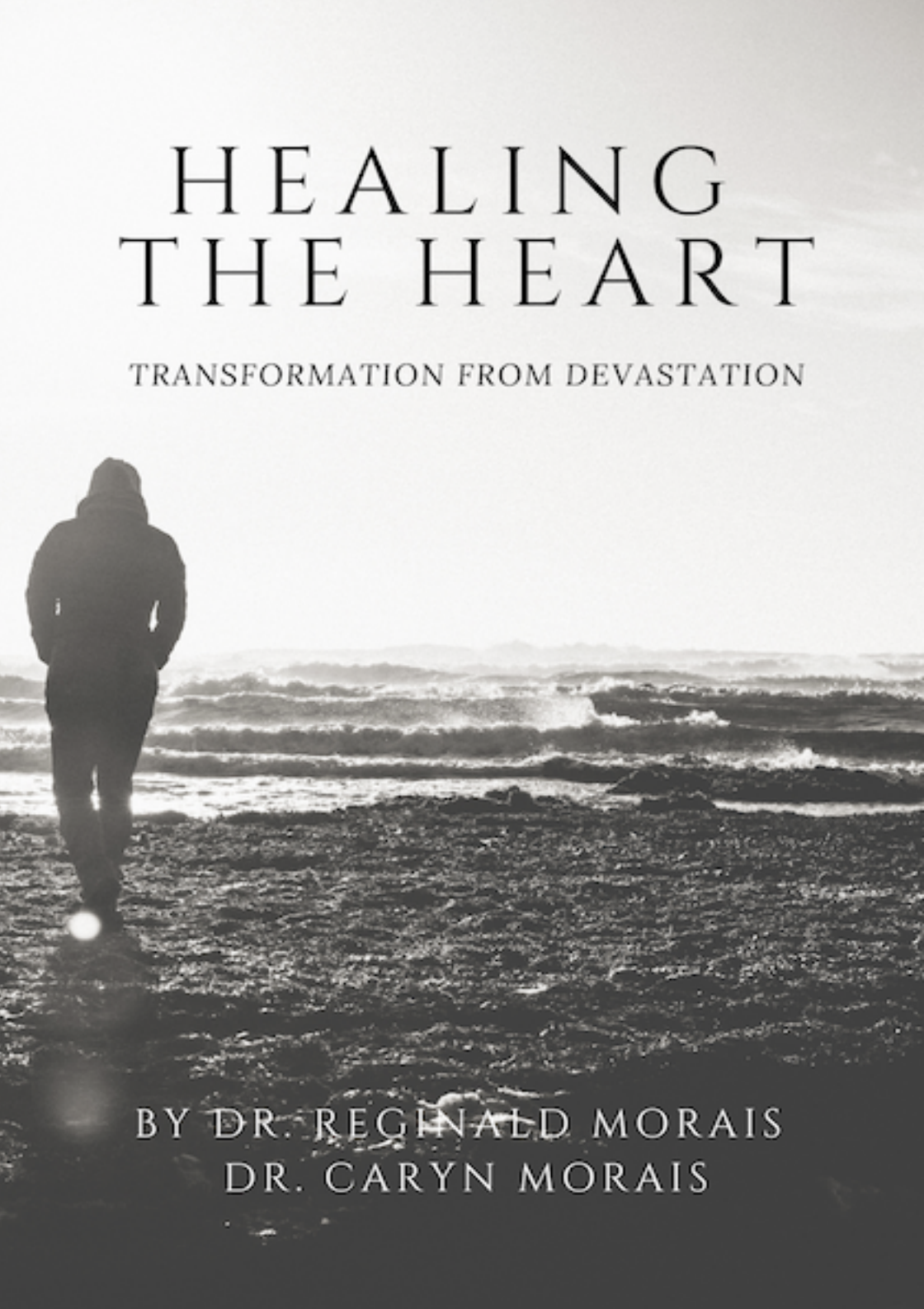
HEALING THE HEART

TRANSFORMATION FROM DEVASTATION



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Healing the Heart:
Transformation from Devastation

By Dr Reginald Morais and Dr Caryn Morais



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Table of Contents

Part 1 – An Overview **5**

Part 2 - Characteristics Of The Broken Hearted **21**

Characteristics and evidence of the broken hearted. **29**

Starting the process of the divine exchange: **34**

Part 3 – Keys To Begin The Healing Process **37**

10 Keys for Healing **41**

Part 4 – Emotional Stability **70**

A Psychological Lens on Trauma: Understanding and Treatment **77**

Post-Traumatic Stress Disorder (PTSD) **77**

Developmental Trauma Disorder **78**

Complex Trauma **78**

What are the symptoms of trauma? **79**

An overview of Attachment **80**

Unpacking complex trauma **81**

Alterations in the self and view of others **88**

A physical and mental health snapshot of trauma **92**

Recovery **95**

The final take **103**

Support Options (Australia only) **104**

Free Community Supports **104**

Mental Health Online (PTSD) **105**

Bibliography **107**

Part 1 – An Overview

We know there are millions of Christians, Christians who love God. They could be Pentecostal, Baptist, Methodist, interdenominational, Roman Catholic. If they're born again and they love Jesus, they're on their way to heaven. But you know what? So often, the journey to heaven can be an absolute time of hell on earth. They're wounded, they're broken down by calamity. What I'm teaching on is something that I have personally lived and walked through.

If you've seen an old dog that's been beat, an old dog that cowers when somebody reaches out to pet the dog and stroke the dog, they pull back and they think you're going to hit them, and that's how people can be. These may be people that are victims of crime, or it could be mistakes they made themselves in their own life and are simply reaping the consequences of those choices.

Luke 4:17 is a text that really sets the backdrop for this book, Healing the Heart after devastation and trauma. Verse 17 says, "And there was delivered unto Jesus the book of the prophet Isaiah where he opened it, he found the place where it was written." Verse 18, "The Spirit of the Lord is upon me." Now get this, he's quoting a messianic passage. He's in his hometown and he's shocking them. He's getting ready to shock them by saying I'm the one who fulfills this. Verse 18, *"The Spirit of the Lord is upon me because he has anointed me."*

So he was anointed to do something. Now when the anointing comes, I will tell you this, the anointing is not there just to have good meetings. The anointing wants to go with you out the door and help you do your business and help you raise your children and the anointing will direct you to a specific mission in life.

And here was Jesus' mission. "He has anointed me," and here it comes, "to preach the Gospel to the poor. He has sent me," I want you to underline this: "to heal the broken hearted." There it is. "He has sent me to heal the broken hearted, to preach deliverance." I

want you to circle that word deliverance because people that have wounds in their heart are people who need this deliverance. People that have traumas in their past, people that have come through disappointing situations in their life, so often there are chain that bind them and they really can't run their life race at full speed like they want to, like they were called to, so they're often going backwards.

And Jesus is saying that the anointing has come upon us to break the chains off of them, to heal up their broken hearts, to preach deliverance to the captives, give recovery of sight to the blind, a healing ministry, a physical healing ministry, to set at liberty those that are bruised, and to preach the acceptable year of the Lord.

Now look at verse 18 again, and I want to read this from the Amplified and I just love the way the Amplified puts this. Verse 18, "The Spirit of the Lord is upon me because he hath anointed me," the Anointed One, the Messiah, "to preach the good news, the Gospel to the poor. He has sent me to announce release to the captives and recovery of sight to the blind." Now listen, "To send forth as delivered those who are oppressed, who are trodden down, bruised, crushed, and broken down by calamity." Ain't that good?

But I just love what this says. Jesus didn't forget those people, did he? The anointing is not just for those who are perfect and they've got all their bills paid and everything is going right. It says that the anointing is: To send forth as delivered those who are oppressed, those who are trodden down, bruised, crushed, and broken down by calamity.

I've given you Luke chapter 4. We see that Jesus has a call to the broken hearted. Many times in church circles they forget people who are broken down by calamity. At our church, Living Faith Community Church (LFCC) we strive to be a place that preaches healing for the spirit, soul, and body, and if people will submit themselves to the work of Jesus and His grace, they can be healed.

I look back in my life and I thank God for some godly counseling that I had from my spiritual mothers and fathers in the faith. I thank God for the trips that I went on and I the things I studied, but more than anything, there was a hunger in me. Finally, I just got sick and tired of being sick and tired. I said to myself "I'm just not going to live like this anymore. The devil is not going to hold me captive." And so you get a little fight come back in you and you've got to say, "You know what, I can conquer this." And what are my tools to win the battle? My tools are primarily the Word of God. He sent his word and healed them. And you've got to get to the point that you let the word challenge your life even when it makes you say ouch.

And the Lord says forgive those who have despitefully hurt you. The Bible will challenge your flesh, the Bible will challenge your tendency to want to hold a grudge and you have to submit to the word if you're going to get healed, and so there's some requirements for healing. It's not just that God waves a wand and everything goes away and you stand as a healed person. Rather, it's God's grace to take an area that you think is an absolute weakness, and allow him to heal and mend you, and turn it into a positive force in your life.

Now, I do not mean in any way that God sent or orchestrated the trauma. But God in His grace can take our mistakes, our failures, our disappointments, our calamities and by His grace, he can turn it into a trophy. That's our Jesus, and I stand here healed and whole by the power of God. You're looking at the guy who could not understand what was going on in class because of my Autism and now I do a lot of lecturing. Does God have a sense of humor or what? You're looking at the guy who could not stand up in front of a group and give an easy book report, a presentation, shy beyond shy, intimidated beyond intimidating, confused at times and low in spirit, but now look at me!

We'll also be talking about spirits that stopped people, depressing spirits, suicidal spirits. "Here comes my dark cloud again" or "the

black dog" as Derek Prince or Winston Churchill used to describe or call their lowness. This is hard to explain. It is a generalized oppressive overcast spirit over a person's life, and makes them think that something is wrong with them. Let me tell you something, if you are in the category of the broken hearted or you have areas that the Lord is in the process of healing, one of the great tricks of the devil is to sit on your shoulder and tell you that it's you. "Well, you're just a depressed person." Then you think, well I'm just a depressed person and I've got some wires that weren't hooked up right. Everybody else is happy but you. You're never going to get over that." The devil will confuse you and cause you to look in the mirror but he's standing behind you and you're looking at his reflection instead of the reflection of Jesus. And people take their lives over things like this. Is that where you're at? Because I'm telling you, the anointing can cut through that, the anointing can break and turn that around, and the anointing can heal you and put you back together. Hallelujah.

You need to understand that the way God made you basically is in three parts. You are a spirit, you have a soul, and you live in a body. So you'll never understand healing the broken hearted if you don't understand what I'm sharing right now – spirit, soul, and body. There's what the bible calls spirit, soul, and body. Now if I could just describe this very briefly, your spirit in Christ is recreated, the moment you place your faith in Christ.

I don't care how that happened, walking down the aisle of a Church, praying the prayer of the Gideon's Bible, agreeing with somebody. However you got saved, at that very moment, you may not have realized it, but that very moment, the Bible teaches that your spirit was instantly recreated. All things, spiritually speaking, became new at that moment. You're a new creation in Christ.

But I got good news and bad news. That was the good news. The challenging news is that your soul is being renewed. What is the soul? The soul is the mind, the will, and the emotions. I would've loved it if I had just been recreated right there. So that I never had

temptation, never had a bad thought, always agree with God. But you know what, we would've been robots at that point. God said I don't want robots, I want children who love me.

And so my spirit was re-created, my soulish realm is being renewed, and your body will have resurrection. So there's recreation, renewal, and resurrection. All three parts of you, God is addressing. Well, what is this thing called the heart? We're talking about the broken hearted, so what is this thing called the heart?

Now here's where people might see it a little bit different. There is a lot of people who use the term heart and spirit interchangeable. You really can't do that because they're two completely different words in the original language. If you look at the term heart, the Greek transliteration would be *kardia*.

And so whenever you read the term heart, it's *kardia*. That's why you've been to the hospital, there's the cardiac unit and they're not referring to the spiritual realm of the heart but they're referring to the physical organ, the heart. "I'm a cardiologist," the guy might say. I specialize in stuff related to the heart." And so medicine has picked up on the Greek term *kardia*. Well Jesus said, "I've been sent to heal the broken *kardia*." So what is that? Well, we've got to put some definition to that and fit that into spirit, soul, and body if you're going to begin to understand how this can operate. The word for spirit is pneuma, which means breath or wind. And so that's the eternal part of you that will live forever.

I believe that the *kardia* is what our modern terminology calls the subconscious. You'll not see the phrase subconscious in the Bible. That's not a bible term, but I think it's a term that helps us readily understand that there's something beyond the conscious level.

That's almost one of those things you don't have to prove it, it's just evident. We see that these are self-evident truths that all men are created equal. There's some things you don't need proven.

Here's how we are made up, this is our inner man make-up :-

-Conscious mind/Surface Stuff

-Will – your power to choose

-Emotions (heart realm and our human spirit)

-Soul

-Spirit

How many of you ever had this happen, where quite often, you'll have a knowing about something before your conscious mind knows it. You'll discern, you'll sense something. You say "Oh, I just sense I'm not supposed to get involved in that." Why? It looks like a good deal. Why don't you want to get involved there? I can't tell you. We have these phrases. I have a check in my spirit or I got a red flag. I feel like there's a caution right here. There's something in your spirit that's trying to grow up. There's a seed that's trying to percolate up, grow up into the conscious mind that where you finally go, "Oh, now I know why."

Inner man - you'll see that phrase in the Bible, the inner man, the hidden man of the heart. Well, what is the inner man? Well, the inner man is everything other than the outer man. What is the outer man? The physical body and all its structures. The inner man, the part of you that will live forever is made up of spirit and soul.

Now that you're saved, your spirit was recreated and your soul is captured by your spirit. So one day when your physical body dies, if the Lord tarries, the real you will step out and what is that? That's going to be your conscious mind, your will, your emotions, your *kardia*, and your recreated spirit joined to the Holy Spirit. And you have the promise of your body getting resurrected and God's not going to let any of you get away. He's going to raise up your body. You'll be reunited and you'll be a total person, a whole man, super stuff!

As another example of this if you've ever been to California or perhaps you've seen some of the photos or documentaries, they have these huge giant redwood trees, these sequoia trees. They are

huge in their diameter. And some of them that have been cut and there are literally hundreds of rings on the inside.

Now, a person who is a naturalist or someone who has a trained eye can look at the rings. Those rings to you and I just look like different colors or striations of rings but those represent years. And a naturalist can look at a ring and tell if there was a drought that year. They can go back, and depending on the size or the shape or the colour, the texture of that ring, they know that year if there was a drought because it affects the growth of the tree that year and there's a record of it.

They can look at a ring and they can see if there was too much rain that year or they can look at a ring and see if there was a lightning strike that year that stunted the growth of that tree. They can see if there was a fire that year that damaged the tree. Ain't this amazing? They can look at those rings and see if there's any kind of disease or infestation that year. They can also look at rings and see if that was a normal year. I believe such is a similar case with our own inner man. If we could put on Holy Spirit glasses, we could go up to people and we could see on the inside of their inner man, into their mind, their conscious mind, their subconscious realm, the *kardia* and we could see a record of where they've been and what they've been through.

And so often in ministry, the Holy Spirit will give you that kind of information and he's not giving that information to embarrass anybody. He's giving you that information to help that person and minister to them from what might've been a lightning strike that damaged them. The person can recognize that and grow beyond that and get healed by the power of God. In a time where there was drought, they didn't have any water, and there's a whole spiritual parallel there, God can identify that, heal that, and strengthen that so the rest of the tree is not going to be damaged.

Ephesians chapter 3 verse 14–proves to you that there's a category called the broken hearted that validates that Jesus is the Lord who can heal the broken hearted, and that this is a Bible ministry that

we need. Ephesians 3, look at verse 14, Paul's prayer: *"For this cause I bow my knees unto the Father of our Lord Jesus Christ, of whom the whole family in heaven and earth is named."* Now don't miss verse 16, it is such a critical verse in our study. What is Paul praying for? Notice: "I pray that he would grant you according to the riches of His glory, to be strengthened with might by his Spirit in the inner man."

Now folks, he's writing to Christians, isn't he? Ephesians is not written to the non-Christians. He is writing to save folks, but yet he's saying this to saved folks. He's saying you need to be strengthened. Where do I need to be strengthened? You need to be strengthened on the inside, in the inner man. I have a great appreciation for the healing ministry that concerns the physical and really, I have a desire to see more of that. We don't see enough of that. We pray for people, sometimes they get healed, sometimes they don't, and I would really like to see more manifestations of physical healing. I believe it's for today. I believe the promises work for today as they did even in the Old Testament. But saying that, some people can have perfectly normal physical bodies but they can be cripples on the inside. And if you're hurting on the inside and you're crippled on the inside, that is going to affect the way you can perform or not perform in every area of life. It'll affect your job and the way you handle yourself. It'll affect the way you deal with your children. It'll influence the way you relate to your spouse. It'll influence the way that you conduct yourself when you come to church. Perhaps you've been wounded by an authority figure, which I see quite often in women's lives where they have had a bad experience in a marriage and a man has not been the kind of man he should've been and he has been abusive, perhaps not physically but in some cases verbally or emotionally because you can abuse people by just denying them the kind of emotional attention that they need, even by saying nothing at all. And so they decide to go through with a divorce and because of the trauma, they start to see all men as being like their previous spouse.

And what can happen is they can come into a church and if a pastor has an authority about him, they put walls up. They don't even know why, it's down there in the kardia. It's down there in that emotional realm. They don't know why they have walls up towards that guy, and he may not know either unless the Holy Spirit shows them. And so there's just what they call bad chemistry. "Why don't you like him?" "Don't know." "You don't like him? Why should it give you problems?" I don't know. It just does." Well, there's a reason for it.

Now look at verse 16, and the same is true with men, not just ladies but it seems like more abuse occurs in marriages from the men and the men are more at fault than the ladies. Verse 16, *"That he would grant you according to the riches of his glory, to be strengthened with might by his Spirit in the inner man,"* verse 17, "that Christ may dwell in your heart!"

"That Christ may dwell in your hearts by faith." He's not writing to non-Christians here. Now see, we use this phrase very casually, just receive Jesus into your heart. I understand what we're saying and I think it's a good way to share with people. You don't have to get real technical when you're trying to share salvation with someone but technically speaking, you receive Jesus, the Holy Spirit into your spirit. And then he begins the transforming process in your soul.

