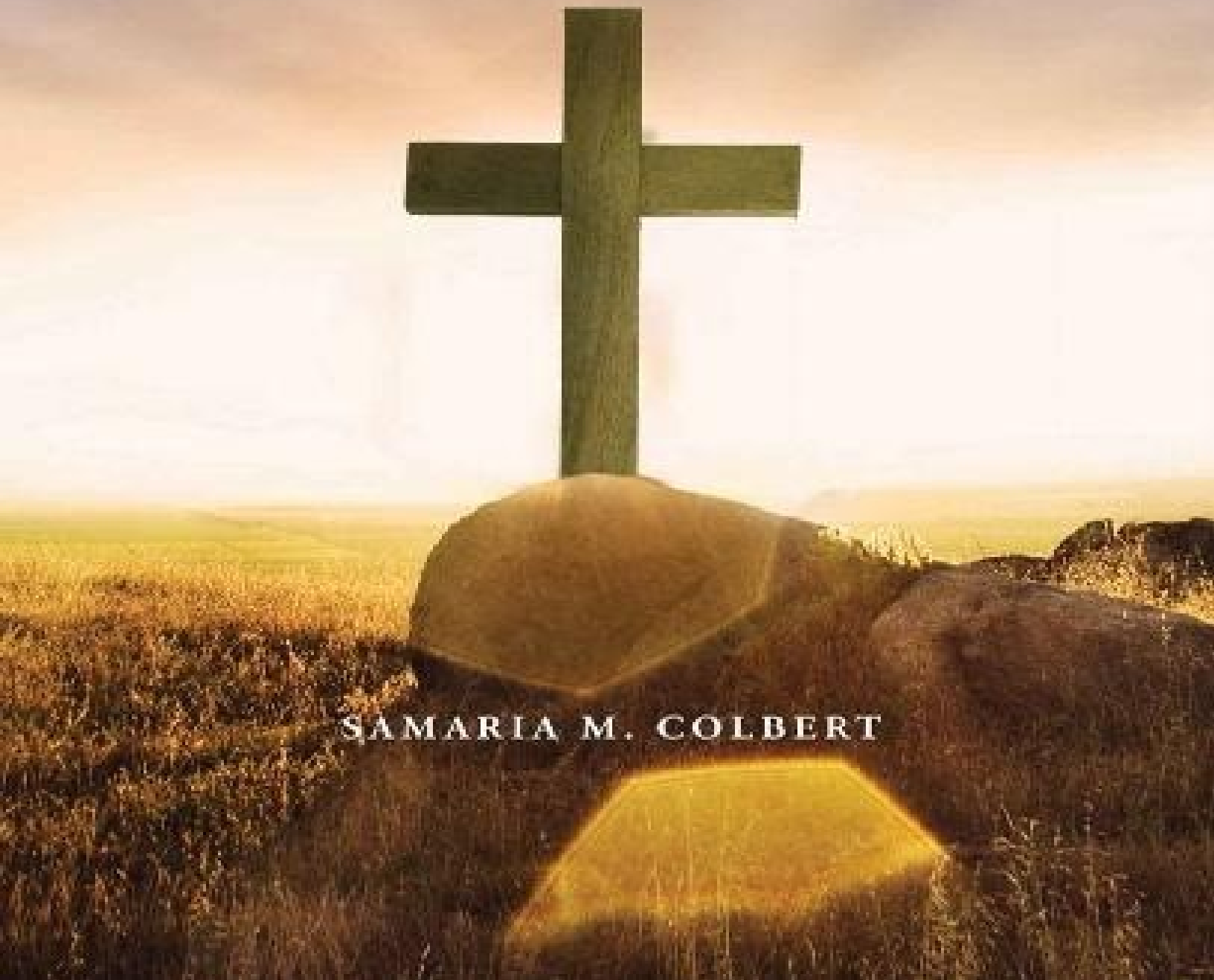
THE PROCESS OF EMOTIONAL Healing

A Christian Integrative Approach to
Emotional, Mental, Spiritual
Healing and Wholeness



SAMARIA M. COLBERT

The Process Of Emotional Healing

An Integrative Approach to Emotional, Mental, Spiritual Healing and Wholeness.

Samaria M Colbert

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Disclaimer:

Samaria Colbert is a licensed therapist. She does strictly adhere HIPPA laws that govern confidentiality and Tarasoff laws; with the exceptions of intent to harm of oneself or another. With that being said, in this book, the author does not release anything confidential or disclose of any identifying information about any of the clients she has treated past, present, or future.

This book is not intended to be used as a diagnostic tool, to treat a person with a mental illness. It is simply a healing tool that God is using to bring about emotional healing. It is understood that by no means is this book meant to replace the time and necessity for an individual, group, or family to seek out a licensed mental health counselor and other psychiatric services.

The author is adamant that you contact your local mental health company to seek outpatient therapy and psychiatric services from licensed mental health professional, **NOT** your pastor alone.

Prelude:

The process of emotional healing is something that I know about all too well. As a licensed mental health therapist, I work daily with individuals who are emotionally wounded. I also am someone who has suffered with major depression and severe anxiety most of my life. It was only about three years ago that I can finally say that I am completely healed and whole from every single emotional wound. However, as most things in life, it has not happened without a process or a purpose behind my pain.

I believe the reason why I am an effective therapist is because I don't just counsel my clients from book knowledge or head knowledge; I counsel them as a person who has been there. Emotional wounds are a part of the human condition which impacts every area of our lives. Ironically, although it has been only a few years that I have become totally free, I was saved at 8 years old and filled with the baptism of the Holy Spirit at 9 years old, with evidence of speaking in tongues.

The reason why I write this book is to encourage Christians that God wants you totally free. The other thing is that you can be a Christian, tither, tongue speaking person and still be depressed, despondent and have wounds that you need healing from. There is stigma about mental health conditions in the church. We are taught if we don't feel happy all the time that we are not saved. I meet so many people every day who are under condemnation for even trying to see a counselor. I counsel people that just going to church alone couldn't help. When my client's come to my office for the first time, and discover that I too am a Christian, I literally see the sigh of relief that comes across their face.

We are taught to take it to the cross and follow Jesus. In church, we don't acknowledge mental illness as an illness. There is still so much stigma in the body of Christ about people who suffer with mental health issues. As the Holy Spirit impressed upon me to write this book, almost simultaneously, there were multiple incidents of pastors who committed suicide. We as the church can no longer hide and pretend that mental illness does not exist. It is not something we can hide from or turn our nose at. Yes I do operate in spiritual warfare and understand the role that demons play in a person's mind. However, that does not negate the necessity of seeking counseling from a Spirit filled, Christian, licensed mental health professional.

The reality is, there are some issues that a person won't get free from spending five minutes at the altar.

There is so much to say in this book. One thing I have found, in most processes that God sends us through, that there are some deliverances that happen overnight, most don't. So for those who have been to the altar multiple times, had hands laid on them, been through a deliverance service and still couldn't get free, this book is for you. We will not neglect the necessity of deliverance ministries and casting out of demons, in fact that is very much a part of my ministry outside of my counseling ministry. However, I suggest to you that inner healing otherwise known as counseling, and deliverance must go hand and hand. This book makes no claims to be the answer to it all, but it will be a part of your healing and wholeness process that will assist in setting you free. True wholeness and deliverance from ALL emotional wounds will not happen absent from God's processing. I can and will prove it through the word of God. Let the journey begin.

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Chapter 1

What Is Emotional Healing And Wholeness?

Luke 17:11-19

King James Version (KJV)

[11] And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee.

[12] And as he entered into a certain village, there met him ten men that were lepers, which stood afar off:

[13] And they lifted up their voices, and said, Jesus, Master, have mercy on us.

[14] And when he saw them, he said unto them, Go show yourselves unto the priests. And it came to pass, that, as they went, they were cleansed.

[15] And one of them, when he saw that **he was healed**, turned back, and with a loud voice glorified God,

[16] And fell down on his face at his feet, giving him thanks: and he was a Samaritan.

[17] And Jesus answering said, Were there not ten cleansed? but where are the nine?

[18] There are not found that returned to give glory to God, save this stranger.

[19] And he said unto him, Arise, go thy way: **thy faith hath made thee whole.**

The reality is, there is a difference between being healed and being whole. When we talk about emotional healing, it is my desire that you not only get healed, but become whole. Healing is defined as, the process of making, becoming sound or healthy again. It means tending (move towards) to heal; therapeutic. Whole means, complete, all of; entire. It also means, a thing that is complete in itself, or all of something.

The reality is, you can be healed and not whole. Healing and wholeness can be instantaneous. However most times, to truly be made whole, there is a process

involved. Notice in the scripture that we read, there were 10 lepers that needed to be healed. Jesus instantly heals them; however, it was the one who came back and thanked Jesus for what had been done. Then Jesus said, “You have been made whole.” He also said to the leper, “It was your faith that made you whole.” Something significant about wholeness is that it postures you to have an attitude of gratitude. The key to true wholeness is faith. One will never reach or attain wholeness without faith.

Some may ask what was the difference in the life of this leper? First lepers were outcast. Once a person was diagnosed with leprosy, it was similar to when a person was diagnosed with HIV or AID’s in the early eighties. The leper would be ostracized from their family and friends. They would be placed outside the city walls for fear that it would be contracted. People didn’t speak to lepers. They were generally people, who were looked down upon and ridiculed. When a person’s leprosy became known, they appeared to disappear from society and the world. Leprosy was a infectious skin disease that would also make a person’s skin turn and not look good. Leprosy was considered a curse from God. So not only was a leper considered an outcast to family, he or she would feel the pain of feeling rejected by God. Imagine having a disease and feeling as if somehow God had cursed you.

For those who experienced leprosy, it would often disfigure them and leave them with twisted limbs, curling fingers, facial disfiguration and claw like hands. Leprosy was not something that could be hidden, when it was at its full range, it was visible. What we don’t know about the lepers where when were they diagnosed? We don’t know exactly all that they have been through. However, we can rightfully assume that there were some other emotional things that they had gone through. Rejection probably would have been a big one. They had to carry on with life knowing they had what was considered a incurable disease. We don’t know how long they spent in this state of being. We can rightfully assume that life was not easy and downright hard for them. No one wanted to hire a leper. No one wanted to date a leper. Certainly no one wanted to marry a leper. Imagine going through life, where there is no hope and the future appears to only get worse and not better.

So yes, although all the lepers were healed, it would be right to assume that they would have some struggles trying reinitiate themselves back into society after being a leper for a long time. It’s kind of like when prisoners are released from prison, yes they are free, but their mentality takes a while to get free. They say

often times a person is likely to be imprisoned again after release due to how difficult it can be. Being free in the world and feeling free in your mind are two completely different things. All of the lepers needed to be made whole from the isolation, rejection, and ridicule that they likely experienced. Yet, it was the one who had faith, and gratitude that was able to release full wholeness into his life. Do you want to be free completely?

I always say emotional pain is very difficult to heal from. Think about it, if I cut my arm badly, eventually it will heal. Even so there is a process involved with that kind of healing. In fact, there are many aches and pains related to that level of healing.

Process is defined as a series of actions or steps to take in order to achieve an expected end.

Jeremiah 29:11

King James Version (KJV)

[11] For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an **expected end.**

The reality is, God wants us to be healed. He is not shocked or disappointed that we have emotional issues. We are often taught that any type problem that we face means that somehow we have disappointed God. In fact, I was flipping through the channels this morning and I heard a minister say, “Christians are not supposed to be depressed.” He went on and on and implied that because a person was depressed they are somehow in sin. God doesn’t want His own people depressed. However, because you experience depression or some other emotional issues doesn’t mean you’re in sin. It does not mean you are somehow against God or that He is against you. Life happens to everyone.

If God didn’t expect us to have emotions, then the minute you got saved your emotions would cease and you would be happy every day. However, life happens to us all. We experience death of loves one, just like everyone else. We go through hard times, even more than others. Emotions are not good or bad, they just are. We should not allow condemnation to consume us just because we feel some other emotion other than happiness. Yes we are spiritual beings having a spiritual experience, but we are also human beings having a human experience.

From the day you were born, you experienced emotions like happiness, sadness,

anger, disappointment. In fact, scripture clearly tells us that we experience some of these emotions even more during certain season of our lives. Meaning there is an emotion attached to the season we are in.

Ecclesiastes 3:1-8

King James Version (KJV)

3 **To every thing there is a season,** and a time to every purpose under the heaven:

2 A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

3 **A time to kill, and a time to heal;** a time to break down, and a time to build up;

4 A time to weep, and a time to laugh; a time to mourn, and a time to dance;

5 A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

6 A time to get, and a time to lose; a time to keep, and a time to cast away;

7 A time to rend, and a time to sew; a time to keep silence, and a time to speak;

8 A time to love, and a time to hate; a time of war, and a time of peace.

It is not the emotions that we have; it is what we do with the emotions that matter.

Ephesians 4:26 (NKJV)

26 “Be angry, and do not sin”:[a] do not let the sun go down on your wrath,

The bible doesn’t say it is a sin to be angry. It says you will be angry, but don’t sin. The sin is not in the anger it is in what you do with the anger. I tell my kids that I work with in counseling sessions that you will feel angry and that doesn’t make you bad. However, if you get angry and hit someone, that is wrong.

Someone that walks around in constant rage and anger is really depressed. So the reality is, we will feel emotions as we grow in Christ and He does His healing work, we do get to the place of complete and total healing and wholeness. We will get to the place where the things that use to bother us simply don’t. The things people use to say no longer impact us. God will give us peace despite the storm that we face. We will face storms, trials, and test.

There are countless examples of great men and women of God who had to overcome emotions before God would use them. Moses was afraid because he could not speak. Esther was afraid. God told Joshua not to be afraid. Jeremiah experienced depression. David was suicidal and questioned God. Job was depressed. Jesus felt abandoned.

Paul had a thorn. Isaiah felt insignificant. Gideon felt fear and wanted to hide. That is just to name a few. These great pillars of our faith had the same emotional problems that you and I have faced today. God took them through a process in order to use them. They did get to the place that whatever emotions they felt didn't define them. If they felt the same emotions we felt, why are we made to feel that somehow we are in sin because we feel the exact same emotions? Jesus experienced rejection, hurt, and pain just like we have.

We are all composed of spirit, soul and body. The reality is, when we confess Christ, our spirit is saved. It is our minds and our souls that need to be healed, renewed daily, and made whole.

Isaiah 53

New King James Version (NKJV)

53 Who has believed our report?
And to whom has the arm of the Lord been revealed?
2 For He shall grow up before Him as a tender plant,
And as a root out of dry ground.
He has no form or comeliness;
And when we see Him,
There is no beauty that we should desire Him.
3 **He is despised and rejected** by men,
A Man of sorrows and acquainted with grief.
And we hid, as it were, *our* faces from Him;
He was despised, and we did not esteem Him.

4 Surely He has borne our griefs

And carried our sorrows;
Yet we esteemed Him stricken,
Smitten by God, and afflicted.
5 But **He *was* wounded** for our transgressions,
He was **bruised for our iniquities;**
The chastisement for our peace *was* upon Him,
And by His stripes we are healed.
6 All we like sheep have gone astray;
We have turned, every one, to his own way;
And the Lord has laid on Him the iniquity of us all.

7 **He was oppressed and He was afflicted,**
Yet He opened not His mouth;
He was led as a lamb to the slaughter,
And as a sheep before its shearers is silent,
So He opened not His mouth.
8 **He was taken from prison and from judgment,**
And who will declare His generation?
For He was cut off from the land of the living;
For the transgressions of My people He was stricken.
9 And they[a] made His grave with the wicked—
But with the rich at His death,
Because He had done no violence,
Nor *was any* deceit in His mouth.

10 Yet it pleased the Lord to bruise Him;
He has put *Him* to grief.
When You make His soul an offering for sin,
He shall see *His* seed, He shall prolong *His* days,
And the pleasure of the Lord shall prosper in His hand.
11 He shall see the labor of His soul,[b]*and* be satisfied.
By His knowledge My righteous Servant shall justify many,
For He shall bear their iniquities.
12 Therefore I will divide Him a portion with the great,
And He shall divide the spoil with the strong,
Because He poured out His soul unto death,
And He was numbered with the transgressors,
And He bore the sin of many,

And made intercession for the transgressors.

There are so many emotions that Jesus suffered. Grief is defined as deep sorrow. Other words to describe grief include;

sorrow, misery, sadness, anguish, pain, distress, heartache, heartbreak, agony, torment, affliction, suffering, woe, desolation, dejection, despair.

Depression is another word to describe grief. Many would argue that because Jesus felt these emotions we don't have to. That is not true. The scripture does not indicate that we won't feel these same emotions. It does tell us that He understands what we go through. He is not a God in heaven sitting on the throne, He has been there. That is why it is so important to continue to pray while we are going through these emotional trials, because we serve a God who understands.

Jesus also experienced rejection. Being rejected and feeling rejected are two different things. However, rejection is not rejection unless you are feeling the emotions of rejection. Meaning, if you are being rejected and you don't know it or perceive it, it is not rejection. Rejection means to be refused, to be outcast or not included.

Jesus was a man of sorrows. Meaning He felt a great deal of sorrow. Sorrow is defined as a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by one or others. Other words to describe sorrow include; sadness, unhappiness, misery, despondency, regret, depression, despair, desolation, dejection, wretchedness, gloom, heartache, grief and dolefulness.

I don't know about you, but I have experienced these emotions at some point and time in my life. It brings me great comfort to know that I serve a God who has experienced these same emotions. You are not in sin as some may imply, because you have emotions. This thinking is wrong.

However, if you are reading this book, you like many, don't want to go through your life on an emotional roller-coaster. Jesus felt the emotions so we could be healed. However as stated, because we belong to Him and He is our Father, we will go through simply because we belong to Him.

2 Timothy 3:12

King James Version (KJV)

12 Yea, and all that will live godly in Christ Jesus shall suffer persecution.

1 Peter 4:12-14 (NKJV)

12 Beloved, do not think it strange concerning the fiery trial which is to try you,
as though some strange thing happened to you; 13 but rejoice to the extent that
you partake of Christ’s sufferings, that when His glory is revealed, you may also
be glad with exceeding joy. 14 If you are reproached for the name of Christ,
blessed *are you*, for the Spirit of glory and of God rests upon you.[a] On their part
He is blasphemed, but on your part He is glorified.

We will suffer for being a Christian. Part of life is losses and wins. However, we can and will get to the place where our emotions don’t define us, nor do they get dictate our emotions actions. It is a process but, our savior is committed to our success.

Let the journey begin.

Chapter 2:

Truth and Myths About Christians Dealing With Emotional And Mental Health Issues

Proverbs 12:25

New King James Version (NKJV)

25 Anxiety in the heart of man causes depression,
But a good word makes it glad.

We have already begun to talk about the stigma of Christians who have any kind of mental health or issue with emotional healing. Before we go further, it is important that we set the foundation; by dispelling myths about this issue while explaining the facts.

There are many things that we have embraced in the church to be God's laws, thoughts, or commands, when they are not. Man has taken its own culture and made it appear as God's. For example, when I was going through school, I realized at some point, that I had an anointing to counsel and work with individuals who suffer with mental health issues. Yet I remember sitting in church one day and hearing the minister say, "you don't need a counselor, you need Jesus." I can remember other times being in church where a man talked about how "you don't need to come to see a therapist and sit in someone's office for 50 minutes to get your deliverance." And on he went. The inner conflict that I felt was that, how can I be a blood washed, spirit filled Christian, that operates in spiritual gifts to bring healing, deliverance and want to be a therapist? Casting out demons is what I am supposed to be doing. Eventually I figured the reality is, I could do both.

Myth #1

Christians are not supposed to seek mental health counseling from a therapist. All they need is to go to an alter and have some lay hands on them.

This is not true! In fact, there is no scripture that says, “You are not supposed to seek out counseling or that it is sin to go to therapy.” I always say there is no need to add on commandments or scripture that don’t exist. To the contrary, scripture tells us that we are supposed to seek wise counsel.

Fact: Christians are supposed to seek out wise counsel.

Proverbs 20:5 (NKJV) Counseling in the heart of a man is like deep water, but a man with understanding draws it out.

Proverbs 20:18 (NKJV) Plans are established by counsel: By wise counsel wage war

Proverbs 1:5 (NKJV)….And a man of understanding will obtain wise counsel

Proverbs 3:32 (NKJV) But His secret counsel is with the upright

Proverbs 4:5 (NKJV) Get wisdom, get understanding

Proverbs 8:14 (NKJV) Counsel is mine and sound wisdom;

Proverbs 11:14 (NKJV) Where there is no counsel people fall. But in the multitude of counselors there is safety

Proverbs 12:25 (NKJV) Anxiety in the heart of man causes depression, But a good word makes glad.

Proverbs 15:22 (NKJV)Without counsel, plans go awry, But in the multitude of counselors they are established

Proverbs19:20, 21(NKJV) Listen to counsel and receive instruction that you may be wise in your latter days. There are many plans in a man’s heart, nevertheless the Lord’s counsel will stand

Proverbs 24:6 (NKJV) For by wise counsel, you will wage your own war; And in a multitude of counselors there is safety.

Proverbs 27:9 (NKJV) Ointment and perfume delight the heart, And the sweetness of a man’s friend gives delight by hearty counsel.

Psalm 1:1 (NKJV)

1 Blessed *is* the man

Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;

Don’t allow the ungodly to counsel you. So if you are going to seek out counsel, make sure it’s by a Christian, preferably, a licensed mental health professional and a Christian.

The point is, God not only says that it is perfectly fine to seek counseling, He expects it. God didn’t put any conditions on it. Counseling is counseling.

Myth 2: The only person who is supposed to counsel you is your pastor.

Although it is true that often times, pastors may have some training or anointing to counsel, it comes along with the position. However, to my dismay, often times pastors have very little training in the counseling profession; they have little to no training in the specific areas of mental health counseling. There is no specific scripture that says the only person who is supposed to counsel you is the pastor. I am a licensed therapist who also is a spirit filled, believer. In my experience, it is better to seek counsel from a licensed trained counselor.

Myth 3: It is possible to obtain emotional healing absent from Christ.

This is false. I am a licensed mental health therapist. I did not go to some Christian school or have any official training from a Christian school of learning. The formal education I gained was from secular schools, although they were good schools. The world’s system always tries to get some kind of healing absent from Christ. In fact, most schools of higher learning do not even acknowledge the spiritual world or how one’s own spirit being impacts emotional health.

Truth:

Healing absent from Christ is only temporary. My frustration as I have gone through my career is simple. We aren’t really helping people; we aren’t really getting to the root cause or true healing. The world systems only put band aides on deep seated wounds. We are taught to change behavior, so a person may walk away from the counseling session feeling better or stopping a certain problematic behavior, but it always comes back. There was no true deliverance. That’s why if therapists would be honest, we literally see the same clients come

in and out the door. The one's who have real and lasting changes are the ones who are Christians. Trust me; what I am saying is the truth. Again, I am not just some preacher sitting behind a pulpit talking about it. I see it every day. In my career I have worked in, mental health hospitals, in manage care companies, and in private practice, counseling people. Although, I do not regret my experiences; I believe that everywhere I have been was so that God could prepare me to walk in what I really want to do. But counseling and healing outside of Christ is a revolving door, you may leave the counselors office with some kind of life change, but you will be back.

That does not negate the need to seek counseling, again, it must be by a Christian counselor and Christ must be the center of the therapy session. I am a great counselor, but the limitations are there.

I have my own private practice after years of working for others. It is a Christian practice, specific for individuals who have experienced all kinds of mental health, spiritual and demonic oppression. I have a heart to work with individuals who have survived early childhood sexual assault. I also work with children. The name of my practice is Kingdom Creative Counseling.

Myth #4: You don't need to seek counseling.

Truth: The reality is, just because you don't go to seek out a counselor, doesn't mean you don't need to go. Everyone at some point and time in their life should go to a counselor. Engaged couples should ALWAYS seek out pre-marriage counseling, regardless of how much you think you heard from God. The reality is, there is still so much stigma attached to seeking out a therapist. I literally have clients who show up to my office and say, "I am not crazy." No they are actually wise. I think it is a cowardly person who sits at home by themselves and suffers, when God has provided anointed Godly people to help. You can be healed by yourself and never seek out help, but why? That is really a pride issue.

Myth #5: If I seek out a counselor, then they will tell other's my business.

Truth: A license counselor is governed by the federal HIPPA laws, laws that protect confidentiality and their license. Any information you disclose of in a counselors office is considered strictly confidential and cannot be released to anyone. If anyone tries to about ask the counselor about the session, the counsel literally can't even acknowledge you as a client in their agency. The only

limitation to that is if the client discloses of intent or plan to harm themselves or another. Any form of abuse. They must break the confidentiality agreement to protect the safety of themselves, the client or another.

Any information that you need released for whatever reason, a disclosure form is signed by you the client and specifically what is to be released. For example even an emergency contact form, bringing someone that you want into a session, communicating with your insurance company, a consent for release is signed first. If you don't sign, there is no releasing of information.

Myth: The pillars of the bible never sat down with a counselor or therapist why should I?

Truth: This is false. Scripture tells us that the best therapist there was, was Jesus. He is called the wonderful counselor. However, there are many examples of people who sought of counseling.

In fact, when you read the Old Testament, one of the functions of the prophet was to counsel. You see, countless Kings, Priests and people in positions of authority seeking out the prophet. This is why one function for individuals who operate in the office of the prophet is to be a counselor. There are many examples of this in the bible, too many to name in this chapter. However, let us look at the example of Moses a man who received wise counsel.

Exodus 18:1-27

The Message (MSG)

18 [1-4] Jethro, priest of Midian and father-in-law to Moses, heard the report of all that God had done for Moses and Israel, his people, and the news that God had delivered Israel from Egypt. Jethro, Moses' father-in-law, had taken in Zipporah, Moses' wife who had been sent back home, and her two sons. The name of the one was Gershom (Sojourner) for he had said, "I'm a sojourner in a foreign land"; the name of the other was Eliezer (God's-Help) because "The God of my father is my help and saved me from death by Pharaoh."

[5-6] Jethro, Moses' father-in-law, brought Moses his sons and his wife there in the wilderness where he was camped at the mountain of God. He had sent a message ahead to Moses: "I, your father-in-law, am coming to you with your wife and two sons."

[7-8] Moses went out to welcome his father-in-law. He bowed to him and kissed

him. Each asked the other how things had been with him. Then they went into the tent. Moses told his father-in-law the story of all that God had done to Pharaoh and Egypt in helping Israel, all the trouble they had experienced on the journey, and how God had delivered them.

9-11 Jethro was delighted in all the good that God had done for Israel in delivering them from Egyptian oppression. Jethro said, “Blessed be God who has delivered you from the power of Egypt and Pharaoh, who has delivered his people from the oppression of Egypt. Now I know that God is greater than all gods because he’s done this to all those who treated Israel arrogantly.”

12 Jethro, Moses’ father-in-law, brought a Whole-Burnt-Offering and sacrifices to God. And Aaron, along with all the elders of Israel, came and ate the meal with Moses’ father-in-law in the presence of God.

13-14 The next day Moses took his place to judge the people. People were standing before him all day long, from morning to night. When Moses’ father-in-law saw all that he was doing for the people, he said, “What’s going on here? Why are you doing all this, and all by yourself, letting everybody line up before you from morning to night?”

15-16 Moses said to his father-in-law, “Because the people come to me with questions about God. When something comes up, they come to me. I judge between a man and his neighbor and teach them God’s laws and instructions.”

17-23 Moses’ father-in-law said, “This is no way to go about it. You’ll burn out, and the people right along with you. This is way too much for you—you can’t do this alone. Now listen to me. Let me tell you how to do this so that God will be in this with you. Be there for the people before God, but let the matters of concern be presented to God. Your job is to teach them the rules and instructions, to show them how to live, what to do. And then you need to keep a sharp eye out for competent men—men who fear God, men of integrity, men who are incorruptible—and appoint them as leaders over groups organized by the thousand, by the hundred, by fifty, and by ten. They’ll be responsible for the everyday work of judging among the people. They’ll bring the hard cases to you, but in the routine cases they’ll be the judges. They will share your load and that will make it easier for you. If you handle the work this way, you’ll have the strength to carry out whatever God commands you, and the people in their settings will flourish also.”

