

WOUNDED?

(Healing the Wounded Heart)



Bill Loveless
Christ Is Life Ministries

WOUNDED?

(Healing The Wounded Heart)

Bill Loveless

Christ Is Life Ministries

Copyright © 2017 by Bill Loveless

All rights reserved. This book may not be copied or reprinted for commercial gain or profit. The use or copying of this material for personal or group study is permitted.

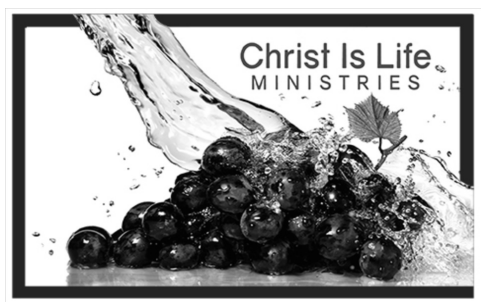
Scripture taken from the Holy Bible, New International Version®, copyright © 1973, 1978, 1984 International Bible Society. Used by permission of Zondervan. All rights reserved.

Scripture taken from the Holy Bible, New Living Translation, copyright © 1996 by Tyndale Charitable Trust. Used by permission of Tyndale House Publishers.

Scripture taken from the New American Standard Bible®, copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.

Scripture taken from the New King James Version, copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations marked (GNT) are from the Good News Translation in Today's English Version—Second Edition, copyright ©1992 by American Bible Society. Used by permission.



Website: www.christislifeministries.com

Email: bill@christislifeministries.com

WOUNDED

Table of Contents

Chapter One

Two Types of Woundedness.....	3
--------------------------------------	----------

Chapter Two

How Woundedness Occurs.....	14
------------------------------------	-----------

Chapter Three

Coping With Woundedness Apart From God.....	20
--	-----------

Chapter Four

The Results Of Not Letting God Heal You.....	25
---	-----------

Chapter Five

Your Source For Healing.....	31
-------------------------------------	-----------

Chapter Six

Engaging God For Healing	43
---------------------------------------	-----------

CHAPTER ONE

Two Types of Woundedness

Introduction

I assume that you chose to read this booklet because you have experienced some woundedness in the past or are presently experiencing woundedness. I can identify with you because I was deeply wounded by my father through physical, verbal, and physical abuse. I have been in some very dark places with my woundedness but I am writing this booklet because I want you to experience the same deep healing of your woundedness that the Holy Spirit has accomplished in me.

In this booklet, I want to start with talking about some key truths concerning woundedness, the negative impact it has on our lives and the lives around us and what it looks like to engage God to begin the healing process.

Before we start, I would like to encourage you with the words of Corrie ten Boom, who was a Christian imprisoned in a Nazi concentration camp during World War II. She went through horrific abuse by the Nazis. You can only imagine the woundedness that came from that horrible ordeal. Yet, in spite of what she went through, God brought her to a place where she made this proclamation:

*“There is no pit so deep, that God’s love is
not deeper still.”*

If you are deeply wounded, I pray that these words will be a source of hope for you.

How I Define Woundedness

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

FALSE BELIEFS that you have about yourself, about God, or about others that have resulted from negative or wounding messages you have received, from individual(s) who have wounded you, or from wounding or traumatic event(s) that have taken place in your life.

The tendency, when it comes to woundedness, is to focus on the memory of the event and the pain that is associated with the event. While those are very real issues, there is deeper issue which has an even greater long-term negative impact on you and that is the **false beliefs** that result from your woundedness. Please keep this definition in mind as you go through the booklet. Now, let's look at two forms of woundedness.

Woundedness Can Be OVERT or COVERT

I separate woundedness into two categories: "overt" and "covert."

1. OVERT Woundedness

"For I am afflicted and needy, and my heart is wounded within me." Psalm 109:22.

This is how I define overt woundedness:

OVERT WOUNDEDNESS:
***CONSCIOUS remembrance and experience of
wounding messages or events that have
caused woundedness.***

If you are reading this and can remember wounding messages or events then you are most likely experiencing some form of overt woundedness.

To help you better understand overt woundedness, I am breaking it down into three categories: abuse, traumatic events, and verbal or non-verbal messages. Let's take a closer look at each of these categories.

a. ABUSE

You may have experienced woundedness that resulted from one or more of the following types of abuse:

Sexual abuse
Physical abuse
Spiritual abuse
Mother Abuse

Emotional Abuse
Verbal Abuse
Father Abuse
Stepparent Abuse

If you have experienced one or more forms of abuse, how does it make you feel? Write down the words below that most describe how you feel about yourself as a result of your abuse.

Discouraged	Hopeless	Dejected	Unloved
Helpless	Worthless	Rejected	Miserable
Inadequate	Burdened	Frustrated	Condemned
Critical	Unhappy	Angry	Inadequate
Exploited	Vindictive	Confused	Depressed
Paralyzed	Troubled	Perplexed	Unworthy
Fearful	Empty	Anxious	Overwhelmed
Resentful	Lonely	Guilty	Powerless
Defeated	Insignificant	Judged	Ashamed
Insecure	Incapable	Vulnerable	Misunderstood

We will refer back to this list several times later in this booklet.

b. TRAUMATIC EVENTS

In addition to forms of abuse, traumatic events can cause woundedness. Here are a few examples:

Divorce

Premature death of a parent, sibling, or child.

Abandonment

Chronic or disabling illnesses

I have ministered to a number of wounded Christians who, when they were younger, felt abandoned by the divorce or premature death of their parents. These

feelings of abandonment left many of them deeply scarred.

If you have gone through a divorce, I believe you would agree that you don't go through that event without being wounded on some level.

If trauma is severe enough, it may result in post traumatic stress disorder or PTSD. Psychiatrists have concluded that this condition is not limited to soldiers involved in battle. PTSD can result from many forms of trauma.

If you have experienced traumatic events, write down the words from page 6 that most describe how you feel about yourself as a result of those traumatic events.

c. VERBAL Negative and Positive Messages

Woundedness can occur not only from abuse and traumatic events, but from verbal messages, as well.

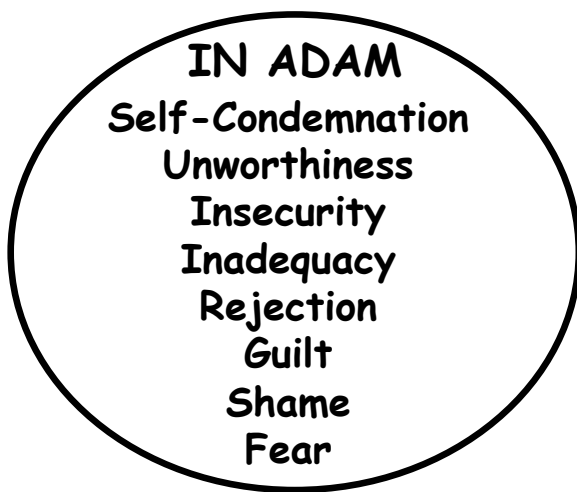
At physical birth, we were all born "in Adam." Look at Romans 5:12 below:

***"Therefore, just as through **one man (Adam)** sin entered into the world, and death through sin, and so death spread to all men, because all sinned."** Romans 5:12
(parentheses mine)*

Being born "in Adam," means that we inherited Adam's fallen DNA. Examples of Adam's DNA include shame, guilt, inadequacy, insecurity, unworthiness, fear, rejection, and

self-condemnation. Let me illustrate this with the following diagram:

Your DNA IN Adam



Therefore, from the time you were born until you were saved, you had no choice but to interpret life through the lens of your Adamic DNA. Early on, life came to you primarily through verbal messages. These verbal messages came, as a rule, in two categories: **negative** or **positive** messages.