So when I come to Christ, what part of my soul is involved? Primarily, it's my will. I'm choosing to accept Christ and repent. Some people are emotional about it, some are not. But if they don't exercise their will, then it could just be a momentary religious experience. They have to purposefully have faith in Christ and Jesus comes into them instantly. Their spirit is instantly recreated. Their soul is now going through this process.

Now with that background, look at verse 17. The word Christ means the anointed. He hath anointed me, remember that? He hath anointed me to what? Heal the broken kardia that Christ, the anointed one, may dwell in your kardia by faith, that you've been

rooted and grounded. Now I want to give a shock effect here. Notice what he does not say. Paul does not say I'm praying that you'll get your doctrine perfectly right. You need to get rooted and grounded in good doctrine. That's not going to set people free. There are people in many churches that their Sunday school is nothing more than an indoctrination class and they can memorize the catechism and repeat it back but they're no spiritually better.

Now, I think we should have good doctrine but honestly, I'd rather have somebody have a strong belief in Jesus, and maybe the doctrine's a little bit messed up. I've met some folks that they got the perfect doctrine, but their belief is messed up and nobody really wants to be around them.

"That Christ may dwell in your hearts by faith." And the key to healing the broken hearted is a revelation of the unconditional agape love of God. I want to say it again: The key to healing the broken hearted is a revelation of the unconditional agape love of God. When you get a revelation that God loves you, you will be set free.

How did God give me the victory? A revelation of his love and his grace. He says, son/daughter I love you just the way you are. Often, we then say but you would love me more if I stopped lying or being unfaithful. God replies, I can't love you any better. I sent my best gift, Jesus. Yeah, I want you to quit being unfaithful or lying. It's not cheap grace we're talking about, but you're not going to quit lying etc by trying to create a law on your life. The way you got to quit lying etc is you're going to understand that I love you and I will love you right out of that.

He says that Christ may dwell in your hearts by faith that you've been rooted and grounded in love. You know what most people are rooted and grounded in? They're rooted and grounded in their past. They're rooted and grounded in what the other person said to them. They're rooted and grounded in their disappointment.

Verse 18, *"That you may be able to comprehend with all the saints, the breadth, length, depth, and height, and he comes right back to it to know the love of Christ which passes knowledge".*

Now I want to pause here because I am so aware of whenever I teach this that what I'm endeavoring to do is beyond knowledge. I'm giving you knowledge, I'm giving you information, but what I really desire to happen is beyond knowledge. It's something that only God can give us by revelation and that is a spiritual revelation of His love. So let's just pause right now, and I want you just to close your eyes and I want you to just begin to ask God that he would fill you up with a revelation of his love for your life.

Verse 19, *"To know the love of Christ which passes knowledge that you might be filled with all the fullness of God."* Now look at verse 20 it is a miracle verse because you can't walk in the miraculous if you don't have a revelation of God's love. You know why? You'll never feel qualified. "Well, I really couldn't pray with any degree of authority because after all, this week such and such happened." Or "Well, I really couldn't ask God to help me get a new home or help me improve my job because after all, this week I lost my temper, I swore at my boss, I lied to my wife etc." And that's indicative that you are measuring yourself by yourself instead of letting God be the one who is living his life through you.

Verse 20 says, "Now," and that word now is important, especially now based on the fact that you have this revelation, "Now unto him that is able to do exceedingly abundantly above all that we ask or think, according to the power that," what? "Works in us." Not according to your power, it's according to his anointing that's living through you.

Let's look at Matthew 8, verse 16. Now, I want to point this out to you. This is quite an interesting insight here. Matthew 8:16, *"When the even was come, they brought unto him many that were possessed with devils."* Possessed with devils. "*He cast out the spirits with his word, and healed all that were sick. That it might be fulfilled."* Now don't miss

this in verse 17, "*That it might be fulfilled which was spoken by Isaiah the prophet, saying, 'Himself took our infirmities and bore our sicknesses."*

Now there's a difference between infirmities and sicknesses. So, we tend to read those and just say they're one and the same. They are not. Let me give you the definition for the term infirmities there. The word infirmities is a Greek term that is based on the word for strength, except an A is put in front of it. So, like a theist is somebody who studies or believes in God. You put an A in front of that, atheist, and you get the opposite – do you see that? Atheist, that negates the theist. That's a person who does not believe in God. The Greek term for infirmities is based on the word sthenos. Sthenos which means strength. But an A is put in front of it, making it asthenos, which means lack of strength.

So, when it says that he healed them, then it says himself took our infirmities, that's a little bit different then meaning physical sicknesses and I'm going to show you this in Isaiah because he quotes from Isaiah. He said this fulfilled what Isaiah was saying that he would take our infirmities and our sicknesses as well. Let me give you two definitions to write down for the word infirmities here.

When you study this in the original language number one, the word infirmities normally refer to mental, moral, and emotional crippling. I want to say it again. Whenever you read the word infirmities based on asthenos, it normally refers to mental, moral, and emotional crippling. So, when Jesus ministered to the prostitute, he was ministering to her infirmities, but we were not talking about a physical need for healing, it was a mental, moral, and emotional crippling. Now that person might've been like that by choice or they might've been that because there were little time bombs down in their kardia, based on how they were raised, that went off in them and inclined them into that direction.

It says, "I pray that Christ may dwell in your hearts by faith." Jesus, the anointed, he's the bomb squad. He comes in there and he sees in Reg or Caryn a ticking time bomb. It was placed there when

someone significant said you won't get anywhere in life, you will never amount to anything, or your body is detestable. A fracture occurs in one's heart. It wounds, and it hurts and now there's a bomb inside. What does that mean? It means I'm likely to explode and say the same thing to someone else. It's a vile infection that enters one, but the bomb squad is even better than the A team, thank you! The bomb squad will come in there and by the grace and the unconditional love of God, he takes out the fuse and the ticking stops.

Number two, the word infirmities mean a lack of strength or weakness. Isaiah 54:4, "Surely he hath borne our griefs and carried our sorrows". That's the emotional realm. He's talking about bearing our grief and sorrows. Well, what is a grief and a sorrow? It's something that caused you grief, make you sorrowful. It's hurt you. It could've been what somebody else did to you. You just saw the way the thief was on the cross. "Surely, he hath borne our griefs, and carried our sorrows yet we did esteem him stricken, smitten of God, and afflicted. He was wounded for our transgressions." Oh, okay. There you go. Here comes sin. "Bruised for our iniquities (sins), the chastisement of our peace was upon him."

So Jesus addresses first our emotional realm. Now Jesus addresses the sin issue and then in the latter part of the verse 5, he addresses the sickness issue and with his stripes we are healed. All in one verse there. You got spirit, soul, and body. You've got sin is a spiritual issue, you've got emotional stuff. That's an inner man soulish issue, and you've got the physical. He's dying for spirit, soul, and body.

Romans 8: 26, "Likewise, the spirit also helps our infirmities." He helps our asthenos. Our strength with an A in front of it. So he helps my what? He helps my mental, my moral, and my emotional cripplings and weaknesses. He helps the fact that I'm not strong in this area. "Likewise, the spirit also helps our infirmities for we

know not," circle the phrase know not. You're a know not. Did you know you're a know not?

Well, here's one thing worse than a know not. It's a person who don't know that they're a know not. That's even worse. They don't knowthey've got infirmities. "*Likewise, the Spirit also helps our infirmities for we know not what we should pray for as we ought. But the Spirit himself makes intercession for us with groanings which cannot be uttered.*" So one of the processes is prayer, is praying in the Spirit, the Word of God having an effect. Now go back to the top part of that verse. "Likewise, the spirit also helps." The word helps there, when you look at the definition, it has a medical connotation of a nurse helping a patient. Now get that mental picture. The Spirit helps our infirmities.

This the process of Humpty Dumpty fell off the wall, Humpty Dumpty had a great fall. Nobody could put him back together, but the Spirit will act as a nurse and come help that infirmity. He comes and he begins to wait on you and help you that Christ may dwell in your hearts by faith, that you would be strengthened with all might by His Spirit in the inner man. The Holy Spirit begins to come in and he wants to do a work not just on Sunday. He wants to do a work spirit, soul, and body, emotional way, way down in the subconscious, the kardia realm where nobody else can see and maybe you don't even know why you act like you do.It's not on a conscious level. On a conscious level, you're going, "I'll not say that again." And then you get right in the heat of the battle and you, "There I go again. What is wrong with me?" That's where you begin to pray in line with the Apostle where he says, "Strengthen with all might by the Spirit in the inner man."

Now, I want to conclude with this. It's not unusual if somebody has been in a wreck or they've been traumatized. They will put an x-ray machine up to them and they say, "Wow. Look at there. You've got a fractured leg. You've got a fractured leg. You've got a fractured arm." Or beyond fractured, it's broken. Beyond broken, it's crushed. So, each one of those is a different level. Each

one of these requires a different level solution. A fracture, okay, we don't need to set it. It's just a fracture. We need to immobilize it for a while but that's not going to take as long as something that's broken.

That's broken, we've got to set that. Well, it's beyond broken. It was crushed, so we got to take some bone out of your hip and put it up there, so you don't have a short leg. Now we got to put some pins in. We got to put some wires in there and you're going to be sitting down and laying that for a long time. I don't want to. Well, do you want to walk again? Are you seeing the spiritual connections here? You take a church like this or any church, people come in, I will tell you if we had an x-ray machine at the door, it might scare everyone with what they look like inside, "Aah, don't let them in. "Oh, my God. Look at this person. That's going to take months." Thank God that the Holy Ghost is the Holy Ghost.

And that's why I've told you, I will do the best I can do but this is not a church where the Pastors do it all. This is a church where God and his body minister. People come in, they've got fractures, spiritual I'm talking about. They've got issues in their mind, wounds, hurts, disappointments in the past. Some of them have issues that are based in pride. They're rooted and grounded not in the love of God. They're rooted and grounded in self. I'm a self-made man. I made my money, why can't you make your money? I drive a nice car. Why don't you drive a nice car? Nobody helped me, I'm not helping anybody else. I proved myself. All these philosophies that people can be rooted in.

What's the answer? I'll tell you what the answer is. the answer is getting them under the word and letting the Holy Spirit, letting the power of worship begin to posture them so God, by his anointing, can come in and begin to heal and put them back together right. If they'll stay under the word. And so often, people, first get a little bit of their flesh challenged and their response is, I'm out of here. That's a time bomb in and of itself that keeps them as a nomadic

person, never able to enjoy relationships. And if they can just overcome that and just stay put for a while, just stay put for a while, let the Holy Spirit do the work.

Part 2 - Characteristics of the Broken Hearted

I want to go back now and review a passage. In Luke 4:18 we're talking about healing the broken hearted and I want to focus on the characteristics of the broken hearted. How can you tell if someone has fallen into the category of what the Bible calls the broken hearted?

Jesus was healing the broken hearted when he walked around on the earth. Verse 18, it says, *"The spirit of the Lord is upon me because he hath anointed me, the Anointed One, the Messiah, to preach the good news, the Gospel to the poor. He has sent me to announce release to the captives and recovery of sight to the blind."* (AMP) And here's what I love out of the Amplified, *"To send forth as delivered those who are oppressed, who are trodden down, bruised, crushed, and broken down by calamity."* Ain't that great?

Well, you know what? When people come into the kingdom of God, their sins are instantly forgiven but that does not mean that all the consequences that have occurred in their life through their wrong decisions or perhaps someone else's decisions upon their lives are immediately taken care of, and so they might be trodden down. They're saved but they're trodden down. They might be saved, but there's bruises in their life. We're not talking about bruises of the flesh, we're talking about bruises in the emotional realm, the mental realm. Crushed, broken down by calamity.

One other verse by way of review, go with me to Romans 8:26. It talks about how the Holy Spirit will help us and uses a particular word, infirmities. Infirmities does not really refer to sicknesses, that is sicknesses of the body. Most of us tend to use those two terms interchangeably, but we saw from the original language that many times in the scripture will say Jesus healed them of their infirmities and their sicknesses. Two different things.

The word infirmities normally refers to mental and emotional crippling. But here in Romans 8:26, it says, "Likewise, the Spirit also help with our infirmities," which is referring primarily to

mental and emotional crippling. Some of your versions probably translate it weaknesses, and so you can see that the interpreters began to see that fine distinction and so they didn't translate it. He helped with the sicknesses that we understand Jesus heals the sick. But it says that the spirit helps our infirmities or weaknesses that we know not what we should pray for as we ought.

Now, how many of you realize there are some things in your life that you know are stalking you from the past, but you can't quite put your finger on it on the conscious level? In other words, you know that there's habits, there's a tendency, some people call them cycles, where it just seems like I go through cycles of depression, and I don't know why this thing keeps reoccurring. Sometimes, it will happen at certain times of the year and if you really begin to probe in counseling, you'll find out at that very time of the year, something traumatic happened in their life in the past. Perhaps one of their parents died or there was a divorce situation. They've never made the conscious connection that hey, in the springtime 12 years ago, that happened. And so, it seems like during the springtime, everybody's happy. Why am I not happy? And so there can be these hidden little time bombs.

We don't know how to pray as we ought but thank God, look what it says in verse 26, *"But the Spirit himself makes intercession for us with groanings which cannot be uttered."*

So God knows what our weaknesses are, doesn't he? And he wants to help us, doesn't he? Now that word help, I pointed this out, but I think it bears repeating. In verse 26, look at it closely. "Likewise, the Spirit also helps," that is the word help and it has a medical connotation. I want you to get this mental picture. The word in the original Greek that has a medical connotation of a nurse helping a patient. Just picture the Holy Spirit. He lives in you. And the Holy Spirit is running in. What do you need now? Well, you don't really know what you need but I know what the doctor has prescribed and I'm going to go down and get the medicine. I'll be back in a minute. Doctor Jesus has prescribed some gospel. We

got some pills. You got to take home the gospels and if you will take the gospels, that medicine will grow in you and begin to have an effect in you. But if you don't take the gospels, that's just like a patient saying, "I want to be healed but I don't take medicine." It's going to be tough. You've got to take the gospels if you are going to get the medicine in your system.

2 Corinthians chapter 10, what I want to do is I want to begin to describe the dynamics. The dynamics, the mechanics, or the process of the broken hearted. And it's described here beginning with verse 3. 2 Corinthians 10:3, *"For though we walk in the flesh, we do not war after the flesh. For the weapons of our warfare are not carnal, but mighty through God."*

Now listen, you've got mighty weapons. You simply need an orientation to those weapons and to learn how to use those weapons. It's like the guys that join the military. They don't know how to drive the tank but they join up, but they're put in to the tank division, armored division. They don't know how to fly that jet yet, but they'll have some orientation. You've got to learn to use the weapons. So there's a process of learning about it so that you can enjoy the benefits thereof. "But mighty through God to the pulling down of strongholds, casting down."

3 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.

Here is the process…thoughts give rise to arguments/worldly logic/cognitions/beliefs/imaginations and these give rise to strongholds. And those thoughts/arguments/set points of view will produce what the Bible call strongholds. That term strongholds have the picture of a castle. So, I want you to picture

this mighty fortress, castle, big, huge door, you can't get in. It is strong and there's something in the stronghold.

What's in the stronghold? What's in the castle? I'll tell you what's in the castle. There are certain thoughts and set beliefs. There are certain thinking processes, and they can be against the knowledge of God.

But here's how the broken hearted come about. As a personal account my parents got divorced when I was little and unfortunately divorce does affect the children. This event does play into one's cognitions and can instill a belief about marriage and form an emotion in one's heart. And when one begins to think about marriage thoughts from the past do enter into your heart and mind such as, well, maybe my spouse would quit on me. Maybe I don't have what it takes. Maybe I'll quit on my spouse. Maybe there would be unfaithfulness in my home. Maybe the for-sale sign will go up in our yard one day.

You say, "Well, you shouldn't think like that." Well, I know that. But emotionally, down there in your gut level, these thoughts, look at the progression I gave you, these thoughts give rise to imaginations/beliefs. And if you don't use the mighty weaponry of God which is the word of God and cast down every thought that's in contrary to the obedience of Christ, a stronghold will be built. And this is why people who go through a divorce, the children of the divorced, they are more likely statistically to have their own divorce. Why? It's been modeled in front of them, and the very thing I'm talking about takes root in them. That's the bad news.

The gospel is the antidote that you can take which enables you to cast down vain imaginations/distorted thoughts and every high thing that is contrary to the knowledge of God. Now I will say this, if you had been through these types of traumatic experiences and that's just one of hundreds of scenarios we could talk about, you're going to have to work harder at it. I wish I had a better report to tell you but you're going to have to work harder than somebody

who's had the model in front of them of a godly family. Children who are now adults that have witnessed their parents divorcing have to work really hard mentally to become a generational curse breaker so that this pattern does not follow them. When they withstand this curse or pattern then they become a generational blessing maker.

And Reg and I are modeling this in front of our boys. They will have to make their own decisions and we train them that way, but they will never have to say I didn't have the model. They have the model in front of them and they have an image. See, that works in reverse, too. You have the right kind of thinking. You get the right kind of images. You can have a castle that has a cross on the front of it instead of a crossed bone and a skull on the front of it. You've got the cross of Jesus. So it's a stronghold for God and His glory.

Now, if you look at that process and it's a simple process, but I want to show you where you need to intersect that. Right between thoughts and imaginations, I want you to somehow in your own shorthand draw a break there. You've got to break the thinking process. You've got to break the thinking process. What thinking process? Well, I'll show it to you. Look at verse 5, *"Casting down imaginations and every high thing that exalts itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ."* Well, what is against the knowledge of God? That is a thought that is an ungodly thought. Well, you'll always be poor. That's an ungodly thought because the Bible says that we can be prosperous. So, if you have a thought, I will never get out of the mess I'm in, and maybe you've made some mistakes. But you know what? You don't have to pay for your mistakes. Jesus paid for them. He'll help you turn it around. Psalm 107 declares that even if a fool cries out to God, he'll get rescued. Well, you're better than a fool because you're a child of God.

So, you had to break that ungodly thought. If you had this ungodly thought, well my marriage is probably going to end in divorce, you better break that and cast it down because people who entertain

that and Reg and I strongly teach and impart to premarital couples that they don't ever even use the word divorce in their relationship. The word divorce has never come up in our conversation ever and we have purposed in our hearts that it will never come up in our future conversations.

Here's another ungodly thought – you'll never get well. You cast that stinking, ungodly, demonic thought down because the Bible says by his stripes, we were healed and if we were, then we are. Don't even go there.

