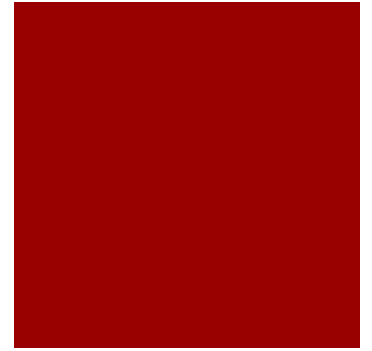


## Lincoln Ndogoni:

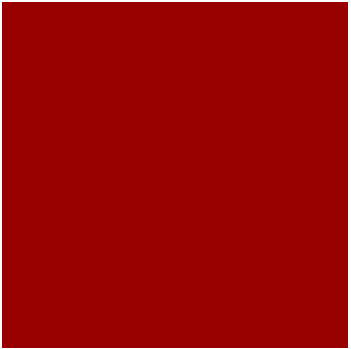


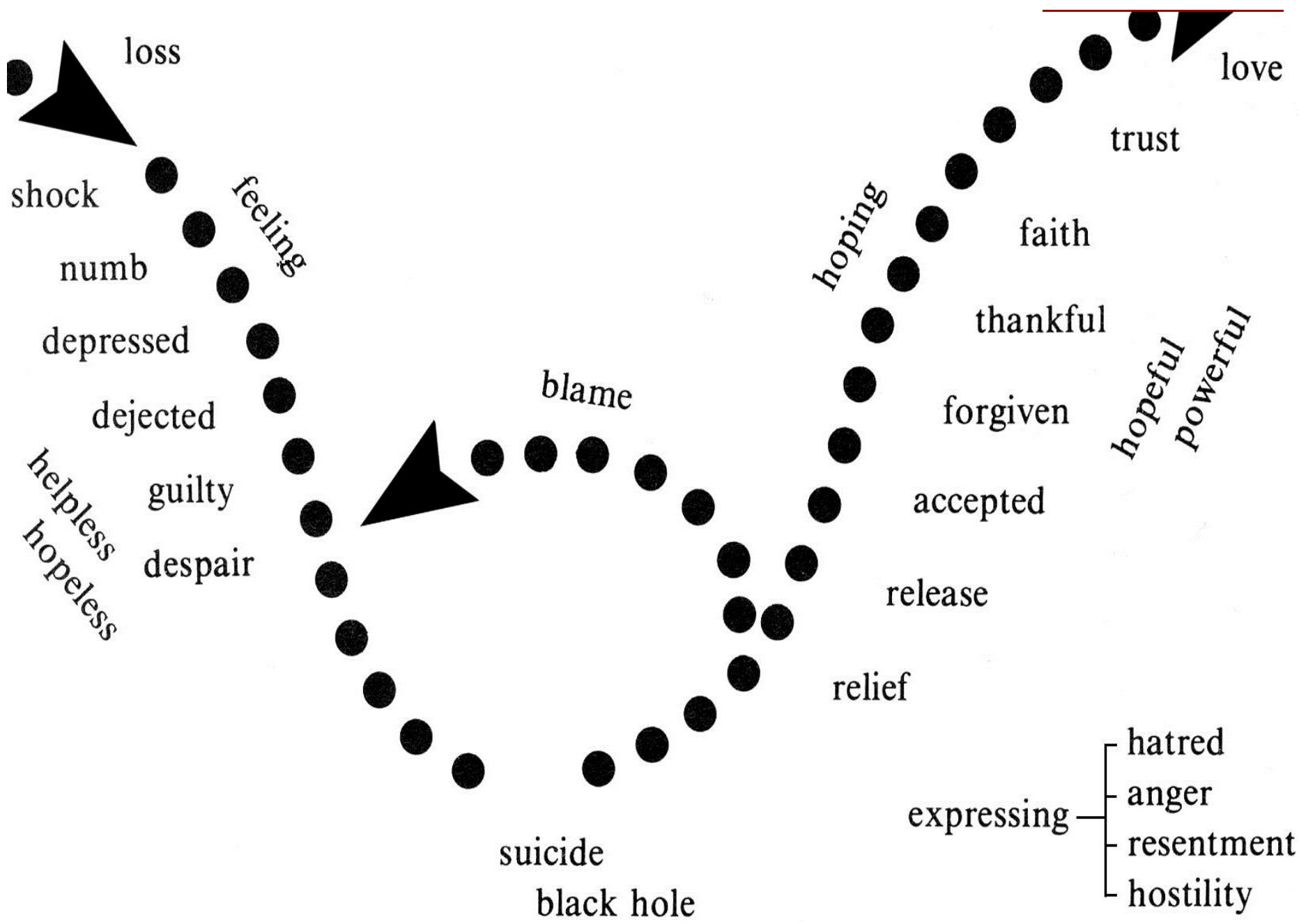
- Everybody has a wound to heal, a pain to bear, a story to tell, and
- Without healing forgiveness is impossible

A Key:



- A wound must be opened before it can heal

- 
- Makoriko p 70
  - Sabamungu p 12
  - Nsabiyera p 84



# 5 possible actions:

- HELP – I need prayer
- TALK – I need to open my heart
- YES – I will read the stories
- YES – I will join a small group to use the guide to go deeper
- YES – I would like a prayer partner



## Hebrews 4: 25ff



- So let us continue coming with courage to the throne of God's favour, to obtain mercy and to find spiritual strength to help us when we need it.

