Chapter One

Key Truths About Woundedness

“He heals the brokenhearted and binds up their wounds.” Psalm 147:3

Introduction

I would like to start by saying this study is a very personal subject for me. You will better understand why when you read the story of my woundedness. I must be honest with you that there was a time when I believed Psalm 147:3 above would never be an experiential reality to me.

However, the reason that I am writing this study is because I believe, and have experienced, God’s healing power concerning my woundedness. Additionally, I have also witnessed, through one-on-one ministry, God’s healing hand in the lives of hundreds of people. During the course of this study, I will be sharing many of their stories.

I have written this for hurting and wounded Christians. If you fall into this category, my prayer for you is that this book will not simply be another book for you to read and intellectualize. Rather, you will allow the Holy Spirit to take the truths presented here and give you hope and healing. Therefore, my encouragement to you is to pray through this material and continually ask the Holy Spirit to renew your mind to His truth.

I want to begin with this encouraging word:
No matter how badly that you have been wounded in the past, your God who lives within you, eternally more than you can imagine, WANTS TO heal and WILL heal you of your woundedness.

You may struggle with the truth of this statement at this point. However, I trust that as you go through these truths and seek the Holy Spirit to give you divine insight and begin to heal to heal your woundedness that you will realize that God can and will heal you.

Let’s begin our study by sharing with you my definition of woundedness.

How I Define Woundedness

Woundedness can be defined in many ways, but for the sake of this study I define woundedness as:

An individual(s) or event(s) in your life that has left you believing or feeling that you have been wounded.

The question is: “Have you been wounded?” Let me give you some insight to that question in this next section.

NO ONE Escapes Being Wounded.

“Therefore, just as through one man (Adam) sin entered into the world, and death through sin, and so death spread to all men, because all sinned.” Romans 5:12 (Parenthesis mind)

I used to think that some people could go through life believing that they have escaped being wounded but since all of us were born “in Adam,” none of us escapes being wounded. What do I mean? By being born “in Adam,” I simply mean that we inherited Adam’s fallen DNA. (i.e. shame, guilt, inadequacy, insecurity, unworthiness, fear, self-condemnation, etc.) The following diagram illustrates this truth.

![DNA of Being IN Adam](image)

Before we were saved, our Adamic DNA was susceptible to being “triggered” by messages we heard from our parents, siblings, friends, etc. These messages came in primarily two categories: positive or negative. Here are some examples of positive and negative messages you might have heard growing up.

Negative messages: “You are a failure.” “You will never measure up.” “Is this the best that you can do?” “I don’t love you.”

Positive messages: “I am proud of you.” “You can do it.” “There is nothing you can’t accomplish.” “You are special.”
I can personally speak to the impact of negative messages because that is predominantly the kind of messages I received growing up. These negative messages triggered my Adamic DNA of inadequacy, insecurity, and unworthiness. These repeated messages along with the abuse that I received, led to a deep-seated woundedness.

On the other hand, the positive messages appear to be the kind of messages that we would all like to hear growing up. While that is true, even positive messages can touch our Adamic DNA and create woundedness.

Before we were saved, we interpreted all events through this DNA we inherited from Adam. We had no “truth” filter by which to filter these messages coming into our minds. Therefore, our only “grid” by which we interpreted messages was through our Adamic DNA. Let me illustrate.

Let me share a story to illustrate. I met with a pastor who was addicted to pornography. I asked him to share his story. He told me that he was the first born son (in an Asian family). As such, his father was always affirming him that there was nothing he couldn’t do if he set his mind to.

However, after every sermon that he preached, he heard this message in his mind: “It could have been better.” Even though his father never said this to him, he interpreted his dad’s positive messages through his Adamic DNA of shame, insecurity, and inadequacy to a point that it drove him to pornography every Sunday afternoon.

These Adamic characteristics are continually triggered they can, over time, produce woundedness. In addition to repeated messages we heard, there were actual wounding events that triggered the Adamic DNA. We will discuss this in an upcoming section.

**Before we were saved, we all INHERITED and INTERPRETED life through Adam’s DNA.**

**Exercise:** Write down some of the positive and/or negative messages you heard about yourself growing up.

__________________________________________________
__________________________________________________
__________________________________________________

Write down some of the characteristics of your Adamic DNA listed below that these messages have triggered over time?

<table>
<thead>
<tr>
<th>Self-condemnation</th>
<th>Unworthiness</th>
<th>Rejection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insecurity</td>
<td>Inadequacy</td>
<td>Guilt</td>
</tr>
<tr>
<td>Shame</td>
<td>Fear</td>
<td></td>
</tr>
</tbody>
</table>
Woundedness Can Be OVERT or COVERT

I separate woundedness in primarily two forms: “overt” and “covert.” Let me explain the difference.

1. OVERT Woundedness

You may be reading this and know with certainty that you have been wounded. You may have clear memories of wounding events that took place in your life. This is called “overt” woundedness.

**OVERT WOUNDEDNESS:**

*CONSCIOUS remembrance of wounding events that resulted in woundedness.*

2. COVERT Woundedness

Woundedness can be “covert” as well. By this I mean that you may not be able to consciously connect your false beliefs or wounded feelings of being unloved, rejected, insecure, unworthy, etc. to specific wounding events. The reason being is that these wounding events have been buried in your subconscious. Much like an iceberg that is for the most part submerged, covert woundedness is submerged into your subconscious.

**COVERT WOUNDEDNESS:**

*Is woundedness that results from wounding events that are buried in the SUBCONSCIOUS.*

To bear this out, I recently talked to a lady who had tried to commit suicide twice. She has very strong feelings of rejection and unworthiness, but she could not tie any of her feelings to conscious events of woundedness. The reason is she has buried these events deep in her subconsciousness.

The tendency is that if you can’t recall any wounding events in your life, you might conclude that you are not wounded. However, just because you can’t recall wounding events doesn’t mean that you might have those events buried in your subconscious.

The key question is: “Are you experiencing ongoing beliefs or feelings such as self-condemnation, rejection, shame, guilt, insecurity, being unloved, inadequate, or being unworthy?” If so, then most likely there is some form of woundedness in your past that shows itself in these present day beliefs and feelings.

**Engaging God:** If you are experiencing ongoing beliefs of self-condemnation, shame, guilt, fear, rejection, insecurity or inadequacy but you can’t tie them to any wounding event ask the Lord if He wants to bring to mind some event in your past that you can’t remember.

**My Journey of Woundedness**

In case you have not heard my story, I feel it would be helpful for you to hear about my journey of woundedness for two reasons. First, to let you know how I was wounded. Secondly, to let you know I can empathize with you concerning your woundedness.

My woundedness began at an early age largely due to my dad. The two primary words to describe my dad were “angry” and “controlling.” My dad had to be in control at all times. His controlling attitude was directed toward his three sons and one
daughter. Whenever he felt he was losing control, he would become verbally, physically, and/or emotionally abusive. He had very high standards of performance for his kids, and when we did not meet his expectations, he got angry. We had to succeed at everything that we did because part of his reputation was based on our performance in school, our hobbies, our sports, etc.

For our part we, like every son or daughter, wanted to be loved, valued, and accepted by our dad. We thought that by performing well we would earn those things, and that is what we tried to do. However, every time I thought that I was meeting his expectations, he would raise the bar.

Therefore, even though I performed at a very high level, it was never quite good enough. In addition, when we didn't perform to his standards, then there was physical abuse. Fear of failure and what failure would bring was another result of his abuse. Therefore, by age 18 instead of feeling loved and valued by my dad, I felt inadequate, insecure, unloved, and most importantly rejected.

My mother did not overtly wound me but because I did not feel she protected me from my dad’s abuse, I felt that I was not worthy of being protected. This led to deeper feelings of rejection and feeling unloved.

As we go through the study, I will be sharing how my woundedness impacted me and what God has accomplished in my healing process.

Chapter Two
The Arrows Of Woundedness

Introduction

“Surely he will save you from the fowler’s snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; His faithfulness will be your shield and rampart. You will not fear the terror of night, nor the ARROW that flies by day,” Psalm 91:3-5

As we mentioned in an earlier section, since we were all born into a fallen world, we have all experienced painful “arrows” sent into our lives that have created some form of woundedness. Let’s look at some of those “arrows.”

1. WOUNDING events

You may have experienced wounding events that resulted from one or more of the following:

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual abuse</td>
<td>Emotional Abuse</td>
</tr>
<tr>
<td>Physical abuse</td>
<td>Verbal Abuse</td>
</tr>
<tr>
<td>Father Abuse</td>
<td>Mother Abuse</td>
</tr>
<tr>
<td>Stepparent Abuse</td>
<td>Divorce</td>
</tr>
<tr>
<td>Abandonment</td>
<td>Traumatic Events</td>
</tr>
</tbody>
</table>

Exercise: Write down a specific wounding event that has created woundedness in you.
2. NON-VERBAL (COVERT) arrows of woundedness

As we previously discussed, woundedness does not always have to be an overt act of abuse or trauma. Woundedness can come in covert, non-verbal ways. Let’s look at two of those covert ways.

a. UNSPOKEN messages

With many people that I have discipled, they have shared that they had parents who neglected them or rejected them in non-verbal ways. These non-verbal messages interpreted through their Adamic DNA left them feeling such things as shame, rejection, or unloved.

My dad never said “I don’t love you.” He just never said that he did love me. Those unspoken words left me feeling that I was unloved and unlovable.

UNSPOKEN words can have just as much or more impact as spoken words in producing woundedness.

Exercise: Write down any unspoken messages that have left you feeling insecure, fearful, inadequate, unloved, guilty, shame, or self-condemning.

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__________________________
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b. BODY language

Body language can send very wounding messages to children as well as to adults. I have heard folks say that a particular body posture or gesture by someone opened up old wounds because it reminded them of when their parents used the same body language as an expression of dissatisfaction or rejection.

Exercise: If there are any forms of body language that negatively trigger something from your past write down any body language exhibited by parents, siblings, teachers, that sent wounding messages.

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3. Even a SINGLE event can trigger LONG-TERM woundedness.

To illustrate this point, I have a friend who shared with me that he had a very loving and affirming father while he was growing up. While he was attending college, he realized that he needed to stay an additional year to finish his degree. When he called his dad for financial help, his dad responded by saying this, “You are a loser.”

From that one event, Mark felt he was being rejected by his dad even though up until this point his father had been loving and affirming. He told me that the message was so wounding that he spent the next thirty years of his life trying to prove to his dad that he was not a loser.

Exercise: Write down any single event that you may have perceived from parents, siblings, teachers, that have left you feeling wounded.

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__________________________
__________________________
4. Self-inflicted arrows can come from how EVENTS were INTERPRETED.

I have discipled a number of people who felt that they, as small children, were responsible for their parent’s divorce or that they must have done something to cause their parents to fight. They concluded that if they had behaved better or been more submissive, these events would have never taken place. Several folks said they came away from these situations feeling guilt, shame, and self-condemnation.

Let me share a personal story to further explain. My parents, three siblings, and I were visiting the Garden of the Gods National Park outside of Colorado Springs. I was eight years old at the time. Before we left the park, our parents let us go into the gift shop located in the park. I wandered up and down the aisles looking at all the things I wanted my parents to buy for me. I was so caught up in all the “stuff” that I lost track of time and didn’t realize that everyone had left the gift shop and were getting back in the car.

My mother asked if everyone was in the car and my three siblings said, “Yes.” She never looked back to get a head count. So as I was coming out of the gift shop our car was driving down the hill. I started to panic and ran after the car as fast as my eight year old legs would allow. At some point in my pursuit, the car stopped when my mother realized that my siblings were playing a trick on her (and me).

She was in tears when she saw me sobbing. The point of this story is that my parents did not mean to leave me behind but I certainly interpreted that way. My immediate thoughts were, “They purposely tried to leave me. I must really be the black sheep. I don’t really matter.” Even though that was not the truth, it was the way I interpreted the event that created the woundedness.

Exercise: Is it possible that you may experience self-inflicted woundedness as a result of how you have interpreted events in your life? If so, write down those events and how they still impact you today.

Where Do These Arrows Lead?

Let me illustrate the answer to this question by the following diagram:

![Diagram](image)

We see from this illustration that wounded feelings can lead to false beliefs. From these false beliefs flow fleshly behaviors. If these fleshly behaviors continue to be reinforced they can become strongholds. Let’s look at each one of these more closely.
1. WOUNDED Feelings/Emotions

From the beginning God created us with emotions as part of our makeup. These emotions are part of our “human-ness.” Emotions are a gift from God. They allow us to express our feelings about all that has happened or is happening in our lives.

A noted author writes, “Emotions are God’s indicators of what is going on inside. They are neither good nor bad. They are amoral and are just part of your humanity. Just like you respond to the warnings of physical pain, you need to learn to respond to your emotional indicators.”

When emotions are in line with God’s truth, we are then functioning in them as God intended. However, when our feelings are tied to or flow from our woundedness, they become damaged or wounded emotions and can create internal havoc. Look at the first damaged emotions experienced by Adam and Eve in the Garden of Eden after the Fall:

“Then the Lord God called to Adam and said to him, ‘Where are you?’ So he said, ‘I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.’” Genesis 3:9, 10

The question is, “Why were Adam and Eve experiencing fear?” Before the Fall they never experienced fear, especially fear of God. Why did they hide themselves from God? They hid themselves as a result of their sin and their false belief that they were to be afraid of God. As a result of their independent decision to not believe God, they experienced a damaged emotion of fear that they had never experienced before. This is further evidence of the truth that we inherited Adam’s DNA.

