



# Elijah House Ministries Australia

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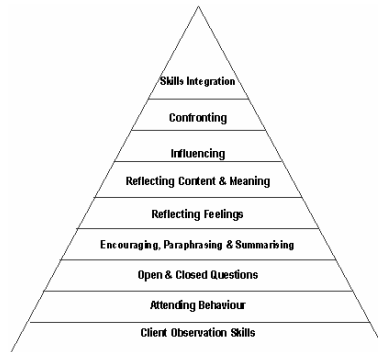
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## Micro-skills Workshops



Micro-skills help us to listen attentively and understand what others are saying. While they are most useful in counselling and prayer ministry, they are also useful in daily communication to ensure understanding.

Elijah House Ministries is conducting two Micro-Skills Workshops in Queensland. On Saturday 27th & Sunday 28th September 2008 at Everton Park, and on Saturdays 1st and 8th November at Bribie Island. The cost is \$100.

You can register through the Resource Centre by phone on 07 5492 8588 or by email [info@elijahhouse.com.au](mailto:info@elijahhouse.com.au).

## Enrichment of our daily lives

*"For in Him you have been **enriched** in every way—in all your speaking and in all your knowledge."* 1 Corinthians 1:5

The Enrichment pages from the Elijah House Ministries Prayer Ministry Training Course Workbooks are a valuable resource for daily living, and are definitely worth revisiting following a course. Each Enrichment is relevant to the preceding lesson in the book, and can be a helpful reminder as we choose daily to discipline ourselves to walk in a new way — like the one below...

## E n r i c h m e n t

### How to Run to God as Refuge When Hurt or Wounded

When we are hurt or in need, and we do not want to have a sinful reaction, we can be tempted to deny the need or hurt by cutting ourselves off from the emotion. We may do this in an effort to "be like Jesus". To suppress a need or hurt is a subtle way for the sinful nature to deceive us. We do not simply come to God, being real with Him about our feelings and sinful reactions, or even about the reality of our pain (Christians aren't supposed to hurt) and allow Him to minister to us. Instead, the sinful nature rises up to say it will help us to be good, and will protect us from sin. ("I won't be angry!")

Our own feelings of hurt, anger or rejection are seen as ungodly; therefore we try to push them away and act "nice". This "niceness" is a potent form of denial. In essence, the sinful nature rises up in a disguised way (remember it is deceitful above measure), offering to save us from the sinful nature—it offers to take care of itself! Either way, whether we sin in wrong reaction, or trusting self to make sure we do not react, the sinful nature remains in control. This is what creates religion: our self-controlled life trying to be good enough to please God, so He might be convinced to save us. ("See how nice I am?") Instead, God would have us trust fully in the salvation He has already accomplished through Jesus Christ.

When hurt, God would have us:

1. Acknowledge to Him that we have reacted to something hurtful (emotion of anger, hurt, jealousy, frustration, etc.). ("Lord, this hurts!")
2. Describe the situation to Him. ("He was unfair!")
3. Choose to release the emotion to Him, forgive the person who offended you, and repent of your own reaction if necessary.
4. Ask God to give you His truth and perspective.

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## Prayer Ministry Centres



The mission of Elijah House Ministries Australia is, *“To call and equip God’s people in prayer ministry to heal relationships.”* This means that our focus and mandate is as a teaching and empowering ministry rather than providing prayer ministry to individuals. However, we are aware of a number of centres that offer prayer ministry based on Elijah House principles, and a list of those centres is available from the Resource Centre by phone on 07 5492 8588, or by email [info@elijahhouse.com.au](mailto:info@elijahhouse.com.au).

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