1. NEGATIVE Messages: “You are a failure.” “You will never measure up.” “Is this the best that you can do?” “I don’t love you.” “You could have done better.”

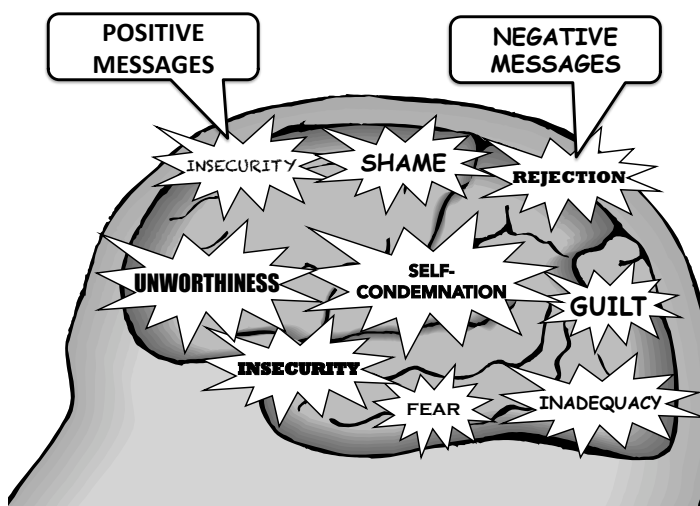
When a negative message such as “you are a failure” is interpreted through your Adamic DNA the result, over time, may be beliefs/feelings of unworthiness, insecurity or self-condemnation. (Look at the diagram on the following page)

I can personally speak to the impact of negative messages because that is predominantly the kind of messages I received growing up. The result of my negative messages filtered through my Adamic DNA were beliefs and feelings of inadequacy, insecurity, and unworthiness. These repeated negative messages led to a deep-seated woundedness.

Negative messages don't always involve explicit negative words, but can also be effectively conveyed by such things as tone of voice, sarcasm, and teasing.

2. POSITIVE Messages: “I am proud of you.” “You can do it.” “There is nothing you can’t accomplish.” “You are special.”

On the other hand, the positive messages appear to be the kind of messages that we would all like to hear growing up. While that is true, even positive messages filtered through our Adamic DNA it too, can create woundedness. Let me explain by first looking at the diagram below:



In the diagram, you can receive positive messages but when they are filtered through your Adamic DNA then it can distort the positive messages you may receive from parents, siblings, friends, etc. Let me give you an example to illustrate.

I met with a pastor a number of years ago who was addicted to pornography. He told me that he was the first-born son in an Asian family. As such, his father was always affirming him by saying that he was special and there was nothing he couldn't do if he set his mind to it. The problem was that even though his father constantly spoke positive messages to him, this pastor interpreted them through his Adamic DNA of inadequacy and insecurity. The resultant message in his mind as a result was, "I can and must do better. If I don't, I am a failure."

As a result of this repeated message, he then revealed to me that after every sermon that he preached (no matter how well he prepared or spoke the message), he heard this message in his mind: "I failed because the message could have been better." It was this recurring message that fueled his feelings and beliefs of inadequacy, insecurity, and feeling like a failure. In light of this story, let me end this section with this truth:

***EVEN if you were raised in a home where you heard
mostly positive messages, those messages
INTERPRETED through your Adamic DNA could
leave you feeling WOUNDED.***

Write down from the list on page 6 the words that most describe how you feel about yourself as a result of your repeated positive or negative messages.

d. NON-VERBAL Messages

In addition to verbal messages that cause woundedness, non-verbal messages may also create woundedness. Many people whom I have discipled, have shared that they had parents who neglected them or rejected them in non-verbal ways. These non-verbal messages interpreted through their Adamic DNA left them feeling shame, rejection, or feeling unloved.

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

2. COVERT Woundedness

The other form of woundedness is “covert” woundedness. This is how I define covert woundedness:

COVERT WOUNDEDNESS:

Is woundedness that results from SUBMERGED and/or BURIED messages and/or wounding events.

Covert woundedness means that you are not able to consciously connect your false beliefs or wounded feelings (unloved, rejected, insecure, unworthy, etc.) to

specific wounding events or repeated verbal and non-verbal messages.

This is because these things have been buried deep in your heart. I compare covert woundedness to an iceberg. The visible part of the iceberg I would describe as overt woundedness while the submerged part of the iceberg is “covert” woundedness.

I have talked to a number of people who don’t believe they are wounded. This is because they have buried these messages and events. If you can’t recall any messages/wounding events in your life, you might tend to conclude that you are not wounded. However, just because you can’t recall wounding events doesn't mean they did not happen.

Let me share a story to explain. I recently talked to a Christian lady who tried to commit suicide twice. She had very strong beliefs and feelings of rejection and unworthiness. However, when I asked her how she might have been wounded in the past, she could not tie any of her beliefs/feelings to past wounding events. Yet, she felt so rejected and unworthy that she believed her only option was suicide. In our later conversations, those wounding events that were buried eventually came to the surface.

If you feel that you have not been wounded, let me ask you a question: “Are you experiencing **ongoing** beliefs or feelings such as self-condemnation, rejection, shame, guilt, insecurity, being unloved, inadequate, or being unworthy?” If so, then most likely there is some form of woundedness that took place in your past that reveals itself in these present day beliefs and feelings.

I hope this explanation of overt versus covert woundedness has been helpful. Here is a key reason why I believe that we need to recognize our woundedness:

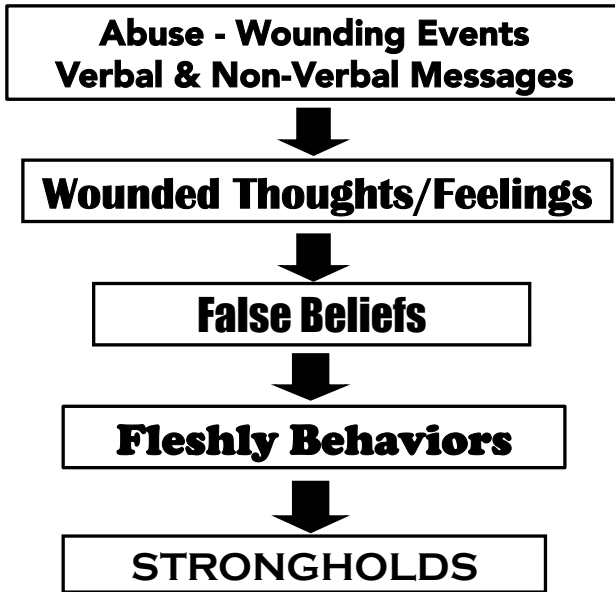
Part of God's process of healing is to EXPOSE those events, abuse, verbal and non-verbal messages that have resulted in OVERT or COVERT woundedness.

(Especially covert woundedness.)

CHAPTER TWO

How Woundedness Occurs

I would like to share about the pathway to woundedness and the overflow of woundedness in us and through us. Let's begin by looking at the pathway to woundedness.



We see from this illustration that abuse, wounding events, and verbal/non-verbal messages lead to wounded thoughts and feelings which will eventually lead to false beliefs. From these false beliefs flow fleshly behaviors.

If these fleshly behaviors continue to be reinforced, they can become strongholds. Let's look at each one of these more closely.

1. Abuse-Wounding Events-Verbal-Non-Verbal Messages

In the previous chapter, we saw examples of abuse, wounding events, and verbal and non-verbal messages. All of these can lead to feelings of woundedness.