It is one thing to have feelings of rejection, insecurity, unworthiness, etc. We all can have those feelings from time to time. However, when it comes to woundedness, the result can be “wounded” feelings. What do I mean?

Wounded feelings are RECURRING emotions or feelings that are a direct result of your past woundedness.

Exercise: Write down any of the feelings below that seem to be ongoing or recurring?

Fear       Anxiety       Worry       Resentment
Insecurity  Inadequacy   Unworthy    Rejection
Unloved     Anger         Shame        Abandonment
Self-Hatred Grief         Defective    Hopelessness
Violated    Neglected    Unwanted     Loneliness
Self-Condensation

If any of these feelings are ongoing, they most likely are tied to some form of past woundedness.

Engaging God: Ask the Lord to reveal to you if any of your recurring feelings are as a result of past woundedness.

2. FALSE Beliefs

There is a key truth that we must understand when it comes to woundedness.
KEY TRUTH:
From the wounding EVENT and the FEELINGS that come from that event, FALSE BELIEFS are developed.

When we think about our wounding events, we tend to focus on feelings surrounding those wounding event(s). Depending upon the severity and longevity of these wounding events, out of our recurring wounded feelings can come false beliefs about ourselves, about God, and about others. Let me give you some examples:

False belief about ourselves: “I experienced feelings of rejection from my father’s rejection to a point that I believe that I believe I am rejected and/or rejectable.

False belief about God: “I feel angry at God because He allowed my abuse to take place. As a result, I don’t believe He really loves me or that He is really in control.”

False belief about others: “This person can’t possibly love me because my feelings of unworthiness from my mother’s abuse have led me to believe that I am unworthy of their love.”

The key truth about wounding events is that it is not the wounded feelings that keep us in bondage. Rather, it is the FALSE BELIEFS that come as a result of the wounding events that keep us in bondage to our woundeness.

This is why later on in this study we will see God’s process of renewing our false beliefs to the truth which will result in the healing of our woundedness. The next key truth is that from our false beliefs flow fleshly behaviors.

3. FLESHLY Behaviors

“Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions.” Galatians 5:19, 20

What is the overflow of living from wounded feelings and false beliefs?

The OVERFLOW of wounded feelings and false beliefs is FLESHLY BEHAVIORS.

Let me share more of my story to illustrate this truth. Some of my false beliefs were that I was rejected/rejectable, inadequate, and unworthy. The overflow of these false beliefs triggered fleshly behaviors that negatively all my relationships.

I felt angry and bitter towards my father because of his abuse. In addition, I was angry and controlling towards my wife because she could not meet my needs. As a business owner, my false beliefs resulted in being constantly frustrated with and critical towards my employees because they did not perform well enough for me to feel worthy and adequate.

Exercise: Pick some key fleshly behaviors from the FLESHLY BEHAVIORS listed on pages 106-109 that you may be experiencing as a result of your woundedness and write them down below.

__________________________________
__________________________________
__________________________________
__________________________________
Engaging God: Seek the Spirit to reveal any fleshly behaviors that you might have as a result of your woundedness.

4. STRONGHOLDS

From wounded feelings flow false beliefs that produce fleshly behaviors and can eventually result in strongholds. Let me define what I mean by stronghold.

**A STRONGHOLD**

is any REINFORCED fleshly behavior that has such a grip on you that, apart from the POWER of Christ, you CANNOT be set free from it.

Every one of my fleshly behaviors that I shared in the previous section over time became strongholds. They had such a grip on my life that I never thought that I would be set free from them. Can you identify? Having strongholds is dangerous because as you continue live in bondage to them they can produce a sense of helplessness and hopelessness.

I hope this helps you understand where these arrows of woundedness eventually lead us and how negatively they impact every area of our lives.

**Example Of Moving From Wounded Feelings To Strongholds**

A woman that I was ministering to shared with me that as a child she was sexually abused many times by her father. As a result, she had wounded feelings such as, “I feel dirty, worthless, and ashamed.” These recurring feelings were never dealt with resulting in false beliefs that she was inadequate and unworthy. She got married twice to abusive husbands which reinforced her false beliefs and brought her to a place where she concluded that she was not worthy of being loved. Out of her false beliefs she had fleshly behaviors of self-pity, playing the victim, and beating herself up.

Over time these fleshly behaviors became strongholds that she was in bondage to. Then God brought her a very godly husband who loved and cared for her. However, as a result of her strongholds she believed that she was not worthy of this loving husband. The result was that she could not engage in sexual intimacy which eventually destroyed her marriage. The following is an illustration of the feelings, the beliefs based on those feelings, and the stronghold that results:

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I feel dirty and worthless because of my abuse.

As a result, I believe that I am unworthy and inadequate.

Therefore, I don’t deserve to be loved.

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**Summary**

I hope this section has helped you understand the progression of woundedness as we move from wounded feelings to false beliefs to fleshly behaviors and eventually to sin strongholds. In the next chapter we are going to look at the subject of the heart and woundedness.
Chapter Three
Woundedness and The Heart

What Is The HEART?

The word “heart” is referred to in the Bible 795 times. Therefore, I believe that it is important to include the “heart” in the discussion of woundedness. The word “heart” means the human spirit, or it is used to mean the soul. In most of the scriptures, “heart” is primarily associated with the soul. Therefore, for the purpose of our discussion on woundedness, I will be using heart to mean the soul and vice versa. Here are some verses where the heart refers to the soul.

“Be strong and let your HEART take courage, All you who hope in the LORD.” Psalm 31:24

“Though a host encamp against me, My HEART will not fear. Though war arise against me, in spite of this I shall be confident.” Psalm 27:3

“When You said, "Seek My face," my HEART said to You, "Your face, O LORD, I shall seek.” Psalm 27:8

It is always about the heart with God. We believe Jesus with our heart. The Word of God must be sown in our hearts. God speaks to our heart through our human spirit. The heart is also the place where we build rooms to compartmentalize our woundedness.

Exercise: To make this more personal, what labels would you put on your rooms of woundedness? Do any of these apply?

Sexual abuse       Emotional Abuse
Physical abuse      Verbal Abuse
Father Abuse        Mother Abuse
Stepparent Abuse    Divorce
Abandonment        Traumatic Events
Non-verbal messages Misinterpretation of events

Some of these rooms are smaller than others because their impact on our lives is not as great as some of the larger rooms which have a severe grip on our heart. Unfortunately, as we move through life and do not deal with our woundedness, the rooms will grow and occupy more of our heart.

They can eventually totally control our lives and overwhelm us. They are like a “cancer” that will permeate our heart and eventually kill it. Much like heart disease slowly kills the physical heart, woundedness kills our “soulical” heart.
Because of the pain created by these rooms, we put locks on these doors. Why? We somehow believe that if we can lock these memories, feelings, and incidents away, they won’t impact us today. At that point, these rooms become prisons in our heart. We feel that since we have locked away these wounding events, we can walk away from these prison cells in our soul and live life as if these things never happened.

When God comes knocking on these doors in order to heal and to set us free, we don't want Him to enter in. So we stand in front of the door shaking our heads saying “No” to God. The truth is that we are not in front of the door. We are locked inside what has now become a prison for us.

**What will be the RESULTS if we DON’T let God into our hearts to heal?**

What do you think the results might be? I will give you some answers to that question in the next section.

**Questions:** In what ways do you think these rooms of woundedness may be impacting what you think, the choices you are making, and most importantly how you feel about yourself as a person, as a spouse, as a parent, and how you feel about God and others? Is it possible that these rooms are restricting or stifling your spiritual and emotional growth?

Engaging God: If you are having trouble answering these questions, ask the Lord to give you personal insight.

**What Are Some Of The RESULTS If You Don’t Let God Heal Your Heart?**

1. **“DEFAULT” feelings are created.**

   Apart from the healing process we will keep replaying the wounding events over and over with the result that we reinforce the pain and the associated wounding feelings caused by those events. As these wounding feelings are reinforced they will become the “default” that we go to every time an event comes to mind.

   Here is a personal example to illustrate this point:

   Every time that I replayed one of the many wounding events in my mind caused by my father, the feelings of anger and unforgiveness would rise up in me. These feelings eventually became my “default” feelings in that they became automatic every time my dad or a wounding event caused by him would come to mind.

2. **Your strongholds resulting from your woundedness will be REINFORCED.**

   In addition to the default feelings, every time you replay the wounding events you will be reinforcing the strongholds that have resulted from your woundedness.

   Here is a story to illustrate this point. Two of my strongholds were anger and unforgiveness. Can imagine after 48 years of replaying these wounding events and not engaging God to deal with these strongholds how reinforced they became?

3. **We open ourselves to FURTHER woundedness.**

   If we don't allow the Spirit to heal our woundedness, we open ourselves up for further woundedness.
Let me make this point by sharing a story about a man who was made to feel unworthy and rejected by the woundedness from his dad. He did not allow the Spirit to heal that woundedness with the result that over time the woundedness grew deeper and more entrenched. When similar events that caused his woundedness from his dad occurred by others, it peeled the scab off the unhealed wound only to be wounded again.

4. We make COVENANTS or PROMISES to ourselves as a result of woundedness.

Here are some examples of some promises/covenants:

- I will never trust anyone.
- I will never be vulnerable again.
- I will never let anyone get too close.
- I will never feel again.
- I will never love again.
- I will always be strong.
- I will always be in control.

These covenants or promises can impact our lives and eventually those of our spouse, kids, friends, etc.

I will never forget my dad telling me a story about when he was a boy and his dad was a farmer. Even though my dad was only 11 years old, his dad told him it was time for him to learn how to plow. (It was a mule and plow. They didn't own a tractor.)

However, my dad was too small to make the plow work with the result was that his dad beat him. At that point in his life, my dad made a promise to himself. That promise was, “I will never fail again.” Needless to say, the results of that promise not only negatively impacted his life but negatively impacted our lives as well.

Note: These self-made covenants can be unspoken as well as spoken.

Question: Have you made any covenants with yourself as a result of your woundedness?

Engaging God: Ask the Lord to reveal any covenants or promises you may have made to yourself as a result of your woundedness.

5. RESIGNATION – “This is as good as it gets.”

Another result of not letting God heal can move you to a place of resignation. Let’s assume that you received counseling or read books about healing, but no healing took place. Maybe, for awhile, you sought God for healing, but He didn't produce the healing that you expected.

Over time these unmet expectations can take you to the place of resignation where you say, “This is as good as it gets.” This is a very dangerous place to be because you have not only given up on God but you have opened the door for Satan/demons to use your resignation to keep you in bondage to your woundedness.

Remember that resignation can either be conscious or subconscious. You may not be overtly thinking that you have given up on God but your actions and decisions dictate otherwise.

Question: Do you have any feelings of resignation concerning your fleshly behaviors, false beliefs, or strongholds that have resulted from your woundedness?

Engaging God: If nothing comes to mind, consider asking the Holy Spirit to reveal any covenants or promises you may have made to yourself as a result of your woundedness.
6. Unhealed woundedness can produce feelings of HOPELESSNESS

A continuing attitude of resignation can eventually lead to experiencing hopelessness that you will ever be healed. Hopelessness is like a “soulical abyss” whereby you are so consumed by the darkness that you believe your healing is beyond even God’s ability to heal. If you continue in this hopelessness and despair, it can become a self-fulfilling prophecy, and no healing will ever take place.

**Question:** Do you have any feelings of hopelessness concerning your fleshly behaviors, false beliefs, or strongholds that resulted from your woundedness?

7. PSYCHOLOGICAL and PHYSIOLOGICAL disorders can eventually develop.

I have worked with a number of people over the years who have developed psychological disorders as a result of not allowing God to heal their woundedness. Such conditions as depression, obsessive-compulsive disorders, panic attacks, eating disorders, etc. resulted. It is tragic to see how the “cancer” of woundedness invaded not only their minds but their bodies as well.

I won’t be going into this area any deeper because I am not qualified to connect our woundedness to psychological or physiological disorders that we may be experiencing. However, my woundedness can bear this out because it to a psychological depression and physiological condition called chronic fatigue syndrome.

**Note:** If you feel you are experiencing any psychological struggles, I would strongly advise you to seek counseling or psychiatric help.

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**All Of These Things Lead To Hardening Our Hearts.**

All of the things listed in the previous section will lead us to what I call the “hardening” of our hearts. I define hardening of the heart as:

A growing RESISTANCE to God and His healing power.

One of the results of not inviting the Spirit to heal you of your woundedness is a growing desire to protect yourself from further pain. However, through trying to protect yourself from the pain, you end up stiff arming or blocking the Holy Spirit from healing that pain. (We will talk further about self-protection and insulation in the next chapter.)

I liken hardening of the heart to compounding interest of a certificate of deposit (when they actually made real interest). We know that over time the interest on a CD compounds the longer we keep the CD. It is the same way with our woundedness.

As time goes by and you don’t allow God into your locked rooms to heal, then you compound or add to the existing pain with more pain. Over time this “compounding” or hardening of the heart causes you to move further and further away from seeking God as the solution. Eventually you can turn away from God completely and will no longer seek Him as a source for healing. Let me share a story to illustrate:

There was a man that I was discipling who shared with me that his fiancé died in a car accident the day of their wedding 15 years earlier. He said with deep anger, “God killed the only person who ever really loved me.” No doubt that he had been hardening his heart against God for the last 15 years.
Chapter Four

Dealing With Our Woundedness
Independent of God

Introduction

If we do not seek the Spirit of God for healing, then we will try to deal with our woundedness in some of the following ways.

1. Denial

I think that one of the key ways that we try to deal with our woundedness is through denial. Denial usually comes in two forms in relation to woundedness.

a. Denial that a wounding event ever took place.