24-27 **Moses listened to the counsel** of his father-in-law and did everything he

said. Moses picked competent men from all Israel and set them as leaders over the people who were organized by the thousand, by the hundred, by fifty, and by ten. They took over the everyday work of judging among the people. They brought the hard cases to Moses, but in the routine cases they were the judges. Then Moses said good-bye to his father-in-law who went home to his own country.

Moses was and still is considered one of the greatest leaders that ever walked the earth. Yet here he is receiving counsel. The greater you become, the more it is necessity that you seek out wise counseling.

This example dispels the myth that counseling is only for the poor and weak minded. Not so! If you want to be a great leader or are already in a position of leadership and authority, it is an absolute must that you have wise counsel. Not just yes people in your life. I found it interesting that of all the people Moses had around him, it was his father in law that gave him great counsel, who was not in his life on a ongoing daily basis.

It shows us that just because you have people around you, doesn't mean they are qualified to pour into your life. Seeking out a truly anointed, Christian counselor is not just about looking up someone in the yellow pages.

Counselors are people who walk in wisdom from God. They have the anointing of wisdom. Christian counselors have the gift of knowledge, wisdom, they can rightfully discern spirits, and they give clear instructions or directions. Although a great portion of counseling is more about listening, it also means to give direction.

I want to make it clear; we are to seek God first and foremost. Counselors, prophets, pastors whomever, they never are to operate in their anointing so much so that they replace the word of God for you. In fact, a good leader leads, they don't replace. They don't become the mouth piece of God for you! Not even the prophet, as some may believe. You have God on the inside, and you must seek Him first, not a man or woman! God leads, but counselors and leaders help to give direction; it is God who has the final say so.

In fact, years ago I was reading about this Christian therapist. He had just graduated with his master's degree and he began a practice in a small town. So his practice quickly started growing. People would come and get what they

needed and go out. One day the Holy Spirit spoke to Him and said something about “don’t give them everything.”

The point is, leaders are to always lead you to the voice of God. In fact, when I was in undergrad, my favorite professor says, we professionally help people so that they become self reliant. We don’t help them so they become dependent. Now as stated, I didn’t go to a Christian school, but I got the revelation from that.

There is a wrong way to help people and a right way. You give them the tools that they need, so that they don’t have to come back to you every time they have an issue. We give people tools.

One myth is that if you go to see a counselor, you must do so for the rest of your life. Although life does happen, if you are seeking a counselor, you should never be seeing the same counselor for years. This is an example of poor counseling. There is a beginning, middle, and end to counseling. You don’t see the same counsel, for the same issue for years. Although much of my counseling are around issues of trauma, and abuse, and takes much longer than one session, real counseling is not an overnight thing, but it still should not take years.

There is always progress. If you are not making progress, either you’re going to the wrong counselor or you are doing something wrong. A real Christian counselor doesn’t counsel you so well that you become dependent on them, they counsel you so you are reassured, confident, and become reliant on God, and His voice for your life. It is the same for any leader in your life. If they are insistent that you need them, and but can’t get to God but through them then what you have is a controlling, Jezebel spirit. It may seem like a farce, but trust me when I tell you, I have seen this foolishness from church. It is wrong and should never be!

The reality is, Christians deal with emotional and mental health issues like everyone else. In fact, sometimes more because they are going through demonic attacks. The attacks often come against our minds. The difference is we have a hope, a future, and Christ who is willing and able to deliver us. As I counsel non-Christians, many of them have a sense of hopelessness, because they think just because they suffer with something today, it will always be that way. However, a Christian can have the same issue, but they are confident that God is a healer and He will deliver. They know that although, they don’t like what they are going through right now, God is in control and he will deliver. The

frequency, time frame and duration of counseling, is much quicker for a Christian, because the therapist and the counselee allow Christ and the Holy Spirit to do the work. However, that does not negate the need for a Christian counselor.

Tips to know when seeking out a counselor.

When you do find a contact, simply state that you are specifically looking for a Christian therapist. Christian counselors are in every state. You could go to www.findachristiancounselor.com

or

American Association of Christian Counselors Find a Counselor

www.aacc.net/resources/find-a-counselor/

Many licensed mental health professionals like myself are also credentialed with insurance companies. You can also call the 1-800 number on the back of your insurance card and ask for a Christian.

When seeking out a Christian counselor certain there are certain criteria you want to look for are:

They should be licensed by an accredited institution of higher learning. All Christian's counselors should always have master's degrees and a license.

Do not seek a life coach. Although life coaches are beneficial, they are not qualified to handle major mental health issues.

If you are seeking counseling from someone who simply has a certificate you run the risk of seeking counseling from someone who has very minimal training and not much experience. You can get a certificate to counsel in a matter of months in some cases 3 months or less. A licensed counselor has to have at least 6 to 8 years of training minimally and experience before they can even get a license.

Of course you don't need a degree to counsel people that is what the anointing is for but I am a firm believer that the anointing and preparation for any ministry is key. A licensed therapist is anointed but again the preparation for the ministry of counseling is guaranteed and you have a much better chance of getting what you need.

Remember there is the gift to counsel and there is the ministry to counsel. You

want to seek counseling from someone who operates in both the gift and the ministry. That is what a licensed counselor guarantees. You can have the gift to counsel and the not the ministry. I could elaborate further but that would take another book.

Again seek counseling from someone who operates in the gift and the ministry to counsel.

Licensure should fall under one of the following categories: LCSW-Licensed Clinical Social Worker, LCCC- Licensed Clinical Christian Counselor, LCPC Licensed Clinical Professional Counselor, Licensed Psychologist (Psy D),

LCAS-Licensed Clinical Addictions Specialist

Note a certified life coach is not the same as a Christian Counselor although in some instances a life coach can be beneficial in assisting to motivate you and give direction. For true inner healing and recovery you should always seek a licensed Christian therapist.

Counseling by a licensed therapist guarantees confidentiality with the exception of harm to yourself and others.

It is always recommended that you seek Godly counsel from a therapist who you do not have a personal relationship with particularly in areas related to (childhood trauma, marriage, abuse issues).

In fact I do not counseling family members or friends; this is considered a conflict of interest.

Although it is always helpful to seek out wise advice from someone you trust and can seek wisdom from. When you seek a Christian counselor they are more concerned with the process of healing than the immediacy of healing. This is when you seek out counseling for a specific period of time over time. We always recommend no dual relationships so that the person offering counseling services can assist in a way that guarantees non bias.

You may want to also consider seeking counseling from someone who specializes in whatever area of counseling you are seeking assistance for. For example my area of focus is childhood trauma, addictions, abuse so many of my clients are seeking counseling in that area.

If you are married seek out a counselor who specializes or has experience in marriage counseling.

Some say single people can’t give marital counseling. However Jesus and the Apostle Paul gave great instructions on the order and structure of marriage and neither of them married. The point is I believe it is more important that the therapist be spirit led and know the principle of marriage by the bible standards.

Note that seeking pastoral counseling maybe beneficial however confidentially is not guaranteed although it should be. You also run the risk of having your counseling session be somehow spoken about in the public view of your church even if the pastor does not disclose of your name. If you’re okay with that then it’s your choice but if you’d rather not hear other people hearing you story on Sunday morning I recommend the alternative. As stated although pastors have a great anointing to counsel, they most often have little to know understanding of mental health conditions.

My prayer is that we see more churches and Christians organizations offer a Christian counseling ministry by licensed mental health professionals.

Chapter 3

Depression

Psalm 13:1-5 (NKJV)

13 How long, O Lord? Will You forget me forever?
How long will You hide Your face from me?
2 How long shall I take counsel in my soul,
Having sorrow in my heart daily?
How long will my enemy be exalted over me?

3 Consider *and* hear me, O Lord my God;
Enlighten my eyes,
Lest I sleep the *sleep of* death;
4 Lest my enemy say,
"I have prevailed against him";
Lest those who trouble me rejoice when I am moved.

5 But I have trusted in Your mercy;
My heart shall rejoice in Your salvation.

Psalm 27:13 (NKJV)

13 *I would have lost heart,* unless I had believed
That I would see the goodness of the Lord
In the land of the living.

The most common form of emotional instability is depression. Everyone at some point and time, experiences depression. When a person loses hope, or loses heart, they will experience depression. There are many things that go along with experiencing depression. Depression is defined as a state of sadness and hopelessness.

Depression is something I know a little something about; I suffered with

depression for a very long time. Depression always has a root cause. For me, I remember becoming deeply depressed around the age of 13 years old. I just remember wanting to sit in the house all day. I slept a lot and felt a deep sense of sadness. My depression continued to get worse and worse. By the time I was 14 years old, I was suicidal. I would hope to die, and every day I woke up I had a deep sense of dread. I would pray that God would let me die while I slept and I would be angry at Him for letting me live when I woke up. I continually contemplated suicide and I knew just how I would do it. My saving grace was that I had accepted Christ as my personal savior at the age of 8 years old. I knew that if I committed suicide, I would go to hell. I was experiencing hell on Earth, so I definitely didn't want to go to hell, with fire and brimstone. I am not one for physical pain, so I knew hell was not a place for me. I am proud to say that I am whole, happy, healthy and I no longer suffer with depression. However, it hasn't come without a struggle and as with most things in my life, not without a process.

A note, I want to make it very clear, I know I just said it, but to reiterate my point. When a person commits suicide they DO NOT make it to heaven. Suicide is not a means to a quick entry to heaven. It is a quick entrance to hell and eternal damnation. I tell my client's all the time, you don't want to make permanent decisions based upon temporary circumstances. When you commit suicide, you are a murderer. You are not a murderer of someone else you are murderer of yourself! The bible clearly states that murderers will not make it to heaven.

Revelation 21:8 (NKJV)

8 But the cowardly, unbelieving,[a] abominable, murderers, sexually immoral, sorcerers, **idolaters,** and all liars **shall have their part in the lake which burns with fire and brimstone, which is the second death."**

Let's read that same scripture from a different translation.

Revelation 21:8

The Message (MSG)

6-8 Then he said, "It's happened. I'm A to Z. I'm the Beginning, I'm the

Conclusion. From Water-of-Life Well I give freely to the thirsty. Conquerors inherit all this. I'll be God to them, they'll be sons and daughters to me. But for the rest—the feckless and faithless, degenerates and **murderers,** sex peddlers and sorcerers, idolaters and all liars—**for them it's Lake Fire and Brimstone. Second death!"**

Suicide equals hell! Don't do it! Hey I may sound mean but I am right!

The reality is, no one wakes up one morning and says, "I think I will be depressed today." This is where my training as a therapist and my beliefs as a Christian differ. As stated, traditional counseling schools of learning do not acknowledge the spiritual world, which is why you must see a spirit led, Christian, licensed counselor. I am not the only one! Trust me there are many like me.

However, the reality is, depression is a spiritual attack on the mind. Depression is actually a spirit that is influenced by the demonic world. We will talk about the impact of demons and the spiritual world on our emotions in a later chapter. However, although spirits and demons interact, there is a difference between a spirit and a demon. Depression is a spiritual attack on one's mind, will, and emotions. It does not mean that people who suffer with depression are oppressed by demons; it does imply that there is a demonic force that is influencing the spirit which causes depression.

Joyce Meyer's wrote a bestselling book entitled; Battlefield of the Mind. I highly recommend it for everyone, particularly for individuals who suffer with depression. In the book she details the different attacks that come against the mind. The reality is, depression is really that, it is the battlefield or the war in the demonic world that comes against the mind. Most mental health and emotional issues are, but depression is the most common.

As stated, many leaders in our church will tell us that Christians should never suffer with depression. However, we also read the scriptures in Ecclesiastes that said there was a time to cry and a time to mourn. The reality is, we will all experience a life event that causes depression, ie a death of a spouse or family member, a major life change. I use mourn, because mourn is a symptom of depression.

Psalm 34:18 (NKJV)

[18] The Lord *is* near to those who have a broken heart,

And saves such as have a contrite spirit.

The scripture tells us that the Holy Spirit will comfort those who mourn. However, the Holy Spirit will not comfort you if you don't acknowledge what you need. We can't be so super spiritual or super religious that we can't go to the father and get what we need. God knows what we need before we really need it, but we must do our part.

2 Corinthians 1:3-4 (NKJV)

[3] Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, [4] who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

There are different causes of depression. The first that our secular world believes is biological, meaning depression runs in the family line and a person is predisposed to experiencing depression. However, there is nothing in the blood line or some physical ailment that would be able to detect depression, because it is not biological. Depression is really a result of a generational curse. The reason why you or family members suffer with depression is because of a generational curse. In my family, many people suffer with depression, going all the way back to my great grandmother. My grandmother suffered with depression and the list goes on.

It teaches us that often times we suffer with ailments that have nothing to do with our own sin, we are suffering a result of something our ancestors did. Many African Americans suffered with depression, while in slavery and being oppressed. Although slavery is long gone, that spirit of oppression and depression has passed on from generation to generation. Depression is a curse.

Proverbs 26:2 (NKJV)

[2] Like a flitting sparrow, like a flying swallow,
So a curse without cause shall not alight.

You may not believe it, but when a curse is brought to earth, it is meant for the third and fourth generations.

Numbers 14:18 (NKJV)

[18] 'The Lord is longsuffering and abundant in mercy, forgiving iniquity and transgression; but He by no means clears *the guilty,* visiting the iniquity of the

fathers on the children to the third and fourth *generation.*'[a]

It also dispels the belief that just because a person experiences depression or some ailment, that they must have committed a sin. The good news is that Jesus is a curse breaker, and we don't have to continue to suffer through the curses of our previous generation.

Galatians 3:13 (NKJV)

13 Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed *is* everyone who hangs on a tree"[a]),

Galatians 3:13

The Message (MSG)

13-14 Christ redeemed us from that self-defeating, cursed life by absorbing it completely into himself. Do you remember the Scripture that says, "Cursed is everyone who hangs on a tree"? That is what happened when Jesus was nailed to the cross: He became a curse, and at the same time, dissolved the curse. And now, because of that, the air is cleared and we can see that Abraham's blessing is present and available for non-Jews, too. We are *all* able to receive God's life, his Spirit, in and with us by believing—just the way Abraham received it.

In the secular world, we are taught that once you suffer with depression, you will always suffer with depression; you must learn to cope with it. No! Jesus is a healer, and you can be completely delivered from depression and you don't have to suffer with depression.

Other causes of depression could be experiencing the death of a loved one, as stated, a form of mourning and grief is depression; a history of any form of abuse, physical, emotional and sexual abuse. I facilitate a depression group; I also facilitate a trauma group as a part of my career. We talk about how our past experiences impact our current. We often talk about how abuse causes depression. For example, a person who has experienced emotional abuse. Let's say they repeatedly heard put downs from a spouse for 10 years, which caused depression. Even if the person leaves that emotionally abusive relationship, when the abuser leaves, that person will still experience their own minds putting them down. It's as if their own mind bullies them. Major life changes can cause depression. A woman who has just had a baby will experience a form of depression called postpartum depression. Constantly meditating on past regrets and poor choices, causes' depression. The reality is, there are different causes of

depression, and there are some causes we will never know. However as stated, the most profound (and I honestly believe all forms of emotional and mental health oppression) is caused by a demonic attack on one's spirit.

Symptoms:

There is still so much stigma associated with depression, many people will experience depression and not know it, or don't want to speak it for fear of what other's may say.

The DSM-IV is what licensed clinicians and psychiatrist use to diagnose a person with a mental illness. The DSM-IV is specifically used by a trained person. The point is, don't go to your local book store, and try to buy this manual in order to diagnose yourself with a mental illness. Now the DSM-IV has undergone some revisions, and the new addition is called the DSM-V. DSM stand for the diagnostic statistical manual, it is published by the American Psychiatric Association located in Washington D.C. Again as a Christian, many of my views may conflict with the DSM, because I believe that scripture, the bible, and the spiritual world are the only tried and true representation of the truth concerning spiritual, mental health and emotional matters. However as Christians, we again use discernment, and we take the meat and throw away the bones. Meaning the truth we receive, the deception or partial truth that conflict with the word of God, we accept as lies and do not receive them. For the sake of this text, I will mainly use scripture as the means to solidify truth. I will quote the necessity of certain mental health conditions from the DSM-IV as appropriately needed and valid.

The DSM-IV lets us know that depression is a mood disorder. A mood disorder is simply a disorder that impacts mood. It is an interference of the persons mind, will and emotions that causes depression, sadness, anxiety and so on. Depression causes sad moods. There are different forms of depression. The most common called major depressive disorder. Depression used to be called clinical depression or manic depression. These terms are no longer used.

Symptoms of depression as stated in the DSM-IV include feeling depressed of most of the day, feeling sad, empty, dread etc. In children or adolescents, irritability, having an "I don't care" attitude is a sign of depression. Other symptoms of depression include; decreased interest. Depression temporarily robs you of things like, interests and pleasure. For example married couples; when a spouse is feeling depressed he or she may not be interested in being intimate

with you, this is a symptom of depression. For others, depression robs them of their gift talents or abilities temporary. For example, I love to write, but when I was experiencing the depth of depression I just couldn't bring myself to write anything. Other things such as if you like to cook, play music, sing whatever it is, when a person feels depressed they no longer want to do that thing that they love. Notice I said temporarily, because depression does not permanently take anything away from you, it just causes a person to not have the motivation to do.

Other symptoms include significant weight gain or weight loss. Some people when they get depressed they eat a lot, some people can't bring themselves to eat at all. I know when I was younger I would eat and eat, which is why by the time I was a teenager, I weighed over 300 pounds. As I continued to suffer with depression the complete opposite happened where I wouldn't eat at all. A major way to tell if you are depressed is if you have unintentionally loose a significant amount of weight in a short period of time due to not eating or the opposite weight gain.

Other symptoms include insomnia, meaning a person can't sleep or the complete opposite, sleeping too much and then when waking up still feeling fatigued or tired. Anytime a person sleeps in excess, a depression spirit could be the root cause. Psychomotor agitation, means when a person feels a restlessness or as if they are going in slow motion. Fatigue or loss of energy is another symptom.

Overwhelming feelings of worthless, feeling insignificant, and guilt is another symptom. Now here again, most of us have felt this way at time point and time in our lives; that does not mean you are experiencing depression, it could just mean you are a human being, experiencing emotions. However, if you consistently and constantly feel worthless, insignificant as if no one cares about you at all; if you feel constant guilt over the past mistakes, and failures to the point where it is impacting you today, you are experiencing depression. God doesn't want us to dwell in the past. What was yesterday, was yesterday, but having constant regrets and feeling sorry for yourself constantly is a symptom of depression.

2 Corinthians 5:17 (NKJV)

[17] Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

Other symptoms of depression are: the inability to concentrate. Constant daydreaming, feelings as if you are stuck in your own head, having your mind

elsewhere, feeling lonely is a symptom of depression. Remember loneliness is not a physical position, but a mental state of the mind. You can feel lonely in a room full of people. Just because a person is single and technically a loner, doesn't mean they are lonely. However, a trick that the enemy plays on a person is that they will feel as if they are the only one, and thereby feeling alone. Persons who experience depression will often isolate themselves from the outside world.

Depressed people tend to like the dark or nighttime better than the day. This is a sure sign that there is a spiritual warfare going on in the mind. Indecisiveness is a symptom of depression. Impairment in one's social life, occupation or career, and in relationships is a sign of depression.

One major symptom of depression is suicidal thoughts. Believe it or not, most people at some point in their lives have had a suicidal thought. However, recurrent suicidal ideations (thoughts), wishing you were dead. Wishing you won't wake up. Thinking that others around you would be better off if you weren't around is a sign of depression. Feeling as if you are a burden on others is a sign of depression. I made my statement about suicide, but just to say it again, **PEOPLE THAT COMMIT SUICIDE WILL GO TO HELL, DON'T DO IT!**

There are different forms that depression takes on. Major depression is one. Other forms of depression include; bipolar disorder, where a person had acute mood fluctuations where they have very high highs and very lows lows, dysthymic disorder, depressive disorder, cyclothymic disorder, mood disorder caused by a medical condition and so on. I will not go into detail about the specifics of these disorders, but hopefully you get the general idea of what depression is.

We will talk later about the process of healing from these kinds of mental health ailments.

American Psychiatric Association.(2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC.

Chapter 4

Anxiety, Worry and Fears

2 Timothy 1:7 (NKJV)

[7] For God has not given us a spirit of fear, but of power and of love and of a sound mind

God does not want us filled with depression, worries or fears. Fear is a spirit; however as this scripture clearly states, God did not give it to us. His spirit gives us power over the enemy and every oppressive spirit. He gives the power to love, even the unlovable. His spirit gives us the ability to love ourselves. The Holy Spirit also gives us the ability to have a sound mind. You can see that according to the scripture, we do have the ability to be healed, and made whole from every oppressive mental illness. A sound mind means just that, a mind that is full of peace, not confusion, not enmity, strife, jealousy or depression.

The Lord spoke to me many years ago, and told me that the root of all sin is fear.

One of the issues that I have also struggled with most of my life is fear. In fact, one day while in prayer, I was asking God, why my prophetic destiny has not come to pass. He responded by telling me that it was my own fear that was preventing me from walking into my promise.

The reality is, fear always involves running away. Fear always, if you follow it, will cause you to run in the opposite direction of your purpose. The reason why I put anxiety, fear, and worry in the same chapter because anxiety, worry, panic and other anxiety disorders are all root in the master spirit called fear.

Anxiety is defined as a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. Fear is defined as an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Do you see how the definitions are so similar? In fact, they are almost the same. Anxiety, worry, and fear are one in the same, they have the exact same meaning. Worry is defined as a state of anxiety

and uncertainty over actual or potential problems. To give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles. Again, it all boils down to fear.

Another common term that many people use instead of saying anxiety, worry or fear, is nerve problems. Unless a person actually has a medical condition that has damaged the nervous system, when they say nerve problems, they really mean anxiety or stress. No one wants to admit being afraid or fearful, so it sounds better to say nerve problems. Make no mistake about it a nerve problem is fear.

Just as depression is an attack on the mind, so are all forms of anxiety, worry, and fear. It is a demonic spiritual attack on the mind. A person can have many different fears. All fear is rooted in unbelief. Fear is the devil’s main modality to cause the saints to draw back and not fight. Fear involves intimidation. Fear is very similar to faith in the complete opposite direction. Fear always involves torment.

1 John 4:18 (NKJV)

[18] There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Just as Christ can deliver us from all forms of depression, He can deliver us from all forms of oppression; even anxiety, fears and worries.

1 Peter 5:7 (ESV)

[7] casting all your anxieties on him, because he cares for you.

Psalm 34:4 (MSG)

[4] God met me more than halfway,
he freed me from my anxious fears.

Psalm 34:4 (NKJV)

[4] I sought the Lord, and He heard me,
And delivered me from all my fears.

Notice David said, God delivered Him from all his fears, not some. Again, the world teaches us that we have to learn coping skills to deal with anxiety, or to

keep it at a minimum. However not so, scripture clearly tells us that God can and will deliver us from all fears, not some, all.

It is so important that we allow the Holy Spirit to deliver us from all forms of anxieties. Living with anxiety is not living at all. Carrying anxiety and depression is like walking around with weights attached to your back. God wants us to live in peace. Peace is not dictated by experiences. You can have peace in your mind and heart right in the middle of a storm.

Let us look at an example of a person who of peace in the time of storm.

Mark 4:35-41 (NKJV)

35 On the same day, when evening had come, He said to them, “Let us cross over
to the other side.” 36 Now when they had left the multitude, they took Him along
in the boat as He was. And other little boats were also with Him. 37 And a great
windstorm arose, and the waves beat into the boat, so that it was already filling.
38 But He was in the stern, asleep on a pillow. And they awoke Him and said to
Him, “Teacher, do You not care that we are perishing?”

39 Then He arose and rebuked the wind, and said to the sea, “Peace, be still!”
And the wind ceased and there was a great calm. 40 But He said to them, “Why
are you so fearful? How *is it* that you have no faith?”[a]41 And they feared
exceedingly, and said to one another, “Who can this be, that even the wind and
the sea obey Him!”

Jesus clearly demonstrated peace in the time of storm. When a person is experiencing anxiety and worry, a core symptom is inability to sleep. Yet Jesus was in the midst of a storm, fast asleep. Jesus is our example. We have to decide whether we want to be like the disciples who were fearful, or like Jesus. We will all experience storms in our lives, but the Holy Spirit will give us the ability to have peace.

As stated, all forms of anxiety disorder and worry all equate to fear. Let us take a look at what the clinical side of fear and anxiety is.

The first and most common form of anxiety is a disorder called, Generalized Anxiety Disorder. This form of anxiety is pretty common; it means a person experiences anxiety that is beyond the norm or in reason. Again, this is the secular view of anxieties. As stated, as Christians we have a different view. God can and will deliver us from all our fears. We don’t have to walk around with a little fear or a little anxiety.

According to the DSM-IV generalized anxiety disorder is excessive anxiety and worry, consistently reoccurring for at least six months, about different events or life experiences such as work, school, bills you name it. Just about any worry can cause anxiety if we allow it.

Symptoms of anxiety include feeling restlessness or on edge, being easily fatigued, difficulty concentrating, irritability, muscle tension and difficult falling asleep, or when going to sleep, not getting satisfying rest.

All forms of anxiety disorders, panic disorder, and obsessive compulsive disorder are all fear. They are all rooted in the spirit of fear and are rooted in a serious demonic stronghold. As stated, fear is a master spirit and it is satan's main modality that he uses to influence people.

We will now talk about some of the other common forms of panic and anxiety disorders. I will not name all of them, but you will get the overall idea of how fear and anxiety impacts overall mental and emotional health.

Often times people who suffer with anxiety disorder will have what we call panic attacks. Panic attacks are defined fear/discomfort, which an anxiety or fear attacks that develops suddenly and peak within about 10 minutes. Panic attacks often feel very similar to a person having a heart attack. In fact, it is common for a person having a panic attack, to go to the hospital to have their hearts examined, thinking they are having the onset of a heart attack, only to be told by the medical staff that it is really a panic attack.

Symptoms include; palpitations, pounding heart, accelerated heart rate, sweating, trembling, shaking, shortness of breath, feelings of choking, chest pain, nausea, abdominal pain, feeling dizzy, unsteady of light headed, feeling detached from one's self, fear of losing control or going crazy, fear of dying, numbing sensations are the legs or arms. Sometimes the numbing sensations can be on one side of the arm and not the other, chills and hot flashes.

Again, there is an underlying demonic spirit that is attached to these feelings. The fear of dying is very much attached to the panic attack. Often times a person will have reoccurring fears and thoughts that they are dyeing while in the midst of a panic attack. Note that I have used the words panic attack and anxiety attack interchangeably, they are the same. Some say panic attacks, others say anxiety attacks, but they mean the same thing.

There are other panic disorders that are associated with fear. Panic disorder is when a person has reoccurring panic attacks, many panic attacks have triggers. A trigger is something that brings a panic attack, like a sudden noise or sudden change. However, the person who is diagnosed with panic disorder; has reoccurring panic attacks that don't have a trigger. Symptoms include; worry that one will have a panic attack, worry about having a heart attack, losing control. Other panic attacks include agoraphobia. Agoraphobia is defined as extreme or irrational fear of crowded spaces or enclosed public places. I have had clients who request to sit in my office with the door open. These are people who when they go to a restaurant, they sit near the door and know in their minds, they have an escape route.

This is a demonic spirit that causes the person to fear.

Agoraphobia is a fear. There are different kinds of phobia's all of them are rooted in the master spirit of fear. Phobia is a persistent, abnormal, and irrational fear of a specific thing or situation that compels one to avoid it, despite the awareness and reassurance that it is not dangerous. A strong fear, dislike, or aversion.

Social anxiety, is when one is fearful about unfamiliar people or they fear the scrutiny of others. These individuals fear social situations to the point where a social environment will trigger severe anxiety, panic that leads to a panic attack. People in this particular type of fear, avoid any social or performance environment. Meaning, these people will avoid attending a class, going to a grocery store, attending an outing with a friend all because of fear.

Again, all forms of fear no matter what format they come in are strongholds. As stated, fear is a master spirit, sent from the enemy himself. Fear is torment of the mind, body and soul. A person who is full of fear literally walks around in anguish, dread and torment for years, months and days. I have been there done that, and I can tell you, I in no way shape or form wish this kind of torment on anyone, not my worst enemy.