You say, it sounds like you're talking about mind control, Caryn. That's exactly what we're talking about. We're talking about controlling your mind, getting your mind on the thinking of God. Well, how do you take control over the ungodly thoughts? Firstly, with the word of God, the word of God. Secondly through forgiveness. You will never break that cycle if you don't have forgiveness, and even forgiveness for somebody who has not even repented to you.

Look, you did hurt me, you did traumatize me, but Jesus healed me and that now is a trophy of God's grace." So, God has weaved it into my life and actually, it's become a strength for me.

And some of you, you will never have people come back, the people that hurt you, a former spouse or someone that has hurt you in a certain way. They may never come back and apologize, but if you are going to get set free for you, you're going to have to have forgiveness in your heart. You say, "I can't forgive him." Well then, you are in chains. You mean that you're going to let them enslave you for the rest of your life, the memory of their hurt and wound. Is it so valuable that you would allow it to enslave you for the rest of your life? You should forgive them just so you could get free.

Here are some of the things or arrows that I call them that produce what we would call the broken hearted that fly into one. Label one of the arrows rejection. Did you know rejection is a powerful force

that can bind you up for the rest of your life? Where you have felt rejected by someone, it's like you can transfer that and you feel rejected by God, you feel rejected by everyone else and sometimes, it's hard to help a person who's been through rejection because they twist everything around and if you try to challenge them and help them, they interpret that as now you're rejecting me too. And it's a vicious cycle that really isolates them in this bubble of rejection and you try to reach in and help them which means tough love sometimes, they know now that you're trying to reject me too and it's like they can't get help even from God because one of the enemy's tools is the force of rejection.

Another arrow that wounds the heart is betrayal. If you've ever felt betrayed, it has wounded or hurt you. Somebody told you they'd love you forever, they would never leave you, they would always be there, and they're not there. Did you know every one of these, Jesus experienced? He was rejected by his own people. Betrayal, one of the very 12. In fact, all of the 12 scattered on that night it says.

Another arrow is embarrassment. People who've been embarrassed, sometimes publicly embarrassed. It has such an effect on them at times that they can't shake it, and they'll go through life with an embarrassed spirit, and they feel embarrassed and they don't even know why they feel it. And so, when they come and get back in that crowd situation, they want to get away from the crowd because somewhere in their past, they were embarrassed in front of a group.

Another arrow is disappointment. Where things/relationships didn't work out the way you thought it was going to work out. You thought it was going to work this way or that way and it didn't, and you're just disappointed and your heart aches about it.

Have you ever been the victim of gossip and lies? Well, hang around church long enough, you will be the victim of that one. Gossip and lies, people talking about you, saying things in a way that really didn't happen that way. They twist the story to fit their

need, lie about you, or exaggerate about you. take my word for it, the best thing is don't even try to defend yourself, let God defend you because if you get sucked into it, you'll get right in the middle of it and you'll start gossiping and lying just like they're doing.

If you're in the ministry or in church, you expect better. It happens anywhere. You don't have to be in a church. It happens in offices. But you would expect better in the church and that just makes the stain that much more damaging because you expect better. When you get your eyes on God, you get your eyes off of people. I said get your eyes on God and get your eyes off of people because every one of us could have a reason never to go back to church again. And you know, let that fly. One day when you get into heaven and you face the Creator and he says, "Why weren't you committed to my people? Why didn't you help my great commission? Why did you support missions? Why are you a drop out?" Well, they said something that hurt my feelings. Just picture the silliness of that in light of eternity when you're in heaven telling God how these people kept you from serving the Creator.

Another damaging arrow is abusive relationships. People that are in abusive relationships. It amazes me how many women, it's like they gravitate to losers. I don't know how to put it any other way. They just gravitate to losers. The guy verbally abuses them, maybe physically abuses them, sexually abuses them, controls and manipulates them, can't go anywhere unless you tell me where you go on and you better be home at a certain time, when you're five minutes late, there's trouble to pay.

It's amazing how you'll help somebody get out of a situation like that and they'll gravitate right back to the same loser, type of loser. Why? There must be something in them that says I deserve that kind of treatment, and they have to have that thing broken. Why? Go back to our progression. Their thinking, their imagination. They don't have enough faith to think that a nice person or a stable person would like them. And so, they gravitate to the wrong crowd

and they go fishing in the wrong pond and they catch the wrong kind of fish.

Characteristics and evidence of the broken hearted.

Here is a list of 10 characteristics or evidence of the broken hearted and really, it's an endless list but these 10 will help us to get our bearing. And I've seen this throughout my years in ministry and as I've studied and read books and out of my own life. I know it is absolutely true.

1. The first one is a deep sense of unworthiness, a deep sense of unworthiness. And I'm not talking about a good kind of you know, "I'm not worthy. Thank God that he saved me." But people that have this, "I'm no good. I'll never amount to anything. No one loves me." Continuous feeling of inadequacy, inferiority, anxiety. They just feel like they're the lowest of the low. That's a good indication. That's evidence or characteristic somewhere in their past, they've been broken hearted. They've had a wound, a traumatic experience that has made them feel this way. And so, you know what? They bought into it and they think that's who they are, an unworthy creature, not worthy of God's love.

   The cure for this is a revelation of the unconditional love of God. Paul said that. He said that you would be established, rooted, built up in the love of Christ that you would know the breadth, height, lengths, and depth of the love of Christ. Only a revelation of God's unconditional love will set someone free.

2. The second characteristic is the perfectionist complex. The perfectionist complexes. See, some people flip the other way. Instead of a sense of unworthiness, the way they're going to fix it is they're going to get everything in order, everything's going to be perfect. But the problem is I never quite measure well. I never quite am good enough. I don't really please myself, others, or God but I'm going to work hard at it and it almost gets into a legalistic type of life. Why are they like that?

Why can't they just relax and enjoy life? Because somewhere, they were out of control, and they purposed I'll never be out of control again and I will do everything to control the situation/people etc so that I will not be scared any more or I will lessen any unpredictable things that may occur.

It's interesting in a social setting just to spill a cup of water and see what happens. Sometimes just do it on purpose. Spill the water, and then you watch the legalist jump up. You spilt the water. Look what you did. You'll see the merciful person. That's okay and they run and get towels. When you see the organizer, they're down there. Everybody back up, move the plates this way, that way. It's an amazing thing to watch.

3. The third characteristic or evidence of the broken hearted is – hypersensitivity. People that have been traumatized. Hypersensitivity which is an indication of rejection. They always need stroking. They always need attention. Do you love me? Yes. Do you really love me? Yes, yes. But I don't really believe you really do love me. I told you I love you. Do you really love me? I told you I love you. See there, you raised your voice. You don't love me. Hypersensitivity.

   This is the guy that's at a work event and he sees his office colleague in a huddle grouped together talking earnestly and he stands up and stomps out mad because he just knows they're talking about him. A little bit hypersensitive there. They're not talking about you, but they'll go through life that way. What is that indication of? They're raw in their emotions. They're raw in their emotions. It's like when you have an open wound, and somebody touches it or if you've ever had a cut just right around your finger and you go to eat an orange it stings and is sore. Why? It is raw right there. It needs to be healed.

4. Fourthly, low self-esteem. Some of these are similar, a deep sense of unworthiness, but different ways to describe it. Low self-esteem. They can't even look at somebody in the eye. You

give them a compliment. Well, you sure have a nice dress on or you have a nice suit on or something like that. Oh, it's just old thing I picked up. I actually got it at the reject store down the street. Why don't you say thank you? Don't tell anybody you got it at the reject store. Just act like you got it at David Jones. I like your suit. Thank you very much.

5. The fifth one is self-depreciation. Self-depreciation. Somebody is always putting themselves down. Always putting themselves down. Somebody again makes a compliment, and they have to counter by putting themselves down. They can't just take a compliment. All kind of ties in. low self-esteem, self-depreciation.

6. Number six, continuous generalized anxiety. Continuous generalized anxiety. Listen, when you've lived around strife so much and yelling and screaming, it's hard to relax. And you don't even know that you're in this until you get around people that are relaxed. And when someone who has had a high stress and high emotional environment growing up and then they go over to somebody's house to eat and the people there were all just enjoying the food and enjoying the small talk, but you couldn't enjoy the food or the small talk. Why? Because they are looking over their shoulder worrying that something unpredictable will occur, someone will get angry, yell or shout So they stay in a perpetual state of unease, discomfort and anxiety. Being in a state of continuous generalized anxiety tells me somebody's been in a battlefield somewhere. It's kind of these guys that come back shell shocked and they just lay in bed and they're just totally agitated when they're in a hospital environment or startled at a sudden and unexpected noise. Again, they've been so shaken up, it's going to take some time. We call that post-traumatic stress disorder.

7. Number seven is legalism. Legalism can also be referred to as the tyranny of the oughts. The tyranny of the "oughts." Ought to do this, you ought to do that. Okay, we did this, but you

could've done better. You made a B, should've made an A. You made an A minus; you could've made an A plus. You made A plus, was it a hundred?

8. Number eight is anger, resentment, and bitterness. Now obviously, we all experience some of these all the time and in fact, if you've ever had any medical classes, when they start going through symptoms of diseases, everybody walks out of the room going, "My goodness, I think I've got it. I think I've got it. So the problem with going through a list like this is we all at times experience some of these but it's more a percentage that we're talking about. If the majority of the time you are experiencing this, then perhaps there's an area that has not been taken care of in your past that needs to be taken care of.
9. The ninth characteristic is a lifestyle of depression and isolation. That's an indication that somebody has an area that needs to be healed. A lifestyle of depression. Obviously, we all have some down days that could be due to a bad night's sleep, hormonal cycles, loss of a friend. But again, if you have felt low or depressed for more than a couple of weeks or more it can be an indication of unresolved areas in their life.
10. Number ten is obsessive compulsive behavior. Obsessive compulsive behavior. It's an indication that there's something in their past. Why are they doing that? Why are they acting like that? There's something in their past that has started that cycle.

Unfortunately, across many churches today we still have a lot of people that are hurt and wounded, they're still messed up, and they don't know what to do about it. And they can go away thinking well, I guess God can't even fix me. The church should be a hospital station, a psychiatric ward, a substance abuse recovery place. It's the church where people can and should get help.

Isaiah 40 verse 28. *"Have you not known, have you not heard that the everlasting God, the Lord, the creator of the ends of the earth faints not, neither is weary?"* Isn't that good news? I'm just so glad that God didn't

ever get weary. I'm so glad that the Father never looks to the son and says, "I've had it. That's it. I have absolutely had it.

Verse 29*, "He gives power to the faint, to them that have no might, he increases strength."*

Now, there's so many times in my life I've needed strength, and one of the secrets of my strength is I've learned to be honest with God and instead of trying to act like I'm not fainting or act like I'm not, I tell the Lord, "Lord, I'm weak. I feel like I'm about to faint. I'm not sure how much rubbish I can take. Don't stretch me much further or I'll pop." But I don't stop there. I say, "Lord, you have the strength. You have the grace. You have the ability and Lord, infuse your strength into my life." This is called the divine exchange. You need to begin claiming daily what I call the divine exchange. What does it mean the divine exchange? It means my weakness goes out for his strength. My fainting goes out for His perseverance. After giving up, just passing up, God says, "No, I've got perseverance if you'll let me give you that perseverance." My sickness goes out for His healing. My life of love goes out for his love. My impatience goes out for his patience. There we go, the divine exchange.

Verse 29, *"He gives power to the faint and to them that have no might, he increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall."*

Now think back to when you were a youth, you didn't think about dying really, unless you got dragged to some relative's funeral that you didn't want to go to. You don't think about death. You don't think about danger really. Bungee jump, sure, I'll jump. That never even crossed your mind that maybe the cord might snap. You don't think about that. The older you get; you begin to realize you're not invincible. And the older you get, if you're in touch with Jesus, the more dependent, I think, you get.

Verse 30, "Even the youth shall faint and be weary, the young men shall utterly fall. But they that wait upon the Lord," was this for the broken hearted? "They that wait upon the Lord shall renew their strength."

The Hebrew word renew actually could be translated to they shall change their strength. You have no strength, so you're going to make an exchange. You got to go and exchange. "Ho, every one that thirsts, come to the waters. He that has no money; come, buy, and eat. Come buy without money, come buy without price. Come buy milk and honey all from Jesus Christ." That's Isaiah 55.

Verse 31, *"But they that wait upon the Lord shall renew their strength. They shall mount up with wings as eagles."*

Now get this. Suddenly, this guy says I'm weary, I'm about to faint, I'm broken hearted, I'm embittered, I'm a nobody. All the things we've just been through, that list we have just been through, you can make an exchange and suddenly your mighty eagles. Not vultures. Vultures just sit around just looking ugly. Vultures know one thing, roadkill. No fresh meat, roadkill. They just sit out there eating the old stuff. But an eagle does not hang around for refuse. He waits and he soars. He mounts up. It says he catches the currents of God. He didn't have to work hard at it "They shall run, and not be weary. They shall walk and not faint."

Starting the process of the divine exchange:

Number one, the first thing that's going to start the divine exchange is to be honest and face your problem squarely. If you have an issue with anger in that you feel angry most of the time, then it is good to be honest and say yes, I think I do have an issue. Often it is the trusted and respected people around you that assist in becoming your window into your soul and help you gain that insight into your behaviour. They might say I think you might have been a bit angry or hypersensitive in regard to that situation. Be honest, face your problem squarely. This is required just to get in the kingdom. Just to get in the kingdom, you have to say I'm a

sinner. Well, to make any progress within the kingdom requires honesty.

Number two, ask God for his healing power. And this might even be over someone who's dead, but still have these bad feelings and memories about them even though they're not even here on this earth anymore. You need to finally release them which releases you. This is done by forgiving them, because the act of forgiveness is often more healing and freeing for the person forgiving than it is for the person being forgiven. It is a liberating experience for both, but often even more for the person forgiving as it frees up all the mental and physical energy, they have continually exercised to stay angry, bitter or hurt by. The act of forgiving is like a wiping or erasing a hard drive, it frees up more space and on an emotional level it releases the incredible energy required to stay mad. One uses up more emotional, physical and mental energy by being angry than by being at peace. And Lord, beneath that healing power, Lord, give me the ability to communicate if they are alive. I would need to go sit down with this person and talk with them and open up my heart to them. That's not a comfortable or easy thing to do.

The third one is to claim God's grace. If you've ever felt hurt, if you've ever felt alone, if you've ever felt discouraged, if you've ever felt depressed, if you've ever felt beat up. If you've ever felt like there was no reason to go on, then here's a verse for you. Hebrews 4, verse 15, *"For we have not a high priest which cannot be touched with the feeling of our infirmities."*

Let me read that in reverse. We do have a high priest that can be touched, who has been touched with not the theory, the feeling of our infirmities. And that word infirmities again is a translated sickness. It means somebody who's emotionally disturbed, somebody who has a weakness in their life. Jesus knows what it feels like to be betrayed. He didn't just have a theory about it. If Jesus had never come, then God would've just been up there saying, "I'm really trying to relate, really trying." But Jesus came

and walked among us and knows what it's for the religious church of his day to reject him. He feel, he knows, he remembers that feeling. He knows what it's like for his very family, his own brothers and sisters to not accept him. He remembers how that felt. He remembers the feeling of all the sin that he did not commit but that was put upon him. He remembers the feeling of the shame of the prostitute. He remembers the feeling of the shame of the thief. He remembers the remorse, the feeling that all is lost, that there's no way out. My life is over. He felt that.

"For we have not a high priest which cannot be touched with a feeling of our infirmities but was in all points tempted like us. We are yet without sin." Verse 16. "*Let us therefore come boldly unto the throne of grace."*

That means unmerited favor. We don't deserve it, but God will give it to us. We can't earn it, but he'll give it to us. The best definition I've ever found for the word grace is God's ability and enabling power. Grace is God's ability and enabling power. So, we're going to come to the throne of God's ability and enabling power to help in time of need.

Part 3 – Keys to begin the Healing Process

Previously we focused on evidence of the broken hearted and just like nurses or medical personnel who train and they study different diseases, sometimes, they all come out of the classroom feeling like, "Dear Lord, I have them all. I've got all the things they just described. All those symptoms, I've got it so I must be on the verge of death." So, when we go through this list, remember, every one of us experiences these at some time. What we're after is healing for folks that feel weighed down in a prominent sense by these different afflictions that the enemy tries to bring on us.

So just to recap.

Number one, we said was a deep sense of unworthiness. Well, there's times we all have a deep sense of feeling unworthy but some people, it's like a cloud or a blanket that's just with them throughout their whole life.

Number two, the perfectionist complex.

Number three, hyper or super sensitivity, being overly sensitive. Well, we all have times or moments like that but some people, they're bound up with that. Why? Because they have such a strong degree of rejection in their life, they always need validation, praise and being built up.

Number four, low self-esteem.

Number five, self-depreciation. Always putting yourself down instead of receiving what God has said about you.

Number six, continuous generalized anxiety.

Number seven, legalism.

Number eight, anger, resentment, and bitterness. I tell you that's a big one, and if you let bitterness get hold of you over what somebody has done to you in the past, it really won't hurt them because they don't know that you're so miserable. It'll hurt you.

Number nine, a lifestyle of depression, isolationism, and sometimes that leads to breakdowns.

Number ten, obsessive compulsive behavior.

To counteract all the above and other issues, we discussed the wonderful divine exchange that can occur. All that mess can go out and God's goodness and grace can come in.

Changing track let's go to Psalm 131:1, "Lord, my heart is not haughty, nor mine eyes lofty, neither do I exercise myself in great matters or in things too high for me." Now, this King David speaking. We all need to get to this point where King David finally got to the point. It's like, "Lord, I've seen it all. I've been to the battles. I saw Goliath fall. I've seen buildings go up. I've seen projects happen. This is the God that built up Israel to its most powerful state." And he said, "I've come to this conclusion," and I'm just paraphrasing this, he said, "I've come to this conclusion that I want to live a simple life. I want my focus to be simple. I don't want to be a person of arrogance, a person of pride, a person who can never be satisfied. I want to be satisfied with God. God is my inheritance. God Himself is my chief inheritance."

Verse 2 is important. *"Surely, I have behaved and quieted myself."*

Well, in the Hebrew, that actually means my soul. "Surely, I have behaved and quieted my soul as a child that is weaned off his mother." So he's comparing his soul to the process, like an infant or a child would go through being weaned away from all the attention and the cuddling and the comforting and all of that that the mother might give.