I have met with a number of people who deny that a wounding event ever took place. However, it was obvious that as I ministered to them they were exhibiting all the signs of a wounded person.

b. Denial that past events impact you today.

Another way of dealing with woundedness is simply to deny that some past wounding event affects your life today. It is what I call the “forget and move on” syndrome. Wouldn't that be nice if that worked? Have you tried to do this? If so, have you really moved on?

The Truth: We may fool ourselves into believing that we can live in denial, but our behavior dictates otherwise. Whether we acknowledge it or not the toxic overflow from our woundedness will be a constant reminder that denial is an illusion.

Engaging God: Ask the Lord to reveal if you are living in denial concerning your past woundedness.

2. Self-Protection/Insulation

Another method of coping with your pain is through self-protection/insulation. Much like insulation in a house protects the house from extreme temperatures from the outside, you believe that you can protect or insulate yourself from further pain associated with those events.

Let me give you an example to illustrate. There was a man who was rejected by his mother from the day he was born until the day that she died. (I mean this literally because she made rejecting remarks about him on the day she died.) He shared with me the many ways that she rejected him and the woundedness that resulted. This man knew and lived Christ as life, but early on in his life he tried to insulate himself from his mother’s ongoing rejection. Before I continue with his story, look at the truth concerning self-protection/insulation.

The Truth: The problem is that self-protection and insulation from the pain is an illusion. The reason is that self cannot protect self or insulate self from woundedness.

Going back to my friend who was rejected by his mother, a series of rejecting events came about later in his life from other people. Since he was living in a self-protect mode, he was thinking that he had sufficiently insulated himself from this rejection. To prove my point that self can’t protect self, these rejecting events exposed his failure to protect himself because he took ownership of their rejection with the result that he lashed out in anger towards them.
**Engaging God:** Ask the Lord to reveal any ways that you might be self-protecting or insulating yourself as a result of your woundedness.

**3. Compartmentalize**

Another way to say it is that you try to compartmentalize these areas of woundedness. Compartmentalizing like trying to put your past woundedness in a bank vault where it is locked away forever, and it will never have any effect on your life ever again.

One of the results of compartmentalization, is to put on masks that portray an image that everything is “okay” in your life and that those events (or the results of those events) are no longer impacting your life.

Another word for compartmentalization is “stuffing.” We try to stuff these events away, hoping that they will go away or, at the very least, no longer negatively impact our lives.

**The Truth:** Compartmentalization is like trying to contain radiation from a nuclear power plant meltdown. Like insulation or self-protection, compartmentalization or stuffing is an illusion. Why? Instead of a bank vault, your pain really ends up in a “soulical” colander where it flows or “oozes” out to negatively impact you, your relationships, and your circumstances. As the old joke goes, it is like putting a screen door on a submarine.

**Engaging God:** Ask the Lord to reveal any ways that you may be trying to compartmentalize the pain of your past woundedness.

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**4. Escape or Anesthetize**

If we can’t insulate or compartmentalize the pain, we look for ways to escape or anesthetize it.

Here are some examples of ways that we try to escape or anesthetize the pain:

- Workaholism
- Shopaholic
- Television
- Pornography
- Medication
- Hobbies
- Sex Addiction
- Overeating
- Movies
- Anorexia/Bulimia
- Computer
- Drug Abuse
- Alcoholism
- Working for God
- Cell phone

Here is a key truth concerning these escape options:

*Using these methods of ESCAPE will only bring TEMPORARY relief from the pain but will NEVER produce healing or freedom.*

Most of these are self-explanatory, but you may be a little puzzled why I put “working for God” as a way of escape. I know of pastors and lay people who have used God to run from God. By this I mean that they are using Christian activity as an unconscious attempt to escape from the pain and from God who will heal their pain. In other words, we can minister to others or work for God to try to cover over our own pain.

Another ploy of working for God is what I call the “let’s make a deal” plan. We make a deal with God by thinking that if we do enough for God that He will heal us. This is a ploy that is very familiar to “doers” like me. It was this “let’s make a deal” plan that drove me for years in my Christian life. I kept thinking that the more I did for God the more He would do for
me. Sadly, nothing changed, and the effects of my woundedness only got worse.

**The Truth:** There is no real escape from the pain and trying to anesthetize the pain will only produce momentary relief but will never produce true healing and freedom.

**Engaging God:** Ask the Lord to reveal any ways that you may be trying to escape the pain of your past woundedness.

5. **Ignoring your emotions.**

When feelings such as anger, sadness, and fear surface that are tied to our woundedness, we simply ignore them. We feel that if we ignore them long enough, they will subside and eventually not resurface again.

You have heard the expression concerning the “elephant in the room.” Imagine yourself being in a room full of elephants that represent the feelings you have that are attached to your woundedness. You think that if you simply turn your back on them or walk around them that they will go away.

**The Truth:** There is no real ignoring or going around your wounded feelings. They are like the wolf at the door always ready to rear his ugly head.

**Engaging God:** Ask the Lord to reveal any ways that you may be trying to ignore the feelings caused by your past woundedness.

6. **Spiritualizing away our woundedness: “This is my cross to bear.”**

Another way that we deal with woundedness is to try to “spiritualize” it away. There are a number of ways that we can do this. We can say that our woundedness is like Paul’s thorn in the flesh. We just need to accept it as a spiritual reality and move on. Some people have told me that their woundedness “is just my cross to bear.” Below is a story to illustrate this.

There was a lady who had two children who died as adults with the result that this created great woundedness. However, instead of seeking divine healing for her woundedness, she felt that this was her cross to bear, and she would make it a point to tell everyone her story. (I don't share this in any way to minimize the grief that she must have felt.)

Instead of her seeking the Spirit for healing, her self-pity produced by the woundedness continued to grow and was being reinforced each time that I heard her tell the story. The result was that her self-pity had become such a deep-seated stronghold that people did not want to be around her.

I am not refuting that we can’t have Pauline thorns or experience suffering, but when we use these spiritual or biblical phrases to justify perpetuating our woundedness, then we have crossed a line that really says, “I can’t be healed or I don’t want to be healed.”

These phrases may sound very spiritual, but I simply call this practice “chocolate covered Alpo” (if you didn't know it, Alpo is a brand of dog food!). In my example, Alpo represents our woundedness and the chocolate syrup represents our spiritual sayings or justifications that we use to cover over our woundedness. While it may look appealing, I have never been able get anyone to take a bite. Would you?

**The Truth:** Trying to spiritualize away our woundedness will only serve to kick the can of our woundedness down the road and will not allow the Spirit to heal us.

**Question:** Is it possible that you are trying to justify your woundedness by believing it is just your cross to bear?
Engaging God: Ask the Lord to reveal if you are, in any way, trying to spiritualize away your woundedness.

7. Playing the victim

Another way of dealing with the pain independent of God is “playing the victim.” By this I mean that we use our wounds to get attention, sympathy, and validation from others. If playing the “victim” card works then it will become a manipulation tool to remain unhealthy and control others to be validated.

The Truth: As we allow the Spirit to renew our minds to the truth and set us free, we no longer have to remain victims of our woundedness.

Engaging God: Ask the Lord to reveal if you are, in any way, trying play the victim.

Chapter Five

Satan/Demons Strategy Is To Keep You Imprisoned To Your Woundedness

Introduction

“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.” 1 Peter 5:8

I believe Satan/demons plays major role in trying to keep us imprisoned to our woundedness. Why wouldn't he since he has a three-fold strategy concerning you and me. That strategy is this:

STEAL, KILL and DESTROY
John 10:10a

Satan/demons will stop at nothing to keep you in bondage to your woundedness and the false beliefs and fleshly behaviors that are tied to your woundedness. The last thing they want is for you to be healed and to be set free. They are strategizing non-stop to keep you locked away in your “soulical” prisons so that you will continue to live from the pain, misery, and hopelessness that those prison cells create. He knows that if you resist God’s healing process, you will continue being “stuck” and will eventually lose your spiritual momentum to seek the Holy Spirit for healing.

Therefore, let’s look at seven strategies Satan/demons (the enemy) uses to keep us on bondage to the lie.

STRATEGY #1 - Satan/demons helped you INTERPRET the messages you were hearing as a young child.
I believe Satan/demons start the minute you are born to help you interpret the messages you heard from your parents, siblings, friends, etc. Here is why:

**Kids are the world’s best RECORDERS but are not able to INTERPRET what they are recording.**

I believe that Satan interpret for children both verbal and non-verbal messages. Part of their interpretation includes attaching these messages to your Adamic DNA. If you received mostly negative messages, then it was very easy for the enemy to attach those messages to guilt, shame, self-condemnation, etc. They can even help you interpret the positive messages by distorting them like they did with the Asian pastor I shared with you about earlier.

This is why it is so critical that parents learn Biblical truths and convey them to their kids to counteract the work of the enemy in their kids’ minds.

**STRATEGY #2 - Keep replaying past wounding events in your mind to REINFORCE or THICKEN the walls of your prison cells.**

The memories concerning your wounding events are permanently stored in your brain. They are like photos on your cell phone or computer that are always there and readily available.

Satan will keep bringing up those memories and the feelings surrounding those memories like a non-stop running slide show. He knows that if you keep taking ownership of the thoughts and feelings surrounding your wounding events, then the walls of your prisons will thicken and be reinforced.

**Question:** Do you find yourself replaying the wounding events over and over again? Is it possible that the source of those recurring memories could be Satan/demons?

**STRATEGY #3 - If you start down the path of spiritual healing, then Satan/demons will pull out all the stops to RESIST you and DRAG you back to the prison.**

You probably have already discovered that when you started your new journey of living from Christ, you felt resistance from Satan/demons. The reason is that as long as you live in the “default” position of living from self, he has no reason to resist you.

However, when you start learning, believing, and choosing to walk in the truth that the Spirit can heal you, then Satan must resist you because the greatest fear of Satan/demons is that you will learn the truth, engage God to renew your mind to the truth and heal you. He primarily accomplishes that by using the next strategy.

**STRATEGY #4 - Satan/demons will INSERT unbelieving, doubting, tempting, fleshly, and condemning THOUGHTS to pull you back into your prisons.**

Satan/demons primary strategy with believers is to insert thoughts into our minds. Below are some examples of some of the thoughts that might be inserted. Please keep this key truth in mind as you read through this section.

*The messages that Satan/demons insert into our minds ALWAYS come in FIRST person.*
a. **Unbelieving thoughts** occur such as “I don’t believe that I can ever be healed.” “I can’t let God in because the pain is too great.” “I can’t let God in to heal because His grace is not greater than my pain.” “God’s power is not enough to set me from the pain, fear, unforgiveness, anger, inferiority that flows from what happened to me.”

b. **Doubting thoughts** occur such as “Does God really care about my pain?” “Is God really able or willing to heal me and set me free?”

c. **Tempting thoughts** occur such as: “I must continue wallowing in the pain. After all, it was a very wounding event. Maybe if I read one more book or go to one more counselor, then I can set myself free.” “I need to keep trying to lock this woundedness away and move on because it is in the past.”

d. **Fleshly thoughts** occur such as “I have the right to be ___________ (bitter, angry, unforgiving, self-hating, inadequate, etc.). My ___________ (dad, mom, stepparent, sibling, former husband, former wife) don’t deserve forgiveness for what they did to me. If I forgive them, I feel like I am letting them off the hook.”

e. **Condemning thoughts** occur such as: “I deserved the ___________ (abuse, woundedness, divorce, abandonment, etc.) that I received.” “I am worthless or dirty.” “I am unworthy of God’s healing.”

**Question:** Are you experiencing any of these thoughts? Is it possible that the enemy is using them to keep you in bondage to your woundedness?

**STRATEGY #5 - Satan/demons will tempt you to keep using your ESCAPE MECHANISMS to try to stop or anesthetize the pain.**

We talked in the previous section about how we try to escape or anesthetize our pain. The enemy will “help” you accomplish that by bringing escape mechanisms to mind and tempting you to use them over and over to keep you trying to escape. Ultimately, he wants to make those escape mechanisms addictions/strongholds.

**STRATEGY #6 - Satan/demons will also use BUSY-NESS to distract you from dealing with your woundedness.**

This is a very subtle but a very effective tool. This is one tool that the enemy has tried to use on me for several years. If the enemy can keep us focused on being busy by focusing on business, hobbies, etc., then we will be too busy to think about the pain.

**Engaging God:** Ask the Lord to reveal to you if you are using busy-ness to escape the pain of your woundedness.

**STRATEGY #7 - Satan/demons will try to keep you on bondage to any UNFORGIVENESS you have towards the one(s) who wounded you.**

This strategy is crucial because Satan/ know very well that unforgiveness cuts off the flow of Christ’s life in us. (In case you have not thought of it, they know the truths of the Bible better than we ever will.)

The enemy uses our flesh to justify and defend our fleshly right not to forgive. He will do this by bringing the event to mind and reminding you of all the pain the person perpetrated on you and stir up again and again the justification for being angry, bitter, and unforgiving.

**Engaging God:** If it is not readily apparent, ask the Lord to reveal to you anyone who you may have unforgiveness towards.
Summary

I hope that this will make you aware of some of the strategies of the enemy to keep you in bondage. We need to be aware that Satan/demons will pull out all the stops to keep you in the prison cells of your woundedness.

Allowing the enemy to tempt, deceive, lie, condemn, and persuade us, is like being attached to a rubber band in that whenever you move towards freedom and healing Satan/demons will “pop” you back into prison.

**Key Truth:** Keep in mind that even if Satan/demons were not in existence, we still have the flesh and the power of sin within us that can accomplish the same objectives as the enemy. However, since Satan and the demonic exist, they will always be looking for ways to keep you from experiencing God’s promised freedom and healing.