1 John 4:18 (NKJV)

[18] There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Fear impacts every aspect of our lives. A person most of the time has many fears. Fear impacts relationships, because a person full of fear will not be open to

new people; they will also have a hard time trusting others all because of fear of being hurt.

Many people who suffer with fear have low self-esteem and low confidence. They doubt their own abilities. When you are full of fear, you can know a lot of things, but people will underestimate your capability because you don't present yourself confidently.

Fear always involves spirit of timidity and cowardly spirit. Timid means, lacking self-confidence; shy. Fearful and hesitant. God doesn't want us to be timid, He wants us to be bold and full of faith.

Proverbs 28:1 (NKJV)

28 The wicked flee when no one pursues,
But the righteous are bold as a lion.

Notice the scripture says the wicked flee. However, we said the fear causes you to run in the opposite direction or hide. So when you are a Christian, you shouldn't be running, you should be bold! It is the wicked sinner who is the one that should be fearful, not the Christian.

The reality is, that where there is fear, faith cannot be.

Hebrews 11:1 (NKJV)

11 Now faith is the substance of things hoped for, the evidence of things not seen.

The reality is, you cannot receive anything from God without faith. However, fear is the complete opposite, it is the anticipation of something bad, to dread or something you don't want to happen, coming to pass.

Like depression, fear, anxiety or worry is a spiritual attack on the mind. Meaning there are negative thoughts that come into our minds that if we allow, can cause our emotions to be damaged. That's why we have to be intentional about the thoughts we continue to allow and meditate on in our spirits.

Philippians 4:8 (NKJV)

[8] Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything

praiseworthy—meditate on these things.

Catastrophic thinking is thinking the absolute worst case scenario.

Let me tell me a story. There was this guy who drove up to his house and he sees a pink sign on his door. Immediately he get's upset. His mind goes from one to ten. He immediately knows that he is going to be evicted. His mind begins to imagine and as he imagines, his minds gets worse and worse. He sees himself losing everything. He sees his clothes tossed on the ground. He imagines his furniture and all his possessions up for auction. He sees himself losing his job because all his clothes were tossed on the ground and he didn't have clothes to wear to work. On and on he goes. In his mind, he sees himself losing his family, friends, his self worth and value all because of a pink sign on the door. Finally the guy is upset, tearful and distraught, because he knows what is coming. It is getting hot in the car, he in on the verge of a severe panic attack. He finally convinces himself to get out of the car to face his fate. He gets up to the door, pulls the sign down and it reads, "Dear Mr. John Doe, your packages is waiting for you at the post office, if you could please come by and pick it up between the hours of 9 to 5."

All that for nothing! However, for folks that are full of fear, this is how they live. The reality is, God takes care of those who belong to him. When you are fearful about how your needs will be met, you don't really trust God.

Matthew 6:25-34 (NKJV)

25 "Therefore I say to you, do not worry about your life, what you will eat or
what you will drink; nor about your body, what you will put on. Is not life more
than food and the body more than clothing? 26 Look at the birds of the air, for
they neither sow nor reap nor gather into barns; yet your heavenly Father feeds
them. Are you not of more value than they? 27 Which of you by worrying can add
one cubit to his stature?

28 "So why do you worry about clothing? Consider the lilies of the field, how
they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in
all his glory was not arrayed like one of these. 30 Now if God so clothes the grass
of the field, which today is, and tomorrow is thrown into the oven, *will He* not
much more *clothe* you, O you of little faith?

31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we

drink?’ or ‘What shall we wear?’ [32] For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. [33] But seek first the kingdom of God and His righteousness, and all these things shall be added to you. [34] Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

For those who experience anxiety, worry and fear, they are always anticipating something that has not happened yet.

The last form of fear that we will discuss is called, Obsessive Compulsive Disorder and, Obsessive Compulsive Personality Disorder. They are two different disorders that are very similar. I make mention of them both because they both come from a root spirit called fear. The fearful spirit causes someone to have recurrent thoughts, and imaginations that cause anxiety or stress. The fear manifests in compulsions, and repetitive behavior, such as constant hand washing, order, organizing and reorganizing. These are people who count constantly, or have rules where they have to touch the door knobs three times before leaving. They have to take three showers a day at a certain time and so on. There are the people who show perfectionism, excessive devotion to work and productivity.

Fear is not of God. In our secular world, we are taught techniques to manage or cope with anxiety and fears. No! God desires complete and total deliverance from every and all fear. We will talk in a later chapter about the process of total healing and wholeness, but hopefully you get how fear, anxiety and worries impact our lives.

Chapter 5

Trauma

Sexual, Emotional and Physical Abuse

Sexual abuse is the most traumatic thing that a person could ever experience. As a therapist, my area of focus has been working with adult women who have experienced early childhood sexual abuse and domestic violence. There is so much that a person will experience as a result of being sexually abused. Sexual abuse is actually an epidemic that reaches across race, gender, and nationality. When I walk into a room the question is not who has been sexually abused, but rather who has not been sexually abused?

Sexual abuse is a violation of a person's body, mind, will, and emotions. Sexual abuse is defined as the forcing of unwanted sexual activity by one person on another, as by the use of threats or coercion. It is important to note that sexual intercourse by means of manipulation, intimidation or coercion is still considered sexual abuse. Coercion is the practice of persuading someone to do

something by using force or threats.

Sexual activity that is deemed improper or harmful, as between an adult and a minor or with a person of diminished mental capacity. When a person is touched inappropriately, made to watch pornographic or sexually explicit material. Even if there is no actual intercourse, it is still considered sexual abuse. The DSM-IV defined pedophilia has a recurrent, intense sexual arousal, fantasies, sexual urges, or behaviors involving children.

Sexual abuse is a statutory offense and it is a crime to knowingly cause another person to engage in an unwanted sexual act by force or threat; "most states have replaced the common law definition of rape and now defines it as sexual assault"

Rape is defined as 1. The crime of forcing another person to submit to sex acts, especially sexual intercourse. 2. The act of seizing and carrying off by force; abduction. 3. Abusive or improper treatment; violation.

Sexual abuse is commonly thought of as a woman’s epidemic. However, there is no gender bias when it comes to this travesty. Sexual abuse happens to both men and women. However, most sexual abuse goes unreported for women, and it is even less common that a man would report it. That does not take away from the fact that it does indeed happen.

There are long term effects of sexual abuse both physical and emotional. For an individual that has been sexually abused, they will suffer with long term effects of depression, shame, low self esteem. There is a strong correlation between homosexuality, lesbianism, and sexual abuse. Many of these individuals who have alternative sexual desires have been sexually abused as children. This is not to say that everyone who has been sexually abused has issues with their sexuality, but the correlation is undeniable.

Many people who have been sexually abused suffer with addictions to drug, alcohol and other substances. They tend to use alternative substances to numb the emotional pain, of the past. There is also a relationship between obesity and sexual abuse. Many individuals will eat subconsciously to detract abusers. Eating is also a way to numb the pain or use eating as a means to cope.

One thing that many people who have been victimized in this area experience is self blame. Self blame is when the person who was victimized, believes that they did something to make the abuser abuse them. I have heard women say that they were abused because they developed early; they were a child and didn’t say no,

they somehow attracted the abuse. I would pose the question, “How does a child attract an abuser, particularly when they were abused by an adult? This makes no sense, but many women have this mentality.

The reality is, there is no concrete evidence as to why someone is abused. But **NOONE WANTS TO BE ABUSED.**

I believe ultimately sexual abuse is about a spirit of perversion. It is demonically related and part of the dark underworld. Perversion is a desire that is corrupt, distorted, sinful and not natural. Perversion is a direct result of sin and rebellion that entered the earth as a result of the sin of Adam and Eve.

I believe that sexual abuse is ultimately a intricate strategy of satan. You see, one of the major reasons satan was evicted from heaven was because he wanted to be God. When he was evicted, his perverted desire did not stop. He created the demonic kingdom, to emulate and look just like the kingdom of God. Even though the demonic kingdom is a perverted, copycat of the original, it is still a kingdom none the less. It is a kingdom that is structured with order, structure, strategy and dominion. Believe it or not, the demonic kingdom has authority over entire regions, nations and of course, people. Yet, even though satan’s kingdom is full of strategy there is one thing that satan cannot and will never have the ability to do. That is to create. Satan cannot give birth or create anything.

The purpose for satan to abuse people is ultimatly to be revengeful towards God. He knows the long term effects of sexual abuse, is to turn a person away from relationships, sexual desires towards a potential God given spouse and to disconnect from relationships. Ultimately its goal is to propagate and advance the homosexual agenda. Homosexuals and lesbians cannot birth children naturally. If satan can stop people from creating the way God created them to the ultimately, he stops a generation from birthing, coming forth and advancing the kingdom of God.

However, God is a healer, He is a restorer. God can put the broken pieces of our lives back in order as if it had not even happened.

Physical abuse is an act of another party involving contact intended to cause feelings of physical pain, injury, or other physical suffering or bodily harm.

Emotional abuse or mental abuse, is a form of abuse characterized by a person subjecting or exposing another to behavior that may result in psychological

trauma, including anxiety, chronic depression, or post-traumatic stress disorder.

Examples of emotional abuse include, when someone is constantly putting you down, constant criticism, verbal assaults, accusations, manipulation, control are all example of emotional abuse.

In the spirit realm, emotional abuse is a form of psychological warfare. It is the enemy using someone close to you to bring assaults against your mind.

Emotional abuse, will eventually cause a person to have poor self esteem, devalue themselves, constantly second guess themselves, be unsure, and have anxiety and worries. A person who is the abuser is often very insecure and they feel the need to control and manipulate another because they themselves have poor self esteem, are insecure, and also feel not in control of themselves. Emotional abusers need constant affirmation of their own worth. However, because the real issue is eternal, they are never satisfied. The person who stays in such a relationship with an abuser is constantly on egg shells. The abuse can never be satisfied. This relationship is known as a co-dependent relationship.

A codependent relationship is defined as a relationship in which a person is controlled, or manipulated by another who is affected with another psychological condition. It means when a person's mind, will, emotions are controlled and dependent upon another, the person that is being manipulated has difficulty making rational and concrete decisions absent from the abuser. Emotional abuse is a part of this kind of manipulative and co-dependent relationship.

Physical abuse is an act of another party involving contact intended to cause feelings of physical pain, injury, or other physical suffering or bodily harm.

Many of the clients that I have worked with have experienced one or all three of the forms of abuse, in their lives. All and any form of abuse causes psychological trauma. Psychological trauma is a type of damage to the mind, will and emotions that occurs as a result of a severely distressing event.

The effects of psychological trauma can last a lifetime, and have devastating effects on a person.

One of the major conditions many people suffer with as a direct result of trauma is a condition called, Post-Traumatic Stress Disorder otherwise known as PTSD. Most of the time when we hear about PTSD, it is associated with some of our veteran returning from war. They have experienced death, dyeing and other travesties and coming back after all of that they suffer with this condition.

However, PTSD is more common among particularly women who have survived early childhood sexual trauma.

Symptoms of PTSD happens again when a person has witnessed, experience, or been confronted with a life threatening, or serious event. For example even if a person has not physically been abused, witnessing abuse or being in a threatening situation can cause a person to suffer with PTSD. Persons, who have been in a bad car accident, may suffer with PTSD. Just the severe threat of danger, a person can suffer with PTSD. Now that is not to say just because a person experiencing a threatening event that they will suffer with PTSD, however it is something that tends to come along with a horrific event. However, there is a strong relationship between PTSD and domestic violence and sexual assault.

Other symptoms of PTSD include how a person responds to intense fear, helplessness and horror. Other symptoms include recurring intrusive recollections of the event. A person will have recurring nightmares where they will literally see the event, or even having feeling sensations related to the trauma. It is as if the events happen all over again. Imagine going through a traumatic event only to know and having to relive it all over again every single day. I have clients who report seeing the event or having nightmares every night over a traumatic event that happened 10 or 20 years ago. Feelings as if the event were reoccurring, a person will have flashbacks, illusions, hallucination, dissociative flashback. In children they may reenact the event through play; which is why a therapist will use play therapy as a way to help the child heal from the event.

Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring (Such reactions may occur on a continuum, with the most extreme expression being a complete loss of awareness of present surroundings.")

Basically when a person dissociates, the person feels as if their body and mind detach. There is another disorder that happens when a person has experienced severe early trauma over and an extended period of time, called dissociative identify disorder, it was formerly known as multiple personality disorder. This is an extreme dissociation, when a person develops two or more identities or personalities in a way to relate the world. For example, let's say a hypothetical client's name is Jane. Jane has been sexually assaulted from the time she was 8

to 14. Jane's personality is very timid, shy and fearful. Jane developed an ulterior personality name Janice, Janice is the complete opposite of Jane. She is bold, and fearless. Whenever Jane is in a situation where she feels afraid, unsafe or intimated, Janice comes to her rescue an either speaks for her, or tells her what to do or say.

Ultimately, it is a defense mechanism to take the personality of another stronger person that is meant to protect the individual from harm. We will talk more about the demonic at work as it relates to mental health and this disorder, but for now we will stick to the facts as stated in the DSM-IV. Other symptoms of disassociate disorder include inability to recall important personal information, forgetfulness.

American Psychiatric Association.(2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC.

Many experts in the counseling mental health field report that the only way for an individual to recover from this disorder is for the therapist to begin to counsel each personality in order to get them to merge into one. However as stated, we will talk more about the demonic in another chapter and how it can have an impact on mental health. However I want to be clear, just because a person suffers with a mental illness doesn't mean that they are possessed with a demon. However, this disorder, dissociative disorder is one of those disorders that is influenced by the demonic world. Keep reading I will explain as we go on.

So now we will continue to talk about PTSD. PTSD is intense psychological oppression. Other symptoms of PTSD include when a person cannot stop thinking, feeling, or avoiding thoughts associated with the trauma. They try to avoid activities, places, or people that remind them of the trauma, inability to recall certain aspects or the trauma. Often times folks who have experienced ongoing sexual trauma, will block out or forget their childhood. I have had client's say they don't remember anything past the age of 12, or they will forget even happy or pleasurable events in the past. The mind simply blocks it out.

Other symptoms of PTSD include, diminished interest, feeling detached, or estranged from others. Meaning a person will feel like they are on the outside watching other people live. I have had so many clients who say they just want to be "normal", they feel like they can't live or just be.

Other symptoms include inability to receive, show or give love, inability to focus

or hope towards the future.

Other symptoms include: difficulty falling and staying asleep, irritability, outburst of anger, difficulty concentrating, hyper vigilance, and exaggerated startled response. Hyper vigilance is when a person is so hyper alert or aware they jump easily or startle easily. A person who is hyper aware is fearful that they may be attacked again. They often also feel numb and detached.

Other symptoms include severe anxiety, social anxiety. Folks who suffer with sever anxiety may not be able to sit in a restaurant or if they do they must sit in certain place where they can see the exit or figure out an escape route.

Reoccurring panic attacks, panic disorder, agoraphobia. Substance abuse, you name it PTSD, early childhood sexual abuse and domestic violence impacts every area of a person's life.

We haven't even begun to talk about a person not being able to trust, establish healthy relationships, or healthy boundaries.

Another significant disorder that is associated with people who have experienced early childhood trauma include; borderline personality disorder.

A personality disorder is when one behavior, being, emotions, ways of seeing, towards themselves or another is deeply altered.

Borderline personality disorder tends to be another symptom of people who have been sexually abused or traumatized as children.

Symptoms of BPD tend to have a pattern of unstable, intense, interpersonal relationships. They have an unstable sense of self. The individual can be very impulsive or reckless in different areas such as spending, being very sexually promiscuous, substance abuse and driving. Persons with BPD tend to be exhibit intense emotions. They have issues with setting boundaries, and respecting boundaries of others. Attention seeking behaviors, mood instability, chronic feelings of emptiness, intense or inappropriate anger that is displayed by frequent anger, outburst, constant anger, physical fights, and extreme temper tantrums.

American Psychiatric Association.(2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC.

People with borderline personality disorder tend to be very manipulative, over

bearing, deceitful and controlling.

A biblical example of someone who probably could have been diagnosed with borderline personality disorder is Jezebel. Talk about emotionally unstable, controlling and manipulative. We won't go into detail about her story, we certainly have never heard about her childhood, but we do know by her story that she was not stable, uncommitted, not submitted and manipulative to the extreme. I encourage you to read her story found in I Kings 18 and read on through.

Borderline Personality Disorder	**Jezebel Spirit**
Manipulative	I kings 21
Controlling	I Kings 18:4, I kings 19
Spirit of deception	
Unapologetic	
Intense Anger	
Leader	
Uncommitted/Unsubmitted	

Most people who have borderline personality disorder have difficulties maintaining relationships for any length of time because they are so manipulative.

Another symptom of borderline personality disorder is cutting, self-mutilation. Meaning, they cut themselves or intentionally harm themselves in some way to get attention, rid them of pain, or feel pain in some way.

The symptoms indicated are only a manifestation of a deeper emotional problem. People that are manipulative, abusive, unjust and unwilling to relent are only demonstrating a deeper emotional problem.

I could go on and on about trauma and its effects. At the end of the day, sexual abuse is the direct result of the spirit of perversion. The perpetrator is experiencing perversion to the extreme. For the victim, the perversion is placed upon them in a way that they did not invite or want. Sexual abuse is never the victims fault, never.

There is so much more to say about this particular issue, but I will end it here. You can see how if a person is truly going to get healed and whole from this, it

must be by the hand of God. And of course, as stated with Christian, spirit filled counseling, meditating on the word of God. We will talk more about the process of emotional healing in another chapter. However, as stated, it is the blood of Jesus Christ and His healing power, by the work of the Holy Spirit that a person is able to obtain wholeness. Without Christ, a person can come to terms with their past, but they will never be complete, whole, nothing missing nothing broken, without the hand of Jesus.

I have clients who experienced sexual assault 10 and 15 years ago, some longer and they still have to relive it on a daily basis.

We didn't talk about a person having issues with being touched, not able to be alone, having intimacy problems, reoccurring hospitalizations for mental health reasons, or reoccurring suicidal thoughts, plans and attempts.

I use to work in a locked mental institution and I worked with women who lost their minds, had nervous breaks down, and were never able to recover, all because of the early childhood sexual abuse they suffered. I have met with clients who had to sit with the door open for fear. I have met with clients who couldn't sit in a closed room for an extended period of time due to the assault they experienced years ago. I have met men who couldn't trust, didn't know how to be men, struggled with their sexuality, and couldn't be in relationship all because of early childhood sexual abuse.

I have met women who were so badly abused they couldn't deal with men; they couldn't be in a relationship with any man, and ultimately ended up becoming lesbians.

This is serious; this is why we need a savior to deliver people and to allow His healing virtue to make them whole. It is possible! In the psychology/therapy world they don't believe that full wholeness is possible. They believe and teach their clients to learn effective coping skills. Coping skills are tactics that one uses in order to be able to minimize, tolerate, or reduce symptoms. I am not against them at all, in fact. I teach some of them. But coping skills are not the answer to it in its totality. God does not want a person to just cope and learn to go through life with these issues; He wants them healed and whole.

Lastly, if you have ever read any of my books, you may know that in my lifetime, I too was a victim of early childhood sexual abuse, and emotional abuse. I don't dare compare myself to my clients because many of their experiences were horrific, in comparison to mine. However, I can stand boldly

not just as a therapist, but as a human being who has experienced it and suffered the long term effects of abuse. It is possible I am happy, whole, and I have completely forgiven. However, it has not come overnight and certainly not without a struggle. You don't have to allow the pain of yesterday, and years ago, to dictate your present or your future. God is able to heal, hurt pains and the traumas of life.

Isaiah 53:4-5 (NKJV)

4 Surely He has borne our griefs
And carried our sorrows;
Yet we esteemed Him stricken,
Smitten by God, and afflicted.
5 But He *was* wounded for our transgressions,
He was bruised for our iniquities;
The chastisement for our peace *was* upon Him,
And by His stripes we are healed.

Isaiah 61:1-3 (NKJV)

61 "The Spirit of the Lord God *is* upon Me,
Because the Lord has anointed Me
To preach good tidings to the poor;
He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives,
And the opening of the prison to *those who are* bound;
2 To proclaim the acceptable year of the Lord,
And the day of vengeance of our God;
To comfort all who mourn,
3 To console those who mourn in Zion,
To give them beauty for ashes,
The oil of joy for mourning,
The garment of praise for the spirit of heaviness;
That they may be called trees of righteousness,
The planting of the Lord, that He may be glorified."

Chapter 6

Psychotic Disorders, Schizophrenia, Demons, and Spiritual Warfare

Mark 9:14-27 (NKJV)

14 And when He came to the disciples, He saw a great multitude around them,
and scribes disputing with them. 15 Immediately, when they saw Him, all the
people were greatly amazed, and running to *Him*, greeted Him. 16 And He asked
the scribes, “What are you discussing with them?”

17 Then one of the crowd answered and said, “Teacher, I brought You my son,
who has a mute spirit. 18 And wherever it seizes him, it throws him down; he
foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your
disciples, that they should cast it out, but they could not.”

19 He answered him and said, “O faithless generation, how long shall I be with
you? How long shall I bear with you? Bring him to Me.” 20 Then they brought
him to Him. And when he saw Him, immediately the spirit convulsed him, and
he fell on the ground and wallowed, foaming at the mouth.

21 So He asked his father, “How long has this been happening to him?”

And he said, “From childhood. 22 And often he has thrown him both into the fire
and into the water to destroy him. But if You can do anything, have compassion
on us and help us.”

23 Jesus said to him, “If you can believe,[a] all things *are* possible to him who
believes.”

24 Immediately the father of the child cried out and said with tears, “Lord, I
believe; help my unbelief!”

25 When Jesus saw that the people came running together, He rebuked the
unclean spirit, saying to it: “Deaf and dumb spirit, I command you, come out of
him and enter him no more!” 26 Then *the spirit* cried out, convulsed him greatly,
and came out of him. And he became as one dead, so that many said, “He is
dead.” 27 But Jesus took him by the hand and lifted him up, and he arose.

In my line of work I have worked with individuals who suffer with mental illness. As stated, I have also worked in state mental health psychiatric hospitals. At the hospitals that I worked, we had different units. We had the crisis unit; these were for people who would come in with crisis issues such as suicide with a plan, break downs, and such. Then there was the forensic unit, these were for people who had been victimized or accused of crimes and the courts had some concerns about their ability to either stand trial, or there was some suspicion of some kind of mental health concern. Or they were found mentally ill at the time the crime was committed.

Many of you may have heard the story about Andrea Yates, who drowned her five children in 2001. Eventually it was found that she was suffering with a severe mental illness at the time of the murders. She is now sentenced to a long term mental health hospital where she will spend the rest of her life. I want to make it clear that I have never worked with Ms. Yates, I am simply using her story because it is so well known as an example. I have worked with women and men with similar stories as Ms. Yates. I have worked individuals who were sentenced to spend the rest of their lives in mental institutions due to murder. I have worked with prostitutes, crack addicts, criminals of all kinds of crimes, you name it. You can have your opinion about her and such other people; I do not justify any of their acts. I will say that Ms. Yates and many people like her are souls and people. If they repent and accept Christ they are forgiven. I cannot nor can anyone else, hold judgment for something Christ has forgiven them for.

In the places I've worked, these people went through a process of evaluation and education, and then it was determined whether or not they were competent to stand trial. Then there were the long term units, these were individuals who had more of the severe issues where they could not be stabilized with medications, so they were sent to the long term units for further treatment. Most of the long term units were for people, who had been in the hospital longer than 30 days, up to 6 months or more. At the hospital that I worked at, I had clients who had been in the mental institution for longer than 10 years. Due to current legislation, most people with the exception of the criminal incompetent people can no longer spend years in the hospital. However, there was a time when once a person was found to suffer with a mental illness, they would spend years in an institution for the mentally ill. I worked on what was considered the long term unit.

Most of severe mental illness is what we refer to as severe and persistent mental illness. It basically means a mental illness that is more chronic and severe. It is

so severe that it impacts every area of a person's life. Let's be honest, everyone at some point has experienced some form of depression. We have all been disappointed; most people have experienced a death or a life altering event that can cause depression. However, everyone has not experienced schizophrenia.

Now the mental health community and most clinicians do not acknowledge the existence of the spirit world or demons. I have repeatedly stated that just because a person suffers with a mental illness, does NOT imply that they are oppressed with demons. However, I will emphatically and unapologetically say that whenever a person who suffers with a mental illness reports hearing voices, they **ARE** hearing the voice or voices of demons. Demons are real, talking beings that communicate with men and women on a daily basis.

God does speak, and so does the devil and his demons. Now as a licensed clinician in the mental health field, when a person reports they hear voices, I can't just put on my paper work, "hearing the voice of demons." No I have put a diagnosis as it is stated in the DSM-IV, but make no mistake about it, it's a demon or demons.

So you may ask "how does a person know the difference between hearing the voice of God and the devil?" The first things to ask is are you a Christian? Do you know Christ as your personal Savior?

John 10:27 (KJV)

[27] My sheep hear my voice, and I know them, and they follow me:

As you grow in Christ you will begin to know and be confident in your relationship with God and your ability to hear His voice. If you are not a Christian, you don't know the voice of God and it is unlikely that He is speaking to you. Mind you, God does speak, but generally His voice is for those who have an intimate and personal relationship with God. The other way to know whether or not you are hearing the voice of God is that God will never contradict His word. I have heard so many people say God told them this or God told them that, God's words don't lie or cause you to sin.

Matthew 24:35 (NKJV)

[35] Heaven and earth will pass away, but My words will by no means pass away.

God will never lie to you.

Numbers 23:19 (KJV)

[19] God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?

The most common way to know whether you are hearing the voice of God is that God doesn't emotionally or verbally abuse you. Demons do. For example God will never tell you to kill yourself, hurt yourself, disrespect you or another. Sounds odd, but there are people who suffer with a mental illness who believed God is telling them to kill themselves. God, the one who forgives our sin, doesn't sit in heaven and constantly remind us of our past sin and wrong doings.

2 Corinthians 5:17 (NKJV)

[17] Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

However, demons are complete opposite. They are lying spirits. In my office, I have never had anyone say the voices (demons) are telling them something positive. Demons are tormenting spirits that seek to destroy your will, mind, and emotions through constant put downs, false accusations, and suggestions.

In fact, in the case of Andrea Yates, she reported that she had been having psychotic thoughts where she felt as if satan was in her head and that her children could not be saved from eternal damnation. Clearly there was an issue of the demonic involved. God's word would never influence her to kill, her kids. Clearly the bible says, thou shalt not kill. The point is, this is an example of demons influence. God does not contradict His words.

In order to truly understand the influence of the demonic we must first understand what the mental health arena has to say about the disorder.

We will break down the most common forms of psychotic disorders. Again, this is not an all exhaustive list.

The first psychotic disorder we will talk about is delusional disorder.

Symptoms include; delusions. Delusions means a fixed or unwavering belief that something is real or that a truth exist when it does not. I had a client who was diagnosed with delusions disorder, he thought his parents had been murdered by their lawyer and would proceed to go and stalk the lawyer. In reality, the parents were elderly and had passed away from natural causes. People who have bizarre fixations with celebrities in whom they have never met, yet they believe they are

in relationship with that celebrity would be an example of delusional disorder. This mental illness is really a lying demon that comes to torment people, as most symptoms we talk about are.

Another symptom is hallucinations. Hallucinations, meaning they see things that are not really there. An example would be a person seeing bugs crawling on them, shadows, deceased people. No matter what the long island medium says, dead people do not talk to us. They are either in heaven or hell. Now there are examples of the deceased coming to a person in a dream after they have passed. I heard a pastor say after his mother died, how she came to him in a dream telling him she was okay and it was beautiful in heaven. Which I believe is something God allows as a means of comfort. However, the dead don't come to a person on a regular basis and begin to talk to you. This is a demonic spirit.

Disorganized speech, it just means when a person speech is incoherent and not consistent. For example in session I may ask a person what brought them in today?, and they begin to talk about the sky, rainbows, the red yellow jacket that followed them into the office today. If it sounds strange, makes no sense, flight of ideas is not a full on sentence or something that sounds like a sentence; this is an example of disorganized speech.

Grossly disorganized and catatonic behavior, it means when a person all of the sudden will appear frozen or not move. They may just lay in bed with a frightened look on their face and not move at all. That is an example of catatonic behavior; which is withdrawn, negative and has awkward movements.