2. WOUNDED Thoughts/Feelings

When you think about your woundedness or some wounding event, what feelings does it bring up? (You can refer to the feeling words on page 5.) Typically wounding thoughts and feelings go hand in hand. Generally, what we think or perceive about something or someone determines our emotional response. Feelings follow thoughts.

In light of this, I want to share a few truths concerning thoughts and emotions.

From the beginning God created us with emotions as part of our makeup. These emotions are part of our “human-ness.” Emotions are a gift from God. Emotions serve many functions in our lives such as helping us relate to others, alerting us to danger, motivating us to act, and interpreting our past and what is happening now.

When our thoughts and feelings are in line with God’s truth, we are functioning in them as God intended. However, when our thoughts and feelings are tied to or flow from our woundedness, they become wounding thoughts and feelings that do not line up with God’s truth.

It is one thing to have thoughts and feelings of rejection, insecurity, unworthiness, etc. from time to time. That is normal. However, when you have recurring

thoughts and feelings that are a result of your woundedness, the eventual result will be false beliefs.

3. FALSE Beliefs

What is the result of ongoing wounding thoughts and feelings?

Reinforced wounding thoughts with the accompanying wounded feelings will EVENTUALLY lead to FALSE BELIEFS.

A FALSE belief is ANY belief that does NOT line up with God's TRUTH.

If you continue to take ownership of the wounding thoughts and feelings associated with your woundedness, this will result in false beliefs about yourself, about God, and about others. Let me give you some examples:

False belief about ourselves: "I have felt so rejected by my dad that I believe I am rejected and/or rejectable."

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

False belief about others: "This person can't possibly love me because my feelings of unworthiness from my mother's abuse have led me to believe that I am unworthy of his/her love."

When you have adopted a false belief as being true, you are believing a lie that is opposed to God's truth. When you are living out of wounded feelings, and

invested in believing lies that are opposed to God's truth, then you are stuck in captivity. A big part of healing is learning to believe God's truth and question your own wounded thoughts and feelings as being poor barometers of truth. It's a healthy step to begin to question your own thoughts and feelings when they are based on a history of woundedness.

What is the result of continuing to believe these false beliefs?

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

This is a key truth because we tend to focus on the wounding events rather than the false beliefs that result from those events. The problem is that it does not stop with false beliefs. What flows out of these false beliefs are fleshly behaviors.

3. FLESHLY Behaviors

Let me begin by defining fleshly behaviors:

Fleshly behaviors are self-centered, sinful ATTITUDES and ACTIONS that result from living from the FLESH.

Here are some examples of fleshly behaviors in Galatians 5:19-2:

*"Now the **works of the flesh** are obvious: **fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these.....**"*
Galatians 5:19-21a

How does this apply to our woundedness?

Our false beliefs about ourselves, God, and others, born out of woundedness produce FLESHLY BEHAVIORS.

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

I felt angry and bitter towards my father because of his abuse. In addition, I was angry and controlling towards my wife because she could not meet my needs.

As a business owner, my false beliefs resulted in my being constantly frustrated with and critical towards my employees because they did not perform well enough for me to feel worthy and adequate. The overflow of my fleshly behaviors was like a poison both to me and to those around me.

Fleshly behaviors that flow from our woundedness are not only TOXIC to us but to EVERYONE around us.

4. STRONGHOLDS

If the fleshly behaviors flowing from your woundedness continue without being resolved, they will become strongholds. Let me define a stronghold.

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

Every one of my fleshly behaviors became reinforced with the result that over time they became strongholds. They had such a grip on my life that I never thought I would be set free from them.

Conclusion

If we allow our woundedness to develop into strongholds, they become dangerous in they can eventually produce a sense of helplessness, hopelessness and misery.

CHAPTER THREE

Coping With Woundedness Apart From God

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

1. DENIAL

Denial usually comes in two forms in relationship to woundedness:

a. Denial that a wounding event ever took place.

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

b. Denial that past events impact you today.

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

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

2. SELF-PROTECTION/INSULATION

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

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

A series of rejecting events came about later in his life from other people. Since he was living in self-protection mode, he thought that he had sufficiently insulated himself from this rejection. These rejecting events exposed his failure to protect himself because he took ownership of their rejection with the result that he lashed out in anger towards them and rejected them back.

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

3. STUFF YOUR EMOTIONS

Another thing we do is to try to stuff our emotions

associated with these areas of woundedness. Stuffing your emotions is like trying to lock away all the pain of your past woundedness in a bank vault and pretending it will no longer negatively impact your life. However, instead of being locked in a bank vault, your pain is actually stored in a “soulical” colander where it flows or “oozes” out to negatively impact you, your relationship with others, and your relationship with God.

The Truth: The truth is that damaged emotions that are stuffed or buried are in reality a hidden land mine that can explode damaging yourself and those around you every time those emotions are triggered or “stepped on” by others.

4. ESCAPE or ANESTHETIZE

If we can’t insulate, bury or compartmentalize the pain, we look for ways to escape or anesthetize it. Here are some examples of ways that we try to escape or anesthetize the pain:

Workaholism	Shopaholic	Television
Pornography	Medication	Hobbies
Sex Addiction	Overeating	Movies
Computer	Anorexia/Bulimia	Drug Abuse
Texting	Alcoholism	Cell phone
Social media	Video games	Exercise

The Truth: There is no man-centered method of escape from the pain. Trying to anesthetize the pain will only produce momentary relief but will never produce true healing and freedom.

5. IGNORING YOUR EMOTIONS.

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

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

The Truth: There is no real ignoring or going around your wounded feelings. They are like the wolves at the door of your heart always waiting for the chance to attack.

6. SPIRITUALIZING AWAY YOUR WOUNDEDNESS: **“This is just my cross to bear.”**

Another way that we deal with woundedness is to try to “spiritualize” it away. There are a number of ways that we can attempt this. One way is to say that our woundedness is like Paul’s thorn in the flesh. We just need to accept it as a spiritual reality, not seek healing, and move on. In addition, people have told me that their woundedness “is just my cross to bear.” Below is a story to illustrate this.

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

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

I am not refuting that we can't have thorns or experience suffering like Paul, but when we use these spiritual or biblical phrases to justify perpetuating our woundedness, then we are, in reality, saying, "I can't be healed or I don't want to be healed."

The Truth: Trying to spiritualize away your woundedness will only serve to kick the can of your woundedness down the road and will not allow the Spirit to accomplish a healing work in you.

7. PLAYING THE VICTIM

Another way of dealing with the pain independent of God is "playing the victim." By this I mean that we use our wounds to get attention, sympathy, and validation from others.

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

Conclusion

After reading this section, can you identify with any of these methods of coping concerning your woundedness? Do you believe this is how God intends for you to deal with your woundedness?

CHAPTER FOUR

The Results Of Not Letting God Heal You

Some Of The Results Of Unhealed Woundedness

Before we turn the corner and discover the source for healing, let's look at some of the results if we don't allow God to heal our woundedness.

1. "DEFAULT" feelings are created.

Apart from the healing process we will keep replaying the wounding events over and over resulting in our reinforcing the pain and the associated wounding feelings caused by those events. As these wounding feelings are reinforced, they will become the "default" feelings that we go to every time the event comes to mind.

Here is a personal example to illustrate this point:

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

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

In addition to the default feelings, every time you replay the wounding events you will be reinforcing the strongholds created by your woundedness.

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

3. We open ourselves to FURTHER woundedness.

If we don't allow the Spirit to heal our woundedness, we open ourselves up to further woundedness. Let me make this point by sharing a story about a man who was made to feel unworthy and rejected by the woundedness from his dad. He did not allow the Spirit to heal that woundedness with the result that over time, the woundedness grew deeper and more entrenched.

