



## CUTTING AND SELF-MUTILATION (FAITH IN WHOSE BODY AND BLOOD?)

*counsel • self-study • teaching • cell group • life*

**Read the following, and commit to a new view of your body as outlined in the Bible. By signing, you agree to begin a new walk in your life and your habit of self-injury.**

**I understand** that my life and body have been given to me by God, and are not my own to destroy (Genesis 1:27). If I am a Christian, I recognize that my body was purchased by the death of Jesus Christ (I Corinthians 6:20), and now belongs to Him. I also acknowledge, according to God’s Word, that my body is the temple of the Holy Spirit (I Corinthians 6:19), and it is my responsibility to tend to it as such. That means I have no right to relieve emotional pain by harming, cutting, or mutilating my body.

**If I am not a Christian,** I understand that the gift of salvation, through faith in Jesus, has been freely offered to me, and that if I simply believe on the Lord Jesus Christ, I will be saved (John 3:16). If I do not understand this precious truth, I am aware that I may immediately speak to my counselor or mentor for further understanding, and she (or he) will gladly assist me in this regard.

**I acknowledge** that choosing to cut myself in order to find solace, peace, or escape from painful emotions is dishonoring to my body, and that this pattern is created because I have “exchanged the truth about God for a lie, and now worship and serve the creature (myself) over and above the Creator” (Romans 1:25). I recognize that this is my dark attempt to save myself.

**Above all,** I understand that Jesus allowed his own body to be mutilated unto death so that I could be free from the corruption caused by sin: corruption in my thinking, my desires, my cravings, and my behavior (Romans 7:24-25). I also understand that the completed work of Jesus upon the cross has given me everything I need for life and godliness, even when severe emotional pain exists in my heart (I Peter 1:3). From this point forward, rather than attempt to control my feelings or find spiritual comfort by focusing on my own blood, scars and pain (inflicted by self-injury) I will learn to receive and honor what has been given me in the body and blood of Jesus Christ (John 6:52-58). I will also give up on wasteful attempts of punishing myself through self-injury, and will accept the full redemption offered to me in Christ Jesus. I will seek to rejoice in that Christ’s body was raised to newness and perfection through the resurrection, and one day, I too will have a new and glorified body, free of pain, because of the great sacrifice and shedding of blood by the Lord, Jesus Christ (Philippians 3:21). I agree to begin taking refuge in the risen Lord (Psalm 46:1) when painful feelings emerge in my life, and will resist the temptation of blaspheming Him by taking refuge in my own body and blood through the act of self-mutilation.

Counselee Name: \_\_\_\_\_ Counselee Signature: \_\_\_\_\_

Witness Name: \_\_\_\_\_ Witness Signature: \_\_\_\_\_