Other symptoms include flatting, that is when a person has no emotions, they just look flat.

The psychotic disorder that most people are familiar with is schizophrenia. Schizophrenia comes with different symptoms. A person can have two or more of the following symptoms to be diagnosed with schizophrenia or a combination of all of them. Delusions and/or hallucinations.

There are four different types of schizophrenia the first and probably the most common is paranoid schizophrenia. It means just as it sounds, a person is severely paranoid. They literally are in fear because they have constantly thought of paranoid, delusions, or hallucinations about others or themselves. For example, I have worked with people who were so afraid to leave their home,

because they kept thinking that someone was out to kill them. Every thought, every action, was full of the spirit of fear, dread and death because of the mental health. Yet, there was no concrete evidence to support that the person had done anything or that anyone was after them. Again this is a direct influence and rooted in the demonic world.

Another form of schizophrenia is disorganized type, symptoms include when a person presents a combination of disorganized speech, behavior and a flat or inappropriate effect (emotion, facial expression).

The next form of schizophrenia is catatonic type; symptoms include inability to move, excessive movements, extreme negativism, or mutism and echolalia, is when a person keeps repeating back what was said or echopraxia which repetition of another's movements.

The final form of schizophrenia is residual type. A person with a residual form of schizophrenia doesn't have all the other symptoms; however they continue to have odd beliefs, unusual experiences that simply are not there.

American Psychiatric Association.(2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC. .

Another form of psychotic disorder is called Schizoaffective Disorder. Schizoaffective Disorder is not the same as schizophrenia. Schizoaffective Disorder is when a person experiences, either a major depressive episode (depressed mood, crying spells, isolation, suicidal thoughts, guilt, feelings of hopelessness and helpless) or a manic episode (abnormally elevated or irritable mood, arousal, and/or energy levels.) While during the same period, they have hallucinations, delusions, within for at least two weeks in the absence of prominent mood symptoms. There are two types of schizoaffective disorder, bipolar type or depressive type.

The first psychotic disorder that we talked was called Delusional Disorder. Delusional Disorder is when a person experiences having a non-bizarre delusion. It means when a person has delusions about an event that could be realistic, but is not. For example, they believe they are being followed, poised, infected by a disease, loved from a distance. All these things could possibly happen in real life, but they are not really happening in the life of the person who is experiencing delusions disorder.

For example, I had a client who had a young son. I saw this client while I was working at one of the inpatient hospitals that I worked at. If you talked to her she

appeared perfectly fine. However, when you started asking about her life or her family, she would report that she was happily married, she had three small sons, she was a lawyer and worked as an official for the local government. None of this was true, she had one son, she was not married and she had never completed college. Yet, she honestly believed herself. You could sit and talk to her for hours but she never budged. Even when other family members confirmed that what she had said was not true. However, it could have been possible that she be married, a lawyer or a government official had she done all the things necessary in life to be at that position. But the reality is, she was not. That is an example of delusional disorder.

If we take it to the spiritual side, delusional disorder is really rooted in a lying spirit that causes a person to believe their own lies or lies placed into their heads by demonic influences.

There are different types of dominant themes within the delusions. The first being erotomanic type, this is when a person has delusions that someone of a higher status is in love with the individual. If you have ever heard of people who stalks celebrities and believe that they are in a secret relationship, this is an example.

Grandiose type, this is when a person has delusions of inflated worth, power, knowledge, identity or have a special relationship with a deity or even a famous person. The example I gave was a person who had the grandiose type of delusional disorder.

The next type is jealous type, it in when a person has delusions that the individual's significant other is unfaithful.

The next is persecutory type, it is the form of delusions that the person believes they are being mistreated, or persecuted in some way that is not true.

The next form of delusional disorder is somatic type; this is when a person has delusions that they have some physical defect or medical condition.

Then the final form of delusional disorder is called mixed type, that is when a person has delusions of more than one of the form types, but none of them are predominant enough to characterize them as one or the other.

These are just a few kinds of psychotic disorders, but I have just highlighted the two.

American Psychiatric Association.(2000). *Diagnostic and statistical*

manual of mental disorders (4th ed., text rev.). Washington, DC.

As stated, all forms of these types of disorders are rooted in the demonic world. Now when I say that, I in no means am implying that the only thing you need to do is just go to the alter have a deliverance service and you're done. In fact, the root of many of these disorders, are rooted in the spirit of rejection. The demons play on that spirit and then start talking and speaking to the person in a way to only reaffirm how they already feel about themselves. These people need counseling. However, one thing I know for sure, you can't counsel a demon. This is why I am a huge supporter of inner healing and deliverance ministry. It simply means when a person does do deliverance ministry which is the casting out of demons, and inner healing ministry which is to counsel the person's inner man. One without the other won't work. If you just cast the demon out of the person, the root of rejection has never been dealt with so the probability of the demon coming back even stronger is very high. Yet, if you try to counsel the person with the demon still present, it won't work. Those demonic spirits keep the person so oppressed they can't truly hear or receive what the spirit is trying to say. In fact, I never conduct deliverance ministry without inner healing within the context of counseling. That is not to say it can't be done. Jesus would go and cast out demons in people all the time. He didn't have a 50 minutes counseling session with them before casting the demon out. However, I want to point out something that will make my point as to why inner healing is needed. Let us go back to the first scripture that was read at the beginning of this chapter. This time we will read it from the message bible.

Mark 9:14-27

The Message (MSG)

14-16 When they came back down the mountain to the other disciples, they saw a huge crowd around them, and the religion scholars cross-examining them. As soon as the people in the crowd saw Jesus, admiring excitement stirred them. They ran and greeted him. He asked, "What's going on? What's all the commotion?"

17-18 A man out of the crowd answered, "Teacher, I brought my mute son, made speechless by a demon, to you. Whenever it seizes him, it throws him to the ground. He foams at the mouth, grinds his teeth, and goes stiff as a board. I told your disciples, hoping they could deliver him, but they couldn't."

19-20 Jesus said, “What a generation! No sense of God! How many times do I have to go over these things? How much longer do I have to put up with this? Bring the boy here.” They brought him. When the demon saw Jesus, it threw the boy into a seizure, causing him to writhe on the ground and foam at the mouth.

21-22 He asked the boy’s father, “How long has this been going on?”

“Ever since he was a little boy. Many times it pitches him into fire or the river to do away with him. If you can do anything, do it. Have a heart and help us!”

23 Jesus said, “If? There are no ‘ifs’ among believers. Anything can happen.”

24 No sooner were the words out of his mouth than the father cried, “Then I believe. Help me with my doubts!”

25-27 Seeing that the crowd was forming fast, Jesus gave the vile spirit its marching orders: “Dumb and deaf spirit, I command you—Out of him, and stay out!” Screaming, and with much thrashing about, it left. The boy was pale as a corpse, so people started saying, “He’s dead.” But Jesus, taking his hand, raised him. The boy stood up.

Notice in the scripture that when the boy’s father brought him before Jesus, He didn’t automatically go ahead and cast the demon out of him. He started by asking some questions. Questions, He already knew the answer to. He asked, “how long has this been going on?” Meaning Jesus got to the root of the problem first. In order to have full and sustained healing, you must get to the root of the problem.

I want to caution you that you don’t just go out and start laying hands on people. Notice the disciples couldn’t do it. Yet look what happens to others when they try to lay hands on demons without first allowing God to release the authority to do so to them.

Acts 19:11-20

The Message (MSG)

11-12 God did powerful things through Paul, things quite out of the ordinary. The word got around and people started taking pieces of clothing—handkerchiefs and scarves and the like—that had touched Paul’s skin and then touching the sick with them. The touch did it—they were healed and whole.

13-16 Some itinerant Jewish exorcists who happened to be in town at the time tried

their hand at what they assumed to be Paul's "game." They pronounced the name of the Master Jesus over victims of evil spirits, saying, "I command you by the Jesus preached by Paul!" The seven sons of a certain Sceva, a Jewish high priest, were trying to do this on a man when the evil spirit talked back: "I know Jesus and I've heard of Paul, but who are you?" Then the possessed man went berserk —jumped the exorcists, beat them up, and tore off their clothes. Naked and bloody, they got away as best they could.

17-20 It was soon news all over Ephesus among both Jews and Greeks. The realization spread that God was in and behind this. Curiosity about Paul developed into reverence for the Master Jesus. Many of those who thus believed came out of the closet and made a clean break with their secret sorceries. All kinds of witches and warlocks came out of the woodwork with their books of spells and incantations and made a huge bonfire of them. Someone estimated their worth at fifty thousand silver coins. In such ways it became evident that the Word of the Master was now sovereign and prevailed in Ephesus.

The point is, although demons are defeated and from a defeated kingdom. They still are nothing to play with. Counseling and deliverance ministry should be done by a seasoned, mature saint. Don't go about giving yourself a title and then start laying hands on people. You will get burnt.

1 Timothy 5:22-24 (NKJV)

22 Do not lay hands on anyone hastily, nor share in other people's sins; keep yourself pure.

Demons are always looking for a host body and they can transfer themselves from one person to the next very easily. God won't cover you if you release yourself into something He has not released you to with his authority.

The point is, the necessity to truly seek out trained, mature, and spirit led counseling is made.

Again as stated in the scripture, all mental illness does not mean a demon is involved. However, all psychotic disorders are demonically influenced.

Chapter 7

Spirit, Soul and Body

3 John 1:2 (KJV)

2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

1 Thessalonians 5:23 (MSG)

23-24 May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—**spirit, soul, and body**—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!

We are three part beings; we are spirit, soul and we live in a body. The spirit is where the Lord dwells, it is our intangible being. The spirit is the inner natural. It's what we cannot see. Our spirits live on forever. Your spirit will either go to heaven or go to hell once the body passes away. When we except Christ as our personal savior, He comes and saves our spirit from eternal damnation. There are different kinds of spirits. The first is the spirit of God.

Isaiah 40:13 (NKJV)

13 Who has directed the Spirit of the Lord,
Or *as* His counselor has taught Him?

Genesis 6:3 (NKJV)

3 And the Lord said, "My Spirit shall not strive[a] with man forever, for he *is* indeed flesh; yet his days shall be one hundred and twenty years

Psalm 143:10 (NKJV)

10 Teach me to do Your will,
For You *are* my God;
Your Spirit *is* good.

Lead me in the land of uprightness.

Then there is the Holy Spirit. The Holy Spirit is what empowers and imparts into us the ability to live the life that God has called for us to live. It is by the spirit that we are empowered to do great and might exploits for Christ. It is the Holy Spirit that gives us dunamis power. Dunamis power means strength, power, ability,

inherent power, power residing in a thing by virtue of its nature, or which a person or thing exerts and puts forth, power for performing miracles, moral power and excellence of soul, the power and influence which belong to riches and wealth, power and resources arising from numbers, power consisting in or resting upon armies, forces, hosts.

That means the Holy Spirit brings Dunamis power, which means that the Holy Spirit gives us power to live holy, power to perform miracles. He releases power over demonic worlds, hosts, regions, territories and people in positions of authority.

Deuteronomy 8:18 (NKJV)

18 "And you shall remember the Lord your God, for *it is* He who gives you **power to get wealth**, that He may establish His covenant which He swore to your fathers, as *it is* this day.

It means that God can give power to get wealth, by giving the resources that you need. You don't automatically come with dunamis power, it only comes after the Holy Spirit comes upon us.

Acts 1:8 (NKJV)

8 But you shall receive power when the Holy Spirit (dumanis) has come upon you; and you shall be witnesses to Me[a] in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

We could go on and on about the Holy Spirit, but let's move forward. I will say if you aren't filled with the baptism of the Holy Spirit, you don't have a chance at becoming emotional healed or whole. Holy Spirit is the key component to it all.

There are angels which are spirit begins. There are demons which are also

demonic spirits. There are spirits that dwell in heaven and hell.

Zechariah 6:5 (NKJV)

[5] And the angel answered and said to me, “These *are* four spirits of heaven, who go out from *their* station before the Lord of all the earth.

There is the spirit of man.

There is the soul. Your soul is a breathing, living organism. The soul is what dwells inside of a man. The soul is also invisible. The soul is also immortal. Meaning when you die depending upon who you serve, it will either go to heaven or hell. Soul is defined as the spiritual or immaterial part of a human being or regarded as immortal.

The soul is where we process the mind, will, and emotions. It is the soul that is either emotionally damaged or whole. For the sake of this book, we are talking about the emotionally damaged part of the soul. The soul can be bitter, hurt, damaged, oppressed, proud, heavy, sorrowful, cast down, full of troubles, discouraged, full of anxiety. True counseling is ministering healing to the soul. The mind is how we process information. It is the mechanism by which we are able to understand, perceive, receive and process. The will is our agenda, motives, ability to make decision. When we are Christians who believe Jesus to be our Lord, we let go of our right to our own will and we submit it to Christ.

And finally the body; the body is defined as the physical structure of a person or an animal, including the bones, flesh, and organs. The body is the outward covering of the spirit and soul. We only get one soul, one spirit and one body. There is no such thing as incarnation. Many religions believe in incarnation. They believe that when one’s soul and spirit leaves the body, they are then placed back into another body to live in another life. They believe that how you live in this life will determine what kind of body and life you live in the next life. However, this is not true. The bible is the only truth when it comes to spirit, soul and body. This belief is contrary to the word of God. The bible states that; first if you are a Christian your soul and spirit will leave this earth and dwell in heaven with Jesus.

John 3:16 (NKJV)

[16] For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

So when you make Christ your Lord and savior, you will live on with Him forever. But what about those who don't accept Christ as their savior what happens to them? They go to hell, for eternity.

Revelation 21:7-8

The Message (MSG)

6-8 Then he said, "It's happened. I'm A to Z. I'm the Beginning, I'm the Conclusion. From Water-of-Life Well I give freely to the thirsty. Conquerors inherit all this. I'll be God to them, they'll be sons and daughters to me. But for the rest—the feckless and faithless, degenerates and murderers, sex peddlers and sorcerers, idolaters and all liars—for them it's Lake Fire and Brimstone. Second death!"

Now that may sound harsh but it is the truth. We will all live forever, where we live forever is up to us.

Deuteronomy 30:15-20

New King James Version (NKJV)

15 "See, I have set before you today life and good, death and evil, 16 in that I command you today to love the Lord your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply; and the Lord your God will bless you in the land which you go to possess. 17 But if your heart turns away so that you do not hear, and are drawn away, and worship other gods and serve them, 18 I announce to you today that you shall surely perish; you shall not prolong *your* days in the land which you cross over the Jordan to go in and possess. 19 I call heaven and earth as witnesses today against you, *that* I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live; 20 that you may love the Lord your God, that you may obey His voice, and that you may cling to Him, for He *is* your life and the length of your days; and that you may dwell in the land which the Lord swore to your fathers, to Abraham, Isaac, and Jacob, to give them."

There is no gray area in this. Not making a decision, is actually making a decision to go to hell. Being a good person and performing great things does not give you access into heaven. Receiving Jesus into your heart is the only way to ensure that heaven will be your home.

It may be strange that I am going into all of this, but before we go further about emotional healing, we must know and understand this basic foundation. You will not be able to solidify your true deliverance from emotional hurt, oppression and pain, if you are not secure in the fact that step one will always be accepting Christ into your life.

The only way to get to heaven, holiness and God, is through His son Jesus Christ. There is no other way, no matter how many people claim that there is.

John 14:6 (MSG)

6-7 Jesus said, “I am the Road, also the Truth, also the Life. No one gets to the Father apart from me. If you really knew me, you would know my Father as well. From now on, you do know him. You’ve even seen him!”

John 14:6 (NKJV)

6 Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

So how does this relate to the body? Because our bodies are on a loan. The scripture says our bodies are a temple.

1 Corinthians 6:19-20 (NKJV)

19 Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body[a] and in your spirit, which are God’s.

Let us look at what the message bible has to say about our bodies, it is powerful!

I Corinthians 6:20 (MSG)

In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for “becoming one” with another. Or didn’t you realize that your body is a sacred place, the place of the Holy Spirit? Don’t you see that you can’t live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of

property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.

No! it is not okay to do as you please with your body. Our bodies are on loan to us. We cannot just do as we please with our bodies. This is why for those who have been sexually abused, it can be devastating to the spirit, body, and soul. In fact, when a person is sexually abused they can go through a process called detachment. It means just as it sounds, it is when a person will feel as if their soul, spirit, and body have detached. The person who does this usually detaches so that they can deal with the abuse. So their mind detaches as the abuse is happening and goes to another place. Their emotions detach so that they don't have to process the feelings associated with the abuse and their spirit is left somewhere else. This is another reason why a person who has been sexually abused, will have a hard time receiving love, showing emotions and giving love. The body doesn't just come back to one after the abuse is long gone. The long term effects of the abuse continue on long after the abuse has stopped.

Let me give this kingdom principle that will help to solidify your deliverance; two words, inputted righteousness. As stated, there are some things that you go through, that without the hand of God; you will never be able to fully come to terms with. In my career, I have worked with women who were sexually abused their entire lives. Some lost their minds, there are some things that are so devastating to the soul and body that there is simply no coming back from.

Inputted righteousness simply means when everything that is right, true, and whole is put in you supernaturally by the empowering of the Holy Spirit. Then God simply acts as if the wrong never happens. God puts His righteousness in us, and makes us in right standing as if the abuse never happened. He treats it as if it was our own faith that got us to it. That's why the bible doesn't say "try and act holy", it says be holy. The Holy Spirit is holy, and when He is inputted into you, you then have the ability to be holy. For those who have experienced any form of abuse, the last thing you feel is whole or holy. In fact, most times people feel dirty, ashamed, misused, abused, and just down right bad. But, it is Christ who cleans us up and gives us a new life.

So know, although incarnation is not a reality; God will make us new. He will birth us again and make it as if the abuse never happened. When you have been abused, there is no amount of showering that can make a person feel clean, but God.

2 Corinthians 5:17 (NKJV)

17 Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

John 3:3 (NKJV)

3 Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.”

How would you like to be born again? How would you like it if the emotional pain never happened? You can’t physically be born again but you can spiritually.

Romans 10:9 (NKJV)

9 that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved

Romans 10:9

The Message (MSG)

The word that saves is right here,
as near as the tongue in your mouth,
as close as the heart in your chest.

It’s the word of faith that welcomes God to go to work and set things right for us. This is the core of our preaching. Say the welcoming word to God—“Jesus is my Master”—embracing, body and soul, God’s work of doing in us what he did in raising Jesus from the dead. That’s it. You’re not “doing” anything; you’re simply calling out to God, trusting him to do it for you. That’s salvation. With your whole being you embrace God setting things right, and then you say it, right out loud: “God has set everything right between him and me!”

So you don’t have to try and be right or try and be whole. God will do it!

To become whole and healed you will need the empowering of the Holy Spirit.

Isaiah 10:27 (NKJV)

27 It shall come to pass in that day
That his burden will be taken away from your shoulder,

And his yoke from your neck,
And the yoke will be destroyed because of the anointing oil.

Let us say the sinners prayer together, so we can set the course and begin the process of emotional healing.

Dear God in heaven, I come to you in the name of Jesus. I acknowledge to You as the savior. I ask for your forgiveness.

I believe that your only begotten Son Jesus Christ shed His precious blood on the cross at Calvary and died for my sins.

You said in Your holy word, Romans 10:9 that if we confess the Lord Jesus and believe in our hearts that God raised Jesus from the dead, we shall be saved.

Right now I confess Jesus as the Lord and savior. I accept Jesus Christ as my personal Savior, right now I am saved.

Thank you Jesus I am now saved.

Now you are saved. Now you are on the journey so that real emotional healing can begin. As my client once said, “your heart has changed, but your thinking and habits don’t necessarily change right away,” however you have made the first step to real wholeness.

Chapter 8

Spiritual Adultery

Exodus 20:3 (NKJV)

[3] “You shall have no other gods before Me.

This chapter may sound harsh when a person is in the process of emotional healing, we must deal with the real core issues. What I am about to say may not apply to all mental health issues, so my warning to you is to take the meat and throw away the bones. Meaning take the part that is relevant to your life and throw away what does not apply.

However, for many mental health issues, particular depression, anxiety, worries and fears the core issues really is self-centeredness. Now before you get completely offended and throw away this book, never to complete it, hear me out. I am not calling anyone self-centered, I said the core issue is self-centeredness. This means when a person’s mind, will, and emotions are constantly on themselves. Self-centered also means, preoccupied with oneself and one's affairs.

One concept that I teach the client’s is that we all have two voices. There is the outer voice and the inner voice. As I write you are hearing my outer thoughts because I am expressing them. You don’t have to question what I am thinking when I am writing this because I am telling you. However, it is the inner thoughts that are the problem. Inner thoughts are thoughts that no one sees or hears. It is the inner thoughts that are the problem that cause depression and anxiety.

For example; the inner thoughts “say things like you are no good, no one loves you, you will never amount to anything, and so on.” When a person experiences depression their inner thoughts are what is causes them emotional pain. Remember, I said any form of emotional deficiency is a direct result of oppression, I tell my clients that often times it is the thoughts that bully us.

Think about it, everyone has experienced depression in their life at some point or the other. If you say no, more than likely you are in denial or you haven't lived long enough. But I guarantee this, you will. All of us experience something, whether it be from a loss of a loved one, a disappointment etc.

Let's say growing up all you experienced is put downs and constant criticism. You grow up and move out on your own. The person that was the abuser is no longer around, but the effects are still there. Because that same individual had so many negative words spoken in and over them, the negatives words are played back and manifest in the person's thoughts often times day by day, minute by minute. When that same person makes a mistakes, the average person who doesn't experience depression will say, 'I made an error but I learned from it moving forward." However, the person who experiences depression will continue to meditate and think about a minor mistake as if it were the end of the world. Instead of thinking I made a mistake, they think, "I am stupid, I am a failure, I am a loser and so on.

The point is, the person has had years of negative messages played into them. No matter how confident, beautiful or poised a person can be, the long term effects of emotional abuse lead to low confidence, poor self-esteem, inability to make wise choices and so on. Good self-confidence and depression are like oil and water, they just don't go.

I also suffered with depression for many years of my life. I constantly struggled with depressive thoughts. One day the Holy Spirit said to me, "you are not your thoughts." Just because you feel a certain way or think a certain thought, doesn't mean you have to accept it or receive it as your own. Random thoughts come into our minds all the time it, doesn't mean they are true. Just because you feel a certain kind of negative way, doesn't mean it is true.

There is a difference between your inner voice and hearing demons. Mind you depression is the spirit of oppression. When a person has constant dread, a cloud over their shoulders, this is a spirit of oppression.

So how does it all relate to self-centeredness? Because a person who experiences depression, their thoughts, ideas and feelings are all focused on themselves. Let us continue to look at symptoms and what the proceeding self-centered thoughts is.

Symptoms of depression	**Co-occurring thoughts that comes with symptom.**

Hopelessness/Helplessness	“Things are this way and they always will be this way.”
Isolation	“No one loves me I don’t want to be bothered with people.”
Suicidal Ideations (thoughts)	“I am not good for anything; I might as well end it all.” “My life is not worth living.”
Guilt in excess/regret	The person constantly thinks about the past mistakes and poor choices.
Irritability	The person has very little patience.
Poor self confidence	Self-depreciating thoughts.
Unforgiveness	The person meditates on wrong done to them to them.
Worthlessness	The person feels they have no value.

Depression is a condition where the person constantly focuses on themselves, what they can’t do, what someone did to them, and other thoughts that contribute to poor self-worth. You see, most of the thoughts that a person will have are focused on themselves. When a person experiences depression, it is more than likely associated with negative thoughts about themselves. When they think about someone else it is related to what someone else has done, or disappointment with someone that has directly affected them. An example could be a mother who is disappointed in her son’s poor choices etc.

I conduct a depression group three times a week. One of my clients said, “We have to take our minds off of ourselves.” How true this is. Think about it, remember a time that you were depressed or maybe you are experiencing depression right now. Analyze your thoughts most of the thoughts are about yourself or what someone has done to you.

Romans 14:7-9(NKJV)

7 For none of us lives to himself, and no one dies to himself. 8 For if we live, we live to the Lord; and if we die, we die to the Lord. Therefore, whether we live or die, we are the Lord's. 9 For to this end Christ died and rose[a] and lived again, that He might be Lord of both the dead and the living.

Yes, God wants us to have good self-confidence, however we are living contrary to the word God when we constantly focus on ourselves and what we can and can't do.

In fact, the way to the kingdom is to die to self. This is contrary to the mental health field. We as therapist are taught ways to increase self confidence in the client and I do agree with some of those techniques. However, in Christ we have balance. We don't spend all our time thinking about ourselves, we will talk more about this later, but in Christ we find our identity in Him and through His world. That entails dyeing to ourselves, to be raised in Christ.

We then, are in position to obtain our identity in Him. When the negative self-depreciating thoughts come, we then compare those words to the word of God. We gain our identity by finding ourselves in Christ.

So you may ask "How does this relate to spiritual adultery?" It is very simple. Again adultery means, to serve or submit yourself to other gods. It means to be unfaithful to the one in whom you are in a covenant relationship with. When a person is guilty of spiritual adultery as it relates to depression, it simply means that they have taken their eyes off of God and placed it on themselves. This person is then guilty of being their own god. When you serve any other god, you are guilty of spiritual adultery, even if it is your own self.

Romans 9:20-26

The Message (MSG)

20-33 Who in the world do you think you are to second-guess God? Do you for one moment suppose any of us knows enough to call God into question? Clay doesn't talk back to the fingers that mold it, saying, "Why did you shape me like this?" Isn't it obvious that a potter has a perfect right to shape one lump of clay into a vase for holding flowers and another into a pot for cooking beans? If God needs one style of pottery especially designed to show his angry displeasure and another style carefully crafted to show his glorious goodness, isn't that all right? Either or both happens to Jews, but it also happens to the other people. Hosea

put it well:

I'll call nobodies and make them somebodies;
I'll call the unloved and make them beloved.
In the place where they yelled out, "You're nobody!"
they're calling you "God's living children."

When a person is depressed they question their own existence and why they were even born? A person with depression will look at themselves and focus on all their weaknesses and fragilities. When in fact, we are to submit ourselves and our weaknesses to God.

We must take captive and refute any thought that is contrary to the word of God, and what God has spoken over our lives.

Let us talk about how anxiety and fears contribute to self-centeredness. When a person suffers with ongoing fear, they are most afraid of what others will think about them, they fear how they will do something and they doubt their own capabilities.

Let us look at the self-depreciating thoughts that come with anxiety.

Anxiety, Fear, Worry	Thought
Doubt their own capabilities.	"I can't" So the person hides and doesn't try.
Worry that others won't like them.	"They won't like me." So the thoughts become so extreme the person experiences social anxiety (phobia) again they hide.
Anticipating that something bad is going to happen.	Opposite of faith. "What if."
Feeling in danger	"someone is going to attack me."
Inability to trust	anticipating someone will emotionally hurt them so they don't establish relationships.
Lack faith	Subconsciously saying, "I can't trust God."

This is not an all-inclusive this list, but hopefully you are getting the point. Again, the thoughts are focused on ourselves, and what we can and can't do. When a Christian is full of anxiety, they are trying to figure out how they will make a way, instead of leaning on God to make a way. The reality is, emotions don't have to dictate circumstance. Just because you are going through something, doesn't mean it is okay to be self-centered. Scripture tells us that God will give us rest.

Psalm 23:4 (KJV)

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Psalm 23 (NKJV)

23 The Lord *is* my shepherd;
I shall not want.
2 He makes me to lie down in green pastures;
He leads me beside the still waters.
3 He restores my soul;
He leads me in the paths of righteousness
For His name's sake.

4 Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You *are* with me;
Your rod and Your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.
6 Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell[a] in the house of the Lord
Forever.

So how do we combat the negative thought in our lives? A very common form of therapy that most therapists use is called Cognitive Behavior Therapy. Mind you, that is not the only therapeutic approach, but it is very common. Cognitive Behavior Therapy is defined as a type of psychotherapy in which negative

patterns of thought about one’s self and the world are challenged in order to alter unwanted behavior patterns.

In laymen’s terms, it means that we talk or look at a person’s thoughts that contribute to their mental health symptoms, we analyze them and we replace them with reality based thoughts. This form of therapy is not specifically for people who experience psychosis or demons. Because if there is one thing you and I know, it’s that you cannot counsel a demon.

The National Alliance of Mental Illness has a great explanation of Cognitive Behavior Therapy.