When others wounded him in ways that his dad did, it peeled off the scabs off his unhealed wounds and he experienced the pain of his woundedness all over again.

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

Here are some examples of some covenants and/or vows that you might have made when you were wounded:

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

Key Truth

These covenants or promises can NEGATIVELY impact our lives and eventually those of our spouse, kids, friends, and co-workers.

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

However, my dad was too small to make the plow work so his dad severely beat him. After the beating, my dad made a covenant with himself. That covenant was: "I will never fail again. I will succeed at all costs." The consequence of that vow not only negatively impacted his life but mine and my siblings' lives as well.

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

5. RESIGNATION – "This is as good as it gets."

Another result of not letting God heal you is your moving to a place of resignation. Let's assume that you received counseling or read books about healing, but no healing took place. You may have sought God for a while, but He didn't produce the healing that you expected in the time you wanted.

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

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

6. Unhealed woundedness can produce feelings of HOPELESSNESS.

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

7. PSYCHOLOGICAL and PHYSIOLOGICAL disorders can eventually develop.

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

I won’t be going into this area any deeper because I am not qualified to connect our woundedness to

psychological or physiological disorders that we may be experiencing. However, I can bear witness to this point because out of my woundedness came psychological depression and physiological condition called chronic fatigue syndrome.

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

All of These Results Eventually Lead To The HARDENING of Our Hearts

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

***The DEATH that occurs in your heart from
continuing to live from your woundedness and
from RESISTING God’s healing power.***

I compare hardening of the heart to compounding interest on a certificate of deposit (when they actually made real interest). We know that the interest on a CD compounds the longer we keep the CD.

It is the same with you heart. As time goes by and you don't allow God into your heart to heal it, then you compound or add to the existing pain with more pain. Over time this “compounding” or hardening of the heart causes you to move further and further away from seeking God as the solution. Eventually you can turn away from God completely and will become deadened to God and His power to heal. Let me share a story to illustrate:

There was a man that I was discipling who shared with me that his fiancé was run over by a drunk driver the day of their rehearsal dinner. This event happened 15 years prior to our meeting. However, he told (and felt) the story like it had just happened. He said with deep anger: “God killed the only person in the world who ever really loved me.” He resisted God over the next 15 years with the result that he was very hardened towards God.

The point of this lesson is to show you how important it is to seek God for healing. I say this, because I did not seek Him for 30 years and my heart was very hardened. Therefore, I hope this chapter has given you a desire to not wait a moment longer to seek the Holy Spirit to start healing your heart.

CHAPTER FIVE

Your Source For Healing

Who Is Your Source For Healing?

There are primarily three categories of Christians that I have worked with over the years concerning their beliefs about the healing of woundedness: (1) those who believe that a counselor, pastor, a book on healing, etc. can be the source of healing; (2) those who believe that they can read the Bible or a book on healing and then they, acting as their own source—by using their own IQ, self-discipline, and willpower—can heal themselves; and (3) those who believe that God will **help** them be their own source for healing.

The question is: Will any of the above beliefs produce true healing? The truth is that none of these beliefs will produce true spiritual healing. Why not? Let me begin answering that question by sharing the following foundational truth:

***God and God ALONE is the SOURCE for
healing your woundedness.***

It is not to say that God can't work through counselors, friends, books, or even studies like this for healing. However, they are **not** the **source** for healing. Rather, they are the tools or conduits the Lord may use to be a part of your healing process. The only Source for spiritual healing is God. The key to this truth is that God is **not** going to help you be the source. Rather, He, and He alone is the Source for healing. How do you know that this is the

truth? Let's me start with what it means that Christ is THE Life.

Christ As "THE" Life

Jesus says in John 14:6 and John 11:25:

*"...**I AM** the way, the truth, and **THE LIFE**..."*
John 14:6

*"...**I AM** the resurrection and **THE LIFE**..."*
John 11:25

What is Jesus saying in these two passages? It is clear that Jesus is saying that He Himself is **THE** Life. What does He mean when He says that He is **THE** Life? For many years, I read these verses and concluded that they only meant that He was the source for my **eternal** life. However, is it possible that Jesus is telling us something more in these passages? Let's further explore the answer to this question by looking at what Paul said.

What Paul Says About Jesus Being THE Life

Paul took the truth of Christ as "THE" Life to a more personal level when he said in Colossians 3:4:

*"...**Christ** who is **YOUR** life..."*

What is Paul saying in this verse? He is saying that the life of Christ is more than the eternal life that He gave you at salvation. He is saying that Christ is **your** life today, at this very moment. At this point you might be scratching your head and asking, "What is Paul talking about? What does it mean that Christ is my life? Is THE life that Paul is

referring to the Christian life?" I believe that the answer is found in Philippians 1:21 when Paul says:

"For me, to live IS Christ...."

Paul is saying that THE Christian life is Christ. Jesus and Paul are revealing to us an incredible truth, and that is:

"THE" Christian Life is a PERSON:

It is Christ HIMSELF!

Have you understood before now that Christ Himself is THE Christian life? Think about this for a moment. If "THE" Christian life is a Person, does that mean "THE" Christian life is not about completing a checklist, trying to keep a set of rules, trying to keep from sinning, or trying to do your best to live for God? I believe what Jesus and Paul are saying is that THE Christian life is not a life that we are to produce. It is a life that only Christ can produce.

I Finally Understood What It Meant To Live "THE" Life.

Little did I know that during those thirty years of trying to live "A" Christian life, God was in the process of persuading me that living "A" life will never produce God's truth or His promises. God finally broke through to me on Sunday, October 4, 1998, while sitting in the parking lot of our church. As I was sitting there with a defeated attitude, a thought came rolling across my mind in the form of a question.

The question was: **"Are you done trying, in your own strength and ability, to make the Christian life work?"** There was no doubt in my mind that the Spirit of God was

asking the question. My response to God was, “I am done! I can’t do it.” God’s timing was perfect because on that day in church, God used a guest speaker named Ian Thomas to share the truth of “THE” life. When he got up to speak, the first words out of his mouth that Sunday were:

***“God never intended for you to live THE LIFE that
ONLY Christ can live in and through you.”***

I was stunned by these words because he was the first person in my thirty years as a Christian to ever tell me that it was not up to me to **try** to live THE Christian life. What the Holy Spirit was telling me through Ian Thomas was this key truth:

KEY TRUTH:

***There is only ONE Person who truly lived “THE”
PERFECT Christian life, and that is Christ HIMSELF.***

This truth may be as startling to you as it was to me when I first heard it. However, isn’t it true? No one other than Jesus has lived a perfect Christian life. Therefore, what makes us think that we can, in our own strength, live that perfect life.

What Does It Mean That Christ IS Your Life?

The next question you may be asking is: “What does it mean that Christ is my life?” I believe that God sums up the meaning in 1 Corinthians 1:30a (RSV):

“He is the **SOURCE** of your life in Christ Jesus, ...”

God gives us the answer in the first part of the verse when He says that He is the SOURCE of your life in Christ. One of the definitions for the word “source” is “the one who produces.” This may be a new truth for you because so many Christians have been taught falsely, as I was, that they are to be the source for living the Christian life with God’s help. You see, there can only be ONE true Source from which to live the Christian life.

***The truth is that God, NOT you, is the only SOURCE
from which to live THE Christian life.***

Look at two other verses that reveal that God is your Source for living the Christian life:

“In Him we live and move and have our being.” Acts 17:28

***“For from Him and through Him and to Him are
all things....” Romans 11:36***

You may be wondering what it means practically that God is your Source. Let me give you two examples.