He says in verse 2, "*Surely, I have behaved and quieted my soul like a child that is weaned off his mother,"*

If you don't understand this concept of the weaned soul for yourself, you'll never find a permanent place of healing emotionally. Whatever you've been through, a divorce situation, a place of rejection or embarrassment, maybe a failure, perhaps of

someone else's doing or perhaps a mistake that you made, if you don't understand the concept of the weaned soul, you will never find a place of stability.

Now let me give you the definition for the word wean to bring understanding. The word wean means number one, to accustom a child or young animal. So, it's not just used in the sense of humans, sometimes they talk about the little calves being weaned. Firstly, it means to accustom a child or young animal to food other than its mother's milk. Now when you read that definition, that sounds simple and just straightforward, doesn't it. But if you have ever seen a child, go through this process, you will know that leaving out the tantrums, the screaming, the kicking, and the stress that is involved at times with this process. We'll come back to that. To accustom a child or young animal to food other than its mother's milk.

Secondly, it refers to people who are going through rehab from substance abuse, trying to get them off of drugs, etc. They're trying to accustom a person to do without something that they're dependent on. And please add this parenthesis because I found this very fascinating, spiritually analogous, it denotes forceful action.

So, you don't come up to the little baby and say, "Are you ready to be weaned from your mom today?" Because that baby will never be ready to be taken away from its mother's comforting chest and its mother's milk. If you try to get that baby's permission, it'll never happen. You have to have forceful action and get ready for a reaction.

Let's look at how this ties in to healing the broken hearted. Look at verse 2. David said, "Surely, I have behaved and quieted my soul." The Amplified says in verse 2, "Surely I have calmed and quieted my soul." Just to recap that your soul is made up of the mind, the will, and the emotions. So let me just read it like this, "Surely, I have calmed and quieted my mind and my will and my emotions like a weaned child with his mother. Like a weaned child

is my mind, my will, and my emotions within me." And here's what the Amplified says, "ceased from fretting."

In order for you to have the healing process begin in your life, you must understand that it is a process. Normally, it is not an event. I wish that everyone could just come forward and you could lay hands on them and instantly, they have been set free from rejection, trauma, embarrassment, fear etc. Instantly, any painful experience that they've been through in their past is just somehow erased off the chalkboard of their memory.

I won't limit it to say it'll never happened but it's rare indeed for someone to have a healing emotionally, mentally, or psychologically as a one-time event. Normally, it is a process, and the process is this concept of weaning your soul. What do I mean weaning your soul? It means that your soul is accustomed to feeling a certain way. Your mind, will, and emotions are accustomed to holding on to what comforts them. Much like a child that has a special blanket or pillow that goes everywhere with them. It is their security and it becomes world war three if you try remove it or even wash it. Now I'm trying to throw a little humor into a very painful subject but so often, things in our past that are nasty, really become like a security blanket and Jesus says it's time to go without your blanket, and there's a struggle. So often, in a very twisted way, we want healing, but we don't want to pay the price for the effort required to give up what is seen as comfortable and secure for us.

David says and I'm paraphrasing, "I've learned something. I've learned that as king, I've got to quiet my soul. When my emotions want to run this way or that way or I want to fret about something, I've had to train myself to quiet my soul.

Now here's what happens. So often, the broken hearted continually replay in their minds the same painful event over and over again. And if you don't learn to wean your soul away, listen to me, you now have many Christians living life based on how they feel. But the bible does not say the just shall live by feelings. The

Bible says the just shall live by faith. Well, what is faith? Faith means that at times, you deny and defy your senses, how you feel, what memory lane tells you, what the devil is whispering in your ear. The bible is now my instrument panel, and I don't care what my senses say. I have learned to wean and quiet my soul based on what God has said. This is very important to your healing process, understanding that your soul must grow up. What do we mean by grow up? We mean that you're going to mature. We mean that you're not going to always have to have the buzz. And this is hard to train young Christians in because they, especially in the spirit-filled movement, love to have an intense experience. It could be at the altar, could be at a camp, it could be at a worship conference, "Man, I am so close to God now," until they have to go back to work on Monday and face the boss whom they have a poor relationship with.

We need to learn to wean our feelings from our souls, as our feelings are rarely accurate.

So the point of it all this is, you cannot find a place of permanent healing unless you understand what David understood. Look at verse 3. After he says, "Surely I have behaved and quieted my soul, even as a child that is weaned off his mother." Verse 3 says, "Let Israel hope in the Lord" – which basically means have trust in God. Don't trust in feelings, but let your soul be your source of what you trust in because your emotions are like waves of the sea. "Let Israel hope in the Lord." Don't hope in your feelings. Don't hope in your soul. Hope and trust in what God has said and who God is from henceforth and forever.

10 Keys for Healing

We're going to begin the ten keys for your healing process and with every positive, there's a negative or a roadblock that will block you from getting your full healing emotionally. We will discuss both the positive and the negative that can occur.

The first key to begin your healing process, is to admit that you have a wounded place in your heart. You'll never get anywhere if you don't do that. You must admit that you have a wounded place in your heart. Another way of putting this, you might want to put in parenthesis, is honesty.

See, everybody else knows you've got a problem but perhaps you haven't admitted it yet. Who said I have a problem with anger? I don't have a problem with anger. I don't react. You're the problem, not me. Now, everybody does that occasionally but somebody who has a habit of that in their life, it's like the whole world knows that they've got this hot little button and you better stay away from this topic because if you don't and that hot little button gets activated, then an emotional eruption occurs.

Number one, admit that you have a wounded place in your heart. Now the roadblock to this is denial, and in parentheses put in instead of honesty, pride. In our most humble opinion, men are more susceptible to this. To generalize is perhaps dangerous but that's our observation. A lot of men have this cognition that if they ever admitted that they had an area of weakness, then suddenly they're a weak man. The truth is it takes a strong man, a strong woman to admit that they have an area that needs working on and to go to God. That is your strength.

So, the opposite is true. If the devil sells you that line that well, if I admit that I have a weakness, I need to deny it to be strong, the opposite becomes true. You stay weak as long as you deny it. If you will agree with God, your "weakness" suddenly becomes an avenue for his strength, and you become the very thing that you really want to be. "I'm not going to be like my dad. I'll never be like my dad." And there you go, just like your dad. Admit that you have a wounded place in your heart.

This is how you begin your healing process. If you feel that you have a wounded place in your heart, something that has hurt you, traumatized you, something that you prayed about you just can't seem to get the victory, or maybe you've even had people cast it

out, but it still feels like it's there, then admit you have a wounded place.

Sometimes people think everything's satan's work. Satan is real but just a reminder that only one third of the angels fell. Two thirds stayed faithful. So for every devil, there's two angels on your behalf.

John 5:3 says, "In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water". This is a strange story. Waiting for the moving of the water. Look at verse 4,

"For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had".

This angel just goes down there and kind of messes with the water. Whoever gets there first gets healed. So you got the picture. Everybody's laying around waiting to step on one another. I'm going to be there first. At least I can walk. The other guy, well, I can't use one leg. I'll drag one leg but I'm going to get there first. Kind of a selfish situation, isn't it?

Verse 5, "*And a certain man was there, which had an infirmity 38 years."*

Now 38 years is a lifetime. Verse 6, "When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" Do you want to be healed?

How many of you know that Jesus was wise? Why would he even ask a question like that? I'll tell you why Jesus would ask a question like this because some people really don't want to be healed. And I'm not trying to blame anybody for their lack of healing, but some people obtain some gain from remaining unwell, such as receiving attention, financial benefits etc.

In a counseling situation, it is not uncommon to tell someone what the word says about their difficulty and for them to take an offense

because you've told them what God says about it instead of just wanting to hear more of their situation. Some like to continually share and re-share their past hurts but when homework is set between sessions there is always a reason why it could not be completed. There needs to a real hunger and thirst to want to be healed and want to change.

The process all begins by admitting that you have a wounded place in your heart and answering the question, do you want to be made whole? The roadblock will be denial.

Number two is ask God for his healing. This grace comes simply by asking Him. What is Grace? Grace is God's ability. So to teach faith apart from grace leaves you short and can be somewhat condemning. To teach grace apart from faith is to teach a lack of responsibility.

Hebrews 4:14 says,

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. We do have a high priest which can be touched with the feeling of our infirmities. He was in all points tempted like as we are yet what? Without sin. Jesus has already felt betrayal. Some events in our childhood and life are simply not fair and Jesus has felt that very feeling.

Verse 16 drives it home, *"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."*

The third key for your healing process, is realize that healing the broken hearted is a process that has an end. Hallelujah. You'll not be in the hospital forever and ever and ever. You will be normal. Realize that healing the broken heart is a process, but it has an end and you will be normal. The enemy will often come over and whisper to the person, "You're always going to be like this. You're always going to be a nervous wreck. You're probably

always going to have to have Valium to keep your nerves down because your mother had to have Valium and that runs in the genes. Great news though we have got Jesus genes in us now. I've got spiritual DNA, impregnated by the Holy Ghost.

Support groups for people with similar issues (drug and alcohol use etc) are great but the only issue is that they tend to give the person the belief that they're always going to be in that state. Whereas the Bible teaches you can be healed. The process has an end.

What is the roadblock here? Realizing that healing the broken heart is a process that has an end, you can be normal. Well, you can summarize it a number of ways. There's not just one but let me throw these at you. The roadblocks would be this – quick cures, potions and bottles. In other words, instead of working your way through it, we hop from one experience to another, substituting endless experiences for really dealing with the issues.

1 Corinthians 6 v 9-11 states*, Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor]homosexuals, nor sodomites, [10]nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. [11]And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God".*

The word fornicators is just a word that means sexual immorality. Some people say, well, it's sex outside of marriage. The word fornication really means all types of sexual perversion, anything from petting, what the society calls petting, all the way to sexual intercourse.

Verse 10, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. That word drunkards don't just refer to alcohol but anything that causes your system to be intoxicated, including substance abuse.

Verse11, “And such were some of you”. Paul is talking to the Christians, and he says some of you Christians were fornicators, idolaters, adulterers, homosexuals, lesbians, abusers, thieves, covetous, drunkards, revilers, and such were some of you. Look at verse 11 to give every one of us hope, “But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God”.

Our culture is morally declining but in Paul’s day, he also was dealing with the same moral issues. And if the church means anything, the church means that there’s hope for those struggling with sexual difficulties. It means there's hope for the substance addicted person. The church is the hospital of God where God can take them through a washing process. May we never be the high and mighty snooty-fied, legalistic church. May we be the place where those who realize their wounded hearts and behaviours can come as they are to receive healing and to be washed by the power of God.

And if you understand this, there's healing and there’s healing as there is washing and washing. Cleaning my hands from gardening is vastly different to cleaning my hands after I have touched grease from my car. The latter requires far more washing and using special soap. Just like there's some things we can pray over people, and they'll just get set free and they go out and they’ll forgive that guy. Okay, so I lost a thousand bucks with him in a partnership. He stole it. Okay, I release him and Jesus, I bless him. There are other situations that somebody comes out of, a divorce or an abusive situation and I'm telling you what, they've got to have some of that special soap and they got to get washed and washed several times, or getting prayer and fasting for several months. It a process but guess what, you will get washed and cleansed and delivered and become normal.

Let’s go back and look at Psalm 131 and review a principle in there. It talks about the weaned soul. We talked about a little child, a baby that’s being weaned away from its mother’s breast. We talked

about how people that are in substance abuse, crack, cocaine, different, various types of drugs, sometimes prescription drugs, they have to go through a process where they are weaned away from those drugs and their system is cleared out.

You say, "Well, how does this tie in with healing the broken hearted?" Oh, it ties into a great degree. Here's the problem, so often, we are attached, we are fixated on a past trauma, or we're hooked on a past event that we're addicted to. We don't want to be addicted to it but emotionally, we're still in bondage. And so, God has to take our soulish realm through a renewing process where we are released from that bondage just like a child is being taken from milk, and that's a process that sometimes creates a little screaming, didn't it? That little baby doesn't always want to have that happen. And so often, our soul in a twisted way, is still attached to things in the past and God begins to break that thing and pull us out of that and there's a little reaction there.

Look at this in Psalm 131:1. I'd like to read it from the Amplified. David says, "Lord, my heart is not haughty nor my eyes lofty, neither do I exercise myself in matters too great or in things too wonderful for me." Check out verse 2 because here's the concept, "Surely, I had calmed and quieted my soul."

Remember that your soul is your mind, will, and emotions. So can I just read it that way. Surely, I have calmed and quieted my mind, will, and emotions like a weaned child with his mother. Like the weaned child is my soul within me. And the Amplified adds this, ceased from fretting.

Maybe you grew up in a situation where you didn't have much. I'm telling you what, God can change that if you'll just let your soul be weaned away from what your past is trying to say about you.

As a recap, the first key was admitting you have a wounded place in your heart. That's the starting point. The opposite of that or the roadblock to that would be denial.

Number two, we said the second key was ask God for his healing grace. The roadblock would be self-sufficiency or some kind of excuse. "Well, that's just me. I learned to live with all of these things."

The third one we said, realize that healing the broken hearted is a process that has an end.

You'll not be stuck there forever. It's a process that has an end. You will be normal. You know what, that's the hope of God. When you go to the hospital and you have a broken bone, they don't say, "Well, this would be your home forever." That would be fairly depressing. They just say, "It's going to take about six weeks, seven weeks, but you will get out." And actually, that break will have more calcium around it than a normal bone and so your weakness will actually become a strength. And you'll be a testimony to others. We said realize that healing the broken hearted is a process that has an end. What is the roadblock? People that want quick cures. They're always looking for experiences, the next blessing, using pills, medicines, there's all kinds of substitutes for the real thing.

The fourth key that will help you in this healing process is you must forgive everyone involved, even as God has forgiven you through Christ. The roadblock to this would be unforgiveness. We could say it a number of ways, unforgiveness, bitterness, anger, wrath. What is wrath? Wanting revenge, wanting to get back at them.

Ephesians chapter 4 and let's begin at verse 29, *"Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers".*

Verse 30, *"And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption".*

"And do not grieve the Holy Spirit,"… did you know you can hurt God's feelings? What really hurts God's feelings is when you treat other people unkindly. That's the top of the list right there

and you'll see this. And look at the context, verse 31, *"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.[32] And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you".*

Every one of us are guilty of breaking every one of the commandments. You say, "Well, I've never committed adultery, murder etc and I've never done this, and I've never done that." Well, Jesus brings it down to more than just the action. He talks about the heart. Every one of us have violated every one of the Ten Commandments. Every one of us have dishonored their parents at some time. Every one of us have done some of that but Jesus has forgiven us of every transgression that we've ever had in our lives. Did you know Jesus knows the deepest, darkest recesses of your life like no one else but yet he loves you? As David once said and I'm paraphrasing, I would rather fall into the hands of God instead of the hands of man because men are not as gracious as God is. I don't mind the Lord seeing the deep, dark recesses of my life, but I don't want you to see it. Why? Because people don't act graciously like God.

Did you know you can offend people without even thinking you offended them? You can offend people through things that you say and things you don't say. Now here's the deal, in order for you to get the release in your life, how many of you want to have the full healing process of your mind and emotions take place. I do. To me, that's an ongoing process because as soon as I get delivered from that situation, there might be some other situation on interpersonal interaction that comes along that vexes me or hurts me, and I've got to get a release on it. In order for me to get a release from it, I have to forgive that person. I have to release them.

Even as Christ has forgiven me. "Well, I'll forgive that person, but I don't like him." This means that you may still have some of the healing process to still continue. "I'll forgive him but I'm sitting on that side of the church from now or whatever side you don't

always sit on." Now the thing is. if you don't forgive them, you enter into stewing bondage. When we are in this stewing bondage, we continually replay the interaction or event we had over and over in our minds and we even often add our own scripts of what we wanted to say in hindsight. Why did they say this? If they say that, I'm going to say this and if they say this, I'm going to say that. And I should've said listen, I should've had said that. Here we go just stewing, just like we're a little pressure cooker, just like a Crock-Pot, just stewing all day on a low temperature or a slow cook stew.

Why do we do that? We just stew on something all day long and that person doesn't even know about it. It's not hurting them. Who is it hurting? It's hurting you. And you have all these bad feelings as if somehow that's going to get back at them when all the while, it's affecting you. And for some folks, they like the fact that you're stewing. They like the fact that they're under your skin and if you let them in under your skin, they just kind of turn the temperature up to medium. They want you to stew a little more about it. Why? Because they realize you're the one being punished, not the other person. Can you see that?

Now to go from just a 'what's in it for me' point of view, let me take this even further. Did you know the word of God says that we are all spiritually connected? And sometimes we read that as though that were symbolic. I truly believe that if we could put on Holy Spirit glasses, I believe that we would see (and I'm trying to describe spiritual things in natural terms, so anything is going to fall short) that God has taken a spiritual needle and just threaded each one of us together. You know how they do that to popcorn whey they put it on the trees, and it's all strung together. Likewise, we're all strung together by the Spirit. So what affects one not symbolically, but literally, affects the other one.

There is a story of a father who had a rebellious son who refused to accept Jesus in his heart. His father was a good businessman but got duped by some man and lost over one hundred thousand

dollars to him. The father just could not forgive the man who stole his money until he actively chose to let this incredible pain, loss and wound go in his heart by choosing to forgive this man for what he had done. Later that same week his very rebellious hoon of a son gave his heart to Christ. We are connected. Didn't you have some areas that just seem like they're not breaking through or some areas that are hung up? It's not always the case but I would suggest this. In my life, whenever I've run into an obstacle, just check your heart. Is there anybody that I have some resentment, bitterness, unforgiveness towards? Because that will stop the flow quicker than anything. Why? Because God's serious about love. Why is he serious about love? Because he died for you. You can't get more serious than that.

I know we'd like to just kind of leave that one out because so often, when people are wounded and have a broken area in their heart, it's just like there's bitterness and resentment towards someone and they can't seem to bring themselves to forgive. But we must by the grace of God. Number two's key is to ask God for his healing grace. Part of that grace is God will help you to forgive and to get a release.

Matthew 18, verse 33 recounts the story of the guy that owed so much money? He was forgiven. If I could just put it in modern terminology, he owed a million bucks, he's forgiven but now he won't forgive somebody who owes him $10 or $5. It's saying should you not also have had compassion on your fellow servant, just as I had pity on you?

Verse 34-35: *[34] And his master was angry and delivered him to the torturers until he should pay all that was due to him. [35] "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."*

There is a spiritual principle in place that is called seedtime and harvest. People refer to it in different ways. What you sow is what you get, and that's Old Testament and New Testament. And so basically, God is saying this – in the scheme of the spiritual

universe, there is a law that if you will not forgive, then you cannot be forgiven.