Cognitive Behavioral Therapy (CBT)?

What is CBT?

Cognitive behavioral therapy (CBT) is a form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors. By exploring patterns of thinking that lead to self-destructive actions and the beliefs that direct these thoughts, people with mental illness can modify their patterns of thinking to improve coping. CBT is a type of psychotherapy that is different from traditional psychodynamic psychotherapy in that the therapist and the patient will actively work together to help the patient recover from their mental illness. People who seek CBT can expect their therapist to be problem-focused, and goal-directed in addressing the challenging symptoms of mental illnesses. Because CBT is an active intervention, one can also expect to do homework or practice outside of sessions.

A person who is depressed may have the belief, "I am worthless," and a person with panic disorder may have the belief, "I am in danger." While the person in distress likely believes these to be ultimate truths, with a therapist’s help, the individual is encouraged to challenge these irrational beliefs. Part of this process involves viewing such negative beliefs as hypotheses rather than facts and to test out such beliefs by “running experiments.” Furthermore, people who are participating in CBT are encouraged to monitor and write down the thoughts that pop into their minds (called "automatic thoughts"). This allows the patient and their therapist to search for patterns in their thinking that can cause them to have negative thoughts which can lead to negative feelings and self-destructive behaviors.

National Association of Mental Illness. Cognitive Behavioral Therapy. Washington D.C. 2014

There is a direct relationship between thoughts, feelings and actions. I use CBT as my primary intervention for clients in my private practice. We use a technique called the ABC. A stands for activating event, B stands for behavior or how you reacted to the event, and C stands for consequences.

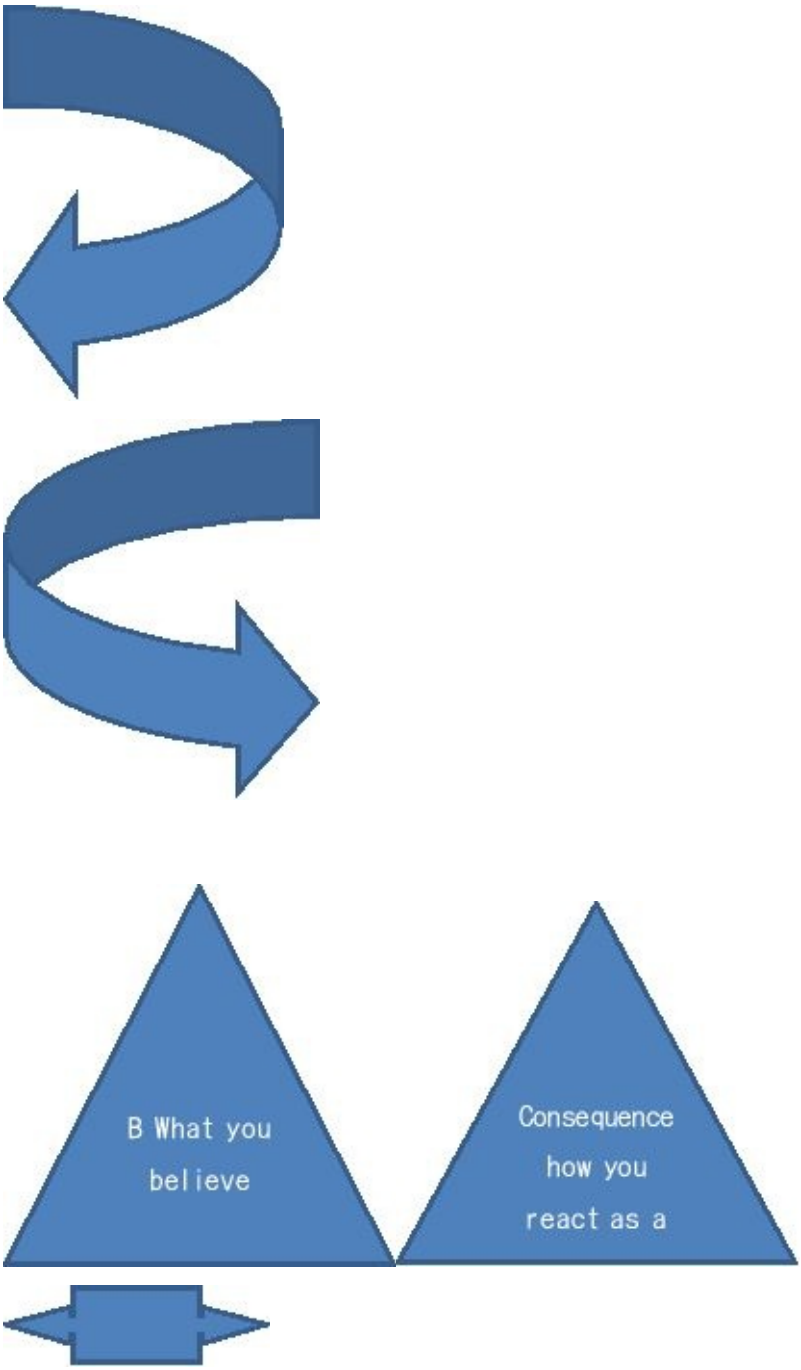
Let us look at an example of an ABC chart as it relates to cognitive behavior therapy.

Activating Event	Belief	Consequence
Tim makes a mistake. He is constantly criticized.	Tim thinks he is worthless.	Tim goes through life in defeat. He presents himself with poor self confidence. He pushes away relationships, doesn't try. Tim lives a defeated life.
Janet was sexual abused from the age of 6-9	Janet blames herself for the abuse. She then believes she is dirty, shameful, no good and worthless.	Janet is suicidal. She believes she is better off dead because she has no value. She spends most of her life in and out of mental institutions, heavily medicated and in different therapist office with little to no change.

These are all hypothetical people, but their lives are true. How you feel about yourself can dictate your entire life if you allow it.



Other examples of the ABC chart;



You can see how if there is not a change that takes place in the person’s life, it can be one big cycle, that continues to happen over and over again.

Although I use CBT everyday in my practice, as Christians, we have a different moral code. The best intervention or way to become whole is what I will call Christian Cognitive Behavioral therapy. It simply means to let the word of God be the final factor. So we compare what the word of God has to say about us and our circumstance.

There has to be a way to intercept or intervene so that the cycle stops. I don't know about you, but eventually you get tired of being sick and tired, there has to be a change. In Christian CBT, we must counter act the negative thoughts and emotional wounds by meditating on what the word of God has to say about us. Let us look at an example.

Activated event	Belief/Negative thought.	What does the word of God say about?
Jerry made a mistake at work.	"I am stupid"	Romans 3:23 (NKJV) 23 for all have sinned and fallen short of the glory of God,
Sarah is put down and belittled on a regular basis.	"I am insignificant and a nobody."	Deuteronomy 28:13 (KJV) 13 And the Lord shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath;
Johnny has grown up poor his whole life and as an adult he struggles with his finances. No one ever taught him to manage them properly.	"Things will never change, I will never get out of this financial ruin."	Deuteronomy 8:18 (KJV) 18 But thou shalt remember the Lord thy God: for it is he that giveth thee power to get wealth.

So you can see that this is not an overnight thing. You have to be intentional about your own deliverance. This is not a "get in the deliverance at church, have someone lay hands on you" thing. Real and true deliverance happens over time and in process. There are no short cuts to this. That is why the book is called, The Process of Emotional Healing.

Being able to say what God says about you has nothing to do with how you feel. You keep saying the word; eventually your feelings will begin to match up to what you are saying.

I am sure I would sell out books, if I wrote a book entitled 10 Easy steps to deliverance in 10 minutes or less. However, that is not the reality and I want to be truthful to you. You have to be intentional about your own deliverances and you have to do your part.

If you have had 20 years of someone constantly putting you down, getting rid of the negative thoughts about yourself won't happen overnight.

This is where deliverance ministry and emotional healing separate. There are some things you do need someone to lay hands on you. Particularly, for the casting on of demons. However, if you don't learn the principles of the word of God and don't be an active participate in guarding yourself against the word the demonic it will come back seven times stronger.

Matthew 12:43-45 (MSG)

43-45 "When a defiling evil spirit is expelled from someone, it drifts along through the desert looking for an oasis, some unsuspecting soul it can bedevil. When it doesn't find anyone, it says, 'I'll go back to my old haunt.' On return it finds the person spotlessly clean, but vacant. It then runs out and rounds up seven other spirits more evil than itself and they all move in, whooping it up. That person ends up far worse off than if he'd never gotten cleaned up in the first place.

"That's what this generation is like: You may think you have cleaned out the junk from your lives and gotten ready for God, but you weren't hospitable to my kingdom message, and now all the devils are moving back in."

However, you can't even get to the place where you can teach a person principle of maintaining their deliverance or looking at the root cause, by which the demons were given access if you don't first cast the demon out.

The last thing you want to do is get free and then go back into the things you were freed from seven times worse.

Also, meditating on scripture takes your mind off of yourself and puts it where it belongs, on Him.

Joshua 1:8-9 (NKJV)

[8] This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. [9] Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God *is* with you wherever you go."

The other thing to note is to be careful what you put in your spirit. If you are depressed, listening to worship music is better than medicine if you ask me. I am in no way implying it will take the place of medicine, but music helps lift the spirit of heaviness. I tell my clients if you suffer with depression, you have to look at what are you feeding your spirit. Don't sit all day, look at gossip, the news and such and wonder why you are depressed. Don't listen to secular lustful music and wonder why you have a problem and can't get free from sexual sin. What are you feeding your spirit?

Do you have a defiled spirit?

Matthew 15:11 (NKJV)

[11] Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man."

Whenever the spirit of heaviness tries to come on you and you feel yourself starting to get depressed, immediately go into worship. I would also recommend worship music by Bethel Worship, Israel Houghton, Hillsong United. Begin to soak in His presence. To soak in His presence, you just play the worship music be still and begin to meditate on Him. I don't really listen to so called Christian music that is fleshly. Meaning worship music shouldn't focus on you, your problems or your change getting ready to come. That is music that inspires, but worship music is music that delivers. There is a difference between being inspired and being delivered. Worship music is simply music that is sung to Jesus. It is as if He is the only one in the room. He then responds by releasing His presence and deliverance takes place. Music that focuses on you, your problems or your emotions does not usher in the presence of God, because the focus is on you and human flesh. As we stated in the beginning, we must take our minds off of ourselves. That includes music, no matter what kind of so called Christian artist they claim to be. There is a way to worship and not worship God. Listen to music that is being sung to Him and Him alone, and watch what happens in your spirit.

Luke 6:45 (NIV)

45 A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

We must guard our hearts. Guard your heart from people that can have a negative impact on your spirit. Guarding your heart is a major key to maintaining your deliverance and getting delivered from that matter.

Proverbs 4:23 (NIV)

23 Above all else, guard your heart,
for everything you do flows from it.

1 Corinthians 15:33 (NIV)

33 Do not be misled: “Bad company corrupts good character.”[a]

Ephesians 6:11-18 (NKJV)

11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age,[a] against spiritual *hosts* of wickedness in the heavenly *places*.13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

If you hang around negative people. then negativity will be the direct result. Some people, particularly family, you have to love from a distance; especially

when it comes to your own healing and deliverance.

So with all due respect, get your mind off yourself, put it where it belongs and see how God begins to change you inside and out.

Chapter 9

Masking Emotions

Psalm 139 (NKJV)

O Lord, You have searched me and known *me.*
2 You know my sitting down and my rising up;
You understand my thought afar off.
3 You comprehend my path and my lying down,
And are acquainted with all my ways.
4 For *there is* not a word on my tongue,
But behold, O Lord, You know it altogether.
5 You have hedged me behind and before,
And laid Your hand upon me.
6 *Such* knowledge *is* too wonderful for me;
It is high, I cannot *attain* it.

7 Where can I go from Your Spirit?
Or where can I flee from Your presence?
8 If I ascend into heaven, You *are* there;
If I make my bed in hell, behold, You *are there.*
9 *If* I take the wings of the morning,
And dwell in the uttermost parts of the sea,
10 Even there Your hand shall lead me,
And Your right hand shall hold me.
11 If I say, “Surely the darkness shall fall[a] on me,”
Even the night shall be light about me;
12 Indeed, the darkness shall not hide from You,
But the night shines as the day;
The darkness and the light *are* both alike *to You.*

13 For You formed my inward parts;
You covered me in my mother’s womb.
14 I will praise You, for I am fearfully *and* wonderfully made;[b]
Marvelous are Your works,

And *that* my soul knows very well.
15 My frame was not hidden from You,
When I was made in secret,
And skillfully wrought in the lowest parts of the earth.
16 Your eyes saw my substance, being yet unformed.
And in Your book they all were written,
The days fashioned for me,
When *as yet there were* none of them.

17 How precious also are Your thoughts to me, O God!
How great is the sum of them!
18 *If* I should count them, they would be more in number than the sand;
When I awake, I am still with You.

19 Oh, that You would slay the wicked, O God!
Depart from me, therefore, you bloodthirsty men.
20 For they speak against You wickedly;
Your enemies take *Your name* in vain.[c]
21 Do I not hate them, O Lord, who hate You?
And do I not loathe those who rise up against You?
22 I hate them with perfect hatred;
I count them my enemies.

23 Search me, O God, and know my heart;
Try me, and know my anxieties;
24 And see if *there is any* wicked way in me,
And lead me in the way everlasting.

Masking emotions is something we as Christians should know a little something about. A mask is a covering intending to hide. We are taught subconsciously that we are not supposed to have any emotions other than happy. We are taught that if we do experience any other emotion, that we are somehow in sin and are doing something wrong. What happens when you have done everything to the best of your ability and you still feel some kind of way other than happy? How is it that there were so many great men and women in the bible who felt sad or emotional, yet God still inputted to them righteousness and used them mightily for His purpose?

One thing a therapist does with the client is to normalize their feelings or behavior. When I say normalize, I am not referring to justifying or pacifying.

When you normalize behavior you are simply letting the client know, that they are not the only one who has experienced this thing. I cannot tell you how many times I work with clients in groups. Initially, they are very hesitant because they feel as if they are the only ones who have experienced this or that. They feel a certain amount of guilt or condemnation. Yet, they get into group and without speaking they hear someone else telling their story and inevitably they say, “I thought I was the only one who felt like that.” The healing begins to happen just knowing that they are not alone. This is normalizing behavior.

But again, we are Christians so we take this concept one step further. We look to our word to get this same strength, because if the pillars of our faith went through the same emotional turmoil that we go through and were able to be healed, whole and used mightily for God, so can we. Before we go into why masking our emotions is never a positive thing, let us first normalize the behavior, by studying some of our pillars in the word of God.

I want you to use your imagination in this chapter. I am going to pretend as if these pillars were mental health patients and are at the office for an intake assessment. We will leave with what their mental health symptoms and their diagnosis.

Mental Health Assessment

Client: Moses
Symptoms: Fear, runs away from his problems, low confidence, fears how others may perceive him. Is accused of murder. He gets so nervous and is afraid to speak, that he stutters. Avoidance
Diagnosis: 300.23 Social Phobia (social anxiety disorder)
Scripture reference: Exodus 2, 3, 4
Client: David
Symptoms: Suicidal ideations, always running away from his enemies, constant fighting, one minute he is happy the next minute sad, admits to experiencing anxieties. Ps 139:23. Client admits to SI, however denies a plan. Reports that he continues to pray. Feels as if God is not listening or hearing his prayers at times. Uses writing, a poetry and prayer as a coping skill.
Diagnosis: 296.51 Bipolar 1 Disorder, Most Recent Episode Depressed 300.01 Generalized Anxiety Disorder

Scripture Reference:

Read the entire book of psalms
Psalm 13 for SI, Psalms 60
Psalm 10
Psalm 54
Psalm 73

Client:

Jeremiah

Symptoms:

Recurrent suicidal ideations, hopelessness, helplessness, guilt, decreased interest, chronic isolation, regular crying spells, irritability, low self-esteem, low confidence, is angry at God, reports he, "feels as if there is fire inside him, he tries to hold his words in, they come out like fire shut up in his bones." Regrets being alive. Client denies a plan of SI. Client believes that people are trying to kill him. He constantly talks about judgment being brought on to the nations.

Diagnosis:

296.33 Major Depressive Disorder, recurrent, severe, with psychotic features.

Note:

This client's symptoms are severe with no resolve. He should be monitored by someone and is in imminent danger of SI. This clinician is recommending inpatient hospitalization and a psychiatric evaluation for medication management.

Scripture reference:

Jeremiah 1:4-10
Jeremiah 12
Jeremiah 16
Jeremiah 18
Jeremiah 20:7-10

Disposition:

This client was admitted into an inpatient facility for bizarre behavior. Jeremiah 37:11-16, Jeremiah 38:6. As it turns out he has a long history of admittance into inpatient facilities. Jeremiah 33:1, Jeremiah 40

Client:

Gideon

Symptoms:

Chronic and excessive fear. He constantly hides. Works at night to avoid interacting with people. Marked and persistent fear. Avoidance, anxiety.

Diagnosis:

300.23 Social Phobia (social anxiety)

Scripture Reference:

Judges 6

Client: **Peter**
Symptoms: Hyperactive, difficulty waiting, talks excessively and at inappropriate times, blurts out answers, always on the go, easily distracted, impulsive, acts without thinking about the consequences, does not listen when spoken to directly, needs constant redirection.
Diagnosis: 314.01 ADHD (Attention Deficit/Hyperactivity Disorder, combined type)
Scripture reference: Mark 8:33, Matthew 16:23, Mark 9:2, Matthew 24:14-22, John 18:10, Luke 22:54-62

SI-means suicidal ideations. It means the client thinks about suicide, regrets being alive or even born.

We could go on. There are so many people in the bible that we could diagnosis.

Yet, all of these men and women of God, He used mightily for His kingdom. Look at what God said about David.

1 Samuel 13:14 (NKJV)

14 ….. The Lord has sought for Himself a man after His own heart, and the Lord has commanded him *to be* commander over His people, because you have not kept what the Lord commanded you.”

Look what God said about Moses;

Numbers 12:6-8 (NKJV)

6 Then He said,

“Hear now My words:
If there is a prophet among you,
I, the Lord, make Myself known to him in a vision;
I speak to him in a dream.
7 Not so with My servant Moses;
He *is* faithful in all My house.
8 I speak with him face to face,
Even plainly, and not in dark sayings;
And he sees the form of the Lord.
Why then were you not afraid
To speak against My servant Moses?”

Exodus 33:11 (NKJV)

[11] So the Lord spoke to Moses face to face, as a man speaks to his friend. And he would return to the camp, but his servant Joshua the son of Nun, a young man, did not depart from the tabernacle.

Look what God said about Gideon

Judges 6:12 (NKJV)

[12] And the Angel of the Lord appeared to him, and said to him, “The Lord *is* with you, you mighty man of valor!”

Look what God called Jeremiah:

Jeremiah 1:5 (NKJV)

[5] “Before I formed you in the womb I knew you;
Before you were born I sanctified you;
I ordained you a prophet to the nations.”

Finally look what God said about Peter.

Matthew 16:17-19

The Message (MSG)

[17-18] Jesus came back, “God bless you, Simon, son of Jonah! You didn’t get that answer out of books or from teachers. My Father in heaven, God himself, let you in on this secret of who I really am. And now I’m going to tell you who you are, *really* are. You are Peter, a rock. This is the rock on which I will put together my church, a church so expansive with energy that not even the gates of hell will be able to keep it out.

[19] “And that’s not all. You will have complete and free access to God’s kingdom, keys to open any and every door: no more barriers between heaven and earth, earth and heaven. A yes on earth is yes in heaven. A no on earth is no in heaven.”

Wow, now that is powerful!

You may ask how this relates to mask. As stated in the beginning, we are often subconsciously taught that something is wrong with us and that we are unholy or unchristian if we have any kind of issue, particularly an emotional problem. However, if that were the case, then most of the folks in the bible, shouldn’t be

in the there. God uses flawed and ordinary people to manifest His glory. He knows that these people, will be delivered into their rightful place in Him. He knows He can trust them with His glory. He knows that He can transform them into who He wants them to be.

1 Corinthians 1:27

The Message (MSG)

26-31 Take a good look, friends, at who you were when you got called into this life. I don't see many of "the brightest and the best" among you, not many influential, not many from high-society families. Isn't it obvious that God deliberately chose men and women that the culture overlooks and exploits and abuses, chose these "nobodies" to expose the hollow pretensions of the "somebodies"? That makes it quite clear that none of you can get by with blowing your own horn before God. Everything that we have—right thinking and right living, a clean slate and a fresh start—comes from God by way of Jesus Christ. That's why we have the saying, "If you're going to blow a horn, blow a trumpet for God."

The point is, instead of thinking maybe there is something wrong with you, maybe you should start thinking there is something right with you and that you are the main candidate to be used for God.

When you know who you are and whose you are, you don't have to put a mask on or hide from anyone. One thing I have learned in the mental health field is that most of my clients are very spiritual. Their spirituality just needs to be redirected and plugged into the power source, which is Jesus. Sometimes some of the most damaged people are the ones who have the most powerful, insights into the world. You don't have to put on a mask from everyone. There is a major difference between hiding from someone, and using discernment. You can choose to not have people who are not good for you in your personal space that is discernment. Don't let church folks, or religious people make you feel bad, you are the one that God will use for His glory. Redirect your fear towards Him. Take the mask off. Let God unveil you. Unveil means to remove shame or a covering and then to put on display as to show honor. God will remove your shame and make you a vessel of honor to be used mightily for Him. Then He will put you on display. It means to release from a hidden place.

Chapter 10

Mother Wounds, Father Wounds and The Spirit of Rejection.

Psalm 27:10

The Message (MSG)

9-10 You've always been right there for me;
don't turn your back on me now.
Don't throw me out, don't abandon me;
you've always kept the door open.
My father and mother walked out and left me,
but God took me in.

Another very popular therapeutic technique that therapist use is psychoanalytic therapy. The theory behind this therapy suggests that childhood experiences dictate, develop, and impact the present. In laymen's terms, the therapist uses psychoanalytic therapy to look at the root issue, and how the person is impacted today.

The reality is, often times when we talk about emotional deficiency, it is most likely related to childhood wounds. Rejection simply means to be turned away. It means to be dismissed, overlooked, and forgotten. It means to be kept on the outside.

A wound simply means an injury that causes damage. An emotional wound is an injury that causes damages to the emotions. A mother wound, is an emotional wound caused by rejection, cruelty, or abuse inflicted by the individual's mother in their childhood, that has an impact on him or her in their present life.

A father wound is an emotional wound caused by rejection, cruelty, abuse inflicted by the individual's father in their childhood, that has an impact on their present life.

Much of what we experience, how we process, and deal with relationships, is a

direct result of the mother or father wounds we carry.

Let us look at an example of someone who experienced father wounds.

1 Samuel 16:1-13 (NKJV)

16 Now the Lord said to Samuel, “How long will you mourn for Saul, seeing I
have rejected him from reigning over Israel? Fill your horn with oil, and go; I am
sending you to Jesse the Bethlehemite. For I have provided Myself a king among
his sons.”

2 And Samuel said, “How can I go? If Saul hears *it,* he will kill me.”

But the Lord said, “Take a heifer with you, and say, ‘I have come to sacrifice to
the Lord.’ 3 Then invite Jesse to the sacrifice, and I will show you what you shall
do; you shall anoint for Me the one I name to you.”

4 So Samuel did what the Lord said, and went to Bethlehem. And the elders of
the town trembled at his coming, and said, “Do you come peaceably?”

5 And he said, “Peaceably; I have come to sacrifice to the Lord. Sanctify
yourselves, and come with me to the sacrifice.” Then he consecrated Jesse and
his sons, and invited them to the sacrifice.

6 So it was, when they came, that he looked at Eliab and said, “Surely the Lord’s
anointed *is* before Him!”

7 But the Lord said to Samuel, “Do not look at his appearance or at his physical
stature, because I have refused him. For *the Lord does* not *see* as man sees;[a] for
man looks at the outward appearance, but the Lord looks at the heart.”

8 So Jesse called Abinadab, and made him pass before Samuel. And he said,
“Neither has the Lord chosen this one.” 9 Then Jesse made Shammah pass by.
And he said, “Neither has the Lord chosen this one.” 10 Thus Jesse made seven of
his sons pass before Samuel. And Samuel said to Jesse, “The Lord has not
chosen these.” 11 And Samuel said to Jesse, “Are all the young men here?” Then
he said, “There remains yet the youngest, and there he is, keeping the sheep.”

And Samuel said to Jesse, “Send and bring him. For we will not sit down[b] till
he comes here.” 12 So he sent and brought him in. Now he *was* ruddy, with bright
eyes, and good-looking. And the Lord said, “Arise, anoint him; for this *is* the

one!” [13] Then Samuel took the horn of oil and anointed him in the midst of his brothers; and the Spirit of the Lord came upon David from that day forward. So Samuel arose and went to Ramah.

Notice the father wounds here, if you have not already. The first thing that had transpired is that King Saul, had been disobedient, so much so that God no longer wanted Him king. So God decided that another man needs to be king other than Saul. God sends His prophets to a man named Jessie. As the scripture said, Jessie had sons. In fact, Jessie had eight sons.

However, something comes to mind when I read this story. If you look very carefully, the only one of Jesse’s son that is outside, tending to the sheep is David. My question is, why is David on the outside and the rest of his brothers get the opportunity to be with their special guest who just so happens to be a prophet? I propose that David was experiencing rejection. Remember rejection means to be on the outside.

When we look at the story further, we see that Jesse never even volunteered any information about David, He didn’t even give the prophet his name? David was outside working hard tending the sheep, even if his father didn’t believe that he would be a potential applicant for king, he could at least do the courteous thing and invite David in to eat dinner with his sons and their special guest. Now if that is not rejection, I don’t know what is.

Not only did his natural father not even consider him, he didn’t even acknowledge him. If you read the scripture you will note that Jesse never even brought up David’s name, he refers to him as a boy. It was a good thing that the prophet could really hear from God.

If you are reading this book, you have inevitably experienced rejection, mother, father wounds. The first thing to know is that even though man may reject you and not consider you, God does not. Look again at what God told Samuel.

1 Samuel 16:7

The Message (MSG)

[7] But God told Samuel, “Looks aren’t everything. Don’t be impressed with his looks and stature. I’ve already eliminated him. God judges persons differently than humans do. Men and women look at the face; God looks into the heart.”

God doesn’t care what people look like. I remember one time when God told me

the same thing. I had just lost tons of weight and had to get new clothes. I remember the feeling of exhilaration being able to buy clothes. I started feeling so confident because I was feeling and looking good. The Lord spoke to me and said, “man may look at the outward appearance but I look at the heart.” You see God didn’t love me anymore or any less after I lost weight. I loved me more once I lost weight. God loved me whole heartedly and fully when I didn’t love myself.

God is the same today, you may have experienced rejection from your parents or family members or even society. God does not forget you and He loves you.

Isaiah 44:21-22 (NKJV)

21 “Remember these, O Jacob,
And Israel, for you *are* My servant;
I have formed you, you *are* My servant;
O Israel, you will not be forgotten by Me!
22 I have blotted out, like a thick cloud, your transgressions,
And like a cloud, your sins.
Return to Me, for I have redeemed you.”

God doesn’t forget us; He knows just who you are. When you read about David’s life, you will know that God considered him a man after His own heart. I believe one of the reasons why David was such a worshiper was because He was so rejected by his parents, but he found the love and acceptance that he always needed in God.

God has not forgotten you.

Isaiah 49:14-16 (NKJV)

[14] But Zion said, “The Lord has forsaken me,
And my Lord has forgotten me.”
[15] “Can a woman forget her nursing child,
And not have compassion on the son of her womb?
Surely they may forget,
Yet I will not forget you.
[16] See, I have inscribed you on the palms *of My hands;*
Your walls *are* continually before Me.

Let us look at one final person who experienced rejection, and felt forgotten by His own father, His own people at His greatest moment of vulnerability.

Rejection from the father;

Matthew 27:46 (NKJV)

[46] And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lama sabachthani?” that is, “My God, My God, why have You forsaken Me?”[a]

Rejection by His people;

John 1:11 (KJV)

[11] He came unto his own, and his own received him not.