Chapter Six

**Woundedness and Your Identity**

“Therefore, if anyone is **in Christ**, he is a **new creation**; the old has gone, the new has come!” 2 Corinthians 5:17

**Introduction**

Woundedness and our identity go hand in hand because the result of our woundedness is the creation of false beliefs about ourselves that produce a false identity.

**Why Is It Crucial That We Understand Our TRUE Identity?**

Why is it so important to know and live from our true identity? There are two reasons. One is that without knowing our true identity in Christ we will continue to live from false beliefs about ourselves as a result of our woundedness.

Secondly, it is essential to know the truth of your true identity because the Spirit will use His truth to renew your mind and set you free from your false beliefs and your false identity. Therefore, in the rest of this chapter we will learn:

- How your false identity was built,
- How your false identity impacts your life.
- The fleshly behaviors that result.
- What God did at salvation to give you a new identity.
- The characteristics of your new identity.

**How We Build A False Identity**

As we said previously, when you were growing up, you heard positive and negative verbal and non-verbal messages from parents, siblings, friends, teachers. If these messages
were not based on the truth then the following occurred:

If these messages were REPEATED often enough, they eventually formed FALSE BELIEFS.

Here are some additional examples of false beliefs:

**I believe or feel that I am a:**

- Unworthy
- Rejected/Rejectable
- Anxious
- Weak
- Insecure
- Self-hating
- Shameful
- Unwanted

**PERSON**

**Exercise:** Write down any of the above beliefs that you feel or believe are true of you.

______________________________________________________________

______________________________________________________________

As a result of my negative messages, I came to believe that I was a rejectable, insecure, inadequate, and unworthy person.

**How Your False Identity Impacts Your Life**

These repeated messages and eventual false beliefs created in me a deep-seated woundedness. For 48 years, these false beliefs were reinforced with the result that my heart had become very hardened. Why? Because I did not know the truth about God’s process of healing and I was never taught in those my true identity in Christ. So how will continuing to live from your false identity negatively impact your life?

Not knowing your TRUE identity will keep you in BONDAGE to the woundedness created by living from your FALSE identity.

That is why knowing and living from our true identity in Christ is so crucial to understand. Apart from knowing and believing who God says we are, we will continue to live from (and reinforce) our false beliefs.

The result of living from false beliefs(false identity) is summed up very well by the words of my counselor friend, Perri Dupree, who said:

“Those wounds become your internal experience of self and block God’s view of self from ever becoming experiential.”

**The Overflow Of Living From Our False Identity Is FLESHLY Behaviors**

Let me begin this principle by defining fleshly behaviors.

Fleshly behaviors are self-centered, sinful ATTITUDES that result from having FALSE beliefs about ourselves.

Here are some examples of fleshly behaviors in Galatians 5:19-21
“Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these......” Galatians 5:19-21a

Living from your false beliefs about yourself will result in fleshly attitudes or fleshly behaviors.

Here are some more examples of fleshly behaviors that flow from our false beliefs: anger, people-pleasing, unforgiveness, envy, controlling, manipulation, being passive-aggressive.

Exercise: Go to end of the study and choose from the FLESHLY BEHAVIOR’S list on pages 106-109 and write below five fleshly behaviors that are most prevalent in your life.

__________________________________________________
__________________________________________________
__________________________________________________
__________________________________________________
__________________________________________________

Fleshly behaviors are a “toxic” overflow that result from your false beliefs created by your woundedness. As long as you stay in bondage to your false identity, your woundedness will continue to compound and your heart will continue to harden.

Example of The Result of Living From A False Identity

A man shared with me that he grew up with a controlling mother who controlled every move that he made. When he did not perform to her standards, she made a point of letting him know that. Her controlling created wounding feelings of inadequacy and worthlessness. These feelings over time resulted in false beliefs of inadequacy and insecurity. As a result of his false beliefs, he shared with me that he had fleshly behaviors of being angry and controlling.

What God Did At SALVATION To Give You A New Identity

“What God Did At SALVATION To Give You A New Identity

“Knowing this, that our old self (old identity) was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin.” Romans 6:6 (Parenthesis mine)

“Therefore, if anyone is in Christ, he is a new creation; the old things (old identity) has gone, the new things (new identity) has come!” 2 Corinthians 5:17 (Parenthesis mine)

What God did at salvation was to take you out of being IN Adam and placed you IN Christ. He did this by crucifying your old self (old identity) and replacing it with a new identity according to Romans 6:6 and 2 Corinthians 5:17 above. Another way of saying it is this:

God replaced your ADAMIC DNA with CHRIST’S DNA.

Your old identity was your old DNA in Adam. However, now that you are saved, God gave you a new DNA (new identity) in Christ. The following diagram illustrates this truth.
God Took You Out Of Being **IN** Adam and Put You **IN** Christ

**IN ADAM**
- Self-Condemnation
- Unworthiness
- Insecurity
- Inadequacy
- Rejection
- Guilt
- Shame
- Fear

**IN CHRIST**
- Righteous, Worthy, Humble
- Unconditionally loved, Secure
- Acceptable, Patient
- Forgiving, Complete, Wise
- Compassionate, Discerning, Adequate
- Thankful, Confident
- Selfless, Joyful
- Peaceful, Sacrificial

Now that you have a new identity, let’s look at some of the characteristics of your new, true identity in Christ.

**The Characteristics Of Your NEW, TRUE Identity**

Here are some of the characteristics of your TRUE IDENTITY in Christ:

- Romans 8:35, 38-39 **In Christ, I am unconditionally loved.**
- 1 Corinthians 15:57 **In Christ, I am victorious.**
- Psalm 71:5 **In Christ, I am confident.**
- Psalm 56:4 **In Christ, I am fearless.**
- 2 Corinthians 9:8 **In Christ, I am sufficient.**
- Psalm 139:14 **In Christ, I am worthy.**
- 2 Corinthians 3:5 **In Christ, I am adequate.**
- Romans 8:37 **In Christ, I am more than a conqueror.**
- Ephesians 6:10 **In Christ, I am strong.**
- Romans 15:7 **In Christ, I am accepted and acceptable.**
- Colossians 3:13 **In Christ, I am a forgiving person.**
- Colossians 2:10 **In Christ, I am complete in Him.**
- Galatians 5:1 **In Christ, I am free.**
- Colossians 3:12 **In Christ, I am compassionate, humble, kind, patient.**
- Psalm 139:5 **In Christ, I am secure.**
- Ephesians 1:1 **In Christ, I am a saint.**
- John 15:13 **In Christ, I am sacrificial.**
- Philippians 2:3 **In Christ, I am others focused.**
- Galatians 5:22, 23 **In Christ, I am joyful, peaceful, patient, kind, good, faithful, gentle.**
- John 1:12 **In Christ, I am a child of God**
- John 15:15 **In Christ, I am Christ's friend.**
- Colossians 3:12 **In Christ, I am chosen of God, holy, and dearly loved.**
- Hebrews 3:14 **In Christ, I am a partaker of Christ.**

**Questions:** Write down three of the characteristics listed above that you most want to experience?

- __________________________________________________
- __________________________________________________
- __________________________________________________

What are some of the characteristics of your true identity listed above that you don't believe are true of you?

- __________________________________________________
- __________________________________________________
- __________________________________________________

Is it possible that you are not experiencing those characteristics due in part to how your woundedness has impacted what you believe about yourself?

Knowing, understanding and learning to live from my true identity radically changed the way I looked at myself. As the Lord, over time, renewed my mind to the truth of my new...
identity in Christ, He replaced my false beliefs of inadequacy, insecurity, unworthiness, and rejection with my new identity in Christ of adequacy, security, worthiness, and acceptance. A crucial part of my healing took place as I was persuaded by the Spirit of my new identity. Therefore, it is important to remember this key truth:

**As God RENEWS your mind to the truth of your true identity, you NO longer have to live from your false identity and the woundedness associated with it.**

Let me share a story to illustrate. There was a lady who was sexually abused by her stepfather. As a result, she believed and felt that she was rejected and unworthy to be married. When she got married, her false beliefs of unworthiness and rejection along with her woundedness from her stepfather began to sabotage her marriage.

However, when she learned and began to walk in the truth that she was totally worthy and adequate in Christ, her damaged emotions of inadequacy and unworthiness caused by her woundedness were replaced by feelings of adequacy and worthiness. As a result, she and her husband experienced a Christ-centered marriage.

**Engaging God:** Ask the Lord to begin persuading you that you have a new identity and no longer have to live from the woundedness produced by your old identity.

**Summary**

What you feel or what you believe about yourself as a result of your woundedness that contradicts God’s truth is a lie. You have a new identity. It is who you REALLY are regardless of how you otherwise feel or believe. God crucified your old identity (Romans 6:6) and gave you a new identity (2 Corinthians 5:17). Therefore, it is crucial to allow the Spirit to heal your woundedness so that you can walk in the truth of your true identity.

**Note:** If you would like a more in-depth study of your true identity, I would encourage you to go to our ministry website: www.christislifeministries.com. On the home page you will find a DISCIPLESHIP icon, Click on that icon and it will take you to the Discipleship page. On that page you will see a study called *Do You Know Your True Identity?* There is a curriculum that you can download and a DVD series based on the study that you can watch online.
Chapter Seven

The Impact of Woundedness

The Impact of Woundedness Concerning Unmet Needs and Emotional Immaturity

1. Woundedness and Unmet Needs

We were all born with what I call “God-given” needs of unconditional love, acceptance, value/worth, respect, and security. It is essential that these needs be met. The first place in life where we try to get those needs met is from our parents. Here is a key truth before we go any further:

No matter how good or bad your parents were, they were NOT capable of MEETING your God-given needs.

If we can’t get them met from our parents, siblings, friends, etc. where will we get them met?

No matter how good your parents were, they were NOT capable of MEETING your God-given needs.

Only God can meet your God-given needs of unconditional love, acceptance, value/worth, respect, and security according to Philippians 4:19

“And my God will supply all your needs according to His riches in glory in Christ Jesus.” Philippians 4:19

Not getting our God-given needs met can lead to wounded feelings of rejection, insecurity, unworthiness, disrespect, and being unloved. Therefore, as we learn and experience getting our needs met in Christ, we will be healed from those wounded feelings.

2. Woundedness and Emotional Immaturity

The following truth is key concerning our God-given needs.

If we do not get our God-given needs met through Christ, it will RETARD or RESTRICT our EMOTIONAL maturity.

Let me give you an example to illustrate. I know of a lady who was abused by her dad as a young girl. This abuse left her feeling unworthy and rejected. Because her needs of worth and acceptance were not met, these unmet needs blocked her from growing emotionally. Even though she is now an adult, she has the emotional maturity of a teenager.

It is the same with all of us. To the extent that we are not getting our God-given needs met because of our unhealed woundedness is the extent to which we are stuck emotionally. Think about this verse for a minute.

“When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things.”

1 Corinthians 13:11

What Paul is referring to is spiritual growth as opposed to just getting older physically. The problem is that if we don’t experience healing, then we never grow up, and we revert to childish things (i.e., fleshly behaviors) which are the outflow
of our woundedness from anger, controlling, manipulation, selfishness, etc.

Therefore, it is crucial to seek Christ to meet your God-given needs so that there will be healing and the ability to grow up emotionally.

**Question:** Are you getting your God-given needs met in Christ? If not, is it possible that by not doing so, you are keeping yourself from growing spiritually and emotionally?

**The Impact of Woundedness Concerning Your Concept of GOD**

I want to spend some time discussing this issue because most of us struggle in this area. As I shared earlier, our woundedness can result in false beliefs about God. When it comes to wounding events, I often hear, “Where was God when I was being molested, abused, abandoned, etc.?” The follow-up to this remark is: “If God loved me, or if He was in control, why did He let this happen to me?”

We liken God to a “divine” ostrich who has His head stuck in the sand when it comes to our struggles. If we take ownership of such thoughts and continue to reinforce them, they can negatively impact our concept of God.

God says that He is good, that He loves us, and that He is in control. If that is true (and it is), we ask why didn’t He intervene or prevent these wounding events from occurring? The first truth that we need to understand is that what God says about Himself is true. There is no compromising of His truth. The problem is that we take God’s truth and tie it to our expectations.

What I mean by this is that our expectation (using the example above) is that we expect God to intervene or prevent the wounding event if He really is good, if He really loves me, and if He really is in control.

When God does not meet our expectations, we tend to doubt His goodness, His love, and His sovereignty. In regard to this, here is a key truth to remember.

**Just because God DOES not, or DID not, meet your expectations, does NOT change His character.**

Our problem is that we are finite people dealing with an infinite God. We ask the “Why” questions, and when we don’t get answers, then we get frustrated or angry with God.

If you would like my explanation for why a good, loving, and sovereign God does not intervene is because He has given fallen, sinful man free will. We can choose to use our will to molest, abuse, and wound other people. (We can also use it to abuse ourselves or commit suicide.) Since God has given sinful man free will, He allows man to commit these wounding events. However, His promise is that He WILL work every wounding event together for “good” (Romans 8:28). What does God mean when He uses the word “good?” Let me use my story to explain.

Before I share that part of my story, I want you to know that for 48 years I asked the “why” questions about my dad’s abuse. I shook my fist in anger at God for not intervening. I even walked away from Him at one point. So if that is where you are today, I have been there. I do understand how you feel. However, this loving, compassionate, pursuing God eventually drew me back to Himself and began working out all of my abuse from my dad for “good.” What does that “good” look like?
On my road to healing, I learned that part of my abuse resulted from his dad’s abuse toward him. I was stunned when I heard about the horrible abuse that my dad suffered from his dad. The “generational” sins of his father were definitely passed down to me. Trust me, I am not excusing my dad’s abuse. It was sin. However, I realized that my dad was never taught about the life we have in Christ. Therefore, he had no idea what it meant to be transformed even though he was a Christian. The result, like for all of us, is that he was an abuser because he was in bondage to his flesh and Satan.