Now, this sounds really easy when we're just talking about somebody yelled at you whilst driving or somebody didn't fulfill your expectation. What about when you've been sexually molested and you're the victim? Now we're talking some serious stuff here. What do you do? What do you say to somebody who's had a child murdered? What do you say to a family that had a child run over out on the road and that bitterness has got a hold of them and they're angry. We're talking serious stuff here.

It's impossible but for the grace of God. There are some things that are absolutely humanly impossible but for the grace of God. And so this is not something that you have to work up. This is not something that you have to artificially manufacture. There will be situations that you're going to have to fall on your face before God and say to the Lord, I don't have the capacity to forgive but I ask you for your ability and your power and your love to flow through me. Give me your love and open my eyes that I may see that person like you see them. If you don't forgive, you put yourself in bondage and so you become the slave of that event. The victim becomes the slave.

So, to release yourself and to release those under you, you have to forgive. For if you are a slave (in this case to unforgiveness), those under you are also bound by this. If a father has unforgiveness and bitterness in his life, he has spiritually opened the door for a bondage to come to his children and his children's children. The sin of the father will be visited on the sons. And so, it becomes very serious when a father and or mother considers the spiritual implications of how they deal or do not deal with this issue. So, it's no longer just what happens in your life, it's what happens to those that you are connected to down the line.

So, number four, if you want the healing process, forgive everyone involved even as God has forgiven you through Christ.

The fifth key for your healing process is to refuse to brood over the hurts of the past. This is something you're going to have to choose to do. Refuse to brood over the hurts of the past. Let me rephrase that, maybe put it as a footnote. Forget the past. Often, we want God to totally erase the memories but what can happen is that he will retain those memories but He will remove the hurt, the pain, and the sting of the memory so that you are no longer tormented by it, but it will change from a trophy of shame and disgrace to a trophy of His grace. You will testify about it and it will actually become a lighthouse, a beacon of hope to others.

The roadblock that prevents you from forgetting your past and dwelling on it, is mental replays. It's like the instant replay that you see at a sports event on TV. They'll show it from every angle, slow motion. And then they'll show it again and again and again. And so often, there are mental replays in our lives that hold us captive.

Before Paul became an apostle he was not only a tent maker but he was also in the business of rounding up Christians and sending them to prison and persecution, thinking he was serving God. It'd be one thing if an atheist did that to you but somebody who claims God is behind it all, to round them up, send them all to prison and persecution. His heart was as hard as the stones they were throwing while Stephen was stoned to death. And he walked away from there thinking that the will of God had been done. He was excited about it.

Now, once he found the grace of God, do you think that could have been a source of torment in the man's life? Do you think that at some moment in time where Paul needed Jesus to really show up on the scene and help him out, do you think the devil could have made an instant replay of those events where Paul had no confidence, total condemnation in his life so that he did not have the confidence to pray with authority like he should have been? Do you think that was a possibility in his life? And we all have places of shame where maybe we were participating in a less than life enhancing situation or behaviour or we could have been a

victim of such an embarrassing and distressing event. But the enemy likes to bring these instant replays up before our consciousness to retain us in a state of bondage.

And look what the man wrote who was guilty of this. Philippians chapter three, and of course, this was written after he had found the grace of the Lord, but in verse 12 he says, "Not *that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me*". To paraphrase he says you know, I haven't arrived yet but I'm getting ready to lay hold of my destiny. I haven't totally fulfilled my mission but my whole intent is to lay hold of my best. How many of you want to fulfill your destiny? Well, let me tell you, the key to fulfilling your destiny is you can't be ruled as a slave by the past. You just cannot.

Let's unpack this further.

[13] Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, [14] I press toward the goal for the prize of the upward call of God in Christ Jesus

Verse 13 says, "But one thing I do". Paul said I've learned I've got to do this. I'll never lay hold of what the Lord has apprehended me for I never lay hold of my destiny if I don't do this one thing, "forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus".

Verse 13 is an absolute key to the healing process. You say, "I tried to forget the past or to stop brooding over the past, but I can't forget it. The instant replay just keeps popping up" And the cure for that is find some scriptures that are pertinent to your situation and commit them to memory and every time that thing pops up, declare out loud these verses. Every time that instant replay begins to happen, as an act of your will, begin to repeat those verses that you are committing to memory.

You pull out the big armor. You pull out the big weapons, the word of God, and you start quoting the Word of God. Now when you first start doing this, it will be a battle because sometimes you'll forget to do your verses or sometimes you don't feel like doing your verses. But you do it and what happens is you cast down vain imaginations and challenge your previously held core beliefs and thoughts.

Paul says this "one thing I do" in Philippians verse 13, he says, *"Brethren, I count not myself to have apprehended but this one thing I do, forgetting those things which are behind."* Now what was that for Paul? For Paul, that was the years and years of training as a Pharisee. He mentions that in the previous verses. All of the stuff he was really proud of, but it was also the disgraceful acts of him rounding up Christians, of him standing there at Stephen's death, being a part of that, basically an instigator of that. All that stuff, he says, "I've learned to not brood over it, not let that control my life because if it controls my life, I'll never get to where I'm trying to go in God."

Verse 14, "I press toward the goal for the prize of the upward call of God in Christ Jesus." He says that's my goal, forgetting the past, pressing forward.

The sixth key for your healing process is if necessary, confide in a trusted, qualified counselor. The key is trusted, someone who keeps confidences and has integrity. A balance by you is however required, as people can become counseling dependent. The other side to that is quite often, it is necessary for someone to have another human being, flesh and blood person to listen to them, to respond to them because if someone else like me can hear my problem and say, "You know what, I accept you anyway," well then that means God who is greater than that person must be able to accept me. And so it's very valuable to have someone hear you and say I accept you, and if another human can do that, then what more our Lord,

Let's look at James 5 v 13-15, Is *anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick?*

Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. [15] And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

Now verse 14 gets in a very interesting scenario. "Is anyone among you sick?" Now, why would James ask that question? These were New Testament believers. They believed in him like we believe. Why? Because Christians get sick.

Let him call for the elders of the church and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick, and the Lord will raise him up," "and if he has committed sins, he will be forgiven? All right, not all sickness is a result of sin. We know that. But sickness can come upon a person if sin is involved in their life, it can open the door. There's a place for that.

But here's the counseling verse, verse 16, *"Confess your trespasses to one another, and pray for one another, that you may be healed. Confess your faults one to another. One to another."*

Now if there's sin in my life the unwell calls the elders. So quite often, we have things backwards where we run around and minister to people who really don't want ministry. Or as parents we want our kids to go see a counsellor, but they have no desire to see them. The person who has the concern needs to be the one to activate the counsel.

Now, the Roman Catholics, they do a little bit better job than we do on this and I'm going to be fair about this. I'm not Roman Catholic. There are maybe doctrines that I do not believe are biblical. But their whole concept of confessing to another person and hearing another person pronounce forgiveness over them is a powerful thought. And in churches today, we're so personal in our faith. We're personal in our faith, that this whole concept of going to another individual and saying, "Man, I've got this stronghold in

my life, and I've got to confess it to somebody is a very hard thing to do.

Now, the healing in this scripture passage relates to physical healing but let's not limit it to that. How many of you know that you might need healing on the inside? Verse 16, let me finish this yet with this.

Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

There is some criteria for confiding in a trusted, qualified counselor. It's a person who is an elder type of person. I don't necessarily mean in age, I mean spiritually. That could be a man or a woman. It's a person who is going to pray or counsel you to be healed from your faults, mess ups, shameful areas and sin. They can hear that, and they can pronounce forgiveness according to what the word of God says, not that they forgive you in the name of the Lord. They can say you are forgiven, and you can hear that and that can be a very important key to your release and healing in your life.

Key number seven is to communicate with those who hurt you if it is appropriate and safe to do so. This can be a very important part for the healing process in many cases. Now the opposite of this, of course, would be holding it inside, being inward, or perhaps inward cursing towards that person, that inward bitterness and anger that's just bottled up.

Many times, when we're hurt or wounded and this is particularly true regarding our smaller issues, and there's a misunderstanding, a miscommunication, or a misperception that simply occurred. And so often, just going back to the person and using what I call direct communication where you talk it out honestly, clears the thing up. Now when you get to bigger issues, obviously, it may not be appropriate to go back to the person. This is true in some divorce cases where perhaps the former spouse just slams the door

or even becomes physical. They don't want to talk to you, they don't want to ever see you again. So, in that case, you really can't do a lot other than just bless them in prayer and release them that way.

Let me share with you a passage and this is Jesus speaking right out of the Sermon on the Mount. Matthew chapter 5 and this key about communicating directly if appropriate is included here. Matthew 5:23 Jesus says,

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.

What Christ is saying here is even if you're just simply aware that someone seems to have a bad attitude or an ill feeling towards you, then you as the leader, you take the spiritual leadership, you initiate the conversation, you initiate the communication to try to work things out.

Verse 25 is somewhat of a sobering verse. It says, *"Agree with your adversary quickly, while you are on the way with him, lest your adversary deliver you to the judge, the judge hand you over to the officer, and you be thrown into prison."*

Well, Jesus is using something that's even common today and that's if you're convicted of a crime, you are taken before the judge and the judge turns you over to the officer and you end up in prison. If it's serious enough, well he's saying in a spiritual sense, if we have unresolved issues with other people, then we are in a sense held in a captivity or in a prison and there will be a price to pay. We pay it emotionally, we pay it mentally, we pay it in a lot of ways. Seen in verse 26, *"Assuredly, I say to you, you will by no means get out of there till you have paid the last penny".*

So the number seven key to obtaining healing of your heart is to communicate with those who hurt you if appropriate versus the inward cursing of them or bitterness you feel towards them. You

don't want to be guilty of that because God has not done that for us.

I want to go back and look at a passage that we looked early on to reorient us to the subject of healing the broken hearted. In terms of Jesus, one of the things we read from Isaiah, the messianic passage, was he came to heal the broken hearted. And what is a broken heart? It's a heart that has been wounded, a heart that has been traumatized, perhaps even a sick heart, a sick heart that is full of bitterness, unforgiveness. Jesus came to set us free not just in the realm of sin, but how many of you know he wants your mind, will, and emotions to be set free as well.

Ephesians 3:14-15. Paul says, *"For this reason I bow my knee unto the Father of our Lord Jesus Christ, of whom the whole family in heaven and earth is named, that he would grant you to according to the riches of his glory".* If you have not marked verse 16, here's what Paul is focusing on in his prayer. "*That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit for your inner man.*

Did you know that if you're not well on the inside, it's going to cripple you on the outside? It's very hard for you to believe for miracles if you're full of condemnation. It's very hard for you to rise up and believe God for anything if on the inside, you're full of strife, you're at odds with other people, you are walking with unforgiveness or you feel worthless. Someone has said something to you to make you feel worthless, and you begin to see yourself the wrong way. Paul, now he's talking to Christians, so this isn't a let's get saved verse, this is a let's get healed on the inside verse. Verse 16, "To be strengthened with might by His Spirit."

That's more than you just trying to psych yourself up. That's more than you going to a success seminar and just saying positive affirmations over and over. It's a work of His grace and His Spirit which will cause His might, His strength to come on the inside. If I'd get set free on the inside, it won't be too long until that victory spills over on the outside and I can rise up and believe God for the stuff I need to believe God for.

Look at verse 17. He really focuses again on the heart or the inside. "That Christ may dwell in your hearts by faith." Now he's not saying to the Ephesians, "I want you to get saved." These are saved folks. He's saying that the anointed one who is Christ, the one who has the anointing may dwell in that heart realm, the mind, will, and emotions, the subconscious realm, that you would be rooted and grounded in it.

There's a lot of Christians rooted and grounded in strife. There's a lot of Christians rooted and grounded in doctrine. How many of you know they just want to talk doctrine all the time? They will come over and psychoanalyze you and make sure you got your doctrine right. Verse 18, *"That you may be able to comprehend with all saints what is the breadth, length, height, and depth, and to know the love of Christ."*

Let's recap the ten keys to healing we have looked at so far: Number one, we said you must admit that you have a wounded place in your heart. You'll never go down the path of healing on the inside if you don't admit you have a wounded place in your heart. Number two, ask God for his healing grace. That's humility versus self-sufficiency. Ask God for his healing grace. Number three, realize that healing the broken hearted is a process.

I wish I could just tell you it's going to be an instantaneous thing. Some people seem to get an instant deliverance in some fashion. Usually, it's a process but praise God, it has an end. It's not just sitting in a self-help group talking the problem out, through and around until Jesus comes. There may be a place for that initially to help you make some adjustments, but you need to realize as far as God's grace is concerned, it will have an end and thank God, you will be normal again.

Number four, forgive everyone involved even as God has forgiven you through Christ. You'll never get your complete healing without that. Number five, refuse to brood over the hurts. Forget the past. Paul had to do that and so often, people that have a broken heart, they want to just talk about the problem to

everybody they make contact with. Talk the problem, talk the problem, and talk the problem. You're going to stay in the ditch if you don't finally quit talking the problem and talk the answer. Number six, if necessary, confide in a trusted, qualified counselor.

Number seven, communicate with those who hurt you, if appropriate. Quite often, you can go back to someone, and they'll slam the door on you. How many of you ever had that happen? And that's all you can do. That's all God expects, is for you to make the effort. In some cases, it may not even be appropriate. It may not even be appropriate and that's particularly true in some divorce situations. If it's a situation where you really can't get to that person or it would be very awkward, then you just need to go to someone else, a trusted or qualified counselor.

Now, we will look at the final three powerful steps to complete your healing process and I think again, without any one of these, you will struggle to get total freedom.

The eighth key for your healing process is to join yourself to mature, well-adjusted, victorious Christians.

Proverbs 13:20 is a great scripture that depicts the importance of joining yourself to mature, well-adjusted, victorious Christians. "He that walks with wise men shall be wise: The opposite of this place would be isolation, isolating yourself. Now you could just apply that right across the board. He that walks with well-adjusted men shall be well-adjusted. He that walks with healed and whole people shall be healed and whole. The tendency is that vultures want to flock together. The crows want to flock together. The vultures want to get around and just sit around together and chew over the dead animals together. "How do you feel about it? Did he do you wrong? Oh, my. He did me the same way. Tell me all about it. I'll tell you about it." Just sitting there over roadkill. If you're going to find healing somewhere, you have to break this off, and this is hard for a lot of people to do. Break off with those associates who always want to talk the problem. Now groups are fine but at the end of the day Jesus didn't die to establish a help

group. Jesus died to establish the church. Now we all know the churches are not perfect. But it would be most beneficial if you could find a church that has well-adjusted, victorious people. Why? That will spill over onto you and help you find a place of well-adjustment, victory. That's going to acquire some humility, isn't it?

So, if your marriage is struggling, you don't need to hang around other people who are thinking about getting a divorce. If you're thinking about getting a divorce, you've been talking about it, the worst thing you can do is go find another person who is in the same predicament that will just agree with you on everything you say. The worst thing you could do on your job is to hang around a guy who just got a divorce and he's so proud that it went through without much effort and now he's down at the bar every night and he just feels set free. That's the worst thing you can do. Why? He that walks with wise men shall be wise, but look at the rest of that verse, verse 20, "But a companion of fools shall be destroyed". Well, what is a fool? A fool is somebody who will not agree with what God's word says. That is the ultimate fool.

Being around folks that are well-adjusted, in love with God, and victorious, spills over onto you instead of hanging around foolish folks who want to agree with you for your destruction. Join yourself to mature, well-adjusted, victorious Christians.

Now there are four sub points to number 8 - Join yourself to mature, well-adjusted, victorious Christian.

1. Number one, you need to get the Word into you.
2. Number two, you need the fellowship of godly and upright men and women.
3. Number three, you need to serve.

   Now wait a minute, you say, I'm all beat up. I'm the broken hearted. I need people to serve me. Wrong. Did you know there's healing in service. Well, the worst thing you could do is take somebody who has a broken heart and just sit them down and let them turn into a vegetable for the next three years.

They'll never get out of that. And if I can use the natural illustration in hospitals in the old days, they used to let people just lay in the hospital beds for weeks on end over things that weren't that serious. And you know what they discovered? They discovered that they would start developing pneumonia, congestion in their lungs, they get blood clots. All types of things will happen because of inactivity. That's true in the natural if you just leave a car lying around for several weeks/months, it will rarely start.

So, one of the keys of getting into a church if you are broken hearted is find a place to plug in even though you don't feel like it. Why? Back to the verse I read about the offering. It's not just money. Your future is tied up in your seed. So, if I go serve in the nursery, if I serve in Children's Church, if I'm out in the parking lot picking up paper for the pastor because papers have blown across the aisle there. If I'm on the worship team, if I'm doing something to help somebody, if I'm just fixing a dish for somebody who's been in the hospital, I'm getting my eyes off myself and helping somebody else. That is a master key to your healing instead of inactivity.

4. Number four, you need accountability.

   What does accountability mean? It means that you've got somebody that loves you enough to ask you some tough questions. Have you managed to have a quiet time regularly this week? If you've been in the habit in their past of watching the wrong kind of movies in the wrong channels, you are more vulnerable when you go on business trips so you need an accountability partner who will say, "How are you doing this week? Have you slipped? Watched any porn?" You need somebody like that who can hold you accountable.

   Now hear me out, the accountability factor is not up to them, it's up to you because nobody can truly hold you accountable. You have to submit to accountability. Same is true in a marriage. If a husband or a wife wants to deceive their partner,

they can do it for a while. That other partner cannot hold them to anything. It must be within their heart to do the right thing, and so that is the importance of honesty and humility.

Ephesians 4 v 12, is a great verse that talks about the different ministry gifts. He says, "For the perfecting," I prefer the word maturing. "For the maturing of the saints." Can I just take a little liberty here, amplify that, paraphrase that and say it's for the healing of the saints, for the founding of the saints, for the root system of the saints, for the maturing of the saints, for the work of the ministry, for the edifying, the building up, the healing of the body of Christ till we all come in unity of the faith and of the knowledge of the Son of God to a mature man, unto the measure of the stature of the fullness of Christ. That should be your goal right there. You want to become more and more like Jesus.