Rejection from others:

Isaiah 53 (GNT)

53 The people reply,

“Who would have believed what we now report?
Who could have seen the Lord's hand in this?
[2] It was the will of the Lord that his servant
grow like a plant taking root in dry ground.
He had no dignity or beauty
to make us take notice of him.
There was nothing attractive about him,
nothing that would draw us to him.
[3] We despised him and rejected him;
he endured suffering and pain.
No one would even look at him—

we ignored him as if he were nothing.

4 “But he endured the suffering that should have been ours,
the pain that we should have borne.
All the while we thought that his suffering
was punishment sent by God.
5 But because of our sins he was wounded,
beaten because of the evil we did.
We are healed by the punishment he suffered,
made whole by the blows he received.
6 All of us were like sheep that were lost,
each of us going his own way.
But the Lord made the punishment fall on him,
the punishment all of us deserved.

7 “He was treated harshly, but endured it humbly;
he never said a word.
Like a lamb about to be slaughtered,
like a sheep about to be sheared,
he never said a word.
8 He was arrested and sentenced and led off to die,
and no one cared about his fate.
He was put to death for the sins of our people.
9 He was placed in a grave with those who are evil,
he was buried with the rich,
even though he had never committed a crime
or ever told a lie.”

10 The Lord says,

“It was my will that he should suffer;
his death was a sacrifice to bring forgiveness.
And so he will see his descendants;
he will live a long life,
and through him my purpose will succeed.
11 After a life of suffering, he will again have joy;
he will know that he did not suffer in vain.
My devoted servant, with whom I am pleased,
will bear the punishment of many

and for his sake I will forgive them.
12 And so I will give him a place of honor,
a place among the great and powerful.
He willingly gave his life
and shared the fate of evil men.
He took the place of many sinners
and prayed that they might be forgiven."[a]

The only way to recover from rejection is acceptance. When a person finds someone that loves and accepts them just the way they are, it helps to heal the wounds of rejection. David found true love and acceptance in God. In my practice, I witness people with mother and father wounds who go from one relationship to the next relationship. Each of them are searching for true love and acceptance. However, when a person is wounded in their spirit, hooking up with another person is not the answer. What inevitably happens is the cycle of abuse. Meaning they go from their parents' home where they were physically, emotionally or sexually abused to a relationship where they continue the same cycle.

The reality is, two broken people don't make a whole relationship, it makes for a broken relationship. So many people are looking for acceptance in people. God will never allow another person to be your everything. He will never allow a person to be your god. Other humans are not capable of healing your emotional wounds. As a therapist, I don't heal anyone; I am led by the Holy Spirit. He does the work. I just am the person by which He speaks through.

Acceptance is the action or process of being received as adequate or suitable, typically to be admitted.

Jesus was rejected so we can be accepted. The way to process rejection and mother, father wounds is to accept Jesus as your love. He is a father, mother, and friend.

Chapter 11

How The Past Impacts The Present But Doesn't Have to Dictate Your Future

2 Corinthians 5:17 (NKJV)

17 Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

The reality is, the past does impact our today. I know, I know that is probably not the Christian like thing to say. We are supposed to forgive and forget. We will talk about that in a later chapter. Clearly the bible says that when we accept Him, the old things pass and we are new.

In a previous chapter, we talked about spirit, soul, and body. Once you get saved, your spirit is saved, you soul is in the process of salvation. Meaning learning, growing and maturing in the things of God is a process. You don't just wake up one morning and have it all together. A new life takes on a new normal and each day you must learn to live this new life, while at times, the same circumstances. Think about it, when you got saved, you didn't automatically get to move into a different environment. Your parents don't change, your family doesn't change. Your kids don't automatically start acting right. No, your heart and mind have changed. You are still in the process of learning how to cope, adapt and react to life's circumstance with a new nature. Mind you, the Holy Spirit is empowering your efforts, remember dunamis power, but there is still a part you have to play.

Imagine with me. Let's say there is a young woman whose name we will call Joanne. All of Joanne's life she was put down by her father. No matter what she did it was never enough. Growing up, when Joanne brought home a B, her dad would say, "why didn't you get an A." When she would try to cook, he would look at her with disgust. We she tried to help her mother out and clean, she would be accused of being dirty. When she wasn't being put down by her father, she was being ignored. Joanne could never do anything right in her father's eyes. She was constantly belittled. Joanne subconsciously wanted a relationship with her father, she wanted to be loved by her father, but she never received the love

she so desperately needed. As a result in Joanne's adult life she would go from relationship to relationship, she didn't know it, but she still subconsciously needed a father's love. Joanne's father was very controlling, although he was not physically abusive, he knew just what to say and how to say it in order to get what he wanted done. Joanne also developed a perfectionist complex, everything had to be perfect and in everything she had to excel. Any areas of deficiency she would get very anxious, and worried to the point of panic attacks all because things were not perfect. Joanne would spend hours in her home cleaning, organizing and reorganizing. Towels had to be a certain way, cans had to face a certain direction. Her bed had to be a certain way. She would have rules for herself like; she had to shower three times a day for exactly 10 minutes, no more or no less. She would wash her hands excessively. She had to make list upon list and would become more anxious if the list were not completed. Joanne developed a condition called OCD, Obsessive Compulsive Personality Disorder.

Obsessive Compulsive Personality Disorder is a disorder where the person is preoccupied with orderliness, perfectionism, mental and interpersonal control, at the expense of flexibility, openness and efficiency. Meaning, a person is not able to have a quality of life that is flexible and spontaneous due to their own perfectionistic complex.

Other symptoms of OCD include being preoccupied with details, list, order, organization or schedules to the extent that the major point of the activity is lost. Show perfectionism that interferes with task completion, meaning (unable to complete a project because of his or her own overly strict standards); is excessively devoted to work and productivity to the exclusion of leisure activities and friendships .Over conscientious, scrupulous, inflexible when it comes to things, values .Unable to discard worn out or worthless items. Is reluctant to delegate tasks or to work with others unless they submit and do exactly his or her own way. Adopts a miserly spending style towards both self and others. Show rigidly or stubbornness.

American Psychiatric Association.(2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC.

Clearly there is a lot going on with Joanne that we don't see. Joanne presents very well. Her perfectionist complex has allowed her to accomplish great things. She graduated the head of her class, did very well academically in school. Joanne dressed very well, her makeup was always flawless, and she generally

had a natural gift in her career attributes. She always felt she needed to do everything right. She never found the love she needed from her father. However, Joanne was miserable. She was tired of having to do everything right. At night she would find herself having suicidal thoughts. She continued to think that she was no good and that no one loved her. One day a coworker invited Joanne to her church. Joanne reluctantly decided to attend. Joanne was enamored by the worship and then the message the pastor preached was entitled, “the love of the father.” Joanne had never heard such a message. Although she barely knew the person who invited her, and she never met the pastor. She immediately sensed the love of a father she never had. She knew God was inviting her in to love her. The thoughts filled the void she had been longing for her whole life. Joanne went to the alter and accepted Christ as her savior. She was committed to allow God to be the father she never had.

Joanne committed herself to being a Christian and loving God. However, she immediately began to dive right into her new life as a Christian. She set some rules for herself. She now had to clean more because she was a Christian and heard “cleanliness is next to godliness” and she wants to be next to godly. She heard a teaching on the importance of reading the word. So she gave herself a rule that she read the bible every day at least 6 times a day for 30 minutes. She then heard a message on the importance of prayer and how to pray. So she wrote out her scripture affirmations and prayed the same prayer 8 times a day, at the same time, not one minute more, not one minute less. She read the scripture about not forsaking the assembly of each other together. Meaning attending church regularly to be around other Christians. So Joanne committed to being at every service, all day Sunday, Bible Study, prayer meeting, conferences, day break services you name it, she was there. Eventually Joanne started feeling that same emptiness and void. She was tired and running out of options. She immediately began to question God’s love.

What do you think is going on with Joanne? The point is, Joanne is uncertain how to receive love. She is using the same way she tried to get love from her birth father, to her heavenly Father, God. Joanne didn’t understand how to love the Father or how to receive His love. She subconsciously thought the more she did, the more love she would receive from Him. Just like her natural father.

The reality is, head knowledge and heart knowledge are two completely different things. You can know God loves you in your head and not know it in your heart.

Was Joanne saved? Yes. However, she didn't know everything there is to know about God or receiving His love once she got saved. God really doesn't care how long you pray as long as when you pray, it is from your heart and it's empowered by the Holy Spirit. God doesn't care how many hours a day; you read the bible, as long as you read it. I once had a professor who was an atheist. He would quote scriptures all day long in class. However, he studied the book as a historic, book of knowledge, not to receive truth. God was not going to love Joanne more or less if she cleaned. The point is, all her life she was one way. All she knew about love was how to try and earn it. The reality is, people with a perfectionist complex are deeply insecure. They try to earn love or affection by what they can accomplish.

Joanne's deep seated insecurities where imbedded within her and had become a part of her nature. She would have to learn how to process information differently. She would have to learn how to receive the love of a father differently. She would also have to learn to receive the healing power of Christ. Notice I said she would have to learn. These kinds of things don't happen overnight, they take time and process to take full effect.

Did Joanne receive her salvations immediately? Yes. She is learning how to walk in the fullness of who she really is.

Did Joanne's past dictate her present? Yes absolutely. Does it have to dictate her future? Absolutely not.

Since Joanne is a fictional character, I will conclude my story of her life with a happy ending. I will say that Joanne eventually went to see a Christian counselor, because of course, that dynamic church had a counseling ministry. It was there that she was taught the principle of sanctification. She is still not perfect, but each day learning to receive the father's love and walk out her new life.

The point is, the past impacts so many different areas of our lives. Even in marriage counseling, anyone will tell you a lot of the marital issues, really happened before the couple ever got married and have to do with childhood.

People who have problems in relationships often have issues with their past. Many Christians may be able to relate to Joanne because we can feel a certain amount of condemnation for just about anything. Mind you, I am in no way justifying sin. However, I am talking about the person who feels condemnation because they didn't do something in right or they didn't read their bible today

and such.

The key to this level of deliverance is to first ask God for a new heart. He needs to take away the fear and give us a heart for Him.

Ephesians 3:18 (MSG)

14-19 My response is to get down on my knees before the Father, this magnificent Father who parcels out all heaven and earth. I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength—that Christ will live in you as you open the door and invite him in. And I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.

Receive the gift of God's love and in your own time, pray that you begin to know, sense and feel His love towards you. As times goes on in process, He will begin to change your heart. Your life will evolve and you will begin to know how to love and receive love.

Psalm 51:10

Good News Translation (GNT)

10 Create a pure heart in me, O God,
and put a new and loyal spirit in me.

Chapter 12

Low Confidence and Poor Self Esteem

Philippians 1:6 (KJV)

[6] Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

Ultimately most people who experience emotional instability have an issue with low confidence. They are not confident in themselves and definitely not in God. People with confidence issues are always second guessing themselves. As stated in an early chapter, a person who suffers with anxiety can often be very self-conscious. They are worried about whether or not people will like them, how they will be perceived. People who suffer with social phobia are deeply scared and have concern of how other people will perceive them. Most of the time they fear that people will perceive them negatively; this is clearly a confidence issue.

A person can present well and still have very low confidence. Confidence is not a personality; it is an issue of lack of trust and faith. Let us look at an example of someone who had issues with low confidence.

Jeremiah 1:3-10

The Message (MSG)

1 [1-4] The Message of Jeremiah son of Hilkiah of the family of priests who lived in Anathoth in the country of Benjamin. God's Message began to come to him during the thirteenth year that Josiah son of Amos reigned over Judah. It continued to come to him during the time Jehoiakim son of Josiah reigned over Judah. And it continued to come to him clear down to the fifth month of the eleventh year of the reign of Zedekiah son of Josiah over Judah, the year that Jerusalem was taken into exile. This is what God said:

[5] "Before I shaped you in the womb,
I knew all about you.
Before you saw the light of day,
I had holy plans for you:
A prophet to the nations—
that's what I had in mind for you."

[6] But I said, "Hold it, Master God! Look at me.
I don't know anything. I'm only a boy!"

[7-8] God told me, "Don't say, 'I'm only a boy.'
I'll tell you where to go and you'll go there.
I'll tell you what to say and you'll say it.
Don't be afraid of a soul.
I'll be right there, looking after you."

God's Decree.

9-10 God reached out, touched my mouth, and said,
"Look! I've just put my words in your mouth—hand-delivered!
See what I've done? I've given you a job to do
among nations and governments—a red-letter day!
Your job is to pull up and tear down,
take apart and demolish,
And then start over,
building and planting."

Jeremiah clearly had a confidence issue. He didn't jump up with excitement. He didn't say, "Yes God I knew you would choose me." No, he was looking at his own insufficiency and His weaknesses. He thought there was no way that he should be called of God to be a prophet. Jeremiah had fears, he was too young and he couldn't speak very well. Remember I said there is always fear involved when a person has no low confidence or self-esteem.

Let us look at another example of someone who experienced very low confidence.

Exodus 3 (MSG)

3 1-2 Moses was shepherding the flock of Jethro, his father-in-law, the priest of Midian. He led the flock to the west end of the wilderness and came to the mountain of God, Horeb. The angel of God appeared to him in flames of fire blazing out of the middle of a bush. He looked. The bush was blazing away but it didn't burn up.

3 Moses said, "What's going on here? I can't believe this! Amazing! Why doesn't the bush burn up?"

4 God saw that he had stopped to look. God called to him from out of the bush, "Moses! Moses!"

He said, "Yes? I'm right here!"

5 God said, "Don't come any closer. Remove your sandals from your feet. You're standing on holy ground."

6 Then he said, "I am the God of your father: The God of Abraham, the God of Isaac, the God of Jacob."

Moses hid his face, afraid to look at God.

7-8 God said, “I’ve taken a good, long look at the affliction of my people in
Egypt. I’ve heard their cries for deliverance from their slave masters; I know all
about their pain. And now I have come down to help them, pry them loose from
the grip of Egypt, get them out of that country and bring them to a good land
with wide-open spaces, a land lush with milk and honey, the land of the
Canaanite, the Hittite, the Amorite, the Perizzite, the Hivite, and the Jebusite.

9-10 “The Israelite cry for help has come to me, and I’ve seen for myself how
cruelly they’re being treated by the Egyptians. It’s time for you to go back: I’m
sending you to Pharaoh to bring my people, the People of Israel, out of Egypt.”

11 Moses answered God, “But why me? What makes you think that I could ever
go to Pharaoh and lead the children of Israel out of Egypt?”

12 “I’ll be with you,” God said. “And this will be the proof that I am the one who
sent you: When you have brought my people out of Egypt, you will worship God
right here at this very mountain.”

13 Then Moses said to God, “Suppose I go to the People of Israel and I tell them,
‘The God of your fathers sent me to you’; and they ask me, ‘What is his name?’
What do I tell them?”

14 God said to Moses, “I-AM-WHO-I-AM. Tell the People of Israel, ‘I-AM sent
me to you.’”

15 God continued with Moses: “This is what you’re to say to the Israelites: ‘God,
the God of your fathers, the God of Abraham, the God of Isaac, and the God of
Jacob sent me to you.’ This has always been my name, and this is how I always
will be known.

16-17 “Now be on your way. Gather the leaders of Israel. Tell them, ‘God, the God
of your fathers, the God of Abraham, Isaac, and Jacob, appeared to me, saying,
“I’ve looked into what’s being done to you in Egypt, and I’ve determined to get
you out of the affliction of Egypt and take you to the land of the Canaanite, the
Hittite, the Amorite, the Perizzite, the Hivite, and the Jebusite, a land brimming
over with milk and honey.”’

18 “Believe me, they will listen to you. Then you and the leaders of Israel will go
to the king of Egypt and say to him: ‘God, the God of the Hebrews, has met with
us. Let us take a three-day journey into the wilderness where we will worship

God—*our* God.’

19-22 “I know that the king of Egypt won’t let you go unless forced to, so I’ll intervene and hit Egypt where it hurts—oh, my miracles will send them reeling! —after which they’ll be glad to send you off. I’ll see to it that this people get a hearty send-off by the Egyptians—when you leave, you won’t leave empty-handed! Each woman will ask her neighbor and any guests in her house for objects of silver and gold, for jewelry and extra clothes; you’ll put them on your sons and daughters. Oh, you’ll clean the Egyptians out!”

Exodus 4

The Message (MSG)

4 Moses objected, “They won’t trust me. They won’t listen to a word I say. They’re going to say, ‘God? Appear to him? Hardly!’”

2 So God said, “What’s that in your hand?”

“A staff.”

3 “Throw it on the ground.” He threw it. It became a snake; Moses jumped back —fast!

4-5 God said to Moses, “Reach out and grab it by the tail.” He reached out and grabbed it—and he was holding his staff again. “That’s so they will trust that God appeared to you, the God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob.”

6 God then said, “Put your hand inside your shirt.” He slipped his hand under his shirt, then took it out. His hand had turned leprous, like snow.

7 He said, “Put your hand back under your shirt.” He did it, then took it back out —as healthy as before.

8-9 “So if they don’t trust you and aren’t convinced by the first sign, the second sign should do it. But if it doesn’t, if even after these two signs they don’t trust you and listen to your message, take some water out of the Nile and pour it out on the dry land; the Nile water that you pour out will turn to blood when it hits the ground.”

[10] Moses raised another objection to God: “Master, please, I don’t talk well. I’ve never been good with words, neither before nor after you spoke to me. I stutter and stammer.”

[11-12] God said, “And who do you think made the human mouth? And who makes some mute, some deaf, some sighted, some blind? Isn’t it I, God? So, get going. I’ll be right there with you—with your mouth! I’ll be right there to teach you what to say.”

[13] He said, “Oh, Master, please! Send somebody else!”

[14-17] God got angry with Moses: “Don’t you have a brother, Aaron the Levite? He’s good with words, I know he is. He speaks very well. In fact, at this very moment he’s on his way to meet you. When he sees you he’s going to be glad. You’ll speak to him and tell him what to say. I’ll be right there with you as you speak and with him as he speaks, teaching you step by step. He will speak to the people for you. He’ll act as your mouth, but you’ll decide what comes out of it. Now take this staff in your hand; you’ll use it to do the signs.”

[18] Moses went back to Jethro his father-in-law and said, “I need to return to my relatives who are in Egypt. I want to see if they’re still alive.”

Jethro said, “Go. And peace be with you.”

[19] God said to Moses in Midian: “Go. Return to Egypt. All the men who wanted to kill you are dead.”

[20] So Moses took his wife and sons and put them on a donkey for the return trip to Egypt. He had a firm grip on the staff of God.

[21-23] God said to Moses, “When you get back to Egypt, be prepared: All the wonders that I will do through you, you’ll do before Pharaoh. But I will make him stubborn so that he will refuse to let the people go. Then you are to tell Pharaoh, ‘God’s Message: Israel is my son, my firstborn! I told you, “Free my son so that he can serve me.” But you refused to free him. So now I’m going to kill *your* son, *your* firstborn.’”

[24-26] On the journey back, as they camped for the night, God met Moses and would have killed him but Zipporah took a flint knife and cut off her son’s foreskin, and touched Moses’ member with it. She said, “Oh! You’re a bridegroom of blood to me!” Then God let him go. She used the phrase “bridegroom of blood” because of the circumcision.

[27-28] God spoke to Aaron, “Go and meet Moses in the wilderness.” He went and met him at the mountain of God and kissed him. Moses told Aaron the message that God had sent him to speak and the wonders he had commanded him to do.

[29-31] So Moses and Aaron proceeded to round up all the leaders of Israel. Aaron told them everything that God had told Moses and demonstrated the wonders before the people. And the people trusted and listened believingly that God was concerned with what was going on with the Israelites and knew all about their affliction. They bowed low and they worshiped.

I know I have given you a lot of scripture, but I wanted to you to see the significance in the word. Moses had no confidence in his own ability, to the point where he is having a long conversation with God. He is giving God excuses and questioning God about how he is going to do this. Moses says things like, “But what am I going to say? Who am I going to say sent me?, But they won’t believe me?” And so on. Moses even mentioned to God that he had a speech impediment and was not qualified for the position. Again, notice the similarities of that in Moses and Jeremiah, there was fear involved. The fear was always directed at their feelings of not being able and how others would perceive them.

Before we go into more explanation about low confidence and esteem, let us look at one final example.

Judges 6:11-18

The Message (MSG)

[11-12] One day the angel of God came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, whose son Gideon was threshing wheat in the winepress, out of sight of the Midianites. The angel of God appeared to him and said, “God is with you, O mighty warrior!”

[13] Gideon replied, “With *me*, my master? If God is with us, why has all this happened to us? Where are all the miracle-wonders our parents and grandparents told us about, telling us, ‘Didn’t God deliver us from Egypt?’ The fact is, God has nothing to do with us—he has turned us over to Midian.”

[14] But God faced him directly: “Go in this strength that is yours. Save Israel from Midian. Haven’t I just sent you?”

[15] Gideon said to him, "*Me*, my master? How and with what could I ever save Israel? Look at me. My clan's the weakest in Manasseh and I'm the runt of the litter."

[16] God said to him, "I'll be with you. Believe me, you'll defeat Midian as one man."

[17-18] Gideon said, "If you're serious about this, do me a favor: Give me a sign to back up what you're telling me. Don't leave until I come back and bring you my gift."

He said, "I'll wait till you get back."

Hopefully you are starting to see the pattern here. What was the common denominator in the three examples given? Fear. Once again, Gideon is afraid. He is afraid because he sees himself as weak and he comes from a family that is considered weak. Yet, there God was calling him strong and telling him he would be used mightily for him.

There are many principles to know about having low confidence and self-esteem. In the secular field of counseling, we try to get the client to be confident in themselves and believe in their own capabilities. In some ways this is not a bad thing. However, in Christ for those who suffer with low confidence and self-esteem, they don't discover who they are by looking at their own ability. Christians will find their confidence, when they find themselves in Christ.

Psalm 20:7 (NKJV)

[7] Some *trust* in chariots, and some in horses;
But we will remember the name of the Lord our God.

The reality is, if any of the individual examples given were in the therapist office and the therapist wanted to help build their self-esteem or confidence by looking at their own capabilities, it wouldn't have went so well. Jeremiah nor Moses would have put speaking to rulers about their wrong doing on the list. Gideon would have never said, "I'd make a great warrior." The point is, when we are Christian, we don't put our confidence in ourselves, we start leaning on Christ and He inputs His confidence in us just like He inputs His righteousness in us.

Again, confidence comes when it is endowed to us by the Holy Spirit. Here again is the dunamis power we are talking about. Look what happens when the Holy Spirit endows us with confidence. We become bold with supernatural

confidence.

Acts 4:29-31

New King James Version (NKJV)

[29] Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word, [30] by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus."

[31] And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

Holy Spirit fills us with boldness and confidence. Confidence is defined as a feeling or consciousness of one's powers or of reliance on one's circumstances, faith or belief that one will act in a right, proper way, the quality or state of being certain, and a relationship of trust or intimacy.

Self-esteem refers to the honor, respect for yourself and your own ability. Again, that is the secular definition, in Christ, we don't put any trust in our own ability, but God's ability to work through us.

Could it be that God allowed the low confidence and poor self-esteem so that we could find ourselves in Him?

1 Corinthians 1:27-31 (GNT)

[27] God purposely chose what the world considers nonsense in order to shame the wise, and he chose what the world considers weak in order to shame the powerful. [28] He chose what the world looks down on and despises and thinks is nothing, in order to destroy what the world thinks is important. [29] This means that no one can boast in God's presence. [30] But God has brought you into union with Christ Jesus, and God has made Christ to be our wisdom. By him we are put right with God; we become God's holy people and are set free. [31] So then, as the scripture says, "Whoever wants to boast must boast of what the Lord has done."

God has a track record of using the least confident people to be used of God. You should know the stories of each example given. Moses ended up becoming one of the greatest leaders that ever walked the earth. Jeremiah is considered one of the most profound prophets that there ever was. Gideon ended up winning the battle and becoming a mighty warrior just as God called him.

What about you? What has God told you about yourself that you are running away from because you think you can't? Maybe you can't in the natural, but you can in Him.

Philippians 4:13

New King James Version (NKJV)

13 I can do all things through Christ[a] who strengthens me.

God will turn your low self-esteem to high regard and esteem in Him. He will turn your low self confidence in confidence in Him. Again, we begin to meditate on the scriptures of what God has to say about us and the confidence will come. We also ask the Holy Spirit for His dunamis power. When the Holy Spirit is involved, you don't have to think beforehand what you will say, or how to talk.

Luke 12:11-12

The Message (MSG)

11-12 "When they drag you into their meeting places, or into police courts and before judges, don't worry about defending yourselves—what you'll say or how you'll say it. The right words will be there. The Holy Spirit will give you the right words when the time comes."

God did it for Moses, he was a human just like you and me. He will do it for you. Don't be down on yourself for not having the confidence or the esteem you should have. We didn't talk about why people have little or no confidence, but surely you can connect the dots if you have read the book up to this point.

You are a prime candidate to be used by God. Pray and get the Holy Spirit involved in your circumstance.

Chapter 13

Forgiveness

Mark 11:25

The Message (MSG)

22-25 Jesus was matter-of-fact: “Embrace this God-life. Really embrace it, and nothing will be too much for you. This mountain, for instance: Just say, ‘Go jump in the lake’—no shuffling or shilly-shallying—and it’s as good as done. That’s why I urge you to pray for absolutely everything, ranging from small to large. Include everything as you embrace this God-life, and you’ll get God’s everything. And when you assume the posture of prayer, remember that it’s not all *asking*. If you have anything against someone, *forgive*—only then will your heavenly Father be inclined to also wipe your slate clean of sins.”

In the secular mental health field, we are taught that forgiveness is not a needed for a person to be able to work towards their recovery. They believe that a person can move on and move forward without ever forgiving. However, this is contrary to the word of God. I have found in my practice that a person ultimately can live a full life without forgiving, but they will never be able to walk be healed or whole without forgiveness. Forgiveness is such a hard thing to talk about and easier said than done. I work with individuals who seemly have experienced great atrocities in their lives. To be honest, it is hard to tell a client who has been sexually abused or molested that they must forgive their abuser. In fact, I don’t.

Believe it or not, counseling is not always about giving advice or telling someone what to do. In fact, it is not so much giving advice, but listening and being an observer as the Holy Spirit counsels is how true counseling works. Hence mental health counseling is more about listening.

It is my job to assist the client in coming to terms with their lives and work through their process so that they in turn are able and willing to forgive. Believe it or not, forgiveness is a necessity for true healing; it cannot be forced upon

someone. Forgiveness really is a heart issue. As a person is walking through their healing process, as the Holy Spirit begins to heal their hearts, then forgiveness is what follows. Sometimes it happens without the person intending to. They finally come to terms with their lives and realize it takes too much work to carry around bitterness and unforgiveness.

Because I work in the secular arena, many of the clients I serve are not Christian, some of them are. It is very possible to forgive someone and not be a Christian. It is again the supernatural power of the Holy Spirit that gives a person the ability to forgive. You can see how forgiveness can't be a law or something that is forced upon someone. It is something that happens as the heart begins to change. As a therapist I am not in control of how, when, or where the person forgives, I just facilitate the process.

The reality is, there are some things that you go through and if it not be by the hand of the Holy Spirit, you will never be able to forgive. Remember what we have talked about through the entire book, dunamis power. Holy Spirit gives us the ability to do and to forgive in ways that we would never do ourselves. The reality is that you can forgive someone with your lips and not with your heart. Head knowledge and heart knowledge are two completely different things.

When the bible talks about forgiveness, it is referring to heart knowledge, not just lip service.

Let us look at what the word has to say about forgiveness.

Matthew 18:21-35

The Message (MSG)

21 At that point Peter got up the nerve to ask, "Master, how many times do I forgive a brother or sister who hurts me? Seven?"

22 Jesus replied, "Seven! Hardly. Try seventy times seven.

23-25 "The kingdom of God is like a king who decided to square accounts with his servants. As he got under way, one servant was brought before him who had run up a debt of a hundred thousand dollars. He couldn't pay up, so the king ordered the man, along with his wife, children, and goods, to be auctioned off at the slave market.

26-27 "The poor wretch threw himself at the king's feet and begged, 'Give me a chance and I'll pay it all back.' Touched by his plea, the king let him off, erasing

the debt.

28 “The servant was no sooner out of the room when he came upon one of his fellow servants who owed him ten dollars. He seized him by the throat and demanded, ‘Pay up. Now!’