Another part of the “good” is that God healed me and transformed my heart so that not only would I be willing to forgive my dad but I was also able to forgive anyone else who offended me. It was through the healing and the freedom that I realized that God was a good and loving God even though He allowed the abuse to take place. Remember that the enemy will even use the scriptures about God’s character to cause you to doubt or to turn away from the only One who can heal you.

Going back to the story about the man whose fiancée was killed the day of his wedding. As I mentioned, he was very angry with God and had stayed angry for 15 years. When he came to me he had built up a deep-seated anger towards God. However, that did not change the fact that God could and eventually worked this whole situation for good. Over time, God persuaded this man that even though He allowed this event to take place, He loved him and was in no way trying to punish him. It was truly supernatural to watch the Lord open this man’s eyes to the truth of God’s love and goodness.

Questions: Do you find yourself asking God the “why” questions concerning your woundedness? If so, how does that affect how you feel or what you believe about God? Do those feelings or beliefs line up with what God’s truth says about His character?

Chapter Eight

Key Truths About God’s Healing

Before we look at God’s process of healing, I would like to take a look at some key foundational truths about healing.

1. Our ONLY hope for healing is in Christ THE HOPE.

“to whom God willed to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, THE HOPE…..” Colossians 1:27 (Emphasis Mine)

“Therefore, prepare your minds for action, keep sober in spirit, fix your HOPE completely on the grace to be brought to you at the revelation of Jesus Christ.” 1 Peter 1:13 (Emphasis Mine)

Christ is not only THE Life (John 14:6), He is THE Hope. There is no other hope that we can have for healing other than Christ Himself. Since you have the fullness of Christ in you, you have all THE Hope that you need. “Hope” defined in the New Testament means “confident expectation.” The world view says, “I hope that it may happen” while Christ as THE Hope promises that it will happen. This is why we are God-seekers. He is our hope.

Human hope says: “I hope to see the light at the end of the tunnel concerning my healing.”

Christ-hope says: “I (Jesus) AM The Light at the end of the tunnel.”

Human hope says: “If I read one more book, go to one more counselor, or hear one more sermon, I can be healed.”

Christ-hope says: “I (Jesus) may use a book, a counselor, or a sermon, but I am the ONLY one who can heal.”
**Human hope says:** “I am running out of hope.”  

**Christ-hope says:** “I (Jesus) will provide an endless supply of hope.”

One of the Satan’s key strategies is to rob you of your hope. He knows that if you lose hope in God, you will truly be hopeless. However, we know this is a lie because Christ THE HOPE lives in you.

One more key point is that you cannot be the source for healing. Only Christ can be the Source. (John 14:6)

**Engaging God:** If you are feeling hopeless about your healing, seek Christ to persuade you that He is your hope. The result of Him being your hope is that He will heal you.

2. **Christ can EMPATHIZE with your woundedness.**

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.”

*Hebrews 4:15*

Look at all the woundedness that the Lord endured in three short years. He was scorned, ridiculed, rejected, judged, and abused. People hated Him, reviled Him, were bitter against Him, and threatened Him. People let Him down, they walked away from Him, they misunderstood Him, and after all this they crucified Him.

Trust me when I say that Jesus feels your pain. As painful as your woundedness is, would you trade it for what Jesus went through? The primary reason that He went through this pain is to know what woundedness is and what the associated pain feels like. His humanity did not like it any better than yours does, but He can very deeply and personally empathize with your pain and can comfort you in the midst of it.

**Engaging God:** If you struggle with that fact that you feel all alone in your pain, ask Christ to comfort you because He knows very well the pain that you are going through.

3. **God WILL heal you.**

“He heals the brokenhearted and binds up their wounds.”

*Psalm 147:3*

Think about the first two words of this verse: “He heals.” David does not say “I hope He heals or He will heal.” He says simply, “He heals.” I trust that if you are experiencing woundedness and are feeling a little hopeless that these two words bring you comfort. Why? Because David is bearing witness that God heals because that is what He has done in David’s life. This isn’t just a theological concept. It is a living, breathing reality in David’s experience.

I can personally concur with David that God heals. We certainly have a part to play as we will see in the next lesson but for now let those two words seep into your heart. Especially if you are struggling with believing God will heal. You see it is one thing to know God will heal. It is another thing to believe He can heal. Knowledge that God heals will not transform you. Believing that He heals will be the divine catalyst for your personal healing.

If you are reading this and struggling with believing He heals, you can say the same thing the man said in Matthew 9:23,24:

And Jesus said to him, “‘If You can?’ All things are possible to him who believes.” Immediately the boy’s father cried out and said, “I do believe; help my unbelief.” *Matthew 9:23, 24*

First of all, Jesus confirms that if you believe, He will heal. However, if you are where the man is in this verse, then you can pray, “Lord help me with my unbelief.” Another way of
saying this is “Lord, persuade me that You can and will heal.”

**Engaging God:** If you are struggling with unbelief, seek the Lord to persuade you that He can and will heal.

**4. The KEY to healing is for the Holy Spirit to transform what you BELIEVE.**

“And do not be conformed to this world but be **transformed** by the **renewing of your mind**…” Romans 12:2a

Remember that we said early in this study that the real problem is not the wounding event nor the feelings that come from that event. Rather, the real source of ongoing woundedness is the **false beliefs** that result from the event. Therefore, what God will do as we seek Him to renew our minds is to transform our false beliefs that resulted from our woundedness into the truth.

To illustrate, I use to replay in my mind a very wounding event from my dad over and over again. Every time I replayed it, I felt the same feelings I did when the event took place of guilt, shame, and unworthiness. It was like a reliving this nightmare over and over again. However, when God renewed my mind and transformed my false beliefs, I can now go back to that event and I no longer feel the feelings that came from that event.

**Engaging God:** Begin seeking the Lord to renew your mind to the truth and to set you free from your false beliefs that resulted from your woundedness.

**5. The Lord is CONSTANTLY knocking on the door of your heart to come in and heal you. Will you LET Him in?**

“**Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him**…” Revelation 3:20

Some folks have told me that God is not able or willing to heal them of their woundedness. That simply is not true. The Lord knocks and will keep knocking on the door of your heart. The question is: “Are you willing to open the door of your heart and let Him in to heal?” Jesus is asking you the same question he posed to the man at the pool of Bethesda:

“….**Do you wish to get well?**” John 5:6b

**The Lord IS willing to heal.**

**Are YOU willing to let Him?**

**Engaging God:** Knowing that Christ is knocking at the door of our heart, open the door by faith and let Him in to heal.

**6. God will DESTROY the lie that you can’t allow the Lord in to heal because it is too painful to do so.**

“I can’t allow the Lord in this room because it will be too painful.” I hear this response more than any other. However, if you were never really able to keep your pain locked up in the first place, the truth is that you have been carrying that pain around with you ever since the wounding event(s).

I call this “familiar” pain. For some of us, we have been carrying around the “familiar” pain so long that we don't even recognize it any longer as pain. Therefore, when God comes knocking on the door to heal us, we become fearful of the potential “unknown” pain that may come about through the healing process.

The lie, either perpetuated by your own mind or inserted by Satan, is that the healing process will be **too painful**. Let me ask you a question, “What continues to happen with your pain
if you don't allow the Holy Spirit to heal you?” Remember that unhealed pain is like compounding interest. The pain will only get worse and will have a deeper negative impact on every area of your life.

Let me ask you another question. “When you have a cut that requires stitches, and you are in intense pain, why do you go to a doctor?” You know that the process of stitching will create, for the moment, more pain, but you let the doctor stitch because you know that it is the only way to get healing. This is just like soulical healing. Yes, there may be some pain (though not always) in the process of healing, but the end result will be healing.

**Engaging God:** If this is the place where you are with God and His healing process, ask Him to give you the willingness to let Him in to heal your pain.

7. Satan was DEFEATED at the cross. Therefore, you no longer have to take ownership of his lies, his deceit, or his condemnation.

“And because you belong to Him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.” Romans 8:2

One of the glorious results of Christ’s death on the cross and ultimate resurrection was that Satan and his demonic forces were defeated once and for all. Since you, as a born again Christian, contain all of the Spirit’s power, you can walk in dependence on that power to defeat every one of Satan’s strategies to keep you in bondage to your woundedness.

8. **Without FORGIVENESS there can be no healing.**

The issue of forgiveness is paramount as part of the healing process because most people’s woundedness was created by another individual. That is why I want to dedicate these next few pages to explore this subject in depth.

“**Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.**” Colossians 3:13

Forgiveness usually comes in three forms:

- **Forgiving another person who wounded you.**
- **Forgiving yourself.**
- **Forgiving God.**

This section is primarily going to focus on forgiving another person. I will touch on the other two forms of forgiveness as well.

**A. UNFORGIVENESS**

I save this for last because forgiveness is such a difficult and yet such a necessary part of the healing process. Forgiveness may not only be toward your abuser/wounder, but some of you may need to also forgive yourselves. You may have to forgive yourself because you may be holding yourself responsible for the wounding event.

1. **What is UNFORGIVENESS?**

Usually this process starts with an expectation. When that expectation is blocked or not met, an offense occurs. From that offense a debt is incurred. In other words, your attitude toward the person who offended you is, “You now owe me something.” This is the beginning of unforgiveness. Mix this attitude with your fleshly “right” not to forgive, and an attitude of unforgiveness sets in.
2. The LIE About Unforgiveness

THE LIE
When someone offends you, rejects you, or is sinful to you in some way, you believe that you have the RIGHT NOT to forgive them.

3. REASONS Why We Do Not Forgive

The following are some reasons why we don’t forgive:

- Pride - forgiving someone makes me look weak.
- If I were to forgive, I might lose control.
- Revenge - the person has to pay for it. They need to be punished and learn a lesson.
- Forgiveness seems too easy and unfair. It seems like I'm overlooking or condoning their sin.
- I don't "feel" like forgiving.

Questions: Are you holding any offenses against anyone? If so, do any of the reasons given above apply to you?

Engaging God: Ask the Holy Spirit to reveal to you if you are not forgiving your offender for those reasons.

4. What Are Some of the RESULTS of Unforgiveness?

If we choose not to forgive, what will be some of the results?

1. It cuts off the flow of Christ’s life in you.
2. Inner turmoil or struggle exists.
3. You continue to take an inventory of offenses against your spouse or another person.
4. Emotionally it can cause stress, anxiety, and even depression.
5. It allows Satan to gain a foothold and eventually a stronghold in your life.
6. It eventually poisons all your relationships as your unresolved anger creates a critical and cynical spirit within you.
7. It leads to bitterness.

Question: Are you experiencing any of the above due to your unforgiveness?

Engaging God: Ask the Lord to expose in you any of these results of your unforgiveness.

5. Ultimately, Unforgiveness IMPRISONS You.

When you have an attitude of unforgiveness toward someone, you have placed yourself in your own prison. Through unforgiveness you are now being controlled by the person that you have not forgiven.

Unforgiveness obscures the presence of Christ’s life in you, and it keeps you in bondage. You might keep this in mind when you are tempted not to forgive. Just imagine the person that you have not forgiven shackled to your leg. You are dragging this person’s body around with you everywhere you go.

Question: Have you realized before now that the only person imprisoned by unforgiveness is the one who is not forgiving?
**Engaging God:** Ask the Holy Spirit to reveal to you if you have any unforgiveness in your heart or if you are holding on to any offenses against anyone.

**UNFORGIVENESS creates a PRISON for the person who has not forgiven.**

6. Unforgiveness Builds A “WALL” Between You and The Person That You Have Not Forgiven.

When you build a brick wall, you have to do so one brick at a time. Imagine each offense being a brick. When an offense occurs between you and another person and is not dealt with, then brick by brick a wall is being built between you and them.

**Engaging God:** Ask the Holy Spirit to reveal to you if you have begun building a wall between you and another person due to past offenses.

B. The TRUTH About Forgiveness

1. **Truth #1 - In The MIDST Of Your Sin God Forgave You.**

   "And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions” Colossians 2:13

   God did not wait for us to confess and repent of our sins before we were forgiven. How does this apply to you?

2. **Truth #2 - Since God Forgave You, He NO Longer Holds Any Sin Against You.**

   “having canceled out the certificate of debt consisting of decrees against us and which was hostile to us; and He has taken it out of the way, having nailed it to the cross.” Colossians 2:14

As we previously discussed, unforgiveness is created when one person offends another person, and the offended person takes ownership of the offense. The analogy that I use is a card box. Imagine that every time when you take ownership of an offense that you write it down and put it into a card box.

If not dealt with, over time you will have a card box full of offenses. The question is, “How many cards do you believe that you should have in your box?” You are right. The answer is NONE! If we take ownership of the offense, then we should forgive immediately. We don’t have to add any more cards to our “offense” box. God wants us to **not** take ownership of the offense. If we do, He wants us to forgive immediately.

**Be sure that you NEVER have any offenses in your OFFENSE box. Forgive IMMEDIATELY when offended.**
3. Truth #3 - You Have NO Excuse For Holding An Offense Against Another Person.

“He has removed our sins as far from us as the east is from the west.” Psalm 103:12

“I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.” Isaiah 43:25

When we read the passages above, we can see that God has not only removed our sins, but He also no longer remembers them. In other words, He no longer holds the offense against us. If He no longer holds the offense against us, doesn’t it stand to reason that we are not to hold any offense against another person? Paul answers this question in Ephesians 4:32:

“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

REMEMBER:
The Lord is NOT asking you to forgive the offense. He is ONLY asking for you to forgive the offender.