1. Christ is your Source to meet your NEEDS.

We all have needs. Philippians 4:19 tells us that Christ is the Source/supply to meet our needs.

***“And my God will supply all your needs according to His
riches in glory in Christ Jesus.”***

Christ as your need-meeter will Himself meet your need for:

Unconditional love	Victory	Worth
Acceptance	Faith	Freedom
Patience	Strength	Peace
Power	Forgiveness	Understanding
Security	Fearlessness	Wisdom
Discernment	Adequacy	Humility
Christ-confidence	Boldness	Righteousness
Selflessness	Rest	Compassion
Courage	Hope	Christ-control

If Christ can meet these needs, is it possible that he can meet your need for healing?

2. God is your Source to make ALL His promises an EXPERIENTIAL reality in your life.

Part of God being your Source is for Him to make His promises an experiential reality in your life. Let's look at five of those promises:

- **Promise of VICTORY** – God will give you experiential victory over the power of sin, the flesh, the world, and the power of Satan.

"... but thanks be to God, who gives us the victory through our Lord Jesus Christ." 1 Corinthians 15:57

- **Promise of FREEDOM** – God will set you free from your false beliefs, your defeating sin patterns, and your ongoing inner struggles.

"So Christ has really set us free. Now make sure

*that you stay free, and don't get tied up again
in slavery to the law." Galatians 5:1*

- **Promise to TRANSFORM your life – God will transform you into Christ-likeness.**

*"And we, who with unveiled faces all reflect the
Lord's glory, **are being transformed into His likeness**
with ever-increasing glory, which comes from the Lord,
who is the Spirit." 2 Corinthians 3:18*

*"My children, with whom I am again in labor until
Christ is formed in you." Galatians 4:19*

These are just a few of the promises for you as a Christian as you let Christ live His life in you.

Have you tried to be the source to meet your own needs or to experience God's promises? If so, how is that working for you? If we are honest with ourselves, we would have to say that it is not working at all.

The truth is that if we try to be our own source for living the Christian life, then we are destined to fail. If God is not the Source in our Christian walk (and in all other areas of our life), then we will never experience God's truth and His promises in our lives.

***God as your SOURCE for living THE Christian life
means that ONLY God can make His truth and His
promises an EXPERIENTIAL reality in your life.***

How does God being the Source apply to your healing?

God Is Your Source For Healing

Now that you have a better understanding of God as your Source, let's apply these truths to the healing of your woundedness.

1. God is Your Source for HEALING.

We see this in Psalm 147:3:

*"He **heals** the brokenhearted and binds up their wounds."
Psalm 147:3*

Based on what we have discussed in the previous section, here is a key truth that applies to your healing:

God and ONLY God will be the Source to HEAL you of your past and present woundedness.

God as your Source for healing will:

- Give you REVELATION of His truth about healing. Ephesians 1:17.
- PERSUADE you that He is able and willing to heal you. Ephesians 3:20.
- Move you from unbelief to BELIEF that He will heal you. Philippians 1:6.

- Give you the WILLINGNESS to say “yes” to whatever He chooses to do to heal you. Matthew 26:39.

2. Christ is your HOPE for healing.

You may be reading this and are feeling, on some level, hopeless that you will ever be truly healed of your woundedness. I understand. I have been where you are. If this is where you are, please read the next two verses carefully.

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

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

Christ is not only THE Life (John 14:6), He is THE Hope. Think of it. Christ embodies hope. Therefore, we can look to Christ to be our hope. What kind of hope are we talking about? The worldview says about hope, “I hope that I will be healed” which means maybe it will or maybe it won’t happen.

“Hope” in the worldly sense leaves doubt about the certainty of the outcome. However, “hope” as defined in the New Testament means “**confident expectation or certainty.**” This means that if we put our trust in Christ as THE hope for healing, then we can say, “I have a confident expectation and a certainty that God will heal me.”

3. You Have the Holy Spirit’s POWER In You To Heal Your Woundedness

In addition to containing The Life of Christ, as Christians we contain all of God's power. We see this in 2 Corinthians 4:7:

***"But we have this treasure in earthen vessels, so that the surpassing greatness of the power will be of God and not from ourselves."** 2 Corinthians 4:7*

Think of it. The treasure within us is the surpassing power of God.

a. What kind of power is God's power?

The treasure that you and I have is the "surpassing greatness of the power of God." What kind of power is that? Look at Ephesians 1:19, 20:

"I pray that you will begin to understand the incredible greatness of His power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms."

THINK OF IT!

**The SAME power that resurrected Jesus
from the dead is IN YOU!**

In addition, God's power in you is the same power that:

- Created the heavens and the earth.
- Opened the Red Sea.
- Is holding the universe together.

b. Why do we need God's power?

Without God's power there will be no healing and no transformation. Your willpower, strength, ability, and capability will never produce the healing and transformation that God promises. This is why we live from God as our Source because as we do, we are living from His power to make His promises an experiential reality in our lives.

***As we draw on God's power, we will EXPERIENCE
His healing of our woundedness.***

4. God WILL heal you.

*"Commit your way to the LORD, trust also in
Him, and **He will do it.**" Psalm 37:5*

*"And I am sure that **he who began a good work in you
will bring it to completion** at the day of Jesus Christ."
Philippians 1:6*

Think about the two phrases in the verses above: "He **will** do it," and "He **will** bring it to completion." I hope that when you see the word "will" associated with God that you conclude that it is a 100% certainty that God can and will heal you.

In Psalm 37:5, the word "it" means everything He promises which includes healing. "Bringing it to completion" means that the Lord will bring you complete healing. I pray that from this moment on that you will see these verses as not just a possibility but rather, as a

certainty that God will heal you. Do you believe it?

What confirming and affirming promises God has given us! I trust this chapter has given you greater hope that God can and will heal you. In the last chapter, we will look at what it looks like to engage God for Him to heal us.

CHAPTER SIX

Engaging God For Healing

Engaging God

I hope that the first five chapters have helped in your understanding of woundedness. In this lesson, I will be sharing some applicational truths that I trust the Spirit will use to start your journey to healing. Let's begin by understanding what it means to engage God for healing.

***Engaging God means that we come to Him
with a WILLING heart, totally
DEPENDING on Him as our Source to heal.***

Why must we totally depend on God to heal us? Look at John 15:5 for a moment:

***"I am the vine, you are the branches; he who
abides in Me and I in him, he bears much fruit,
for apart from Me you can do nothing."***

There are two key truths in this verse. First, the physical branches are totally dependent on the vine for life. Similarly, we, as spiritual branches, are totally dependent on Christ for life.

Second, when Jesus says that apart from Him we can do nothing, do you believe that includes the healing of your woundedness? Absolutely! In the context of woundedness, "nothing" means that we—apart from God—cannot accomplish the healing we desire and that

God promises. Our part is to totally depend on Him to heal us. How do we engage God?

1. The WAY We Engage God: By FAITH

*“Without **faith** it is impossible to please God.”
Hebrews 11:6*

We know that God is the Source, but we have a part to play in God’s healing process as well.

***Your part is to walk by FAITH by putting your
FAITH totally in God to heal you.***

Faith is simply coming to God with an attitude of total dependence and trusting Him to heal you.

2. Engaging God For Healing Begins With A STEP of Faith.

*“For we **walk by faith**, not by sight.”
2 Corinthians 5:7*

The walk of faith begins with the first step. What does it mean to take a step of faith concerning healing?

STEP OF FAITH

***is a MOMENT in time where you ENGAGE God and
His POWER by faith to heal you.***

Example: “Lord, I am trusting You and Your power to heal me.”