Verse 14, *"That we be henceforth no more children, tossed to and fro and carried about with every wind of doctrine. By the sleight of men and cunning craftiness, whereby they lie in wait to deceive. But speaking the truth in love may grow up into him in all things who is the head, even Christ."*

Verse 16 says, "From whom the whole body," talking about the body of Christ, the church, *"fitly joined together, compacted by every joint which supplies according to the effectual working in the measure of every part, maketh increase,"* healed, whole, strengthened, of the body unto the edifying of itself in love.

So where does that happen? In the house of the Lord with the saints of God. That could be in a home environment. It could be in a connect group. But it's in the presence of God's people in the house of God. It is not at the bar. It is not at your local self-help group. What you need is in the house of the Lord.

He uses that phrase, "every wind of doctrine." Here's the problem. You take a plant, for instance, a plant cannot be healthy if you're constantly pulling it out of the pot every day

and sticking it in a new one. It's got to stay put to grow and thrive and produce fruit or flowers and contribute. However, the problem that often occurs with people who need healing is that they often run from place to place to place to try get healed, instead of staying in one place. The wind of doctrine, that means something that blows through. Have you been to the meeting where this happens? I'm not preaching against going to meetings. But if someone has a habit in their life of going from meeting to meeting that prohibits them from ever plugging in to a local church where the body can begin to meet their needs and these things that need to happen, they'll not be healthy in the house of the Lord. They've got to be a tree planted by the rivers of water.

The ninth principle or key for your healing process is to concentrate on spending time with God. When you are sick, you need to get the medicine even more so. Concentrate on spending time with God, developing your knowledge of his word and the communion of the Holy Spirit. During this process, you really, of all times in your life, need to concentrate on spending time with God, developing your knowledge of his word and the communion of the Holy Spirit.

Go with me to Psalm 119 verse 81-96. Now I'm going to be reading from the Amplified as it brings out some additional points. This is David writing, and I want you to think of this in terms of someone who's hurt and wounded on the inside.

Psalm 119:81-83 *"My soul languishes and grows weak for Your salvation; I wait for Your word. My eyes fail [with longing, watching] for [the fulfillment of] Your promise, Saying, "When will You comfort me?" For I have become like a wineskin [blackened and shriveled] in the smoke [in which it hangs], Yet I do not forget Your statutes.*

When we think about a bottle, we usually picture a glass bottle. In those days, they would have a bottle made of a skin and it could dry out and get hardened and become brittle. He says, "But I'm looking at your word." Verse 84, *"How many are the days of your*

servant which he must endure? When will you judge those who pursue and persecute me? The godless and the arrogant have dug pitfalls for me. Men do not conform to your law." Verse 86, *All Your commandments are faithful; They persecute me wrongfully; Help me! They almost made an end of me on earth, But I did not forsake Your precepts.*

See how he keeps coming back to the word the statutes, the precepts, the principles of God. Verse 88, *"According to your steadfast love, give life to me. Then I will keep the testimony of your mouth hearing, receiving, loving, and obeying it."* Verse 89, *"Forever, oh Lord, your word is settled in heaven."*

Now he didn't say experiences. He didn't say every wind of doctrine. He says "Forever, oh Lord, your word is settled in heaven." Stands firm as the heavens. Your faithfulness is from generation to generation. You have established the earth and it stands fast. The whole universe are your servants. Therefore, they continue this day according to your ordinance. Verse 92. *"Unless your law had been my delight, I would have perished in my affliction."*

Verse 93, *" I will never forget your precepts. How can I? For it is by them you have quickened me, granted me life."*

Verse 94, *"I am yours. Therefore, save me for I have sought, inquired of and for your precepts and required them as my urgent need. The wicked wait for me to destroy me, but I will consider your testimonies. I have seen that everything human has its limits and end no matter how extensive noble and excellent. But your commandment is exceedingly broad and extends without limits into eternity. Oh, how I love your law. It is my meditation all the day."*

Is not that very good to hear? If you are going to find complete healing, you are going to have to spend time in the word and also the communion of the Holy Spirit. What do we mean by the communion of the Holy Spirit? We mean the fellowship. We mean the presence. You can say it a number of ways. The abiding relationship. Talking with God. What does it mean to have fellowship with another person or communion with another person? It means you talk to them. Sometimes you may get an

answer back and sometimes you may feel like you are doing all the talking, but you need to just become comfortable talking to the Lord throughout the day.

The communion means to concentrate on spending time with God developing your knowledge of His word. Hosea 4:6 states: "My people are destroyed for lack of knowledge". If you do not know that God desires to bless you, it will be pretty tough to get blessed. If you do not know that God would like to heal you, then you may struggle to claim your healing. If you don't know that God wants you to admit it when you're wrong, you may not easily admit it when you are wrong.

The tenth key for your healing process has several phrases here: become a giver/server/seed planter. Develop a lifestyle of seed faith giving. I'm not just referring to money, but more so I am referring to people refraining from walking around all day with your mind on self. You'll find that the broken hearted, they want to turn every conversation towards them. And you've got to finally get out of yourself.

Become a giver/server/seed planter. At some point, you've got to get your eyes off yourself and start being answers to other people. Luke 6:38 is a verse that really summarizes so much of this principle: -

"Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

Give what? He's talking about judgment, condemnation, forgiveness, compassion, empathy. People read that for a teaching on offering but it works for anything. The truth is you need to be interested in others. You meet somebody that day and they are feeling down and dejected. Have you thought about saying something kind to them? You say well, wait a minute. This is a study on healing the broken heart and I'm the one that needs healing here. It's a key to your healing because give and it shall be

given unto you. Could I paraphrase that? Help heal somebody else, and you'll get some healing come back to you. And it will come back and multiply for a good measure, pressed down, shaken together, running over. That's a good picture. I like that picture, don't you? Good measure, pressed down, shaken together, and running over shall God give unto you.

"And running over will be put unto your bosom"? Well, what does that mean? That means that God will bring the right people across your path that are going to start ministering to you. But the process is not okay, I'm going to wait until the pastor comes over and asks what my name is. Till then, I'm holding back offering to serve in the church. Just invest in something else you'll get more out of it.

For with the same measure that you meet, for with the same measure that you give. What does measure mean? Basically, what size are you going to give? Give a little bit of mercy, but I want to see him squirm for a while. They hurt my feelings; they shouldn't have said that. So, I'm going to give them some mercy but not the whole forgiveness. 🕐

What measure. For the same measure that you meet, here comes your future. For the same measure you give shall it be measured to you again. How does this tie into healing the broken hearted? I'm telling you, if you're hurting really bad, go help somebody feel better and the Bible promises it'll come back on you in multiplied fashion.

I mentioned this earlier but find a place to serve in the church. Don't wait for somebody to have to call you. Go to a leader that you feel comfortable serving and say, "How can I help? What could I do? "Now what's the opposite of this behaviour? The opposite of this is stingy. A person who is stingy is a person who eats their own seed. Our youngest son Joshua watches a TV program called Lazy Town where one of the characters is called Stingy and his sole purpose in life is to declare and decree that everything is his, the air that is breathed, the public park, you name he wants it all, there is an incredible thirst and hunger in him to

possess everything, but he will never give out anything to help anyone else. His fist is always closed and therefore he never gives out and therefore crushes his own seed.

Putting it altogether

Now with these 10 keys you are going to have to work at them. It is not automatic. Those who have been hurt, wounded, traumatized, I don't know how to say this any other way and it's not fair, but you're going to have to work harder than other people. But the wonderful thing is that once God heals that broken spot, consider the analogy of a broken bone that when it is healed more calcium forms around it, and you actually have a stronger area than someone else.

2 Corinthians 1 v 3-4 says this far better:

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God".

Because those who have been forgiven much, those who have been healed much, those who've been helped much, they love much. Those who have been comforted much become extraordinarily great comforters!

Part 4 – Emotional Stability

So when you get saved, all your problems don't just magically go away. When you get saved, if you had a problem with lying, you're probably going to have to crucify that and let the Lord get hold of that. Once you're saved, if you had a problem with lust, then you're going to have to bring your thoughts under the control of Christ and begin to meditate on verses, and it's true with hurting. If you've been hurt, wounded, traumatized, and we've been just over this ground, then guess what? Jesus is still the healer of the broken hearted. He's the same yesterday, today and forever. So one of the ministries of Jesus was to minister to those who emotionally needed help. You think about somebody like Mary Magdalene and the kind of lifestyle she lived as a prostitute. When you think about that, she was an outcast, total outcast from the religious people of her day, but think about the emotional fractures that occurred in her personality. What if nobody really did love her, but they just want to use a piece of her. But Jesus, praise God, put her back together by His word and by the Spirit and guess who's there at the tomb when the stone is rolled away, the first one? Someone who had her heart healed.

3 John verse 2. He says, "Beloved, I pray above all things." I think that's very significant. Above <u>all</u> things, not just some things. *"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

If you ever doubted that God wants you to prosper, doubt no more. But prosperity is more than just the dollar sign. You see, it's all connected up. "Beloved, I wish above all things that you may prosper and be in health," and here's the qualifying phrase, ""Even as your soul prospers."

So, watch this, if I'm not doing good on the inside, it's going to be hard for me to do well on the outside. In other words, if I'm hurting on the inside, it's going to be pretty tough for me to run the Christian race full speed. I might be in the race but as it says in

Hebrews, I'm limping along there. I've got something out of joint. I'm limping along. It could be bitterness that's holding me back, unforgiveness, betrayal, anger, discontentment. It could just be that somebody has made me to feel worthless or condemnation over some failure in my past. Even so, my soul prospers.

As a recap your soul is made up of your mind, will, and emotions. When we talk about healing the broken hearted and making them wholehearted, He basically wants to fix you on the inside which will end up affecting you on the outside. Another way that I like to put this is every miracle begins on the inside of somebody. When the evangelist shows up in town, you say, "Well, nobody was really believing but funnily enough they all got healed." I believe the evangelist was believing or he wouldn't have shown up. It started somewhere on the inside of somebody that had faith and that produced outward results in others.

Now the same is true personally. When you begin to change the way you think, when you begin to change the way you feel, when you begin to change your will, the choices that you make, it will have outward repercussions that'll show up even in your physical body. Yes, on your job, in your finances, with your children, and in every way.

Look at verse 3. *"For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth."*

So, he's saying, the way that your soul is going to do well is by you walking in the truth. In other words, you've got to be thinking right. What is the truth? Well, the Word is the truth. Thy word is truth. Who is the truth? Jesus is the way, the truth, and the life. So my mind now has to be walking according to what the Word says and what the Word says about me, set on. It is the truth which ends up putting me back together on the inside.

Paul says I'm glad that you're walking in the truth as the truth will set you free. If your soul is sick on the inside, it's going to affect you on the outside.

Often, we are a people that are led by feelings and then our life is like an endless rollercoaster ride.

The problem is the next day, you don't have those feelings and now you're going down and you're going up and you're going down and you're going up. God wants you to have stabilized faith.

Three Master Keys

There are three master keys for emotional stability which fosters a stabilized whole hearted Christian life need to be activated in one's life. It is not just knowing about them but ensuring they take effect in your personal life – that is the answer.

The first master key for emotional stability is the washing of water by the Word of God. The Word of God not only refers to the Holy Spirit at times, but the Word of God is also compared to water. Now did you know water can have a tremendous force. If you consider a waterfall and the base of it being solid rock at the bottom, but when you got down there and you look under where that water was coming down with such tremendous force, in time it carves out, almost like a cave, a concave type of situation. The solid rock was changed by something that was fluid, but the fluid had force. Now, the Word of God can be gentle, but it can also be forceful. The Word of God is also like medicine, and it will have an effect on your life.

Let's look at Ephesians 5 and go with me to verses 26 and 27. Now, I realize Paul is teaching about husbands and wives here, but I want to pick up the concept and apply it to every believer, not just the husband and wife. Look at verse 26. He says, "That he might, (that's Jesus) "that He might sanctify and cleanse her (the Church) with the washing of water by the word".

Now, it didn't say it was from a self-help conference. While there's nothing wrong with going to a program that can give you some insights and organizational skills, the point is, nothing takes the place of the Word of God because the Word of God is the Word

of God. The Word of God contains the thoughts of God. The Word of God shows me how God approaches things and many times, it's contrary to the word of Reg or the word of your mother etc. Or it's beyond your own word that said I will do this and that and you failed and now, you have that hanging over you. It says that he might sanctify and cleanse it, the church, with the washing of water by the word so that it might present it to himself a glorious church.

Let me expand a bit on verse 26, I'm going to bring it down to you and down to me, "That Jesus might sanctify and cleanse the believer with the washing of water by the word, that Jesus might present every believer to himself, a glorious believer, not having spot or wrinkle or any such thing, but that the believer should be holy and without blemish."

The good news is he says the word can wash off your spiritual and emotional and behavioural spots, wrinkles, blemishes, and such things.

Number two, the second master key-, the daily habit of praise and worship. Now, let me say this. I'm not talking about a worship service. We're talking about you becoming a worshiper. The daily habit of worship and praise. Worship has therapeutic benefits. Worship does many things. Obviously first, we honour God because he's God. But I also believe worship is a gift to us that has a therapeutic effect. Worship releases God's healing power.

Now, if we're talking about healing the broken hearted and you're hurting on the inside, I will tell you this, there's areas in your heart that need to be touched and healed that you don't even know about. Romans 8 verse 26 basically says we know not how to pray as we ought. So, you don't know how to pray, you don't know how to fix yourself, you don't know how to tweak up the inner recesses of your emotions and mind but the Holy Spirit does.

Ephesians 5 v17.-19: *"Wherefore be not unwise but understanding what the will of the Lord is."*

How many of you want to understand the Word of God? How many of you want to understand the will of God? Verse 18 gives the answer, "Be not drunk with wine." You will never get it drunk. You'll never find the will of God while addicted to some substance. "Be not drunk with wine wherein is excess but be filled with the spirit." So how are you going to understand the will of God? You have to be filled with the spirit. Verse 19 goes on to show how one is filled up with the Spirit,

"speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord."

Some versions say speaking to yourselves in psalms. There is definitely an individual application of this because he says singing and making melody in your heart. I can't come over there and make melody in your heart. We can be in a service together or worship session together and we're worshipping together but if someone does not want to make melody in their heart, I can't do it or vice versa. That person can encourage me, speak the word, and that's one of the benefits of corporate gathering because it encourages you to tap into this benefit. But there is definitely an individual application requirement that you tap into your own 1:1 worship session regularly with God, be it in your bedroom, shower, in the car, walking the dog, anywhere. Be filled with the spirit is a personal application. How do you stay filled with the spirit? You've got to develop the habit.

1 Samuel 16 verse 23. I just want to show you the power of worship. They knew about worship in the Old Testament. How many of you remember when Saul was tormented with the devil?

"It came to pass when the evil spirit from God was upon Saul, that David took a harp and played with his hand."

Here comes the therapy. Here comes the divine therapeutic effect to somebody who's got a sick heart. "So Saul was refreshed and

was well." That was momentary, that was temporary because Saul never really came clean from his sin and repented. If he had come clean and had repented, the Bible is filled with examples of those kinds of people where God receives them back and restores them. It says, "So Saul was refreshed and was well and the evil spirit departed from him." Well, what does this tell me? Sometimes other people have traumatized us, but I must be quite honest, sometimes we open the door to the devil. Don't we? Through wrong decisions, actions and relationships that we get involved in that we shouldn't get involved in.

The third master key is the daily habit of casting your cares on the Lord to obtain emotional stability. 1 Peter 5:6-7. "Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time. Casting all your care upon him for he cares for you."

Now don't miss verse 8 because verse 7 and 8 go together. "

"Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

Here's the idea. Anxiety and worry are doorways that allow the enemy to come into our lives.

Here's the definition of the Greek term for casting – it means to fling with sudden motion. The idea is if a poisonous, venomous snake wrapped itself around you, would you take your time or would you fling it off with sudden motion? Would you look at that and go, "You know, there's a snake wrapped around my arm and I'm not sure what the will of the Lord is in this situation because perhaps he sent it to teach me something." We would not think twice about it and we would fling it off and away from us as soon as possible.

And so, when I become aware of an anxiety, a fret, a worry, something from the past, thinking about something somebody said, or an offense, I need to fling it off. What is an offense? Somebody said something to you and the more you think about it, the more you get steamed up about it.

You become aware of something that's beginning to buffet and harass you, you fling with sudden motion, you cast it off and you keep casting it off until you get the victory. Those are the three master keys that will bring a person into emotional stability instead of that rollercoaster Christian experience.

A Psychological Lens on Trauma: Understanding and Treatment

The truth of the matter is that the longer we live the more likely we will suffer a traumatic event or at worst several devastating events. Research states that at least 57% of us will suffer a devastating or traumatic event throughout our life on earth, (Rosenman, 2002).

When we use the word trauma, we are referring to an emotional and psychological response to an event that is thrust upon us involuntarily and usually by force (natural or by the hands of another human that makes one feel deeply distressed, often powerless and or disturbed). The word trauma can also encompass upsetting events that on one side of the spectrum include motor car accidents, falling sick or suffering an injury, being caught in a flood, experiencing a breakdown of a marriage/relationship, or the death of a significant person. And on the other end of the spectrum far more damaging experiences can include child abuse, neglect, rape, torture or family domestic violence The trauma experience is subjective, in that some may experience profound effects from the same experience than another and thus take longer to recover.

As one's response to trauma can fall on a spectrum, classifications have been developed in the mental health field to separate the different types of trauma. The most well know types are post-traumatic stress disorder (PTSD), developmental trauma disorder and complex trauma.

Herewith is a brief overview of these three classifications:

Post-Traumatic Stress Disorder (PTSD)

PTSD can develop after an individual has been exposed to a terrifying event or has gone through an ordeal in which intense physical harm occurred or their life was threatened, where they felt

they were going to lose their life. This traumatic and devastating experience frequently occurs within a set or particular timeframe (deployment as a soldier for a tour of duty) or within a specific relationship (physical violence of a husband on his wife) and often in a specific setting (home, in the war zone).

Developmental Trauma Disorder

This is a recent term that has arisen in the psychology classification arena. As the title implies this disorder forms during a child's first three years of life. The result of abuse (physical, sexual, emotional, neglect, abandonment) means that the infant or child's neurological, cognitive and psychological development is severely impacted upon. This kind of trauma massively impacts on the infant or child's ability to attach to an adult, resulting in attachment issues in future relationships as they grow up. The attachment issues often result in insecure and disorganised attachments. How do you bond with parents who chronically damage you?