29-31 “The poor wretch threw himself down and begged, ‘Give me a chance and I’ll pay it all back.’ But he wouldn’t do it. He had him arrested and put in jail until the debt was paid. When the other servants saw this going on, they were outraged and brought a detailed report to the king.

32-35 “The king summoned the man and said, ‘You evil servant! I forgave your entire debt when you begged me for mercy. Shouldn’t you be compelled to be merciful to your fellow servant who asked for mercy?’ The king was furious and put the screws to the man until he paid back his entire debt. And that’s exactly what my Father in heaven is going to do to each one of you who doesn’t forgive unconditionally anyone who asks for mercy.”

The first principle of forgiveness is that we forgive because we are forgiven. The story is representative of someone who wants forgiveness, yet is unwilling to forgive. The reality is, all of us are in need of a savior. Each one of us who calls ourselves Christian, have had to say the sinners prayer, that would God forgive our sins and come into our heart.

All of us fall short. We were born into sin.

Psalm 51:5

New King James Version (NKJV)

5 Behold, I was brought forth in iniquity,
And in sin my mother conceived me.

The reality is, we have all sinned. Sin simply means to have done wrong, or violated a law. Sin keeps us bound and in emotional turmoil. In fact, a person will never obtain full emotional stability if they intentionally keep sinning.

The other thing to know about forgiveness is that in order for us to be forgiven, we must forgive. God won’t forgive us if we hold bitterness in our hearts. In fact, the word says before you pray first go to the brother you have something against, ask for forgiveness, then you can proceed with your prayers.

Matthew 5:23-24

New King James Version (NKJV)

[23] Therefore if you bring your gift to the altar, and there remember that your brother has something against you, [24] leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

If you want God to forgive, you forgive. Forgiveness starts with a decision. You know that you are healed when it no longer hurts. You can think about the wrong done, or the person who wronged you and there is no emotional pain. Again this more than likely does not happen overnight, but it does happen. However, if you are the type of person who says you can never forgive or you don't at least determine in your heart to forgive, God can't take away the pain that is hidden in your heart.

The other reason to forgive is because you don't want live your life with bitterness and resentment. Bitterness is defined as anger and disappointment at being treated unfairly; resentment. Resentment; bitter indignation at having been treated unfairly. When a person carries around bitterness and resentment, they literally are carrying around weights in their hearts. Imagine a person walking around with a heavy back pack full of weights. Well that is what happens when a person is carrying bitterness and resentment; the weights they carry are invisible, but they are very much there. The only cure for bitterness and resentment is to forgive.

Hebrews 12:12-17 (NKJV)

[12] Therefore strengthen the hands which hang down, and the feeble knees, [13] and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

[14] Pursue peace with all *people,* and holiness, without which no one will see the Lord: [15] looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; [16] lest there *be* any fornicator or profane person like Esau, who for one morsel of food sold his birthright. [17] For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears.

Bitterness, resentment, and unforgiveness grows in our hearts and takes root if gone unchecked. It prevents us from receiving the free gift of grace that God already has for us. It prevents true deliverance. If you have ever seen someone

who has been oppressed by demons, often times when it is difficult to cast out a demon, it is related to the person having some kind of bitterness, or unforgiveness in their hearts. Often times, the minister will ask the person to forgive whomever they have fought with before they can proceed with the casting out of demons. That is not to say this is always the case. Remember Jesus says some things don't come out lest we fast and pray, but unforgiveness should be considered. A person will never walk into their true God given promise with unforgiveness. Unforgiveness impacts every area of life, including relationships, career, health and even children. There is no area that unforgiveness will not touch if it is not dealt with.

Finally, the main reason we forgive is because our heavenly father, being our example did. After He was placed on the cross, He said these words.

Luke 23:33-34 (NKJV)

33 And when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left. 34 Then Jesus said, "Father, forgive them, for they do not know what they do."[a]

And they divided His garments and cast lots.

Look what Jesus endured for us. He was beat to the point He was unrecognizable. He was mocked, humiliated. He endured the lashings all for us. If there was someone who had the right to have unforgiveness in His heart, it was Jesus. Yet He forgave. Jesus gave up His right to hold unforgiveness because He considered us.

When you forgive, you give up your right to be right. Yes, the person who wronged you was wrong and forgiveness doesn't mean you let them off of the hook, it means you don't carry them in your heart or mind anymore.

Chapter 14

Dealing With Discouragement

Psalm 27:13-14 (NKJV)

13 *I would have lost heart,* unless I had believed
That I would see the goodness of the Lord
In the land of the living.

14 Wait on the Lord;
Be of good courage,
And He shall strengthen your heart;
Wait, I say, on the Lord!

The reality is, a major part of life is discouragement. In fact, those who suffer with depression often times are very discouraged. Everyone experiences discouragement, both Christian and non-Christian. Discouragement is defined as to deprive of courage, hope, or confidence; dishearten; dispirit. When a person becomes discouraged they literally lose hope, drive or will to pursue their hopes and dreams. There are many reasons people get discouraged. You can be discouraged because you are disappointed in people. Disappointed, depressed or discouraged by the failure of one's hopes or expectations. Ever have anyone hurt you so bad emotionally, you thought you'd never recover? Ever have expectations of someone to come through for you and they don't? Mothers can be disappointed in their children for the poor choices that they have made with their lives.

One can experience disappointment or discouragement in life. When we were children, most of us were taught to pursue our hopes and dreams. As we grow further in life, the hopes and dreams tend to dimmer and at times seem to be a distant memory. A person can get discouraged at life.

Job 14:1 (NKJV)

14 "Man *who is* born of woman
Is of few days and full of trouble.

If you live long enough, one thing you will experience is trouble. Other reasons for discouragement are to become weary or wounded emotionally. Weary means feeling or showing tiredness, especially as a result of excessive exertion or lack of sleep. A person can get weary, or discouraged after they have been fighting for a long time. My pastor back in Maryland said something very profound. He talked about how when a soldier goes to war, they initially are not tired or warn out. They are full of vigor and strength. After that same soldier has been fighting for a long time that is when the fatigue and weariness begins to come.

I liken it to the spiritual wars that we face in our emotions. Eventually a person gets tired. You get tired of dealing with people, you get tired of trying and you get tired of wanting, wishing and hoping. Have you ever felt like that? I know I have.

When a person gets very discouraged, they literally feel like giving up. Depression sets up and they begin to ask themselves, “what is the point?”

When a person gets so discouraged they don’t feel like pressing forward, and hopelessness starts to set in.

Another way in which a person becomes discouraged is when they have been waiting for something much longer than expected. I know I have had great promises spoken over my life, yet there was a time when I got very discouraged because it didn’t come in the time frame I had anticipated. The reality is, whatever you are waiting for will take much longer than anticipated. There is an old saying that goes, God is never early, He is never late, but He is always on time. Look at what the word of God says;

Proverbs 13:12 (MSG)

12 Unrelenting disappointment leaves you heartsick,
but a sudden good break can turn life around.

Proverbs 13:12 (NKJV)

12 Hope deferred makes the heart sick,
But *when* the desire comes, *it is* a tree of life.

What does it mean to be heartsick? Heartsick means overwhelmed or undone. Heartsick means, despondent, typically from grief or loss of love.

Heart sick also means, despondent, dejected, depressed, desolate, downcast, forlorn, unhappy, sad, upset, miserable, wretched, woebegone, inconsolable, grieving, grief-stricken, heavy-hearted, and broken-hearted.

Discouragement can be a major stronghold if a person allows. It is like bitterness that we talked about in the previous chapter, if it goes unchecked it

will spread like a cancer throughout the whole body and it can have devastating effects on a person's life.

Discouragement will impact relationships, work performance, an individual's spiritual life and promise for the future.

Discouragement impacts relationships because if a person is discouraged they are hard to live with. When it comes to new relationships or friendships, a discouraged person won't open up, they build walls and tend to isolate for fear of getting hurt. I once had a client say, "I am afraid to trust because I have been so disappointed in the past." When a person is discouraged in their work, they will be dissatisfied and won't put forth their best effort.

When a person is discouraged, it impacts their spiritual life because they have distrust in God. If you are discouraged, you don't believe that God is going to do what He said He would do.

Let us look what the word has to say about discouragement.

Galatians 6:9

New King James Version (NKJV)

9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

As stated, if allowed discouragement will prevent a person from experiencing the promises of God.

2 Peter 3:9 (NKJV)

9 The Lord is not slack concerning *His* promise, as some count slackness, but is longsuffering toward us,[a] not willing that any should perish but that all should come to repentance.

Matthew 24:35-36 (NKJV)

35 Heaven and earth will pass away, but My words will by no means pass away.

Acts 1:7-8 (NKJV)

7 And He said to them, "It is not for you to know times or seasons which the Father has put in His own authority. 8 But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me[a] in

Jerusalem, and in all Judea and Samaria, and to the end of the earth

For the case of emotional healing a person gets discouraged after experiencing multiple disappointments in life. A person will also get discouraged after going after a goal for so long and having so many obstacles that come in the way. We have talked about in group how a person can feel like they can take two steps forward and ten steps back.

The reality is, everyone at some point in their life experiences discouragement. The difference between those who win and those who lose are the ones that win don't give up.
However, we get to the place where we feel like we have no strength or no get up to continue on. You can feel so defeated and without strength to the point where you simply can't move forward.

So what is the answer? How do you not give up? What is the answer to discouragement?

The answer is again found in Christ. As stated, we can do nothing without Him. The reality is, satan wants us to give up. He wants us to throw in the towel. He wants to prevent us from walking in all that God would have us to be. The good news is there is an answer to discouragement.

Remember our first scripture, David said "he would have lost all hope, or would be discouraged if he gave up his belief." He wasn't believing in a better day, a new circumstance coming forth, or a new opportunity. David had determined in his heart that he would believe in God. The reality is, even if you have lost all hope in everything and everyone. Don't lose your hope in God.

David was someone who knew a little something about discouragement because he had so many experiences where he could be discouraged.

Let us look at what else David had to say.

Psalm 27:14 (MSG)

13-14 I'm sure now I'll see God's goodness
in the exuberant earth.
Stay with God!
Take heart. Don't quit.
I'll say it again:

> Stay with God.
>
> Psalm 31:4 (NKJV)
>
> 4 Pull me out of the net which they have secretly laid for me,
> For You *are* my strength.

Proverbs 3:5-6 (NKJV)

5 Trust in the Lord with all your heart,
And lean not on your own understanding;
6 In all your ways acknowledge Him,
And He shall direct[a] your paths.

The bible clearly says that God would give us strength. Not only would He give us strength He will strengthen our hearts. When you get weary, worn and on the verge of giving up, you need strength. Not just any kind of strength, but supernatural strength. Here again is a reoccurring theme, we need the power of the Holy Spirit, called dunamis power, in order to strengthen our heart. It also takes the Holy Spirit to heal our hearts.

I remember after going through a season of nonstop struggle and warfare, it finally ended. The struggle was finally over, but the scars were still there. It is very possible to be healed with the scars. It is also very possible to be healed without scars. I remember after sometime of going through, I hit another struggle, I lost my job. I frantically began looking for other jobs because I have never gone a significant amount of time without having a job. Mind you, I have a great resume, but no matter how or where I sent my resume I wouldn't get phone calls back. After some time I kept thinking, "what in the world is going on?". I never forget the Lord spoke to me and said, "I gave you this time to heal your heart."

Struggle, disappointment and discouragement are really heart issues. To be able to move forward, forgive, you need God to say something similar, "I am going to heal your heart."

Apart of letting go of many emotional issues including discouragement is the ability to receive. Open your heart and receive the healing God wants to give you. He is the only one who can change your struggle into a song.

So we must again seek the face of the father, request that His Holy Spirit of endow us and then allow the dunamis power to heal our hearts so we can recover from discouragement.

Psalm 27:14 (KJV)

14 Wait on the Lord: be of good courage, and **he shall strengthen thine heart:** wait, I say, on the Lord.

Chapter 15

The Process

Deuteronomy 8:2-9 (MSG)

8 [1-5] Keep and live out the entire commandment that I'm commanding you today so that you'll live and prosper and enter and own the land that God promised to your ancestors. Remember every road that God led you on for those forty years in the wilderness, pushing you to your limits, testing you so that he would know what you were made of, whether you would keep his commandments or not. He put you through hard times. He made you go hungry. Then he fed you with manna, something neither you nor your parents knew anything about, so you would learn that men and women don't live by bread only; we live by every word that comes from God's mouth. Your clothes didn't wear out and your feet didn't blister those forty years. You learned deep in your heart that God disciplines you in the same ways a father disciplines his child.

[6-9] So it's paramount that you keep the commandments of God, your God, walk down the roads he shows you and reverently respect him. God is about to bring you into a good land, a land with brooks and rivers, springs and lakes, streams out of the hills and through the valleys. It's a land of wheat and barley, of vines and figs and pomegranates, of olives, oil, and honey. It's land where you'll never go hungry—always food on the table and a roof over your head. It's a land where you'll get iron out of rocks and mine copper from the hills.

If there is anything I know a little something about, it is process. There is a process involved for everything, living and dead. There is a process involved in making and molding of something. Everything created has gone through a process. Process is a systematic, outline, format or step that the maker sends something through in order for it to become a useable object. It is like a seamstress who wants to make a dress, he or she will usually cut the dress from a premade pattern or outline. Process is God's premade pattern or outline to get us to what He wants us to be. There is a process involved if we are to become everything God has created us to be.

There is even a process when it comes to your emotional healing. It does not happen overnight. The first reason for the process is so that God can make us strong and fortify our faith. The other reason for the process is so that we don't take the pain of yesterday into today. Look at our example given. The people of Israel had been in 400 years of slavery and oppression. When they left, they still had a poverty mentality although they were technically free. They weren't being forced to walk; they could do as they pleased. Yet although God had delivered them, and then showed them great and mighty miracles; they were constantly complaining, grumbling and moaning about something. The reality is, although they were no longer in Egypt, Eygpt was very much still in them. They had a poverty mentality. Although they were free, they didn't appear to act as if they were. The oppression existed in their minds.

That is how it is when a person is emotionally damaged. God has set them free, but they still hold the mentality of the past. That is why God takes us through a process so that the things that we have been through don't continue to dictate how a person lives, relates, and moves on in life. So yes, the abuse, mistreatment and rejection can be long gone. The person with the poverty mentality is still bound in their minds. It takes some time for what we have been through to be taken out of us.

There are many aspects of the process that God takes us through. Process is defined as course of action, taken in order to get a desired result. I always say real and true deliverance doesn't happen overnight, it happens over time and in process.

The first part of the process is when God begins to reveal to us what is in us, that we may not be aware of. I remember one time while I was in prayer, I asked the Lord what was preventing the manifestation of my promises to come to pass. Sometime later, the Lord spoke to me saying, "she has many fears." I thought I was long over my fears, but when the Lord spoke, I knew that was the area that God would have to deliver me from.

Another time I was at church, I had been complaining to God about how I was struggling and I didn't want to be. I kept questioning God, reminding Him of His promises towards me. I basically was asking, "have you forgotten those words you spoke?" I had been through so many struggles in my early childhood, I didn't anticipate in my mid-twenties that I would be struggling. We aren't taught about struggles nowadays. Everyone wants manifestation, but you don't get

manifestation absent from a struggle and process. Anyway so I was asking God about that in church. The Lord basically spoke to me and said, “not without a struggle.” I knew my struggle was God’s doing.

The point is, struggle is not easy, but it is worth it. The first thing that God will do is reveal the secret things in us and the secret motives that are preventing our healing. Let me give you another example. I remember one time praying and asking God to manifest my promise now. He said to me, “You can’t be driven by fear either.” I knew that God was letting me know that my motives were wrong and that I was motivated by fear and not faith. God will reveal to you the secret motives in yourself and other people.

When God puts you in the process towards your emotional healing, you must be willing to endure the process. Process is not an easy thing. There will be times where you feel like giving up. He inevitably will allow you to see the past; the past that you hide so deep that you don’t want to see. However, if you don’t acknowledge what happened and keep it hidden, you won’t be able to get healed from it. Again, there will be supernatural grace to endure the journey and if you don’t give up you will make it through.

The second thing about that the process teaches us is how to love ourselves. Now I know in the Christian world, learning to love you can seem like a heresy. Some people think that Christians are never to focus on themselves and that is a part of being a selfless Christian. However this is not true. You can claim to love God, but if you don’t love yourself you don’t love God.

We must learn to accept and value ourselves, in the eyes of the creator. That is why I said repeatedly we must learn to see ourselves the way in which God sees us. He doesn’t see you as a failure or as nothing. He sees you as a person of value, and worth. He loves you because He is love. You cannot truly have the love of God in your heart when you hate anyone and that includes yourself. God has unconditional regard for us. He doesn’t always agree with every choice or decision we make, but that doesn’t stop His love towards us. Love is not earned, it is not a reward for faithfulness or good behavior. Love just is. Look at what God did for us in love.

John 3:16-18

The Message (MSG)

16-18 “This is how much God loved the world: He gave his Son, his one and only

Son. And this is why: so that no one needed be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again. Anyone who trusts in him is acquitted; anyone who refuses to trust him has long since been under the death sentence without knowing it. And why? Because of that person's failure to believe in the one-of-a-kind Son of God when introduced to him.

Inevitably, the person who needs emotional healing, they have a hard time receiving the love of a father. They think God will love them more the more they do. These people are always under some kind of condemnation, because they think they have done something wrong. Joyce Meyers calls this a shame based nature. Shame is a constant feeling of embarrassment, wanting to hide, fear that one has done something wrong. Learning to receive the love of the Father is a big issue that many Christians have a problem with today. Receiving God as Father is a process, particularly when you have a father wound. It becomes difficult for a person to know and receive the love of the Father, when they have never seen it modeled physically, and then you try to receive love from a Father that you cannot see. No it is not easy, but it is possible.

Receiving the love of the father does not justify sin. Again, any parent will tell you that they may not agree with their children's behavior or choices, but that doesn't stop love. God chastens us out of love.

Hebrews 12:6

The Message (MSG)

4-11 In this all-out match against sin, others have suffered far worse than you, to say nothing of what Jesus went through—all that bloodshed! So don't feel sorry for yourselves. Or have you forgotten how good parents treat children, and that God regards you as *his* children?

My dear child, don't shrug off God's discipline,
    but don't be crushed by it either.
It's the child he loves that he disciplines;
    the child he embraces, he also corrects.

God is educating you; that's why you must never drop out. He's treating you as dear children. This trouble you're in isn't punishment; it's *training*, the normal experience of children. Only irresponsible parents leave children to fend for

themselves. Would you prefer an irresponsible God? We respect our own parents for training and not spoiling us, so why not embrace God's training so we can truly *live*? While we were children, our parents did what *seemed* best to them. But God is doing what *is* best for us, training us to live God's holy best. At the time, discipline isn't much fun. It always feels like it's going against the grain. Later, of course, it pays off handsomely, for it's the well-trained who find themselves mature in their relationship with God.

Proverbs 3:12

Good News Translation (GNT)

12 The Lord corrects those he loves, as parents correct a child of whom they are proud.

Remember love is not a gooey feeling. It is not just a word, it is a reality.

I remember one time someone very close to me had a drinking problem. This person missed church one day, after feeling ashamed of having a drinking binge the night before. No one for the most part would want to go to church in that condition. So while still inebriated from the night of drinking, he cried out to God, "why do you love me so much with what I have done?" God responded to Him and said, "son because I am love." while he was still in that drunken state.

You see for God, love is not something He does, like an action, it is who He is. While you are going through your ups and downs of life, know that God is pruning you and processing you into His love first. If you are not certain that God loves you, you will never be able to walk into all the rest that He has for you. A major part of the process is learning about love.

Process is not an overnight sensation. It is not a quiver up and down your spine. Remember, I said that you can know something with your head and not know it with your heart. I believe this is the state of many Christians today. We go through the motions of God, not really knowing Him.

In process, you will learn to hear the voice of God. You will learn to tune out all other distractions and negative voices that are turning you against yourself and inevitably, your relationship with God.

I cannot sit here and tell you all of the ways in which God will get you to this place. It is different for everyone. God uses the circumstances of life, to bring to

the surface, the hidden things in our hearts before He can wipe them clean and heal you. It is more important to know that if you have made a commitment to Christ, He is using these circumstances to draw you closer to Him.

As stated, God uses therapists, counselors, mental health professionals, as anointed vessels to assist you and be present through the healing process, but it is your own process. After you determine to submit yourself to God, determine to submit yourself to the process. Yes these are two different things. You can try to submit to God and run from His process or what He has told you to do. Jonah is a great example of this. So we must commit and submit. You start by making a decision.

God is not going to sit and tell you everything that is going on in your life, and why this happened to you. He will heal your wounds if you allow.

1 Corinthians 2:9-16

New King James Version (NKJV)

9 But as it is written:

“Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him.”[a]

10 But God has revealed *them* to us through His Spirit. For the Spirit searches all things, yes, the deep things of God. 11 For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. 12 Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God.

13 These things we also speak, not in words which man’s wisdom teaches but which the Holy[b] Spirit teaches, comparing spiritual things with spiritual. 14 But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know *them,* because they are spiritually discerned. 15 But he who is spiritual judges all things, yet he himself is *rightly* judged by no one. 16 For “who has known the mind of the Lord that he may instruct Him?”[c] But we have the mind of Christ.

Chapter 16

Learning To Trust God

Isaiah 26:3 (NKJV)

[3] You will keep *him* in perfect peace,
Whose mind *is* stayed *on You*,
Because he trusts in You.

Recently I was praying about a particular matter and what direction to take. As I was praying, the Lord spoke a word to me and said, “trust me”. I initially thought, “Lord I already trust you what do you mean?” I didn’t hear anything after that. While looking for answers the Holy Spirit dropped the title into my lap, “Trusting God Isn’t Easy But It Is Worth It.” The reality is, on your journey as a Christian, one of the greatest responsibilities that God gives us is to trust Him. Trusting God isn’t easy. God does not give us the answers that we want; however, He does give us what we need. I have often heard that *we must trust God even though we can’t trace Him*. Trusting God is hard and it takes faith. We have to trust God even when He doesn’t give us what we want in our time. His timing is different, but He expects us to stay in faith. Trust requires time, patience, and faith. God never comes when we want, but He does come.

Trusting God also requires obedience to God. God is not comprehendible. He will tell us go and not tell us where. He will tell us yes, when everyone else says no. He will tell us no, when everyone else says yes. He will tell us go right when everyone else is going left. As in every book I have written, I write first and foremost for myself. I also write from my personal experience while in the midst of my own journey. However, we can also look to the great pillars of our Christian faith to gain inspiration. We are never alone in our process. What God has required of us, is what He has required of them. To really get the answers we need to pass the test, we must also look to their lives for our example. They give us the answers we need to pass the test. So we must take an in depth study through the word of God, to rightfully be able to determine how we can trust God just as the pioneers of our faith have. They were humans just like us. The supernatural ability they had was the Holy Spirit and so do we. So yes, trusting God is not easy, but it is a requirement on our journey as Christians.

There will be many circumstances where we feel as if we can’t trust God. There will be many trials, toils, and tests. However, God will never require anything of us that He does not give us the ability to overcome. Trusting God is hard, but it

can be done. It is easier said than done, but it is a must. Let us journey and together get the answers we need to trust God.

Trust means-reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence. It means confident expectation of something; hope. Trust means confidence in the certainty of your future.

Trust means there is a person on whom or thing on which one relies. The condition of one to whom something has been entrusted.

Trust has to do with what you position your whole heart, spirit, and mind on. It is what you put complete confidence in. Any relationship that does not have the basic foundation of trust, is doomed to fail.

Micah 7:5-6 (NKJV)

5 Do not trust in a friend;
Do not put your confidence in a companion;
Guard the doors of your mouth
From her who lies in your bosom.

There are many things that we put our trust in that fail. People no matter their good intentions, will fail you. Things will fail you. Systems, governments, and leaders will fail you. God will never fail us. If there is one person that we must put our absolute trust in, it must be God. He will never fail us. He is the only one that can truly be trusted whole heartedly and confidently.

Proverbs 3:5 (NKJV)

5 Trust in the Lord with all your heart,
And lean not on your own understanding;

If God says He is going to do something, He is going to do it.

Numbers 23:19-20 (NKJV)

19 “God *is* not a man, that He should lie,
Nor a son of man, that He should repent.

Has He said, and will He not do?
Or has He spoken, and will He not make it good?
[20] Behold, I have received *a command* to bless;
He has blessed, and I cannot reverse it.

Isaiah 55:6-11

New King James Version (NKJV)

[6] Seek the Lord while He may be found,
Call upon Him while He is near.
[7] Let the wicked forsake his way,
And the unrighteous man his thoughts;
Let him return to the Lord,
And He will have mercy on him;
And to our God,
For He will abundantly pardon.

[8] "For My thoughts *are* not your thoughts,
Nor *are* your ways My ways," says the Lord.
[9] "For *as* the heavens are higher than the earth,
So are My ways higher than your ways,
And My thoughts than your thoughts.

[10] "For as the rain comes down, and the snow from heaven,
And do not return there,
But water the earth,
And make it bring forth and bud,
That it may give seed to the sower
And bread to the eater,
[11] So shall My word be that goes forth from My mouth;
It shall not return to Me void,
But it shall accomplish what I please,
And it shall prosper *in the thing* for which I sent it.

The truth of the matter is that God cannot lie. If He said He is going to do something, He will do it. God doesn't lie, He is sovereign. Sovereign means all powerful, all knowing, omnipresent, omnipotent, and indestructible. He is all things, and has a greater purpose for everything. Our job is not to try and figure God out, it is our job to trust him even when we don't agree with how He does things.

We must trust God while going through trials. We must trust God while going through test. We must trust God even when we don't agree. When you trust God, you submit to His authority. You don't know that you are truly submitted until there is a disagreement. Think about it, when you all agree, there is no submission involved. Submission happens when you don't agree or don't have all the answers, yet you are still willing to follow. When we submit to the will of God, we submit to His Lordship. You are allowing God to lead and you follow. Most people will refuse to follow someone if they don't truly trust them.

Yes, the reality is trusting is not easy. However, there are many benefits of trusting God. The benefits far outweigh the negatives, even though it may not look like it.

Psalm 34 (NKJV)

The Happiness of Those Who Trust in God

34 I will bless the Lord at all times;
His praise *shall* continually *be* in my mouth.
2 My soul shall make its boast in the Lord;
The humble shall hear *of it* and be glad.
3 Oh, magnify the Lord with me,
And let us exalt His name together.

4 I sought the Lord, and He heard me,
And delivered me from all my fears.
5 They looked to Him and were radiant,
And their faces were not ashamed.
6 This poor man cried out, and the Lord heard *him,*
And saved him out of all his troubles.
7 The angel[a] of the Lord encamps all around those who fear Him,
And delivers them.

8 Oh, taste and see that the Lord *is* good;
Blessed *is* the man *who* trusts in Him!
9 Oh, fear the Lord, you His saints!
There is no want to those who fear Him.
10 The young lions lack and suffer hunger;
But those who seek the Lord shall not lack any good *thing.*

11 Come, you children, listen to me;

I will teach you the fear of the Lord.
12 Who *is* the man *who* desires life,
And loves *many* days, that he may see good?
13 Keep your tongue from evil,
And your lips from speaking deceit.
14 Depart from evil and do good;
Seek peace and pursue it.

15 The eyes of the Lord *are* on the righteous,
And His ears *are open* to their cry.
16 The face of the Lord *is* against those who do evil,
To cut off the remembrance of them from the earth.

17 *The righteous* cry out, and the Lord hears,
And delivers them out of all their troubles.
18 The Lord *is* near to those who have a broken heart,
And saves such as have a contrite spirit.

19 Many *are* the afflictions of the righteous,
But the Lord delivers him out of them all.
20 He guards all his bones;
Not one of them is broken.
21 Evil shall slay the wicked,
And those who hate the righteous shall be condemned.
22 The Lord redeems the soul of His servants,
And none of those who trust in Him shall be condemned.

There is divine protection for those who trust in God. When you trust God, you can rest safe in His covering. God can't cover you when you intentionally step out of His will. Notice in the scripture David said, "the Lord delivered me from all my fears." When you trust God you are free from fear. Trusting in God keeps your mind sane and keeps you sleeping peacefully at night. People who are full of worries, with anxiety disorders are full of the spirit of fear. They are fearful because they are trying to figure out how they are going to make a way when there seems to be no way. However, trusting God causes you to rest in God. When you trust God, you have a deep understanding that God is in control and He will take care of you.