Faith does not depend on your having the “right” feelings or thoughts. Initially, you may be taking steps of faith despite what you think or how you feel. Faith is a choice to believe God and to act on that belief by means of your will. You can take steps of faith in spite of your doubts (lying beliefs) and emotions (which, after all, are wounded).

3. What Happens At That MOMENT When You Take A Step of Faith?

*“... so that your **faith** would not **rest** on the wisdom of men, but on **the power of God.**” 1 Corinthians 2:5*

The moment you take a step of faith, God releases the full force of His power in you to heal you. Remember what we talked about in the previous chapter concerning God’s power? The power that raised Jesus from the dead resides in you and is released when you choose to take a step of faith.

Now that we have a better understanding of what it means to engage God, let’s look at some practical applications of these truths.

Practical Truths Concerning Engaging God For Healing

Rather than your just reading through these truths, I would encourage you to seek the Spirit to tell you which of these truths apply to you. Jesus says that He is THE Way (John 14:6). When it comes to your healing, the Spirit has a specific pathway of healing for you. As you go through these truths, let Him be the one who leads you

and guides you on His pathway for your healing.

1. OPEN the door of your heart and INVITE God in to begin the healing process.

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

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

If you are willing, go to the door and let Him in. If you are not willing, ask Him to give you the willingness to let Him in because there can be no healing unless you allow the Spirit in to work in your heart.

***The Lord IS willing to heal.
Are you WILLING to let Him?***

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

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

Engaging God: Take the initial step of faith by opening the door of your heart to the Holy Spirit and let Him begin the healing process. The Lord is **always** willing to heal when we open the door and trust Him to act.

2. If you feel you can't open the door because you FEAR there may be more pain if you do, then seek Christ to BE your COURAGE.

*"But immediately Jesus spoke to them, saying, **"Take courage, it is I; do not be afraid."** Matthew 14:27*

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

You may hear the Lord knocking, but you don't answer the door because you fear re-experiencing the pain of your woundedness or feeling additional pain that you believe may come with the healing process. If this is true of you, seek God to remind you that you have been carrying your pain way too long, and if you continue carrying it, it will only get heavier and more unbearable. Seek Him to exchange your fear for His courage.

Step of faith: "Lord, I fear opening the door because I don't want to feel the pain of my woundedness or feel the pain that may come with healing and freedom. I am asking You to BE my courage and persuade me that I have nothing to fear. Remind me that on the other side of any pain that I may experience will be divine healing."

Engaging God: Seek the Lord to give you the willingness to open the door so that He can come in and heal.

3. Ask God to SEARCH your heart to expose any BURIED woundedness or to address some SPECIFIC wounding event or false belief.

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

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

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

- a. Expose or reveal some area of woundedness that you think that you have "hidden away."
- b. Reveal to you the ways that you have tried to cope with, deny, escape from, self-protect, or insulate yourself from your pain.
- c. Reveal to you some of the areas in your life where your woundedness is creating "death" (i.e. anger, bitterness, unforgiveness) in you and those around you.

Step of faith: "Lord, I may have buried my woundedness. I am asking you to reveal those 'buried' areas and begin healing them."

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

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

4. EXPRESS to God how you HONESTLY feel about your wounding events.

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

When you read through the Psalms, you see David over and over crying out to God how he feels about his pain and God Himself. It is okay to be honest with God. Sometimes we are hesitant to share with God how we honestly feel because we fear His discipline or punishment. You never have to fear verbalizing your feelings. Why? Because He already knows how you feel and He loves you regardless of those feelings or what you say to Him.

You can get angry with God, shake your fist at Him, and even ask the “why” questions. He fully understands and empathizes because He knows your human-ness. I think it is important to do some “holy” venting as part of your healing process. David vented to the Lord frequently in and each time it ultimately brought him closer to God and he ended in praise and worship of Him.

Step of faith: “God, I am feeling so angry and hurt by the woundedness caused by _____. “Lord, I am coming to You for healing of my woundedness and the negative emotions associated with it.”

Step of faith: “Lord, I have to be honest with You. I am angry at You for letting this happen to me. Thank you for hearing the pain of my wounded heart.”

Engaging God: If you are experiencing woundedness, take a moment and simply tell God how you feel about

your pain, your doubt, your unbelief, etc. Don't hold back. Let Him know what you think and how you feel. Your "holy" venting never changes His love for you.

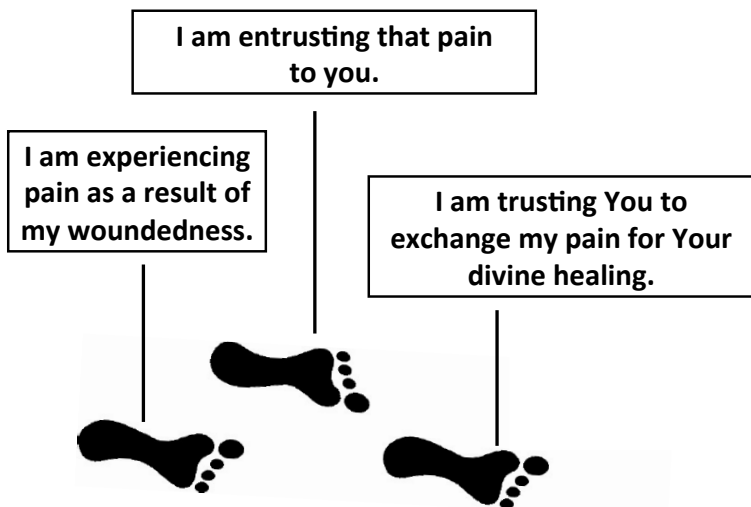
4. ENTRUST your pain to God.

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

You were never meant to hold on to your pain caused by your woundedness. (Or any pain for that matter.) God wants you to continuously entrust your pain to Him. Entrust in context of healing means:

***GIVING OVER to God the pain associated
with your woundedness.***

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



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

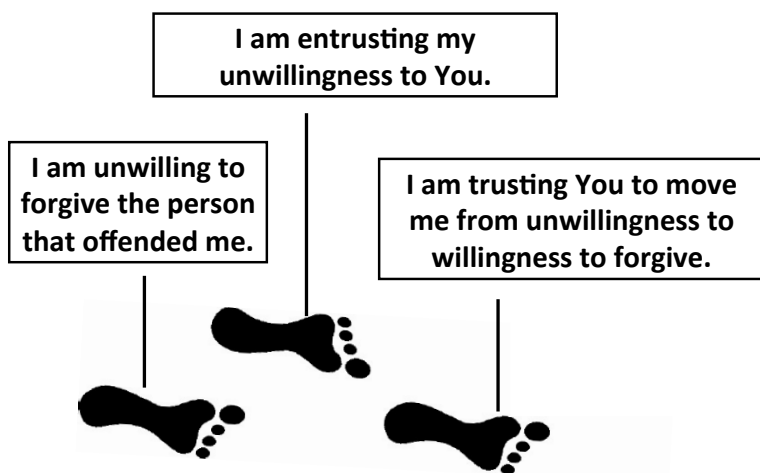
5. If your woundedness was caused by someone else, be WILLING to forgive that person.

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

If your woundedness has been caused by someone else, forgiving that person of the offense(s) is crucial to your healing. The truth is that without forgiveness there can be no healing. Why? When you have an attitude of unforgiveness toward someone, you have placed yourself in your own prison. This prison is made up of walls of anger, bitterness, and unforgiveness. These walls keep the Holy Spirit from healing your wounded heart. Forgiveness is essential for God to heal you.

However, what if you are unwilling to forgive the person who wounded you? The truth is that God knows you are unwilling and He is the only One who can transform your unwillingness into having a willing heart to forgive your offender. Let's look at a step of faith if you are unwilling to forgive.