4. Truth #4 - When God Forgives, Forgiveness Is COMPLETE.

“It is finished.” John 19:30

When Jesus said on the cross “It is finished,” He was saying, “I have paid everything in full.” Therefore, when you forgive, you must TOTALLY forgive the person who has offended you.

C. What Are The RESULTS of Forgiveness?

1. First and foremost it RESTORES Christ’s life flowing through you.

“I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing.” John 15:5

We said earlier that unforgiveness cuts off the flow of Christ’s life in you. Conversely, forgiveness allows the flow of Christ’s life, love, acceptance, etc. to continue.

2. Forgiveness is the first step in HEALING or RECONCILING a broken relationship.

“If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, 24 leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering.” Matthew 5:23, 24

Your part is to forgive and be willing to restore the relationship. Your forgiveness of another person is never contingent on whether they receive it or not. If you are walking in Christ’s humility and forgive the offense, God honors that step on your part in restoring the relationship.

3. Forgiveness allows you the FREEDOM to unconditionally love and accept the offender.

“It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.” Galatians 5:1
Forgiveness will tear down the walls of your prison and set you free. You can now walk in the freedom that you have in Christ. In addition, you are now free to love and accept the offender unconditionally.

Questions: Where are you in regards to your forgiveness of your abuser/offender? Have you forgiven them? If not, what is keeping you from forgiving them? Do you understand the results in your life if you don’t forgive?

Engaging God: Seek God to expose why you are unwilling to forgive and seek Him to give you the willingness to forgive.

D. ACTS Versus ATTITUDE of Forgiveness

“So, as those who have been chosen of God, holy and beloved, put on a HEART of …. forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.” Colossians 3:12b, 13a (Emphasis mine)

People have told me that they have forgiven their offender. However, that does not mean that they have an attitude or a heart of forgiveness toward that person. You see, there can be an “act” of forgiveness toward someone in a moment for the wounding event that they caused.

Depending upon how deep the wound is, an “attitude” or a heart of forgiveness may be a much longer process. God’s ultimate objective is to transform you so that you will have an attitude of forgiveness. Let me give you an example of what I mean.

A man was sharing how three men in his life rejected him in different ways. He told me that he had forgiven them, but every time that he or I brought them up, he got angry. What I concluded was that even though he had forgiven them, his woundedness caused by them was not healed.

Therefore, every time that he thought of them it was like sticking a knife into that wound and feeling the pain all over again. Even though this man had expressed acts of forgiveness toward these men, he did not have an attitude of forgiveness because his woundedness had not been healed. This brings us to a key truth concerning an attitude of forgiveness:

An ATTITUDE of forgiveness takes place when the woundedness associated with the wounding event(s) has been HEALED.

Think about this: If your woundedness is not healed, you will have to forgive over and over again every time that person or the offense comes to mind. Therefore, God wants to heal you so that person no longer pushes your buttons of unforgiveness.

This is one of the great freedoms of unforgiveness. Over time I experienced this with my dad. Even though I had forgiven him, it took the Spirit some years to heal me from that woundedness. The result is that I can think of my dad, and I no longer harbor unforgiveness toward him. In fact, it freed me up to eventually love him even though he passed away prior to my healing.

Therefore, even though you may have made acts of forgiveness, an attitude of forgiveness may be a longer process because healing may be a long process. Another way of looking at a heart of forgiveness is in Matthew 18:21,22:

“Then Peter came and said to Him, ‘Lord, how often shall my brother sin against me and I forgive him? Up to seven times?’ 22 Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven.’” Matthew 18:21,22
What is Jesus telling us in this verse? Is He telling us that we are to forgive only up to 490 times? I don’t believe so. I believe what the Lord is pointing out is that we are to live from a Christ-like attitude or heart of forgiveness. This attitude will come when the healing is complete.

E. Forgiving Yourself

You may be able to forgive the person who wounded you and God but you can’t forgive yourself. If that is where you are, please go back to the section titled: The Truths About Forgiveness. Please read through that again keeping in mind that if God forgave you, you can forgive yourself.

Engaging God: If you struggle with forgiving yourself, seek the Lord to give you the willingness to do so.

F. Forgiving God

You may be struggling with forgiving God for what he allowed to happen to you. Just to reiterate what I said in the previous chapter on woundedness and our concept of God, the key is that God allows man’s free will to function. Because of the evil nature of mankind, terrible things can happen. We can try to hold God accountable for those terrible things but this is what He has allowed. However, you do not have to be held hostage to the woundedness He allowed. You can seek Him to give you the willingness to forgive Him and allow Him to heal your woundedness.

Engaging God: If you struggle with forgiving God, seek Him to give you the willingness to do so.

G. “SPIRITUAL” Forgetting of The Wounding Events

“Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead.” Philippians 3:13

You have probably heard the expression when it comes to forgiveness to “forgive and forget.” The truth is that you can forgive, but you will never forget because the memories of those events are seared into your memory.

In light of this, what does Paul mean by this statement: “forgetting what lies behind?” Remember that it is no longer the wounding events that are keeping you in bondage. It is the false beliefs and resultant feelings that are imprisoning you. Therefore, as your mind is being renewed to the truth God replaces your false beliefs with the truth and heals your damaged emotions associated with your false beliefs. At that point, those painful, wounding memories will no longer have a grip on you and they can no longer take you back to the prisons in your soul.

As a result, you are “forgetting” or leaving behind those wounding events because they no longer control your thinking or feelings.

Let me give you an analogy to illustrate:

Let’s assume that an electrical plug represents a wounding event, and the electricity flowing through the outlet is your false beliefs and damaged emotions surrounding this event. Every time that you remember an event, it is like sticking your finger in a light socket. When you do, the electricity shocks you. What happens if you turn off the breaker that controls that plug? The event (plug) is still there, but the electricity (lying beliefs and damaged emotions) no longer touches you.

I wish it were as simple as flipping the breaker off once, but spiritual forgetting can either be a one-time event or a long-term process. The good news is that once you spiritually forget the event, it may come back to your mind many times,
but it will no longer have a grip on your heart.

I know this all to be true because as I write you now, I am thinking of two horrific events perpetrated by my dad towards me that no longer create pain or take me back to the prisons in my soul. In fact, that particular prison cell no longer exists because the Lord has torn the walls down.

**SPIRITUAL forgetting can only occur when you are healed to a point where those events no longer take you back to the pain when you think of them.**

**Engaging God:** Begin to allow the Spirit to renew your mind to the truth concerning your wounding event. Seek Him to persuade you that He will eventually remove the “electricity” so that you will no longer feel the pain associated with your wounding event(s).

**Juli’s Journey To Forgiveness**

This is a testimony by a lady named Juli that I believe will impact you in a profound way, especially if you have had trouble forgiving your abuser/offender. Here is Juli in her own words:

“The sexual abuse began when I was age 5. My parents had divorced at the age of 4. I still remember standing at the front door, looking out of the glass crying, “Daddy, don’t leave. Come back. Come back.” He did not come back. When my mother remarried a year later I thought, “Maybe this daddy will love me. Maybe this daddy will take care of me.” This other daddy was broken and angry and would not know how to take care of me, and so began the secret story of abuse.

My stepfather was abusive in many ways – physically, verbally, mentally, and sexually. Both my mother and stepfather were alcoholics, so I lived in a world of uncertainty at best and in darkness, isolation, and secrecy every single day. I felt so much shame, unworthiness, and abandonment, and I felt that I was all alone. I believed that I was a failure and that I was not worthy to be loved. I believed that I must be very bad. (I felt so bad, and I believed that I was bad) In addition, there was self-protection, unforgiveness, and fear. One of my ways of escape was excelling in school. I received various awards and accomplishments and had wonderful friends while keeping my secret hidden from everyone who knew me.

In my sophomore year in college, it was time - time to tell the truth - time to uncover the horror and the lies that we all had been living in. I will never forget going home to confront my mother and stepfather. As we sat to talk, I actually thought, “Now we will get some help and counseling. Now they will admit what has been going on, and we will begin to heal as a family.” All of the years of pretending that someone would actually care for me came to an end as they denied the truth. My stepfather said, “Well, if anything did happen, it is your fault.” Instead of my mother coming to protect me, she accusingly looked at me saying, “Well, is it true? Did you provoke him?” My heart shattered, my life unraveled, and I clung to Jesus, the only hope and love I knew through some of the darkest days that I have known.

I married, and as I held my firstborn daughter in my hands, I heard the Lord sweetly whisper, “This is how beautiful you are to me. This is how precious you are to my heart.” Through the love that I had for my daughter, God continued to open up my heart to His unfathomable love and grace and mercy to heal my broken life. I began to grasp that Jesus is my life. He is my hope, my strength, and my resurrection. Jesus is the truth that I had longed for all of my life. I would not allow my stepfather to see my children (I had two more daughters) until he admitted the truth and sought counsel. This did not happen. It would be 7 years after my first
daughter’s birth until I would see my stepfather again.

My sister called me one day (she was my stepfather’s daughter with my mother) in tears telling me that he was very sick and most likely was dying. At the time I was living in Dallas, and he was in a care facility in Austin. I just happened to be going to Austin that weekend and said that I would go see him for her. My first reaction was what I thought was righteous anger and vengeance for the pain and destruction that he had caused me all of those years. And so the Lord and I went to battle for my heart once again.

Most often the Shepherd’s voice is so kind and tender when He speaks to me. This time He was firm and unrelenting. He showed me a picture of the Grand Canyon, and my stepfather and I were standing on opposite sides. He said, “There is only one difference between Joe and you, and that is the blood of my Son. That is the only difference. Do you really want him to be eternally separated from My love?” The battle raged in my soul. How could I forgive Joe? How could I release the weight of suffering that I had carried for so much of my life? Yet, when the battle was won, my heart was surrendered, and I went to see Joe in obedience to the Lord with resolution that I did not want him to be separated from God’s love.

It was a short visit. I was only there for about an hour. When I walked into his room, my arms shot up above me, and I embraced him in a hug (much to my surprise)! We chatted about everyday things. I told him about my children, our marriage, and the life that I was living. When I left, I told him that I loved him and that I would pray for his healing and wholeness. As I walked out, my emotions were all over the place. There was peace, tears, ambivalence, and relief that I had gotten through our time together.

Three weeks later I got the call from my sister that this time he truly was dying. He wasn’t expected to make it more than 3 days. She was flying in from Colorado. I knew that I would go sit with him until she got there. I did not want him to die alone. This drive to Austin was much different. The first time I went out of obedience to the Lord. This second time I went out of love for Joe. I pleaded with the Lord to bring Joe to Himself. “Please let him come to know Jesus before he dies” I cried out in hope and anticipation.

Upon entering his hospital room, I was filled with an unexplainable peace. I felt that the Lord was asking me to sit there and wait. So, I took Joe’s hand in my hand. And I waited and waited, until he woke up and began to speak. He admitted what he had done to me all of those years. He spoke the truth – something that I never thought that I would ever hear. He asked for my forgiveness. And then he told me the most stunning part. He said that when I went to see him three weeks earlier, he knew that God would forgive him. It was my going in obedience to love that opened his heart to the heart of God.

He had a son, my brother, who died at the age of 8. He knew what it was like to lose an only son. He said that God’s only Son was enough - enough for his own forgiveness and healing and wholeness. God’s Son Jesus was enough to forgive him and bring him into peace with His Father. I believe that Joe had been in the very presence of the love of God those last three weeks. Jesus and His blood, His life, His love, and His resurrected power is enough. Jesus is enough for Joe. Jesus is enough for me, Jesus is enough for us all.

The next day my sister arrived, and I helped her out in any way possible. In a few days it came time for me to go. By now Joe was going in and out of consciousness, so I walked up to his bed, kissed him on the forehead with his eyes closed, and I quietly said, “It is time for me to go now, Joe, but I will be back. I will celebrate our reconciliation at your service and will celebrate what our good God has done! And some day, I will see you in heaven, and we will know each other as we truly are. “
As I finished speaking, Joe woke up, completely present, sat up in bed, took my hand in his, looked me clearly in the eyes and said, “May God bless you, may He bless your family, and may you always be one with your children.” Power fell in the room with a palatable force. Joe had not been sitting in a men’s bible study learning that he was to bless his children on his death bed. I believe that either that was the very voice of God speaking through Joe, or that he was speaking to me a blessing from heaven itself. The man who had cursed me since I was 5 years old, blessed me in his passing.

This extraordinary gift of what transpired those last three weeks is what finally opened up the gates of my heart to receive more healing from the Lord’s hand. Through counseling, prayer, the love of family and friends, weeping and more prayer, counsel, and the Word, I can honestly say that the abuse that I experienced has no hold on me. It neither defines me nor imprisons me.

The compassion of the Lord took my broken heart and made it whole. The Holy Spirit is the wisest, most Wonderful Counselor. I believe and know and have experienced that I am His beloved in whom He is well pleased. The Lord delights in me. He has never left me nor forsaken me. God is my good, good Papa. Jesus is my Life. He is my healing. He is my redemption, restoration, and hope.

This is a testimony of God’s great and glorious love - of His forgiveness and pursuit of His people for their good and for the glory of His name. Amen!”

8. Because of God’s LOVE for you, He wants to heal you ETERNALLY more than you want to be healed.

“You unfailing love, O LORD, is as vast as the heavens; your faithfulness reaches beyond the clouds.” Psalm 36:5

We can’t begin to comprehend God’s love and desire for our lives. Because of our distorted concept of God we can’t truly fathom a God that is really for us and who so wants us to be healed. Regardless of what we feel or believe about God, that does not change His heart for you and His desire for you to be healed.