Psalm 23 (NKJV)

A Psalm of David.

23 The Lord *is* my shepherd;
I shall not want.
2 He makes me to lie down in green pastures;
He leads me beside the still waters.
3 He restores my soul;
He leads me in the paths of righteousness
For His name's sake.

4 Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You *are* with me;
Your rod and Your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.
6 Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell[a] in the house of the Lord
Forever.

Some time ago while in my bed, I heard the Lord say, "I will take care of you." I immediately knew God was going to send me through a trial because when God gives me a prophetic word, it is always proceeded by a test. So a few days later, the place where I was going to stay had fell through and I wouldn't be able to move there. However, where I was living at, I had turned in my notice and had to be out by a certain time. As my time grew closer to move out, I was facing the fact that I don't have a place to live. For a young, single woman, who lives on her own, that can be quite scary. No matter how much I tried, doors appeared to constantly close on me. However, for the most part my faith rose, I just kept meditating on the word God gave me, "I will take care of you." I was full of faith, and honestly I did have my days, but for the most part I knew God was going to take care of me. I have had times in my life where my struggle was so strong I didn't know how I'd make it, but if God said He'd take care of me, that was my promise.

When you trust God, you can rest and walk around in peace. That's why David said, "I will lie down in green pastures, I will not want." God knows how to take care of His people.

Psalms 34 said, "God delivers from all fear." Meaning when you trust God, you don't have to fear. Fear is faith that is backwards. When you are afraid, you are anticipating something bad will happen. But when you have faith, you know and anticipate something good happening. Faith and trust go hand and hand. When you trust God, you will be delivered from fear and from all your enemies.

Psalms 34 also says that when we trust God, we will not be condemned.

To be condemned means to be found guilty or to render judgment. When you trust God, you will always have a not guilty judgment; you are free from hell, sin, and the grave.

Trusting God means divine protection. When you trust God you don't have to have it figured out because you can rest in the fact that He does. Trusting God protects you from your enemies. Trusting God ensures your prosperity. Trusting God releases you to His divine favor. Trusting God helps us to wait patiently on His promises. When you trust God, He hears your prayers. That does not mean He will answer right away, but He does hear.

You can't say you trust God and move out of His will at the same time. So yes trusting God is not easy, but we will learn that not only is trusting God right, it is worth it. Trusting God always comes with requirements.

Psalm 37:25 (NKJV)

25 I have been young, and *now* am old;
Yet I have not seen the righteous forsaken,
Nor his descendants begging bread.

Trusting God is not easy. I have written an entire book entitled; *Trusting God Is Not Easy But It Is Worth It.* I encourage you to pick it up. This is just an excerpt

from that book.

How does one learn to trust God, when your safety has been violated? It is also hard to trust a God you cannot see, when you have people, family that you can see and can't trust. The reality is, it is not easy, but the same way you learn to receive the love of the father, is the same way you learn to trust Him. Committing yourself to the process. God is not offended if you be honest with yourself and admit you don't trust Him. Learning to trust God is a process that doesn't happen overnight.

There was an old song that went, "I learned to trust in Jesus I learned to Trust in God." Learned means the process of being imparted into, the process of receiving. It means to require a new skill. Just because you don't feel like you can trust, doesn't mean you can't. Submit yourself to God's process.

Chapter 17

Receiving, Recompense, Restoration and Reigning

Joel 2:25-27

New King James Version (NKJV)

25 “So I will restore to you the years that the swarming locust has eaten,
The crawling locust,
The consuming locust,
And the chewing locust,[a]
My great army which I sent among you.
26 You shall eat in plenty and be satisfied,
And praise the name of the Lord your God,
Who has dealt wondrously with you;
And My people shall never be put to shame.
27 Then you shall know that I *am* in the midst of Israel:
I *am* the Lord your God
And there is no other.
My people shall never be put to shame.

I love how God does things. He basically said for everything that the enemy stole from you; you are going to be blessed with double. How awesome is that?

Recompense means make amends to (someone) for loss or harm suffered; compensate. It also means compensation or reward given for loss or harm suffered or effort made. Receive means to take into one's possession (something offered or delivered): to receive many gifts. It means to have (something) bestowed, conferred.

Restoration is defined as the action of returning something to a former owner, place, or condition. It means the act of restoring; renewal, revival, or reestablishment. The state or fact of being restored. A return of something to a former, original, normal, or unimpaired condition. Restitution of something

taken away or lost. Something that is restored, as by renovating.

Reigning is defined as the period during which a sovereign occupies the throne; royal rule or authority; sovereignty.

Dominating power or influence: the reign of law. To possess or exercise sovereign power or authority. To hold the position and name of sovereign without exercising the ruling power. To have control, rule, or influence of any kind. To predominate; be prevalent.

So when you finally come through what you have gone through, not only will God restore you, He will put you in a place of prominence and success. Your testimony of coming through will be able to impact many people who are going through. Your story is not just for your struggle, it is going to encourage other people. God is going to put you in a place of authority and dominion.

I know I have some doubters as you read this chapter, but I can prove it by the word of God. Let us look at an example of people who came through their struggle and came out on the other side in positions of authority.

Hopefully you know the story of the life of Joseph. I encourage you to read it. Joseph was sent into slavery by his brother, falsely accused to rape, sent to prison, rejected, and forgotten. Joseph went through a major struggle. However, God restored him and put him in a place of prominence.

Genesis 41:37-46

The Message (MSG)

37 This seemed like a good idea to Pharaoh and his officials.

38 Then Pharaoh said to his officials, “Isn’t this the man we need? Are we going to find anyone else who has God’s spirit in him like this?”

39-40 So Pharaoh said to Joseph, “You’re the man for us. God has given you the inside story—no one is as qualified as you in experience and wisdom. From now on, you’re in charge of my affairs; all my people will report to you. Only as king will I be over you.”

41-43 So Pharaoh commissioned Joseph: “I’m putting you in charge of the entire country of Egypt.” Then Pharaoh removed his signet ring from his finger and slipped it on Joseph’s hand. He outfitted him in robes of the best linen and put a gold chain around his neck. He put the second-in-command chariot at his

disposal, and as he rode people shouted “Bravo!”

Joseph was in charge of the entire country of Egypt.

44 Pharaoh told Joseph, “I am Pharaoh, but no one in Egypt will make a single
move without your stamp of approval.”

45 Then Pharaoh gave Joseph an Egyptian name, Zaphenath-Paneah (God Speaks
and He Lives). He also gave him an Egyptian wife, Asenath, the daughter of
Potiphera, the priest of On (Heliopolis).

And Joseph took up his duties over the land of Egypt.

46 Joseph was thirty years old when he went to work for Pharaoh the king of
Egypt. As soon as Joseph left Pharaoh’s presence, he began his work in Egypt.

Do you see what God did for Joseph? It only happened after his struggle. Where do you see yourself once God has completed His work in you? Visualize yourself being whole, happy and being a light to others. Some of you may be saying I can’t even imagine what it looks like, even if you can’t visualize it, know in your mind that you are coming through it and God is going to transform you into a completely different person.

1 Corinthians 2:9 (NKJV)

9 But as it is written:

“Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him.”[a]

Ephesians 3:20-21 (NKJV)

20 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.

Even if you can’t see it or visualize it, God is able to do for you much more than that. God is awesome and He will restore you to the point where whatever you went through will no longer be with you. You will look like it never even happened.

Let us look at another example, Job. The life of Job is a hard chapter to read, because it is unfathomable that one person could go through so much at one

time. Job lost his wife, his friends betrayed him, his kids died, he had major health issues and it all happened at one time.

Job was downright depressed, despondent and he felt like giving up. Next to emotional pain and suffering should be a picture of Job. He is the poster child for being emotionally distraught. Yet when it is all said and done, let us look at what Job said.

Job 42 (MSG)

42 [1-6] Job answered God:

"I'm convinced: You can do anything and everything.
  Nothing and no one can upset your plans.
You asked, 'Who is this muddying the water,
  ignorantly confusing the issue, second-guessing my purposes?'
I admit it. I was the one. I babbled on about things far beyond me,
  made small talk about wonders way over my head.
You told me, 'Listen, and let me do the talking.
  Let me ask the questions. *You* give the answers.'
I admit I once lived by rumors of you;
  now I have it all firsthand—from my own eyes and ears!
I'm sorry—forgive me. I'll never do that again, I promise!
  I'll never again live on crusts of hearsay, crumbs of rumor."

[7-8] After God had finished addressing Job, he turned to Eliphaz the Temanite and said, "I've had it with you and your two friends. I'm fed up! You haven't been honest either with me or about me—not the way my friend Job has. So here's what you must do. Take seven bulls and seven rams, and go to my friend Job. Sacrifice a burnt offering on your own behalf. My friend Job will pray for you, and I will accept his prayer. He will ask me not to treat you as you deserve for talking nonsense about me, and for not being honest with me, as he has."

[9] They did it. Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite did what God commanded. And God accepted Job's prayer.

[10-11] After Job had interceded for his friends, God restored his fortune—and then doubled it! All his brothers and sisters and friends came to his house and celebrated. They told him how sorry they were, and consoled him for all the trouble God had brought him. Each of them brought generous housewarming gifts.

12-15 God blessed Job's later life even more than his earlier life. He ended up with fourteen thousand sheep, six thousand camels, one thousand teams of oxen, and one thousand donkeys. He also had seven sons and three daughters. He named the first daughter Dove, the second, Cinnamon, and the third, Darkeyes. There was not a woman in that country as beautiful as Job's daughters. Their father treated them as equals with their brothers, providing the same inheritance.

16-17 Job lived on another 140 years, living to see his children and grandchildren —four generations of them! Then he died—an old man, a full life.

Notice also when Job began to intercede and pray on behalf of people who did Him wrong, God was able to give restoration Him. God restored to Job double of what he lost. He is a restoring God. It is not His will that we live defeated lives. Once you allow His healing process, there is no limit to what He can do.

Psalm 126:1-5 (NKJV)

126 When the Lord brought back the captivity of Zion,
We were like those who dream.
2 Then our mouth was filled with laughter,
And our tongue with singing.
Then they said among the nations,
"The Lord has done great things for them."
3 The Lord has done great things for us,
And we are glad.

4 Bring back our captivity, O Lord,
As the streams in the South.

5 Those who sow in tears
Shall reap in joy.

It may seem like a dream or a fantasy, but you can live a happy and whole life. God is God over the struggle. Your struggle may seem insurmountable to you, but is not with God. All things are possible. Get ready to reign. Get ready to be healed, restored and set free. God will do it. If He did it for Joseph, Job and countless others in the bible, He will do it for you.

Chapter 18

Religion Versus Relationship

Matthew 15:8 (NKJV)

8 ‘These people draw near to Me with their mouth,
And[a] honor Me with *their* lips,
But their heart is far from Me.

Ezekiel 33:30-33 (NKJV)

30 “As for you, son of man, the children of your people are talking about you beside the walls and in the doors of the houses; and they speak to one another, everyone saying to his brother, ‘Please come and hear what the word is that comes from the Lord.’ 31 So they come to you as people do, they sit before you *as* My people, and they hear your words, but they do not do them; for with their mouth they show much love, *but* their hearts pursue their *own* gain. 32 Indeed you *are* to them as a very lovely song of one who has a pleasant voice and can play well on an instrument; for they hear your words, but they do not do them. 33 And when this comes to pass—surely it will come—then they will know that a prophet has been among them.”

I cannot attempt to end this book without talking about religious spirits. In my practice, I am confronted with religious spirits all the time. Attending church will not get you delivered; neither does it mean you’re a Christian.

The reality is, a person will never fully be able to walk into true healing and wholeness when they are bound by a religious spirit. In fact, religious spirits often contribute to a person’s poor emotional health and wellbeing. Religious spirits stop the healing process. It is like a cap on a water bottle; it will stop the flow of the anointing from healing your heart or mind. Religious spirits are major stoppers to a person’s spiritual maturity and development, although they may not seem to be.

What is a religious spirit? Religious spirit is a substitute or counterfeit spirit that

appears to be very spiritual, but their hearts are full of strife, contention, division and manipulation. A person can go to church every Sunday, and have no heart for God.

The bible gives us a great example of a religious spirit. Look at the first scripture we read in Matthew, it says, “they honor me with their lips but their hearts are far from me.” It means when a person is fake. Have you ever had a friend who would give you great compliments and be a great friend to your face, yet you knew they were talking about you behind your back? This is similar to a religious spirit. This person goes to church, shouts, sings in the choir, but they don’t really have a relationship with God. They do all the outward appearances of righteousness but they don’t really serve God with their hearts, even if they cross every I and dot every t. Jesus called these people hypocrites and Pharisees.

A hypocrite is a person who pretends to have virtues, moral, or religious beliefs, principles, etc., that he or she does not actually possess, especially a person whose actions contradict stated beliefs. A hypocrite is also a person who feigns some desirable or publicly approved attitude, especially one whose private life, opinions, or statements contradict his or her public statements.

Again they appear spiritual, but their actions prove otherwise. A pharisee was a member of a Jewish sect that flourished during the 1st century b.c. and 1st century a.d. and that differed from the Sadducees chiefly in its strict observance of religious ceremonies and practices, adherence to oral laws and traditions, and belief in an afterlife and the coming of a Messiah.

A Pharisee is also considered a sanctimonious, self-righteous, or hypocritical person. Pharisee and hypocrites where counterproductive to Jesus’ ministry, because they constantly kept coming to Jesus with some kind of religious law that He had violated. They were constantly trying to catch Him in a lie or some wrong doing. They would get frustrated when they couldn’t catch Him. Here, look at one example among many.

Matthew 22:15-22

The Message (MSG)

15-17 That's when the Pharisees plotted a way to trap him into saying something damaging. They sent their disciples, with a few of Herod's followers mixed in, to ask, "Teacher, we know you have integrity, teach the way of God accurately, are indifferent to popular opinion, and don't pander to your students. So tell us honestly: Is it right to pay taxes to Caesar or not?"

18-19 Jesus knew they were up to no good. He said, "Why are you playing these games with me? Why are you trying to trap me? Do you have a coin? Let me see it." They handed him a silver piece.

20 "This engraving—who does it look like? And whose name is on it?"

21 They said, "Caesar."

"Then give Caesar what is his, and give God what is his."

22 The Pharisees were speechless. They went off shaking their heads.

You see, they were always trying to catch Jesus in a lie. They were always trying to catch him up. In fact, today you will find church going people who have this same spirit. They are modern day Pharisees and hypocrites, they are trying to find something on you, or something to prove to them, that you are really doing wrong. They want to find something wrong with you. Remember, Pharisees and hypocrites were not dumb people, these were people who were very well versed in scripture and religious studies. They knew what they were doing when they were trying to trap Jesus.

Let us look at another example;

John 8:1-12

The Message (MSG)

8 1-2 Jesus went across to Mount Olives, but he was soon back in the Temple again. Swarms of people came to him. He sat down and taught them.

3-6 The religion scholars and Pharisees led in a woman who had been caught in an act of adultery. They stood her in plain sight of everyone and said, "Teacher, this woman was caught red-handed in the act of adultery. Moses, in the Law, gives orders to stone such people. What do you say?" They were trying to trap him into saying something incriminating so they could bring charges against him.

6-8 Jesus bent down and wrote with his finger in the dirt. They kept at him, badgering him. He straightened up and said, "The sinless one among you, go

first: Throw the stone." Bending down again, he wrote some more in the dirt.

9-10 Hearing that, they walked away, one after another, beginning with the oldest. The woman was left alone. Jesus stood up and spoke to her. "Woman, where are they? Does no one condemn you?"

11 "No one, Master."

"Neither do I," said Jesus. "Go on your way. From now on, don't sin."

Do you see what the Pharisees were trying to do? Again they were trying to trap Jesus by His own actions and needs. Jesus again doesn't respond. Many people use this scripture as a means to justify sin. Jesus was not justifying her sin, He was not implying that the Pharisees were wrong to point out her sin. What He was doing was displaying the grace and mercy of Christ. He was forgiving her of her sin. He was also displaying unconditional love and regard towards her.

My question is, how did they know she was in sin? How did they know to catch her in the act? Where they sitting there watching her sin in order to catch her? Observing someone else in the act of adultery and fornication is sin. Nowadays we call that pornography. The point is, they were not calling out her sin in love, but in condemnation. This is my point, a religious person holds a person's sin over their heads in order to condemn them, to make them feel bad and to send them into eternal condemnation. The person who has a relationship with God will still point out sin, but in love. No one that loves you is going to sit around and watch you make poor choices with your life. No one that loves you is going to sit around and watch you go to hell. They speak to you in love because they are trying to save you.

Often times, people who have rebellious spirits will accuse relationship Christians of having religious spirits. This is not so, again, no one that loves God is going to ignore mess. It is their approach and motive that makes the difference.

So how does this relate to emotional healing? It is a major piece of the puzzle. You will indeed get to the place where you are free. God has delivered you from the shame and sin of your past. The first thing you want to do is be involved in a spirit led church. Church is the kingdom instrument to maintain your deliverance and to mature your spiritually. The reality is, counseling is time limited, an effective counselor will not see you for years. A truly anointed spirit led therapist is going to see you even less, because when the Holy Spirit is involved, He

accelerates the process.

I once heard a minister say, “Evangelism is how we win the lost, but discipleship how is we mature.” When you attend a church that is anointed by God, they may not know your past personally, but you are being discipled. Yet as stated, the religious and pharisees tend to hang out around institutions of spiritual learning that would include the church. Notice I said institutions of higher learning, this could include schools for biblical studies, college institutions, government agencies, but most definitely in church.

You will run into church members who don’t care about you and are waiting to see you fail. You will run into church members that when the moment you do something wrong, remind you of your mistakes and your past.

Church hurt is a real thing. So many people after experiencing church hurt, give up on God and eventually go back into the things they were delivered from. I have heard people say that they don’t go to church because of all the hypocrites there. There are hypocrites in the church, but there are real spirit filled relationship folks in church as well. That is no reason to stop attending church either. There are hypocrites everywhere. There are hypocrites in the grocery store, at your job even in your own home. You don’t stop going to the grocery store because of it. You don’t stop going to work because of hypocrites. And as much as you want to stop interacting with your family it can be unavoidable at times. Just like you need your work to pay bills, just like you need to go to the grocery store so you can get nourishment for your body, you need church to grow in your spiritual walk, to maintain your deliverance and to further the healing process. Without church, you can’t get to full wholeness, because God set up His kingdom structure like that.

Hebrews 10:25 (KJV)

25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

The point is, when it comes to your own emotional healing, it is up to you. No one has the ability to take away what God has done in your life. Don’t allow offense to keep you out of church and prevent you from maturing in your place in God.

Don’t allow the attacks of people and the enemy tear down what God is building

and doing in your life.

Nehemiah 6

The Message (MSG)

“I’m Doing a Great Work; I Can’t Come Down”

6 [1-2] When Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies heard that I had rebuilt the wall and that there were no more breaks in it—even though I hadn’t yet installed the gates— Sanballat and Geshem sent this message: “Come and meet with us at Kephirim in the valley of Ono.”

[2-3] I knew they were scheming to hurt me so I sent messengers back with this: “I’m doing a great work; I can’t come down. Why should the work come to a standstill just so I can come down to see you?”

[4] Four times they sent this message and four times I gave them my answer.

[5-6] The fifth time—same messenger, same message—Sanballat sent an unsealed letter with this message:

[6-7] “The word is out among the nations—and Geshem says it’s true—that you and the Jews are planning to rebel. That’s why you are rebuilding the wall. The word is that you want to be king and that you have appointed prophets to announce in Jerusalem, ‘There’s a king in Judah!’ The king is going to be told all this—don’t you think we should sit down and have a talk?”

[8] I sent him back this: “There’s nothing to what you’re saying. You’ve made it all up.”

[9] They were trying to intimidate us into quitting. They thought, “They’ll give up; they’ll never finish it.”

I prayed, “Give me strength.”

[10] Then I met secretly with Shemaiah son of Delaiah, the son of Mehetabel, at his house. He said:

Let’s meet at the house of God,
    inside The Temple;
Let’s find safety behind locked doors

because they’re coming to kill you,
Yes, coming by night to kill you.

11 I said, “Why would a man like me run for cover? And why would a man like me use The Temple as a hideout? I won’t do it.”

12-13 I sensed that God hadn’t sent this man. The so-called prophecy he spoke to me was the work of Tobiah and Sanballat; they had hired him. He had been hired to scare me off—trick me—a layman, into desecrating The Temple and ruining my good reputation so they could accuse me.

14 “O my God, don’t let Tobiah and Sanballat get by with all the mischief they’ve done. And the same goes for the prophetess Noadiah and the other prophets who have been trying to undermine my confidence.”

15-16 The wall was finished on the twenty-fifth day of Elul. It had taken fifty-two days. When all our enemies heard the news and all the surrounding nations saw it, our enemies totally lost their nerve. They knew that God was behind this work.

17-19 All during this time letters were going back and forth constantly between the nobles of Judah and Tobiah. Many of the nobles had ties to him because he was son-in-law to Shecaniah son of Arah and his son Jehohanan had married the daughter of Meshullam son of Berekiah. They kept telling me all the good things he did and then would report back to him anything I would say. And then Tobiah would send letters to intimidate me.

I encourage you to read the book of Nehemiah. The back story is that Nehemiah is trying to rebuild the wall. He was basically doing God’s work. Yet the enemy became angry and tried to stop Nehemiah’s progress by bringing false accusations and rumors against him. The enemy was trying to intimidate Nehemiah from completing the work of the Lord. Yet Nehemiah knew the blot of the enemy and he would not come down to address his haters. When God is doing something in your life, the devil will use the same tactics, intimidation, false accusation, rumors, lies, and bringing up your past. But again don’t let the enemy stop your progress. Don’t come down off the wall of God, to deal with the enemy.

The enemy doesn’t want you to walk into your rightful place as a child of God. He has an agenda to keep you bound by emotional issues. He knows once you know who you are in Christ; you will have him on the run. Don’t stop, don’t

give up. Keeping fighting, and no matter what never, ever, ever give up!

Philippians 2:12-13 (NKJV)

[12] Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; [13] for it is God who works in you both to will and to do for *His* good pleasure.

Matthew 10:28 (NKJV)

[28] And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

Don't allow other people to define you. I tell my clients, they will always have someone who will remind them of their past, but you know where you have come from. People use words to hurt, but they only have power if we give it to them, don't give them power.

Lastly, there are so many people inside of church that don't know God. As stated, I meet so many people in my practice that will tell you they love God and attend church, yet they still suffer with issues of needing emotional healing. Again, emotional healing is needed for everyone, including Christians. However, I meet people who serve God on paper. Since I live down south, we are what in what is called the bible belt. It is culturally accepted to attend church and live any kind of way outside of church.

The point is, you want to ask yourself, do you want to be a religious person or a person who has a relationship with God?

You want to strive to continue to grow and develop into a relationship with God. Religious people are really hurting emotionally. However, their religious spirit is simply a defense mechanism.

You must continue to develop your relationship with God. Going to church and having a relationship with God are two entirely different things. You want to have a relationship with God. A person who continues to allow a religious spirit will not truly walk into their relationship with God.

Finally, other things to maintain your deliverance; as stated attending church, reading the word regularly and allowing it to get in your spirit, attending your regular appointments with your therapist. Allow the Holy Spirit into your heart and mind so He can do the work of healing you.

At the end of it all, while you're on your journey to healing, God will put you in the right place, with the right people at the right time to assist you in the journey. Remember, don't give up. You are taking the journey that so many people have taken before you. The ones who failed are the ones who decided not to make the journey. The ones that made it are the ones who determined in their hearts not to give up.

Romans 8:38-39

New King James Version (NKJV)

[38] For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, [39] nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Do yourself a favor, don't give up! You are well worth the wait. Someone is waiting on you to complete your journey. God is waiting to bless you. There are nations that need to hear the story of how you got over. There is a spouse waiting on his divine mate, but God won't release you to each other if you are not healed and whole emotionally. There are divine appointments that are waiting for you to take your rightful position as a king or queen.

Someone is waiting on your healing. Enjoy the journey. Allow God to heal you. Receive His life and He will give you the life you never thought you'd have in full abundance.

John 10:10 (KJV)

[10] The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

May God Bless You

Love

Samaria M Colbert

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About The Author:

Samaria was saved at eight years old. Shortly thereafter she received the baptism of the Holy Ghost. Samaria first received her call into ministry many years ago when she went away to Bennett College in Greensboro, NC. After attending a youth led bible study, she learned that some things only come through fasting and prayer. The Lord impressed upon her to seek His face for what she needed to hear from Him. It was then that Samaria began to seek God for her purpose and destiny within the body of Christ. So after much prayer and fasting, God spoke to Samaria in a series of dreams and visions over a three year period. It was during this time that she experienced some of the greatest spiritual awakenings of her life. Her confidence in her relationship with God and His destiny for her life was certain.

Samaria Colbert is an anointed writer, licensed therapist, minister and consultant. She received her Bachelor's degree from Bowie State University, in Bowie, MD. She later went on to receive her Master's from Howard University, in Washington, D.C. She is currently pursuing a PhD. Samaria calls North Carolina home and is a licensed therapist.

Samaria also has a heart to counsel; she is the founder and CEO of Kingdom Creative Counseling and Consulting. The counseling part of her private practice is specifically for women, men and children who have survived early childhood sexual abuse and domestic violence.

The consulting side of her practice is dedicated to assist individuals in fulfilling their kingdom mandate. Kingdom Creative Consulting simply means to tap into the creative nature of the Holy Spirit using unconventional wisdom, creative ideas, witty inventions, using kingdom principles, a peculiar anointing and supernatural authority; that only the Holy Spirit gives. Then take those principles given and then bring them to manifestation on earth.

She believes in, *"Absolute abandonment for the cost of the call of Jesus Christ."* Samaria is a young woman, who loves God, loves His word, and is passionate above all about His purpose and destiny for her life.

Stay tuned, the future looks bright and there is so much more to come from this dynamic, anointed and appointed woman of God.

“What will you do in your lifetime that will have an impact on someone else's life for a lifetime?”

Samaria M. Colbert

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Samaria is a gifted writer, minister and counselor. She is always working on yet another writing project. To stay up to date with her writings, ministry and speaking engagements please visit her website.

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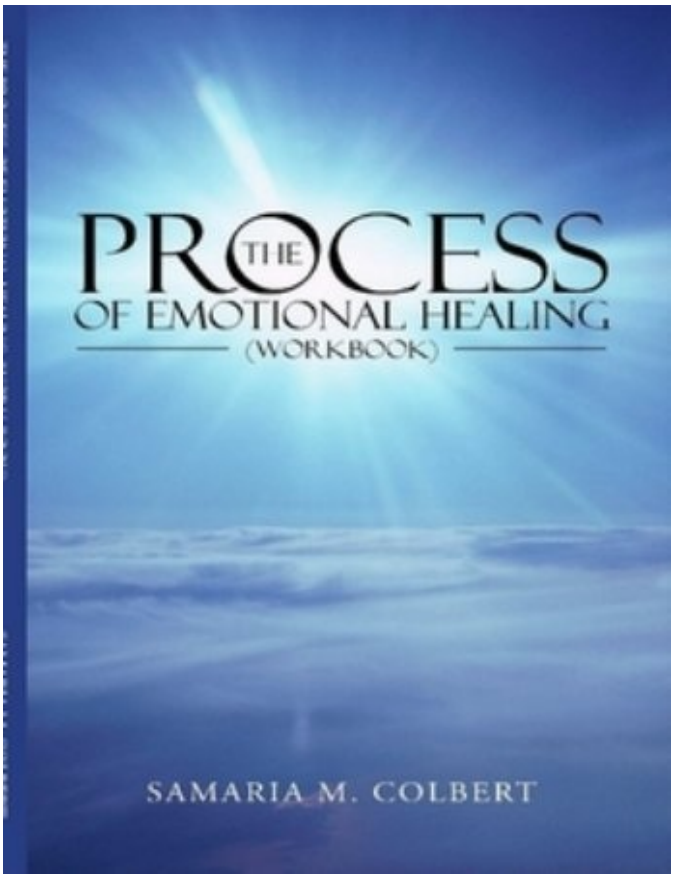
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