The following diagram illustrates other steps you could take if you are unwilling to forgive.



What if you believe that you have the right not to forgive because of how horribly you were wounded by that person(s)?

What is the truth? God completely forgave you for your past, present and even future offenses towards Him (i.e., sin). Since He forgave you unconditionally, then you have no right to refuse to forgive your offender. What

would a step of faith look like concerning the right not to forgive.

Steps of faith: “Lord, continue to remind me that you continually extend me unconditional forgiveness for all my sins and that I have no right not to forgive.”

Remember that if you are deeply wounded that forgiveness is not a one time act. It is a process. You may have to have a number of “acts” of forgiveness before you totally forgive that person.

5. Seek the Lord to RENEW your mind to the TRUTH concerning your false beliefs as a result of your woundedness.

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

Remember earlier we discussed that it is no longer the past wounding event(s) that is creating your pain. Your pain is being created by the false beliefs that have resulted from your woundedness. False beliefs about yourself include such things as, “I am worthless, hopeless, or rejectable.”

These are false beliefs because the truth is that “in Christ” you are worthy, hope-filled, and totally accepted. Whatever your false beliefs are, God promises to renew your mind to the truth and set you free. Here is an example of engaging God to renew your mind to the truth.

Step of faith: “Lord, I believe that I am rejected (rejectable) as a result of my woundedness. I am asking you to renew my mind to the truth that I am totally accepted in you according to Romans 15:7.

“Therefore, accept one another, just as Christ also accepted us to the glory of God.” Romans 15:7

6. Learning to take EVERY thought associated with your woundedness CAPTIVE is an essential part of renewing your mind to God’s truth.

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

Part of the healing process and the renewing of your mind includes dealing with the recurring thoughts and feelings associated with your woundedness. I would like to share a few truths concerning taking those thoughts captive.

a. Think about what you think about.

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

Do you think about what you think about? If not, you are probably not filtering your wounding thoughts. If you are not filtering your wounding thoughts, it is because you are not questioning them. Rather, you are taking ownership of those thoughts.

If this is true for you, begin examining your thoughts by asking God to show you the source of those thoughts. Was that thought from your false beliefs associated with your woundedness? If you are not examining your thoughts, you will automatically take ownership of those recurring thoughts associated with your woundedness.

Learn to examine your thoughts by asking the Lord where that thought came from. Here is an example of a step of faith.

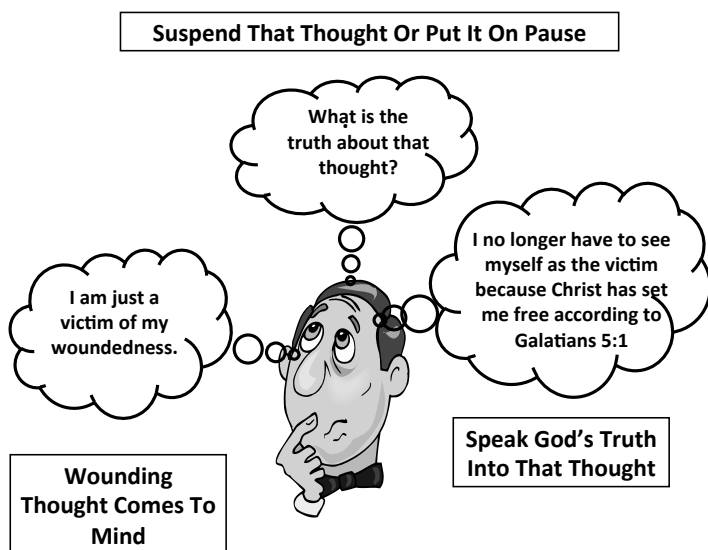
Step of Faith: “Lord, I am inviting you to examine this thought and show me (or make me aware) whether this is a thought that is tied to my woundedness.”

Engaging God: Ask the Lord to reveal to you if any of your thoughts are associated with your woundedness.

b. When you recognize a wounding thought, put it on PAUSE and APPLY God’s truth to it.

“But when He, the Spirit of truth, comes, He will guide you into all the truth...” John 16:13

Taking thoughts captive means putting the wounding thoughts that are coming into your mind on “pause” and asking the Spirit to speak truth into them. Here is an illustration of this principle:



As you continue to challenge your wounding thoughts by speaking truth into them, the Holy Spirit is using that truth to renew your mind and set you free from your false beliefs.

c. **ENTRUST to God any thoughts that trigger your woundedness.**

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

Another key part of taking wounding thoughts captive is to entrust (give over) every one of those thoughts to God. Just as we discussed about entrusting your pain to the Lord, it is equally important to entrust every wounding thought to Him.

Step of faith: “Lord, I recognize this thought is a wounding thought, so I am entrusting it (giving it over) to You.”

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

7. In addition to entrusting your thoughts to God, entrust your wounded feelings to Him as well.

“For we do not have a high priest who cannot sympathize with our weaknesses....” Hebrews 4:15

Arising out our wounding thoughts come wounded feelings, such as guilt, shame, or rejection. If you hold onto

those feelings, they will have the same toxic affect that your wounding thoughts have. God wants you to identify those wounded feelings and then entrust those feelings to Him. Why? Because He not only can sympathize with your pain, He will heal your wounded feelings. Here is an example of a step of faith regarding your wounded feelings.

Step of faith: “Lord, I feel so much guilt and shame over what happened to me. Persuade me that You dealt with that guilt and shame on the cross and that I can entrust those feelings to you.”

7. THANK God that He is CONSTANTLY at work to heal your woundedness.

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

Two of the greatest words of faith are “thank you.” In this case, you are giving thanks to the Lord for the fact that He is healing you even before there is any experiential evidence of it. It is easier to thank God once we are experiencing healing, but He wants you to begin thanking Him from the beginning of the healing process.

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

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

Key Truths About The Healing Process

1. Healing is a PROCESS

When it comes to any part of God transforming our lives, I have discovered from those I have ministered to that they don't like the word "process." Why? When we seek God for healing or anything else, we want it, and we want it now. Would you agree?

Even though we know that God can heal instantly, my experience in walking with those seeking healing, is that transformation and healing will, for the most part, be a process.

In my experience, when it comes to healing, how deep the woundedness is determines how long the healing process will take. It may be a long-term process if you have been deeply wounded. Let's look at some key truths concerning God's process of healing.

a. God, for the most part, will probably NOT meet your timetable for healing.

*"For My thoughts **are not** your thoughts, **Nor** are your ways My ways," declares the LORD." Isaiah 55:8*

I don't know about you but it always feels like God is too slow when it comes to working in my life. He has been consistently too slow because He has never once met my timetable for transformation or healing. It is at times like these that I have to remember how true Isaiah 55:8 is.

My impatient feelings aside, God is God and His timing will always be perfect.

b. As you go through the healing process, God will meet EVERY one of your NEEDS.