Engaging God: If you struggle with receiving God’s love and His desire for your healing, ask Him to give you the willingness to receive.
Chapter Nine

Engaging God To Heal Your Woundedness

“He will restore the years the locusts have eaten”
Joel 2:25

Introduction

We are now going to look at some thoughts on what it looks like to invite the Lord into your heart to heal. Please do not read these points as steps or as a formula for healing. God deals with each of us individually. The following thoughts are based on my understanding of what it looks like in seeking the Spirit, my personal experience, and my experience in personally discipling others.

Therefore, I would like you to not simply read through these truths. Rather, I would like for you to seek the Spirit to tell you which of these truths apply to you. He says that He is THE Way (John 14:6). When it comes to your healing the Spirit has a specific pathway to healing for you. Therefore, as you go through these truths, let Him be the one who leads you and guides you on His pathway for your healing.

1. OPEN the door of your heart and let God IN to begin the healing process.

‘Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.’ Revelation 3:20

“The Spirit of the LORD is upon Me. Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And recovery of sight to the blind.” Luke 4:18

God is knocking on the door of your heart to come in and heal your woundedness. If you are willing, go to the door and let Him in. If you are not willing, ask Him to give you the willingness to let Him in because there can be no healing unless you allow the Spirit in to work in your heart.

Step of faith if you are willing: “I am inviting You in, Lord, to begin the healing process.”

Step of faith if you are not willing: “I am unwilling to let You in to heal me. I am asking You to move me from unwillingness to willingness to let You in.”

Engaging God: Open the door of your heart to the Holy Spirit and let Him begin the healing process.

2. Seek or ask God to SEARCH your heart to expose any subconscious woundedness or to address some specific wounding event or false belief.

“Examine me, O LORD, and try me; Test my mind and my heart.” Psalm 26:2

“Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way.” Psalm 139:23, 24

Asking God to search your heart is one of the greatest forms of humility and transparency. When you ask God to search your heart, you are giving God permission to:

a. Show you that you need someone greater than yourself to reveal what is in your heart.

b. Expose or reveal some area of woundedness that you think that you have “hidden away.”

c. Reveal to you the ways that you have tried to cope
with, deny, escape from, self-protect, or insulate yourself from your pain.

d. Reveal to you some of the areas in your life where your woundedness is creating “death.” (i.e. anger, bitterness, unforgiveness)

Step of faith: “Lord, I am asking You to reveal my woundedness, to reveal the ways that I am trying to cope with my pain, and the “death” that it is causing me and to everyone around me.”

Engaging God: Ask the Lord to search your heart, and if you are unwilling to do so, ask Him to give you the willingness to let Him do that.

3. Concerning your wounding events, and EXPRESS to God how you HONESTLY feel about those events.

“How long, O LORD? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, Having sorrow in my heart all the day? How long will my enemy be exalted over me?” Psalm 13:1, 2

When you read through the Psalms, you see David over and over crying out to God about how he feels about his pain and about God. It is okay to be honest with God. Sometimes we are hesitant to share with God how we honestly feel because we fear His discipline or punishment. You don't have to fear verbalizing your feelings because He already knows how you feel. He has known how you feel for an eternity.

You can get angry with God, shake your fist at Him, and even ask the “why” questions. He fully understands because He knows our human-ness. I think it is important to do some “holy” venting. I believe that this venting is a necessary part of your healing process.

Engaging God: If, right now, you are experiencing your woundedness, take a moment and simply tell God how you feel about your pain, your doubt, your unbelief, etc. Don't hold back. Let Him know what you think and how you feel.

4. ENTRUST your pain to God.

“And while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously.” 1 Peter 2:23

Entrust in context of healing means:

Giving over to God the PAIN associated with your woundedness.

You see, if we hold on to the pain or try to compartmentalize, deny, anesthetize, escape, etc. the pain, then it will continue to prevent us from God’s healing hand. Therefore, every time that you feel the pain, give it over to God in that moment. Sometimes the pain will come in waves, and you will have to keep entrusting the pain until it subsides. Let’s look some steps of faith concerning entrustment.
I entrusting that pain to You.

I am experiencing pain as a result of my woundedness

I am trusting You to exchange my pain for Your divine healing.

Engaging God: Every time the pain comes to the surface begin entrusting that pain over to God.

5. Draw on Christ to BE your COMFORT, PERSEVERANCE, PEACE, HOPE, AND CONFIDENCE as you go through the healing process.

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.” 2 Corinthians 1:3-4

During the healing process you may need to draw on Christ in the moment to be your:

- **COMFORT** when you are experiencing pain from your woundedness.
- **PERSEVERANCE** when you want to give up on God’s ability or willingness to heal.
- **PATIENCE** when God is not meeting your timetable for healing.
- **HOPE** when you are feeling hopeless about ever being healed.

- **CHRIST-CONFIDENCE** when you have lost your self-confidence in God’s ability or willingness to heal.

There may be other needs that you have from Christ as your Source. When the need for patience, hope, perseverance, etc. arises, seek Christ to meet that need. Here is an illustration showing some steps of faith when you get discouraged.

I am entrusting that discouragement to You.

I am getting discouraged by how long it is taking to heal me.

I am trusting You to BE my perseverance.

**Step of faith:** “Lord, I am in pain, and I am trusting You to be my comfort.”

**Step of faith:** “Lord, healing is taking longer than I thought. I am beginning to lose hope. I am trusting You to be my hope.”

**Engaging God:** Seek Christ to meet the need that you are experiencing in the midst of the pain of your woundedness.

6. Seek God to speak TRUTH into your heart if you are resisting God in opening the door because of your FEAR of more pain.
“Come to me all you who are weary and heavy-laden, and I will give you rest.” Matthew 11:28

“Peace I leave with you. My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.” John 14:27

You may hear the Lord knocking, but you don't answer the door because you fear the pain that may come with healing. If this is true of you today, seek God to remind you that you have been carrying your “familiar” pain way too long, and if you continue carrying it, it will only get heavier and more unbearable. Seek Him to exchange your fear for His peace and confidence.

**Step of faith:** “Lord, I fear the pain that may come with healing and freedom. I am asking You to persuade me that I have nothing to fear. Persuade me as well that You will sustain me if there is any pain. Remind me that on the other side of any pain that I may experience will be divine healing.”

**Engaging God:** Seek the Lord to give you the willingness to open the doors to your rooms of woundedness. If you are fearful of doing so, ask Christ to be your courage.

7. **Ask God to RENEW your mind to the truth.**

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

Since part of the healing process is to be transformed by the renewing of our minds, ask God to begin renewing your mind to the truth. Up until this point, you have read several truths. There may be some of those that you don’t believe. If they are true, then it is crucial that you invite the Holy Spirit into your heart to renew your mind and persuade you that what He is saying is true.

**Remember:**

God’s truth will set you FREE. Continuing to believe the lie will keep you in BONDAGE.

**Step of faith:** “Lord, I am asking You to renew my mind to the truth and to replace my false beliefs with Your truth.”

Let’s assume that you struggle believing God is good because He let this wounding event take place in your life. What would some steps of faith look like in seeking the Lord to renew your mind to the truth?

**Engaging God:** Begin asking the Lord to transform your false beliefs into the truth.
8. Ask the Lord to transform you to live from your TRUE IDENTITY rather than living from your false beliefs resulting from your woundedness.

Woundedness can produce and continue to reinforce our false beliefs about ourselves. As we discussed earlier in this study, you have a new identity. A key part of your healing is to seek the Spirit to renew your mind to the truth of that new identity. Therefore, begin the process by asking the Lord to replace your false beliefs with the truth of your true identity in Christ.

**Step of Faith:** “I am seeking You to replace my false belief (from my woundedness) that I am unworthy with the truth that I am totally worthy in my true identity in Christ.”

9. Ask God to give you a “spiritual” AWARENESS of the battle going on in your mind concerning your wounding thoughts.

We sometimes have to ask the Lord to show us or make us aware that we are in an intense battle of the mind when it comes to our woundedness. We have the divine trinity on one hand fighting the “unholy” trinity of the flesh, the power of sin, and Satan/demons on the other.

We learned that every thought that we don’t take captive only compounds or worsens the effects of our woundedness. Therefore, we must first be aware of the battle before we can engage God to fight the battle. Without being aware of the battle, we will inevitably lose the battle, and our woundedness will only get worse.

**Step of Faith:** “Lord, continue to remind me and make me aware that there is an intense battle in my mind concerning my wounding thoughts.”

**Engaging God:** Ask the Lord to reveal to you whether the thoughts that you are experiencing are from Him or from the flesh or Satan.

10. ENTRUST to Him any thoughts that trigger your woundedness.

“Cast your burden upon the LORD, and He will sustain you; He will never allow the righteous to be shaken.” Psalm 55:22

In addition to pausing and examining every thought, every time that some event or thought triggers the painful memories of your past, entrust those thoughts immediately to Christ. Do not dwell on them for a moment because if you do, you will take ownership of them, and they will continue to have a grip on your heart.
Step of faith: “Lord, the Spirit has revealed the truth about that wounding thought, therefore, I am entrusting it (giving it over) to You.”

Engaging God: Begin entrusting to God every thought that comes to mind that triggers your woundedness. As you do, you will begin to realize that those thoughts will come to mind less often as a result of God’s healing.

11. When a thought is coming into your mind that is associated with your woundedness, put it on PAUSE and APPLY God’s truth to it.

“Test yourselves to see if you are in the faith. Examine yourselves....” 2 Corinthians 13:5

“We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.” 2 Corinthians 10:5

Taking thoughts captive means to allow the Spirit to put the thoughts that are coming into your mind on “pause” in order to examine the thought to see if it is a truthful thought or if it is a lying, condemning, fleshly, or tempting thought. I want to make the same application to wounding thoughts because with wounding thoughts come false beliefs and damaged emotions.

The key thing to remember is that you have been taking ownership of your “wounding” thoughts for a long enough time that you no longer even question them. Because you have been consistently taking ownership of them, you may no longer recognize that they are wounding thoughts.

Therefore, before taking ownership of a wounding thought, put that thought on pause and ask the Spirit to speak truth to those thoughts. If it is not readily apparent that the thought is not a thought tied to your woundedness, then ask the Spirit to reveal to you the truth about that thought. Here is an illustration of this principle.

Let me give you another example. Let’s assume that you were wounded by the divorce of your parents. You had damaged emotions of rejection, insecurity, and abandonment. Every time that your parent’s divorce came to mind, you would feel these emotions. When that thought is coming into your mind, put it on pause.

Then think about the truth associated with that thought. One truth is that you are totally accepted and totally secure in your new identity in Christ. A second truth is that even though you felt abandoned by your parents, Hebrews 13:5 tells us that your heavenly Father will “never leave you or forsake you.”

You may have to do this many times before those thoughts no longer have a negative impact on you. I would even recommend that you speak the truth out loud. I have found this
a very effective way of addressing wounding thoughts. Therefore a step of faith might look like the following:

**Step of faith:** “Lord, I have put this thought of rejection on pause, and I am asking You to reveal to me if this is a wounding thought. Keep reminding me every time that I think this thought that the truth is that I am totally accepted in my true identity in You.”

**12. Seek the Spirit to give you the WILLINGNESS to FORGIVE the one who wounded you.**

“Bear with each other and forgive whatever grievances you may have against one another. **Forgive as the Lord forgave you.**” Colossians 3:13

If you are willing, forgive the one who wounded you. If you are not willing, continually seek the Lord until He gives you a willingness to forgive. Start with the act of forgiveness, and as healing takes place, you will be transformed to have a heart of forgiveness.

**Step of faith:** “Lord, give me the willingness to forgive ________________.”

**Step of faith:** “Lord, I am unwilling to forgive my offender. I am asking You to forgive them through me and to move me from an unwillingness to a willingness to forgive.”

**Engaging God:** Take the first step by seeking out the person to forgive them. If you are unwilling to do that, ask the Lord to give you the willingness to forgive them.

**13. THANK God that He is at work to heal your woundedness.**

“**in everything give thanks; for this is God’s will for you in Christ Jesus.**” 1 Thessalonians 5:18

Thanking God for your healing, especially when you have not experienced any healing, is a wonderful act of faith. It is easy to thank God once we are experiencing healing, but He wants you to begin thanking Him from the beginning of the healing process.

**Step of Faith:** “Lord, I want to thank You for healing my woundedness even though I am not feeling or experiencing your healing.”

**Engaging God:** Develop a holy habit of thanking God throughout the process of renewing your mind to the truth and setting you free.


Chapter Ten
God’s Process of Healing

Healing Is A PROCESS

When it comes to any part of God transforming our lives, I have found from the folks that I have ministered to that they don't like the word “process.” Why? When we seek God for healing or anything else, we want it, and we want it now. Would you agree? We know that God can and has healed instantly, but my experience in walking with folks has been that transformation and healing will, for the most part, be a process.

When it comes to healing, how deep the woundedness is determines how long the process will be for healing. It may be a long-term process if you have been deeply wounded. Therefore, let’s look at some key truths concerning God’s process of healing.

1. We want to walk by EXPERIENCE rather than to walk by FAITH.

   As human beings who feel and experience life every moment, it is only natural to think that when we engage God to heal our woundedness that we will experience His work in us from the beginning.

   For the most part, when you engage God to heal, you may not initially experience healing. Why is that? We see the answer in 2 Corinthians 5:7:

   “for we walk by faith and not by sight (experience).”
   2 Corinthians 5:7

   You see, our objective is healing. However, God has a twofold objective. One is to teach you how to walk by faith and secondly, is to heal you of your woundedness. As much as we want the main thing to be healing, I often find that teaching you and me how to walk by faith is a greater priority with God. Therefore, we may have to “faith” it for a period of time before we experience healing.

