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A WOUNDED SPIRIT

Proverbs 18:14 (NKJV) says, ***“The spirit of a man will sustain him in sickness, but who can bear a broken spirit?”*** We have a built-in determination (our spirit) to fight off illness or disease, or to adapt to a disability. It is in our nature (our spirit) to deal with these matters to either overcome them or adapt to them. But what if our spirit has been “wounded” or “broken?” What affect does it have? How does it happen?

What exactly is a “wounded” spirit? The Hebrew word translated as “wounded” is *“nake,”* which literally means “smitten.” It also figuratively means afflicted, stricken, broken, wounded.

A broken spirit means one’s will has been broken to the point of submission. A horse that never has been ridden must be ridden to “break it’s spirit” so that it will submit to the will of the rider instead of its’ own will. A baby elephant will have one front leg tied to a stake in the ground to restrict its’ choice of movement when being trained to obey a man. Once he is older, the chain or rope is removed, but he has by then had his will to move independently permanently altered as if the chain was still there. The trainer then has full control as the elephant’s spirit has been broken.

Likewise, our human spirit can be smitten, afflicted, broken, or wounded. This often comes through words spoken harshly to us, or words about us spoken to others. Children are especially vulnerable. Telling a child “you are no good” or “you will never amount to anything,” or “you are stupid” will inflict deep wounds and bring harm that may impact them for a lifetime.

Whether this occurs in childhood or adulthood, the words do wound deeply, and permanent scars to the soul (psyche) occur. A broken or smitten spirit inflicts scars to one’s wounded soul (mind, will, emotional seat).

Counseling only offers a band-aid. True healing of soul scars or wounds comes through Jesus Christ. He brings the deep inner healing that the medical or psychiatric professionals cannot achieve. He alone is the true peace giver. Jesus said in John 14:27 (GNB), ***“Peace is what I leave with you. It is my own peace that I give you.”*** He further says that it is not the same as what “the world” gives. His peace brings true “inner healing” to the wounded spirit and scarred soul. In Ezekiel 36:26 (KJV) God says, ***“a new heart will I give you, and a new spirit will I put within you.”*** It is His Holy Spirit that brings it into you. Psalm 147:3 (NKJV) says, ***“He heals the broken hearted (broken spirit) and binds up their (emotional, soul) wounds.”*** Only through Jesus can we truly find renewal for a wounded spirit. There is a saying that “time heals all wounds.” That is not true. Time can lessen the emotional pain of the wound, but the scar remains. Jesus can remove the scars.