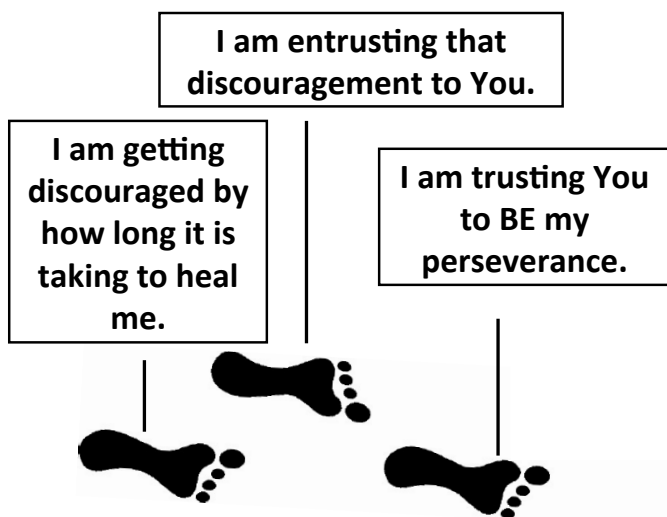
*“And my **God will supply all your needs** according to His riches in glory **in Christ Jesus.**” Philippians 4:19*

When your timetable or any other expectation you might have about God’s healing process is not being met, you may be tempted to be perplexed, impatient, frustrated, etc. When you find yourself giving into these temptations, remind yourself to seek Christ as your need-meeter. Let me give you some examples to explain:

When you need the following, Christ will meet your need by BEING your:

- **COMFORT** when you are experiencing pain from your woundedness. – 2 Corinthians 1:3-4
- **PERSEVERANCE** when you want to give up on God’s ability or willingness to heal. – Romans 15:5
- **PATIENCE** when God is not meeting your timetable for healing. – Galatians 5:22
- **HOPE** when you are feeling hopeless about ever being healed. – Colossians 1:27
- **CHRIST-CONFIDENCE** when you have lost your self-confidence in God’s ability or willingness to heal. – Philippians 1:6

There may be other needs that Christ can meet as your Source. When those needs arise, seek Christ to satisfy them. Here is a diagram to illustrate steps of faith when a need arises.



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

c. God's healing process is SUPERNATURAL

A key truth in understanding God's healing process is to grasp the truth that it is always a supernatural process. I define supernatural this way:

SUPERNATURAL means that there is NO man-made explanation for how God is healing us.

Who can explain supernatural? It is not explainable and not understandable. All I can tell you is that I was deeply wounded but because of the Holy Spirit's supernatural work in my life, I am continuously being healed of my woundedness.

Accordingly, we simply trust that God is healing even though we don't know what or how He is doing it.

d. Early on in your healing process, you may not feel or experience God's healing.

As human beings who feel and experience life every moment, it is only natural to think that when we engage God to heal our woundedness that we will experience His work in us from the beginning. For the most part, when you engage God to heal, you may not initially experience healing. Why is that? We see the answer in 2 Corinthians 5:7:

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

You see, our objective is healing. However, God has a two-fold objective. First, to teach you how to walk by faith; and second, to heal you of your woundedness. As much as we want God's main thing to be about healing, in my experience God's teaching us how to walk by faith is His greater priority. Consequently, we may have to “faith” it for a period of time before we experience healing.

I wish that I could tell you what your particular time line from faith to experience will be, but only the Spirit knows that. The good news is that if you continue to “faith it,” you will, over time, begin to experience healing. On the following page is an illustration of moving from faith to experiential healing:



What Will You Begin To Experience As God Heals?

Now that we understand the process, let's look at some of the things that we can expect as we are being healed.

1. As your mind is being renewed to the truth and your false beliefs are being replaced with the truth, you will find yourself:

- Taking ownership of the “arrows” or thoughts that trigger your woundedness less and less.
- You will increasingly be engaging the Spirit to take those thoughts captive.

- More of your thoughts will line up with the truth than with your false beliefs.

2. As your woundedness is being healed, your damaged emotions will be healed as well.

You will begin “feeling” the truth as well as believing it. For example, if you initially believed that you were unworthy due to your woundedness but your mind became renewed to the truth that you are worthy, your feelings will start to line up with your beliefs and you will increasingly feel more worthy.

3. You will begin to make decisions based on the truth.

By that I mean, you will no longer choose to live in denial, or stuff or compartmentalize your woundedness. You will choose to walk in the freedom that comes with believing the truth.

4. Over time, as you live more from the truth, you will find yourself living less from your fleshly behaviors and more from Christ-like attitudes.

For example, if you were critical or judgmental as a result of your woundedness, then you will find those attitudes being replaced with a Christ-like attitude of love and giving grace.

5. As you are being healed, you will experience a growing attitude of forgiveness towards your offender(s).

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

Christ-confidence is crucial to the healing process. Christ-confidence is the result of your experiencing healing on some level. As you begin to experience more of God's supernatural work, then your confidence about God's desire and willingness to heal you will increase.

Note About Counseling

You may be at a place where you will need someone to walk with you through the healing process such as a spiritual mentor or a licensed counselor. If so, please seek such out. The key for choosing someone to help you is to make sure he/she is Christ-centered and Christ-focused. By that I mean that he/she will always take you to God's truth and to God (and not you) as the only Source to accomplish the healing.

Conclusion

I hope that the truths shared in this study have given you a spiritual foundation and sufficient understanding to seek God to begin the process of healing. Even more than an understanding,

I pray that through this study God has given you hope (confident expectation) that He will heal and restore your life. It may be a journey that is difficult, but I can assure you that it will be eternally worth traveling. Let me end by leaving you with our Lord's promises regarding your healing.

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

*“The Spirit of the LORD is upon Me, Because He
has anointed Me. To preach the gospel to the poor;
He has sent Me to heal the brokenhearted, To proclaim
release to the captives And recovery of sight to the blind,
To set free all those who are oppressed.” Luke 4:18*

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

*And Jesus said to him, “ ‘If You can?’ **All things are
possible to him who believes....**” Matthew 9:23, 24*

***“Now to Him who is able to do exceedingly abundantly
above all that we ask or think, according to the power
that works in us, to Him be glory in the church by Christ
Jesus to all generations, forever and ever. Amen. “***
Ephesians 3:20-21

Would You Like To Know More?

If you would like to know more about God's healing process, I would encourage you to go to pursue my study called *Healing The Wounded Heart*. In it, I expand on the topics covered in this booklet plus the following topics:



- Woundedness and your identity in Christ.
- Woundedness and your concept of God.
- Satan's strategies towards your woundedness.
- Forgiveness.
- What are the results as you engage God to heal you.

This curriculum is available on my website (www.christislifeministries.com). Online, you may either download the curriculum for free or purchase a written copy of it which will be mailed to you.

I hope you will take advantage of this study and seek the Lord for a deeper understanding of His ability and willingness to heal your wounded heart.

Blessings in Christ,

Bill Loveless

P.S., If you have any thoughts concerning what you have read that you would like to share or have any questions about what I have written, please email me at the address below:

Christ Is Life Ministries

Website: www.christislifeministries.com

Email: bill@christislifeministries.com

WOUNDED?

Have you been wounded in the past through sexual, emotional, physical or verbal abuse? Or have you been wounded through traumatic events such as divorce or the early death of a loved one? As a result of your woundedness, are you experiencing feelings, such as anger, frustration, hopelessness, or unforgiveness? How do you think the effects of your woundedness might be negatively impacting your life as well as the lives of those around you? One final question: Do you want to be healed?

If the answer is "Yes" to the final question, then I want to encourage you to read this booklet. In it, we will explore:

- The two types of woundedness: overt and covert.
- The negative impact of woundedness in our lives.
- Ways in which we try to cope with our woundedness.
- Our Source for healing.
- What it looks like to engage God to begin the healing process.

This is a very personal booklet for me because the biblical truths I have discovered are allowing me to experience deep healing of my woundedness and freedom from the negative impact it has had on my life for 48 years. My prayer for you is that as you read this booklet, these same truths will give you hope and the healing that God promises.



Bill Loveless is the director of Christ Is Life Ministries (CILM). CILM is a non-profit, non-denominational ministry that focuses on discipleship. We teach Christians that Christ is our only Source for living the Christian life and what it looks like to be transformed into Christ-likeness.

For further information, see the ministry website at: www.christislifeministries.com