   I wish that I could tell you what the time line will be from faith to experience, but only the Spirit knows that. The good news is that if you “faith it” long enough, then you will eventually experience healing. Below is an illustration of moving from faith to experiential healing:

   FAITH Healing  TIME  Experiential Healing

   Moving From Faith To Experience

   KEY TRUTH:

   Between the time that we start “faithing” it and eventually experiencing healing, God is TEACHING us how to walk by FAITH.
2. God, for the most part, will probably NOT meet your timetable for healing.

I must admit that my God has always been too slow. He has never met my timetable for any level of transformation. However, since God is God, it is up to His timetable as to when you will experience His healing.

3. When your timetable or any other expectation you might have about God’s healing process is not being met, you may be tempted to be IMPATIENT, to be FRUSTRATED, and eventually to DOUBT God.

The longer that we walk by faith without experiencing any healing, the more it makes us vulnerable to impatience, frustration, and eventually doubt.

a. Impatience

We are not patient by nature. Therefore, when we sense that God is moving too slow (which will probably be the case), then we get impatient. In my impatience, I would say such things as: “Lord, can’t you move a little faster in the process?” or “I am losing my patience with how long this is taking.” When you sense impatience creeping in, then immediately seek Christ to be your patience. A step of faith might look like this:

Step of faith: “Lord, I am getting impatient with Your healing process. I am trusting You to replace my impatience with Your patience.”

The key is to not let impatience grow because the longer that you “wallow” in impatience, the more difficult it will be to seek Christ to be your patience.

b. Frustration

If the impatience is not dealt with, it can lead to frustration. You see, frustration results when there is an expectation not being met. Your expectation is that God will move you to a place of healing sooner than later. When that expectation is not met, your flesh will become frustrated. As you sense that beginning to happen, you might take a step of faith like this:

Step of faith: “Lord, I know that I am getting frustrated that it is taking longer than I expected to experience healing. I am trusting You to replace my frustration with Your peace and perseverance.”

c. Doubt

If you don’t engage God to deal with your impatience and frustration, it most likely will lead to doubting God.

If God is not meeting your timetable, then the flesh and/or Satan sees this as an opportunity to tempt us to doubt God. In our flesh we might be tempted to doubt by asking questions such as: “How long will it be, Lord, before I experience healing?” “Are you really healing me?” “I don’t see any evidence of it.”

Once doubt creeps in, you are very vulnerable to walking away from God’s healing process. What Satan will do is to first tempt you to doubt God and then will use your doubt to persuade you to no longer seek God for healing.

Doubt will EVENTUALLY move you to a place where you will QUIT engaging God for healing.

A step of faith in seeking the Spirit to deal with your doubts might look like this:
Step of faith: “Lord, I am beginning to doubt Your willingness to heal me. I am asking You to replace my doubts with Your faith. Persuade me that even though I am not experiencing healing that You are healing me.”

d. Experiential healing will come INCREMENTALLY.

What you will find as you move down the path of spiritual healing is that healing will come incrementally. It will come a little at a time. You may notice that a thought or belief is changing concerning the false beliefs surrounding your woundedness. Or, your typical knee-jerk reaction to your woundedness might be less when someone pushes a button that reminds you of your woundedness. Therefore, as you walk the journey into healing, ask the Lord to show you where He is transforming you.

Step of faith: “Lord, I am asking You to reveal to me where changes in my thoughts, feelings, beliefs, or behaviors are taking place.”

e. The JOURNEY is the destination.

By this I mean that we want to focus on the destination or finish line whereby we can declare ourselves totally healed of our woundedness. If we focus on the destination, as we said previously, we will be tempted to doubt or even walk away from God if He has not gotten us to the finish line on our timetable.

I worked with a man who was a chronic worrier. His worry came out of his past woundedness from his mother. He had been a worrier for several years before he started the faith walk to healing. As we walked together, the overriding questions were: “When am I going to be healed?” “When am I going to be set free?” It was much like when we were kids on a trip, and we would ask mom and dad every five minutes, “Are we there yet?”

However, if we focus on the moment by moment journey, we will see God working in our lives while we are faithing it and while we are experiencing healing. Looking at the journey as the destination means that we don't have to wait until complete healing takes place to thank God for His healing. Whether by faith or experience, we can thank God every moment of the journey.

For me, there still needs to be healing concerning my woundedness, but I am now more focused on the journey than on the destination. Another way of saying it is that I am crossing a finish line every moment that I am abiding because God is incrementally healing me every moment when I do abide in Him.

Therefore, focusing on the JOURNEY INCREASES our faith and Christ-confidence that God is working in our lives.

f. God will eventually TEAR down the walls of your prison cells.

“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds.” 2 Corinthians 10:4

Eventually God will tear down the walls of the prison cells that have imprisoned you. As you can see in Juli’s testimony, God removed the prison cell of unforgiveness and replaced it with a heart of forgiveness. By healing our woundedness, He “softens” our hardened heart as He did with Juli, and He brings Life back to that part of our heart.

What Will You Begin To Experience As God Heals?
Now that we understand the process, let’s look at some of the things that we can expect as we are being healed.

- As your mind is being renewed to the truth and replacing your false beliefs with the truth, you will find yourself taking ownership of the “arrows” or thoughts that trigger your woundedness less and less. You will increasingly be engaging the Spirit to take those thoughts captive.

- As your woundedness is being healed, your damaged emotions will be healed as well. You will begin “feeling” the truth as well as believing the truth.

- The fleshly behaviors associated with your woundedness will be replaced by Christ-like behaviors.

- As you are being healed, you will experience a growing attitude of forgiveness toward the offender.

- You will begin to believe the truth of your true identity versus believing your false beliefs.

- Your Christ-confidence will grow as you experience more of the Spirit’s healing.

I would like to end this study with two testimonies that I believe will increase your faith in God’s ability to heal you and to set you free.

“Unbroken”- Louie Zamperini

The first story is from the movie titled “Unbroken” that came out in 2014. It was a story about Louis “Louie” Zamperini. It is based on a book by the same title written by Laura Hillenbrand. I recommend the book over the movie because the book tells the “whole” story. Louie was a state track champion in high school. He ran so well that he was able to run in the 1936 Olympics in Berlin. Even though he didn't win, he knew that his chances of winning the 1940 Olympics in Japan were within reach. However, the war interrupted that dream, and he joined the Air Force.

Louie became a bombardier on a B-24 bomber. On May 27, 1943, while on the search of a downed aircraft, mechanical difficulties caused the bomber to crash into the ocean killing eight of the eleven men aboard.

The three survivors including Louie had very little food and no water and survived 47 days by capturing rainwater and eating raw fish and birds. They had to constantly fend off shark attacks and were nearly capsized by a storm. They were strafed multiple times by a Japanese bomber.

On their 47th day at sea, Louie and the pilot were captured by the Japanese. Louie was held in captivity in three different POW camps where he was severely beaten and mistreated until the end of the war in August 1945. His primary tormentor was a prison guard nicknamed “Bird.” He tortured Louis unmercifully until the end of the war.

Needless to say, Louie was not only physically wounded but soulically devastated. When he came home, he was filled with anger, bitterness, and hatred for the Japanese (especially...
for “Bird”). He would have nightmares every night. In some of those, he had his hand around “Bird’s” throat but could not squeeze hard enough to kill him. He became an alcoholic to numb the pain. He began to verbally, emotionally, and eventually physically abuse his wife.

She was on the verge of divorcing Louie when she attended a Billy Graham revival in Los Angeles and got saved. The change was so dramatic in her that she knew that the only hope for her husband was Christ. She almost literally dragged him to the revival where he trusted Christ as his Savior. From that point on he never had another nightmare.

However, it took God a number of years to heal him from all his pain and to give him an attitude of forgiveness. God did such a work of healing in Louie that he made a special trip to Japan to personally forgive each of his captors. Needless to say they were stunned. The only one not to receive him was “Bird.” However, Louie had a letter delivered to “Bird” telling him that he had forgiven him. Louie lived until 2014 free from his wounded past.

**Michael’s Testimony**

(At the time of this writing, Michael is a 33 year old police detective with a city which is south of Fort Worth.) Here is Michael’s story in his own words:

“I had a number of violent and abusive people introduced into my life from an early age. One of my first teachers was prosecuted for sexually molesting his class. That same teacher had locked me in the classroom closet throughout the day on a consistent basis. I had a number of stepfathers since birth. One beat me with his fists repeatedly over a long period of time. I was encouraged to drink alcohol at age 10 and began heavily drinking sometime thereafter. I recall at age 6 that I wanted to murder my stepfather in hopes that it would bring the violence to an end, but I didn’t go through with it.

I moved 32 times in 12 years because my stepfathers were deadbeat drug users who were forced out of several places where we lived. Both my mother and second stepfather were open about having several different affairs. In spite of these horrific circumstances, I knew that I wanted something different for my life and was determined to go to college. I got a full academic scholarship to Howard Payne University as well as making the football team. After getting my Associates Degree in Applied Arts, I went on to join the police force.

Even though I was saved as a teenager, I couldn’t get past my anger. I called myself a “rage-aholic.” You can only imagine the deep-seated anger that I must have felt. The Lord connected me to a man named Drew Grace about two years ago. Drew has taken a number of groups through the *Living Life From A New Source* study and the study on our identity in Christ. The Lord set me free from my anger through these Christ-life truths. Even more impactful was that I realized in a very transforming way my true identity. The statement that I made near the end of my testimony that was simply amazing was, “I can’t even remember the person that I used to be.”

I recently had a baby boy whose name is Cole. Because of the healing in my heart, Cole will get to experience the love (rather than the abuse) of his earthly father who was transformed by His Heavenly Father.”

**God CAN And WILL Heal**

“He will restore the years the locusts have eaten”

*Joel 2:25*

“The Spirit of the **L**ORD is upon Me, Because He has anointed Me. To preach the gospel to the poor; **H**e has sent Me to heal the brokenhearted, To proclaim release to the captives And recovery of sight to the blind, To set free all those who are oppressed.” *Luke 4:18*
I don't know about you, but these two testimonies plus Juli’s testimony alone should confirm to you that no matter how horrific your woundedness, God is able to heal and restore.

I hope that the stories, testimonies, and truths shared in this study have given you a spiritual foundation and an understanding to at least begin to seek God to begin the process of healing. Even more than an understanding, I pray that through this study God has given you hope (confident expectation) that He will heal and restore. It may be a journey that is difficult, but I can assure you that it will be eternally worth traveling.

My prayer for you as you engage the Lord to heal you is that you will eventually come to the same place that Paul did when he said:

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, 21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. “

 Ephesians 3:20

Note About Counseling

You may be at a place where you will need someone to walk with you. It may be a friend, a spiritual mentor, or a licensed counselor. If so, seek them out to walk with you in the healing process. The key to seeking counseling is that they be Christ-centered and Christ-focused. By that I mean, that they will always take you to God’s truth and to God as the Source, not you, to accomplish the healing.

Other Discipleship Materials

If you would like to look at more curriculum and videos offered by Christ Is Life Ministries, please go to our website. The website address is listed below. If you have any comments to make about this study, please feel free to email me at the email address listed below.

Christ Is Life Ministries

Website: www.christislifeministries.com

Email: bill@christislifeministries.com
FLESHLY BEHAVIORS

Be self-absorbed
become overly introspective
feel sorry for myself
get depressed
beat up on myself
play the role of victim/martyr
focus on my suffering to get attention and sympathy
be jealous of another's success and happiness

Withdraw (isolate myself)
be aloof (pull away)
distance myself from others
avoid others (be a loner)
go into a shell
become unapproachable give them the silent treatment refuse to communicate

Escape (pain/pressure) by using:
promiscuity carousing drugs and alcohol talking staying busy school hobbies/games reading computers fantasy television movies pornography sleep overeating religion work/career sex

Be anxious (worry and fret)
be fearful (apprehensive)
lack peace and rest
become paralyzed (numb)
be paranoid (overly suspicious)
refuse to see the positive assume the worst

Seek guidance from:
astrology/horoscopes, fortune telling and/or the occult

Be self-disciplined (self-reliant)
base acceptance of self and others on performance become a perfectionist try hard so as not to fail fear making mistakes be legalistic:
live "by the book"
feel obligated (have to, should, ought to)
be too hard on myself/others set unrealistic standards for myself/others

Become obsessed with:
accomplishments recognition/status acquiring material things what others think of me

how I look physically my physical health the past (especially past hurts and failures) a devotion to a cause structure, order and regulations

Stay in control through:
blackmail (making threats)
manipulation (use of guilt, pity, silence, flattery, etc.) coercion (physical threats) profanity (swearing) passivity (playing helpless) not eating (anorexia/bulimia)

Lack compassion, gentleness
understanding, kindness, love, become defensive

Be self-righteous (self-justifying)
make excuses (rationalize) cover up and hide mistakes have to prove my point assume I am never the problem

Become dominant
be dictatorial (bossy) be demanding (pushy) be overbearing (controlling) intimidate others refuse to give in blame someone or something else as the problem avoid taking responsibility for failure or problems

have difficulty: apologizing, admitting I was wrong, asking for forgiveness, asking for help, and/or expressing gratitude have a superior attitude (saying in effect): "I know what is best "My way is the right way"

Be critical (judgmental)
find fault with others, myself and everything around me nit-pick things to death be prejudiced (intolerant) complain a lot (nothing is ever good enough)

Be self-assured (self-confident)
depend on myself instead of God or others become proud (haughty) be egocentric