

Landmines upon Release



By John Thomas and Frank Eyerman



Objective


To equip volunteers to understand the deeper or hidden issues men face during and after incarceration.

In my experience, behavior modification doesn't work. An internal change must take place in the person's life.




What is a landmine?

- In the physical, landmines are explosive devices designed to be detonated by the presence, proximity, or contact of a person. Placed under or on the ground, they can lie dormant for years and even decades until a person or animal triggers their detonating mechanism.
- In the spiritual, landmines are explosive deceptions designed to be triggered by the presence, proximity, or contact of a person, place or thing that poses a real or perceived threat. Placed in the subconscious, these strongholds lie dormant for years and even decades until a person is triggered.

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- The landmine is the hidden root issue. This could be past trauma, hurt, and/or experiences
 - The trigger is people, places, and things that set off the explosion.
 - The impact is the damage and result of the explosion.



The Solution

- ▶ **Detection:** Landmines must be discovered before they can be addressed
 - ▶ **Disarmament:** Once discovered, landmines must be disarmed and removed
 - ▶ **Defense:** Implementing strategies to prevent the enemy from gaining ground
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How are landmines Detected?

➤ To identify landmines which are hidden below the surface, a person must:

➤ **D**esire

When Jesus saw him lying there and knew that he had already been there a long time, he said to him, “Do you want to be healed?” (John 5:6)

➤ **I**nvestigate

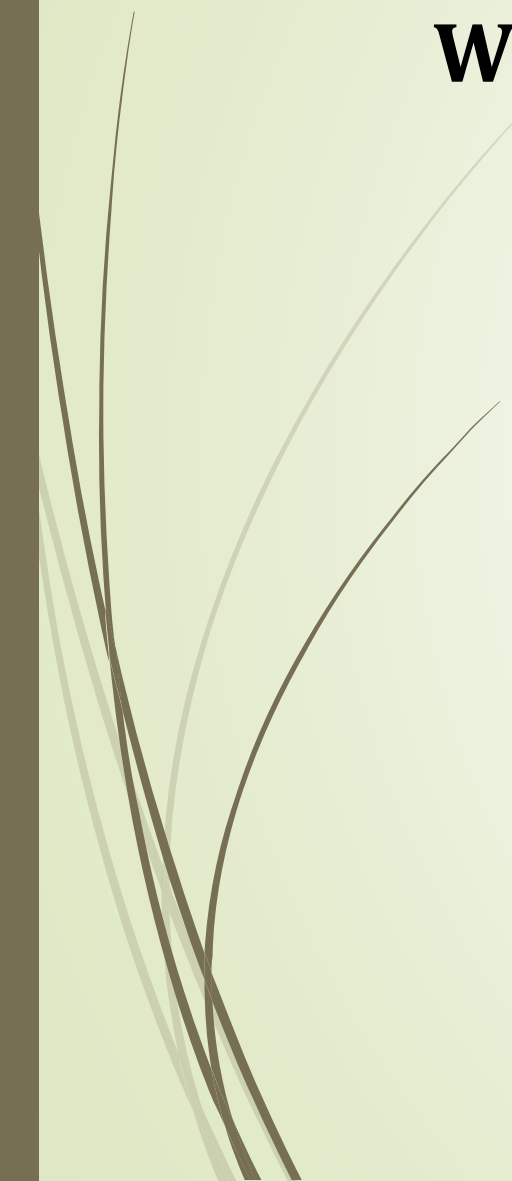
Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. (Psalm 139:23-24)

➤ **G**rounded

For no one can lay any foundation other than the one we already have— Jesus Christ. (1Corinthians 3:11)



What are some of these landmines?

- **Past Hurt** (Cognitive distortions, neglect, or abuse)
 - **Shame and Guilt** (Behaviors or thoughts that violate values or norms)
 - **Fear** (beliefs formed in response to a real or perceived threat to one's physical, emotional, or spiritual security)
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How are landmines **Disarmed**?

- a. By repented living (Turning from sin to God)
- b. By removing roots (Healing)
- c. By renewing the mind (Replacing lies with truth)

Here are the **FACTS** about disarming landmines

➔ **F**orgive

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. (Colossians 3:13)

➔ **A**ccept

So now there is no condemnation for those who belong to Christ Jesus (Romans 8:1)

➔ **C**onfess

To God: If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

To Others: Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. (James 5:16)

➔ **T**ransform

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (Romans 12:2)

➔ **S**pirit

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. (Galatians 5:16)

How do we **Defend** against the enemy's strategies?

Pre – Release

1. Group of believers/identify and discuss landmines
2. Discipleship/Every Man a Warrior (John 15:16, Matthew 28:18-20)
3. Church connection mandatory prior to release

Post Release (Community/Tribe a must)

1. Formerly incarcerated group/weekly/Support group
2. Consistent Church attendance/connect prior to release/church/church small groups
3. Discipleship/Every Man a Warrior



Closing Exercise

- Break up in groups
- Pass out handouts
- Set time for completion of handout
- One handout per group to do as a group
- One person in each group to share results
- Questions or comments