Complex Trauma

Complex psychological trauma involves multiple, repetitive, chronic stressors and usually results in direct harm to an individual. So, it's not an event. You can have PTSD from a car accident, from an incident in a war, from armed robbery in your house or office. But complex trauma comes, when somebody is repeatedly, chronically exposed to traumatic events over years.

It usually involves harm from those people in their lives who should have been caregivers. So, the ones who were to care for the innocent, are the ones actually doing the traumatising. It often occurs at developmentally vulnerable times. And so, it has a tremendous potential to severely compromise human development over the lifespan So, one of the things we found out is, that in complex and traumatic stressors, they are generally interpersonal. You can get traumatised by a tsunami. But when you have been traumatised by your own father, it's a whole different

thing. They are premeditated, they are always caused by of the human beings. They involve profound relational betrayal, because it's usually some kind of caregiver and profound deception.

This type of trauma is usually chronically repeated, so what we have is an individual, particularly let's think about a child, being swaddled in trauma from birth. This is a child who is developing, who is supposed to be growing and learning, and blossoming, who is instead buried in this stuff called trauma at every stage. It can be physical abuse, sexual abuse, emotional abuse and chronic neglect in the child's life.

When we consider a traumatic event (car accident) we often define it as a specific moment or event in time and we call term it a horrible event. However, with developmental trauma and complex trauma the person is really suffering with a terrible life.

What are the symptoms of trauma?

Often shock and denial are typical responses to undergoing a devastating or traumatic event. Over time, these emotional responses may lessen and reduce significantly, but an individual may also experience long term reactions and side effects from weathering a traumatic event.

Symptoms of trauma can be described as occurring across 4 domains:

1. Physical- felt in our physical bodies.
2. Cognitive – how we think.
3. Behavioural – things we do, our actions.
4. Emotional – how we feel

1. **Physical symptoms** can include excessive alertness, hyper-vigilance (always on the lookout for signs of danger), being easily startled, fatigue/exhaustion, headaches, nauseas, disturbed sleep and general aches and pains.

2. **Cognitive (thinking) symptoms** can include intrusive thoughts and memories of the event, visual images of the event/s can be called flashbacks, nightmares, poor concentration and memory, disorientation and confusion.
3. **Behavioural symptoms** can include avoidance of places or activities that are reminders of the event, social withdrawal and isolation and loss of interest in normal activities.
4. **Emotional symptoms** can include fear, a sense of shame, numbness and detachment, depression, guilt, anger and irritability, anxiety and panic, hopelessness and isolation, sadness and despair. As well as experiencing unpredictable or dysregulated emotions- feeling high then incredibly low, like being on an emotional roller coaster.

An overview of Attachment

So, let's think about some of the factors involved in a situation that produces complex trauma. First of all, thinking again of a child, it results in insecure and disorganised attachments. Attachment is a deep and enduring emotional bond that connects one person to another across time and space (Ainsworth, 1973; Bowlby, 1969). In essence, attachments refer to our ability to interact and have relationships with other people throughout our lifespan. How do you bond with parents who damage you chronically? An inability to bond to parents who are unsafe means that the child loses the practice of knowing how to relate to someone outside of themselves in their formative years and this then messes up their relationships in the future.

Research on Bowlby's theory of attachment showed that infants placed in an unfamiliar situation and separated from their parent(s) will generally react in one of three ways upon reunion with the parent(s) (Fraley, 2010):

1. Secure attachment – these infants showed distress upon separation but sought comfort and were easily comforted when the parent(s) returned.

2. Anxious-resistant attachment – a smaller portion of infants experienced greater levels of distress and, upon reuniting with the parent(s), seemed to both seek comfort and attempt to "punish" the parent(s) for leaving.
3. Avoidant attachment – infants in the third category of attachment style showed no stress or minimal stress upon separation from the parent(s) and either ignored the parent(s) upon reuniting, or actively avoided the parent(s).
4. Disorganized-disoriented attachment – where children have no predictable pattern of attachment behaviours (Kennedy & Kennedy, 2004).

Therefore, we can conclude that a child's attachment style is strongly correlated to the caregiving that child receives in his or her early years. Those who by and large receive love, consistency, repair of ruptures and support from their caregivers are likely to be secure. While those children who experienced neglect, inconsistent, unsafe and harm from their caregivers are likely to feel more anxiety in regard to their relationship and attachment with their caregivers. Attachment theory goes on to say that the relationships we have as children will also affect and play out in our future adult attachments. These relationships (particularly our significant, intimate ones) are directly related to our attachment styles as children and the care we received from our primary caregivers (Firestone, 2013).

Unpacking complex trauma

Victims of this kind of complex trauma live in constant distress and that has a profound physiological impact on the brain, on the adrenal gland, all kinds of things that can often be things that last lifelong. They are not only in under constant distress, but there's no exit door. You know, if you're five years old, you can't get away. So, they have an overwhelming sense of insecurity, much emotional instability and ongoing pain and suffering. And in such an environment, the individual never gets to regain emotional

equilibrium or balance. These poor folk are constantly in a state of personal upheaval, uncertainty and upheaval, which becomes emotionally and physically exhausting for them,

You think about perhaps being in a car accident and how everything's thrown out of kilter. And it takes a while, particularly if you were driving, for you to even think about getting behind the wheel again and all those things. But eventually, you regain some sort of emotional equilibrium and little by little, you can claim that area of your life back.

But when you live with chronic trauma, there's no place to do that, there's no equilibrium to gain. So, for many, trauma is not a terrifying event, which is how PTSD has been described. It is rather a terrifying life. So, as a result of chronic and interpersonal trauma, this individual will be extremely vigilant, checking out for danger all the time, constantly expecting it whilst living with chronic anxiety and terror 24/7, 365 days of the year.

All of their psychological energy or battery power is bent by necessity toward coping, which would mean things like avoiding, hiding, self-protecting, rather than having that psychological energy bent toward learning and growing, towards flourishing and achieving, which is where a healthy child in a healthy environment gets to go. Children not exposed to trauma get to freely imagine, they get to experiment, they get to test, they get to learn. They don't have to keep coping with this trauma all the time.

The victim has been betrayed and is often either separated from those who are caregivers and nurturers, or they are stuck with those who are not. There is no safe person in their life, they don't know what that means. So, let me give you a few broad categories of the impact of this ongoing interpersonal trauma, in the life of a developing child.

When one thinks about child development we realise that children are malleable like clay. That means they are capable of being shaped. So, they're developing a sense of person. When you have

an infant, you don't know who the infant's going to turn out to be, well, neither does the infant. The infant has not discovered himself yet.

So, the child as they grow, is supposed to be answering the question 'Who am I? What can I do? What can't I do? What am I good at? Do I matter? Do I have impact? If I cry, does somebody come? Am I loveable?' Just as children develop knowledge and skills like how to walk and talk, and eat or do Maths, so they develop a sense of self, a personhood as we might say, an awareness and sense, a definition, an assessment of myself. The impact of chronic interpersonal violence on that process is staggering.

Secondly, complex trauma involves betrayal at its core. You think about this, the person is being hurt by someone they should be able to trust parent, grandparent, siblings, uncles and aunts, coach, pastor, teacher, neighbour, family friend. And so, all the people that along the way of the child's growing who should be care taking, protecting, teaching, nurturing. Those who should help not only fail to help, but repeatedly morally damage the child and erode their sense of self.

So, the self is marinated in abandonment, deception, blame, humiliation and isolation. And you know when you marinate some steak for example you do it so that the flavour gets all the way in. So, when you're a child being marinated in these things, it gets all the way in. It goes right into the core or the soul of that young person. Third, as a result, the child victim develops a deep and abiding sense of shame. Anybody who's been around children for just a small amount of time, know that children think egocentrically, they believe they are the centre of the universe. Most of us grow out of that as we leave our teenage years into adulthood.

But what happens is, because they think that way, they think when something bad happens it's their fault. For example, a little boy whose parents are going through a difficult divorce might say,

"You know, if I were a good little boy, mommy and daddy wouldn't be getting a divorce". That's an outright lie, but the child can't see beyond himself for many years, that is just the way humans develop.

And then, often of course, those bad things that they assume responsibility for, that responsibility is reinforced with blaming words, shaming words by the supposed care takers. So, for example, an uncle might say to a little girl, 'I wouldn't sexually abuse you if you weren't so seductive'. So, she already thinks she's the centre of the universe and now he's proving to her that she is and who she is, is bad.

Children who grow up in complex trauma do not see themselves as doing bad things. They see themselves as the essence of bad. So, they believe that the self is disordered. So, this category has been developed in recent years, because the research has shown that those people who are typically diagnosed with PTSD, out of that many of them were found by clinicians to be eight times more likely to have additional disorders, than people who do not have PTSD.

So, we used to see people with PTSD and then say, well, they also have major depression and they also have maybe a dissociative disorder and they have an eating disorder, and they have an addiction etc. So, somebody had a light go on in their brain and said, 'Wait a minute. Maybe these aren't all different diagnoses. Maybe they all are subsets of one and that's how complex trauma developed.

But I think what we need to know is, people who interact with people in a very traumatising world, that we need an understanding of complex trauma, because if we're going to help people who've been marinated in this stuff, we want to consider really who they are and understand how they see us and hear us. Because often times, we'll see the damage and we'll want to help. But if we don't understand who we're helping, we might not be helpful and could possibly do damage.

So, there are parts of the person that are altered when they are marinated in trauma, and I want to go through some of those. The things that change as the child develops. So, when you get to be an adult, these things are different than they would have been in a healthy environment. The first has to do with regulating your emotions and your impulses. That's profoundly impacted when you're marinated in this long-term trauma.

People who have been in prolonged trauma tend to overreact to stress. They become easily overwhelmed, they exhibit intense anger or rage, they have great difficulty calming themselves down, they do not know how to self-soothe; they are often self-destructive. Eating disorders, addictions, self-injury, cutting, things like that. They don't know how to modulate anger and other feelings. They don't know how to manage impulses, like an impulse for suicide or sexual acting out or risk-taking behaviour. Sometimes, they will modulate their feelings by doing things we think are bad for them and we would be right. But for example, addictions and self-harm make people feel numb. To somebody who has all of these symptoms, that's a good place to live. So, they have to do something destructive, in order to have any sense of quiet or peace.

Second, we also see alterations or changes in the way the person is able to be attentive or conscious about things. Chronic trauma is, by definition, inescapable. It's very distressing, it overwhelms all the normal coping mechanisms that humans use. You know, if somebody's hurting you, you get away if you can or you fight back if you can, or you tell them to stop, or you get help. None of those things work when a child is being chronically traumatised.

And so, when there's no way to get away from that which is terrifying and overwhelming, the only way to get away is in your head. And so, children who live like this, often use dissociation, which is simply a way of taking the mind away from the present and putting it some place inside that actually isn't out here in the physical world.

So, you might talk to people - it has a similar effect to addictions, because it helps them get removed from the trauma. So, you might talk to somebody who will say something to you like, 'You know, when I was a little girl, I used to feel like I was able to hide up in the corner of the ceiling, under the flowers on my bedroom wallpaper. And what you come to find out is that is where she took herself in her mind while she was being sexually abused. So, what happens is, that capacity to leave the present and go be someplace else in your mind gets habituated over time.

One of the things that research has showed, is that, for example women with long histories of sexual abuse who have complex trauma, are more frequently raped than the general population of women. And the reason for that is, that if you are an incest survivor and you're walking down a dark alley in your city and you hear footsteps, your mind will leave. So, you can't take care of yourself and pay attention to what's going on; is it safe, is it not safe, do I need to run. You quit processing what's happening in the front of your mind, and you retreat to your hiding place in your mind. So, you're unaware and you block out what you're hearing, and you're obviously much more likely to get hurt.

So, there are several studies that have shown that if somebody dissociates from being traumatised, it is the most significant long-term predictor for the development of a trauma disorder. So, somebody who's had chronic trauma and done something in their head to help them escape it, it's pretty certain sure they're going to be diagnosed with a trauma disorder.

Victims who suffer such interpersonal abuse prior to the age of 14, develop even more dissociative responses. Those whose trauma begins in the very early years, age two, three, four, five, can often develop what we refer to as dissociative identity disorder, used to be called multiple personalities disorder. Trauma has its most pervasive impact when it occurs in a child or an adolescent, because again, they are malleable and so they are now being shaped by evil with no protection.

What happens when the mind leaves like that and dissociates, is that the information and the experiences are not regulated. And so, for example if somebody had a bunch of file drawers in their head, and so, this thing that happened when I was three in my bedroom goes in this file and this thing that happened when I was 12 and at my uncle's farm goes in this file. And what you will find with people who have suffered from complex trauma is that they can't tell you a story of their lives. They can give you pieces like this, but they've never made a narrative out of it, because in their mind, they kept leaving what was happening. Every experience is compartmentalised away – each traumatic experience is kind of frozen in time and in isolation.

There are no files in a brain of a child where their whole abusive experience can be remembered and understood; it's just not possible. Think about it. You have a five-year old girl, she lives in a house where she's chronically neglected, which means she's not fed regularly, sometimes she's put down in the cellar and a piece of bread is tossed in. Nobody touches her except to hit her. Nobody tucks her in at night, she has no toys, nobody has ever read her a story. She is beaten and raped repeatedly. Now, to absorb those memories as a five-year old girl and the sensations of them, the voices you heard, the smells, the pain, the things that you saw, if she did not retreat away into her head, she would become stark raving mad. Dissociating is her way of trying to protect herself, or as much of herself from this devastation being inflicted on her sense of who she is. So, on the one hand, you have these people developing these tremendous resources by dissociating, which leaves them unprotected and without a narrative, neither of which is good for people as adults. But on the other hand, if they didn't do that while it was happening, they would be insane. They are really between a rock and a hard place.

If you cannot escape physically, the one possible coping mechanism is to escape in your mind. So, abuse like that in certain places with certain people causes people to split their brains. There is an excellent book that was published in 1991 by Lawrence

Langer, called "Holocaust Testimonies: The Ruins of Memory". I was fascinated when I first read it in the 90s. Langer was studying the memories of those who survived the Nazi Holocaust. And what he realised was that their memories, again, did not tell a narrative, they were all split up. Langer says that memory functions or it continues on whether we talk about the trauma or not. And he says that since memory cannot be silenced in the mind, it might as well be heard. The story needs to be told. The point is whether memory is spoken or not, it continues to impact the life. It often speaks through symptoms (numbness, flashbacks, nightmares etc), even when someone does not consciously remember the cause of those symptoms.

Alterations in the self and view of others

The next category is about alterations, it refers to the destruction in the way that we perceive ourselves. And again, if we've raised children, been around small children, you know they are just trying to figure out who they are. You start out with the infant who sees this thing going across its eyes and doesn't even know it's its own hand is attached to its own body and actually can do something about it. The baby begins to develop a sense of self in very basic ways that get more complex as time goes on and as the baby matures.

What babies and young children end up developing as a sense of self is, 'I'm damaged, flawed; I'm ineffective, I'm incompetent, I couldn't stop it, I'm full of shame, I'm marked, everybody can tell; I'm unlovable and undesirable, and I'm helpless'. Victims blame themselves and believe no one will understand until they try to forget what happened and where they minimise the horrific evil perpetrated against them. They carry a great sense of shame. Not just about what was done to them but thinking that it was done because of who they are. This is easily exacerbated in honour shame cultures, where for example to be raped, is to have shamed the family, church, the entire village.

Changes in perceptions of the perpetrator. Many victims constantly think about their abuser. They are terrified he is going to show up, they are planning revenge, they are fearful he will appear, they feel controlled by him even if he is long dead. They will take the perpetrator's view of themselves, so they attribute total power to the abuser.

Judith Herman who wrote the book "Trauma and Recovery", which is an excellent book if you really want to understand trauma, cautions us, because what she says is, that often times a clinician, or a counsellor wants to downplay the power that the abuser holds. The fact is, there are some very evil and very powerful people out there. An extreme fear in a traumatised person, should not simply be seen as the old childhood reaction that she still has not gotten over it. I have known clients who were sexually abused by men in the father's family, who were part of bikie gangs. It is understandable that they should be afraid, as that is a real (ongoing threat). The most important trauma first aid action required by you is to ensure the person is safe. Safety is the top priority and must be the first thing that you assess and ask the person who confides in you about their traumatic experience. "Is the trauma still occurring at the hands of….?" We need to ensure the person is safe first up. It should be the front and centre thing you ask about when someone bravely confides and shares their story with you.

Another aspect of this, is that victims can sometimes significantly bond with their perpetrator. You know, a child, by living and developing and by God's design naturally cleaves and attaches to the people he /she is closet to. And I have often heard of stories in homes, where the father is the perpetrator and the mother never does anything or says anything, so she is complicit. But the father is also the kindest and generous parent. That can really scramble up things in a child's brain, creating the most terrible of dilemmas and anguish. So, Dad is the one who buys me new shoes, who got me a bicycle, who make sure I am attending school and he is also the one who rapes me at night. And so, there is a particular bond there, that same bond as in domestic violence victims when they

live with the batterer. It is evident in sex-traffic victims, many of whom call their pimps 'Daddy'.

In addition, we see distortions in relationships. Obviously, repetitive and premeditated abuse can result in all kinds of disorders. When an individual is chronically mistreated and abused, it often leads to recurring victimisation. It leads to the inability to trust and sometimes, to victimising others. Victims are often unable to feel any intimacy with somebody. They have no model in their minds for what healthy relationships should look like. And so, they do not know how to make good or wise judgments. You cannot do what you have never seen and can't imagine. How do you have a healthy marriage if you have never seen or being exposed to one? And so, you really can't even picture it in your head.

Sometimes they see warning signs in relationships, but sometimes they don't. When they don't, they are re-victimised. But when they do, they are often immediately put into a state of feeling helpless. There's nothing I can do about it. And we want people who share with us their trauma to feel safe. But if you say to them, 'It's okay, it's safe here', why would they believe you? They're not going to. They may act like they do, because they've learned how to be compliant and not upset people. But you can't trust that they really trust. That is only something that is won over by time and usually a long time.

Another factor in trying to understand the impact of trauma is a word we call "Somatization". There is growing research that shows that chronic trauma impacts the body physiologically and also the brain, in that it changes the brain. Chronic exposure to stress compromises the stress response system in the body, the capacity to evaluate stimuli to encode verbal memory and it hinders information processing.

So, you take that information right there and think, okay, what happens to a little boy who is trying to get through school and learn how to read, whilst suffering abuse to his body and his mind?

Traumatised individuals have over reactive nervous systems. One of those of which we're familiar with from PTSD, is the exaggerated startled response. If you come up behind somebody who's been traumatised, they are likely to jump to the ceiling.

Over production of certain chemicals results in constant anxiety. They do not know what it's like not to feel anxious. They have great difficulty sleeping, which of course has a great impact on their health. Current research has found immune system dysfunctions in many women with histories of chronic childhood abuse.

And I have watched this through the years. I'm not a medical doctor, it's puzzled me, the reaction of the medical community 20, 25 years ago was that trauma is not really a disorder, they made it up in their minds for attention or whatever. But research is now showing actually that chronic childhood abuse impacts our immune system and it causes autoimmune diseases. So, traumatised individuals often end up silent and treated with disbelief and hostility. I have known clients who have undergone 10 to12 unnecessary surgeries, because somebody felt like they needed to do something to tell them that they would be better now, only it didn't work. And it didn't work, because it wasn't really about the physical pain they were feeling. It was about the emotional pain and the story of their lives that was still untouched by all of the surgeries.

The final category to consider is that the traumatised person experiences changes in meaning in regard to how they see themselves their life, their relationship with others and their future. This obviously also has a spiritual impact on them as well. People who have experienced devastation feel despair, a sense of hopelessness and this can affect, change or diminish their former (Christian) beliefs. These clients have a very difficult time making sense out of life. And they believe that the God who allows such abuse is very confusing at best and evil at worst. So, to process a history of chronic, brutal trauma, threatens every belief formerly

or currently held. And I can tell you, that if you sit with people like this, it will affect your faith as well. So, following the traumatic experience, every human being no matter their age, has to make the heartbreaking adjustment to a world that is full of losses.

So, if you are a five-year old girl or boy and you have just been raped by a family member, yesterday was one world and today and the rest of your life is another. If you are a university student and you were raped on the campus, if you were a combat vet who never saw violence before and you went to a war and lost your buddies in armed conflict, you have a before and an after. When trauma begins in early childhood, it's all that is known.

Trauma involves an event that threatens life or safety, it takes away choice. You do not get to say whether you want it or not and this results in overwhelming fear. When these things happen to human beings, they feel alone (they often are), they feel helpless (they often are), humiliated and without hope. So, following trauma, a portion of the person, if not the whole person, turns inward, away from life.

They cannot handle outside here and in themselves at the same time. So, you will sometimes see that in children who can't handle what's happening to them. And so, they abandon life and flunk out of school, and do all kinds of things. They do not proactively engage with life. So much of their energy is turned inside. Eventually, however, post-trauma, life is at some point going to have to go on, if the person is going to return to the outside world.

A physical and mental health snapshot of trauma

Research has linked a substantial percentage of children sexually abused in childhood as having obesity as adults (Felitti et al, 1998). Those adults who experienced several adverse experiences (physical, sexual, emotional abuse and neglect, family domestic violence, parents divorcing, parental mental health and or imprisonment) as children were far more likely to have serious health problems as adults, including heart disease, stroke, cancer

and diabetes. And the more adverse experiences the more physical health difficulties they experienced in adulthood. This extended to mental health, as well with those adults more likely to have clinical depression and more attempts at suicide.

Those exposed to childhood trauma/s experience changes in their brain development, as well as their hormonal and immune system. Those exposed in high doses to trauma have triple the heart disease and lung cancer rates and also have a 20-year difference in a shorter life expectancy, (Burke Harris, 2018). Exposure to devastating events affects the pleasure and reward centre of the brain which is linked to substance misuse; it inhibits the prefrontal cortex which looks after impulse control and executive functioning. People who have experienced trauma/traumatic childhood events often engage in high-risk behaviours. But even if that person does not even engage in any high-risk behaviour/s they are still more likely to develop heart disease or cancer. The reason is to do with the overworking of the hypothalamus-pituitary-adrenal glands – which are essentially the brain and body's stress response system – these three governs our fight or flight behaviour. When a child is repetitively exposed to trauma their flight or fight system is activated over and over and over again. This stress system is built by God to protect us from danger, but it now goes from being lifesaving to now being maladaptive and life damaging to our bodies and our mental and emotional health, (Morris, Rao & Garber, 2012b)

Where children really suffer is that they are usually missing the antidote to such devastation, and that is a trustworthy and loving parent or carer. Without that positive relationship or those positive interactions from caregivers who can teach repair after an argument amongst other things, these children end up with an overdeveloped threat response and a diminished ability to control impulses or make good decisions. Children who have had many traumas are more likely to develop attention deficit hyperactivity disorder (ADHD), and cognitive impairments that can make school a struggle. They are more likely to grow into adults who

drink to excess, smoke too much, use drugs, are violent or are victims of violence.

So, what kinds of things are needed to help people face what's inside, remember well and truthfully and yet, still be able to return to life and to good things like relationships?

Recovery

Recovery is the key concept. Recovery involves a reversal of the experience of trauma. So, you have to understand the dynamics of trauma, so that you can reverse the dynamics in whatever care giving relationship you have with them.

Trauma mutes human beings. Partly because there are no words to really describe what that was like. It brings emotional darkness, isolation, because you feel like nobody cares or even if they did, they would not understand. It makes time stand still, because we get so lost in what happened, we cannot see ahead, we have lost hope.

So, there are three main things that need to occur to reverse the trauma. All three must happen, one is not enough. And the three things are this: Talking, Tears and Time. Now, talking is part of being human. It's how God made us. It's actually one of the ways we're like him. He talks, we talk. He created all things at the beginning through his voice. He has told us who he is through his written word and through his word made flesh. He means for us to talk; he means for us to express ourselves; to dialogue with him and with each other; to be creative in that expression; to experiment; to imagine; to make things happen that have never been on the earth before.

When somebody does not talk and I don't just mean words, though that is certainly significant, but is unable to express themselves in some way, it is like they have shut down, and they have the thought that they are broken. Now, there may be something physically wrong, but there also maybe a tremendous amount of emotional wounding that causes it.

And sometimes people do not talk at all or do not talk about a particular event, because the pain is so great, they cannot find the words. Or the other thing they do, is they keep saying the same thing over and over again, trying to find the right words and get relief, only it does not do anything. It is just like a record that is

stuck on one song but is unable to move forward or get past that song.

Talking is absolutely necessary for recovery. Words are inadequate and that must be honoured. Whatever narrative they eventually give you really does not cover the devastation that they encountered in its fullest sense. But to remain silent is to fail to honour the event and the memory. And honour the event, not the evil of the event. But to live in the truth of what really happened and not pretend. By saying not only did it really happen, but it was really evil, and it really did damage is vital. And so, talking is not just fact stating, it's expressing what happened and the impact of it on the person. It dishonours victims when we are silent about their experience or pretend it did not happen or was not important. And unfortunately, this has happened a great deal in the church. We have silenced victims of domestic violence, we have silenced victims of sexual abuse and rape, and we have silenced returning soldiers from the frontline. And we give them a verse and tell them to be quiet.

Talking says 'I'm here, I'm alive', which for some people with chronic trauma that is an amazing statement. And what happened to me was wrong and it wasn't my wrong. I'm damaged by it. Justice is needed, but so is care for my broken heart. At the beginning, sometimes people are so silenced, they can't talk in words. So sometimes, you might sit with somebody who has been traumatised and all they can do is cry or moan, or rock. Sometimes, I use non-verbal things when they say I can't tell you. Can you draw me a picture of this?

So, many times, people need us to sit with them in silence. God commended Job's friends when they did that part. It's a way of joining with them, so they're not alone in the darkness, there is someone else there. Eventually, words will and must come, it is part of how you get power over something, is to be able to tell it, to define it and in time to contain it.

Sometimes people need help. So sometimes, again, even though people are starting to talk, I'll just give them one word and if it describes what you felt or saw, just nod your head. Scary? Pain? Anger? So, you're helping them find words. Little by little, they give you pieces of the story, and it is important to state that trauma stories do not come up with a beginning, a middle and an end. They come out often piecemeal and are often not chronologically laid out.

Talking is about telling the truth. It connects the survivor to another person, and it restores dignity, because you are willing to sit there and listen, and honour them. It gives them choice, because they can decide when to tell, what to say and when to stop. It is not yours to choose.

And again, remember my sentence, trauma recovery is the reversal of the dynamics of a trauma. The dynamics of the trauma were coercion and domination, the person had no choice. So, forcing somebody to tell their story in a therapy session or coming alongside them, is to copy a dynamic of trauma, you are not helping this way. Yes, they need to talk, but if they do it under coercion that feels to them like another perpetrator is in front of them. Although this is not a training manual for counselling, the most common factors needed to help others is building a

good relationship with the person confiding in you and consistently demonstrating empathy, (Messer & Wampold, 2002).

Injustice and violence and abuse teaches lies. They teach us that we are worthless and do not matter. Trauma tells the truth and gives or restores dignity. Violence and abuse isolate us from others, making us feel like islands and not worthy of consideration. Telling the trauma story gives a place for a caring connection with you.

Trauma recovery also requires tears. Facing a new world full of losses brings incredible grief. And I often find that the grief feelings are what victims are most afraid of touching. They can tell

you a story sort of like a robot. Just don't get me talking about how I feel. They think if they start to grieve, they will never stop. They have feelings of fear and sadness and isolation and shame, and despair, anger.

They have strong emotions, they are hard to experience, and they have probably not been taught how to regulate themselves, so they are not completely overwhelmed again by their own feelings. But feelings must be expressed, because they tell the story as much as the words do. And they tell - part of what they tell is the story of the impact. They express what trauma did to the victim in the same way blood shows what a cut did to the skin. So, it is like perceiving and validating the physical wounds on the body after an accident.

Sometimes people will tell the story in a very roadmap way, but eventually, you go back and revisit the story and say, okay, you told me this happened to you when you were six. Can you tell me what you felt about that then? No. Well, can you tell what you feel about it now?

It's very important for us to remember that telling a trauma story, facing the truth that you wish were not true, and expressing the emotions that accompany takes tremendous courage. Many people can't do it alone and shouldn't. They need a safe connection with a caring, wise and patient person to grant them the courage to face the truth.

There's a verse in the book of Psalms in chapter 56 v 8 that says, 'You (meaning God) have taken account of my mourning and put my tears in your bottle'. Are they not also in your book? That's an amazing concept for somebody who's never allowed themselves to cry about what happened to them. And often times, the emotions that victims of trauma have are extremely strong and their feelings that the Christian community is a little queasy about. What do you do with all that anger? Be angry and sin not. What do you do with all that fear? God's not given us the spirit of fear. So, we have to be very careful that we do not try to fix what is in front of us so that we feel better. That is a very easy trap to

fall into. Particularly, if we not only are uncomfortable with those feelings displayed to us, but we are afraid of them.

The third piece of dealing with this is time. So, we have talking, tears and time. Now, in case you haven't noticed, we don't have control over time. When we want it to go fast, it feels really slow. And when we want it to feel slow, it goes too fast. And we can't go back and undo, whatever happened in time back there stands, what we do today stands.

And so, it's very important to understand that there is a significant factor that by itself is not healing, time does not heal all wounds. If you've got an infection on your leg, time might lead to losing your leg if you don't get it attended to. So that does not speak the truth. People will often say that to trauma survivors, that time will heal it. It does not. It must include the talking and the tears.

But we need to remember that we are with somebody who is in tremendous pain telling a story and remembering, and in many ways, re-experiencing it inside. And so, we have to not only remind them that it takes time. One of my phrases that I use all the time with my clients is, 'little by little'. Let's look at this part and then let's do something skill-based over here that is nurturing or good for you. Then let's look at this part.

So, yes, does that make it take more time? It does. But what you are doing, again, is not allowing a trauma to overwhelm them in the recovery process, just like it did when it was originally happening. So, you need to not only recognise that it takes time, but you also need to recognise that you could use time to help them learn new ways of living.

So, for example, you might have an individual who gets overwhelmed whenever she thinks about her story or tries to tell it and goes home and cuts herself. That is not a good therapeutic outcome, that is not what you want to happen. So, you end up teaching her to how to do something like deep breathing exercises. In the references section at the end, I include some

Christian links on deep breathing. I specifically recommend Christian deep breathing exercises using scriptures as the basis as mainstream deep breathing exercises often come out of yogic/eastern culture. Breathing in the word of God is life and mind changing. When we live in fear our breathing is often shallow which keeps us in a state of flight or fight and of fear and anxiety. By learning to breathe deeply it quiets your body. And for some clients, it's the first time they have ever had a quiet body. They didn't know what it was like not to feel anxious every single moment of every single day, and all night long if you weren't sleeping. This breathing helps the traumatized person learn how to manage their dysregulated feelings, this breathing can be done anywhere, i.e. in bank queues, at home, in stressful business meetings, watching TV, in lecture rooms etc.

So, you want to teach them those skills, so that as the time passes, they can take care of themselves with your help in nurturing ways. I would also caution you and tell you that what you don't want to do is become their anti-depressant. You know, you're the safe person, they're telling you the story. Every time something happens, they're going to want to send you a note or write you, or call you, or something and not learn how to manage themselves.

So, clear boundaries are very important when you're helping people who are traumatised, because boundaries were clearly overrun when they were being traumatised. But if you, in your helping, allow boundaries to be overrun, you are still going to have a person who cannot regulate their own emotions, their own impulses or self-soothe. So again, it's a reversal of that dynamic. You are there with them as they recount their story and construct their new narrative in conjunction with what the bible says about them. In essence helping them understand and solidify their identity in Christ. For example,

"As the elect of God, holy and beloved" (Col 3:12;)

"But you are a chosen generation, a royal priesthood, a holy nation, His own special people." (1 Peter 2:9)

You are no longer darkness, but light in my Son. Walk as children of light (Eph 5:8)

You are the light of the world, a city set on a hill (Matt 5:14)

I have called you (2 Peter 1:3)

You are now a saint, a servant, a steward, and a soldier (Romans 1:7; Acts 26:16; 1 Peter 4:10; 2 Timothy 2:3).

You are a witness and a worker (Acts 1:8; Ephesians 2:10).

Through Jesus you are victorious (1 Corinthians 15:57).

You have a glorious future (Romans 8:18).

You are a citizen of heaven (Philippians 3:20).

You are an ambassador for my Son (2 Corinthians 5:20)."

And in addition, it is also giving skills so they can manage themselves. So, it is interplay of hearing the story, giving them skills like deep breathing, interspersing it with their identity in Christ and then coming back to the story; and then managing their skills, sharing with them on their identity in Christ and then coming back to the story.

Often we can be the loving triage person to encourage and support the traumatised individual to get more specialised care from a qualified mental health practionner who works in a trauma focused way, (if the survivor is willing to entertain that idea). The first port of call would be to recommend the individual speak to their GP and possibly receive a referral to such a professional (Clinical Psychologist) on a Mental Health Care Plan. (There will usually be a gap payment). However, there are some other flexible help options listed at the end ranging from online self-help groups to apps.

It is important to note that the treatment of trauma is not a one size fits all but is usually adapted to work with the symptoms that the survivor presents with. The below evident based treatment modalities for trauma are the ones used to assist.

1. Cognitive Behavioural Therapy (CBT) = teaches the survivor to become more aware of their thoughts and beliefs about their trauma and gives them skills to help them react to emotional triggers in a healthier way.
2. Exposure Therapy (also called In Vivo Exposure Therapy) is a form of CBT that is used to reduce the fear associated with the emotional triggers caused by the trauma.

The final take

It would be totally remiss of me first and foremost as a Christian, to not only conclude that our omnipotent and all loving God does allow every person to go through trials. He declares it in James 1:1: "My brethren, count it all joy when you fall into various trials" and in John 16:33, In the world you will have tribulation. But He always provides the antidote, found in the later part of John 16:33, "but be of good cheer I have overcome the world". And my personal favourite, "He has made everything beautiful in its time, (Ecc 3:11). The fact that it is written in the past tense "He has made everything beautiful" should give us so much comfort as He has already ordained in heaven that the beauty will follow the tragedy. He has ordained it that the beauty will arise from our tragedies and devastations. It is a two-part process, yes the traumas and tribulations will come to us all, but he has already pre-arranged/given/ordained the second part, the antidote and that is the beauty will follow from that. I believe God wants us to use our testimonies of tragedy to become testimonies of God's triumph, to declare that we are overcomers and are not overwhelmed and to heartily encourage others as stated in Rev 12:11: "And they overcame him by the blood of the Lamb and by the word of their testimony."

Support Options (Australia only)

Free Community Supports

We have wonderful pastoral care counsellors at our church who work sensitively and compassionately. Appointments can be made through our church office – 08 9446 1019.

Immediate Telephone Supports

Lifeline on 13 11 14

Kid's Helpline on 180055 1 800

Mens Line Australia on 1300 789 978

Suicide Call Back service on 1300 659 467

Beyond Blue on 1300 22 46 36

Headspace on 1800 650 890

Mental Health Emergency Response Line (MHERL) 1300 555 788

Urgent Mental Health Line (Children) 1800 048 636

Website Based Supports

1. Beyond Blue (PTSD & Trauma). Online space for discussion and support from peers

   http://www.beyondblue.org.au/get-support/online-forums

2. Blue Knot Foundation. Telephone and email counselling information, referral service and resources with online fact sheets and downloadable videos.

   http://www.blueknot.org.au 1300 657 380 helpline@blueknot.org.au

   (Phone and email: 9-5 Mon to sun AEST)

3. Daisy. App connecting Australian women to abuse services.

http://www.1800respect.org.au/daisy/

http://itunes.apple.com/us/app/daisy/id968542048?ls=l7mt=8

http://play.google.com/store/apps/details?ld=au.com.medibabk.projectconnect

Mental Health Online (PTSD)

1. Online programs for a range of issues, with self-guided (free) or therapist support options (small fee)

http://www.mentalhealthonline.org.au

2. MindSpot Clinic (PTSD)

Online course for PTSD. Includes assessment, feedback and therapist support.

http://www.mindspot.org.au 1800 61 44 3

3. Open Arms

Free and confidential counselling and group programs to support mental health and wellbeing

http://www.openarms.gov.au

4. PTSD Coach Australia

An app that helps people understand and manage the symptoms of PTSD

https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8

5. This Way Up (PTSD)

Online and app CBT courses for PTSD. Self-help and fee based clinician-assisted options available.

http://www.thiswayup.org.au/how-we-can-help/courses/

6. Christian Deep Breathing Exercises using scriptures

https://www.advocatecounselingsa.com/DeepBreathingExercisesfromaChristianWorldview.en.html

https://www.youtube.com/watch?v=JfJC6kQXfss

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