

Peace and Wholeness

We all suffer some sort of injury during our life's journey. Some injuries are physical, some are mental, and some are emotional. Most of us deal with physical injuries readily, because it's the *normal thing to do*.

Unfortunately, emotional injuries don't always receive similar attention or response.

More seldom than not, victims fail to realize how destructive these emotional injuries can be. They not only impede our thinking, but also may cause our dysfunction and become more destructive than any physical injury.

I would venture to say that early 20th century soldiers, coming home from battlefields, were the primary movers in drawing attention to the lasting damage individuals suffer because of trauma. Most adults today have some knowledge of PTSD.

Unfortunately, with all the growing awareness of emotional trauma's damage, the general public and many believers still depend mainly on pharmaceuticals to deal with the varied symptoms of emotional traumas.

Very few believers rely on Christ's words in Luke 4:18 as a remedy or treatment plan for their emotional issues. Yet, Jesus said that *He came for the specific purpose* of healing the broken hearted, binding up the bruised and setting the captives free. See Luke 4:18.

Because we live in an imperfect world with imperfect individuals, we all suffer some sort of emotional "trauma(s)."

For discussion's sake, let's consider a zit as our trauma. No one caused it to appear, it just did. Depending on upcoming events and the severity of the outbreak, the zit can be insignificant, or it can produce a major trauma for a young teen. As strange as this analogy may appear it is a very accurate parallel to many traumas.

An event, comment, or an action can produce thousands of varied responses; some neutral, some uplifting and some toxic. It's the toxic ones that can become roadblocks or hidden mines buried deep within our sub-

conscience which fester and keep us from experiencing supernatural peace and wholeness. *These hindrances can:*

- *-explode at the most inopportune moments,*
- *Destroy our self-image,*
- *derail us off our God-given paths,*
- *destroy relationships,*
- *and cripple our efforts at love, success, and peace.*

In Ephesians 3: 16–17 Paul prays that God may give us the power through His Son for our **hidden selves** to grow strong so that Christ might live in our hearts.

He also says that our minds must be renewed by God's spiritual revelation so that:

- we can deal with these land mines,
- experience God's healing,
- and also experience the jubilee God has prepared for us here in our present lives.

Modern psychologists picture the human mind as an iceberg. The conscious part of our mind is what's visible above the water. Our subconscious mind, which is the unseen, or the submerged part makes up 90% of our thoughts and is also a collection of all our life's events-the good, the bad, and the ugly.

My desire to remember good events brings them to the surface easily. My desire not to remember negative events drives them deeper and deeper into my subconscious mind. I can become very skillful in blocking out negative emotions with business, substance abuse, or sexual perversions, etc. and never deal with the damage they are causing me and others.

These traumatic or painful events, though buried deeply in our subconscious, also become like poison causing untold illnesses, addictions, disfunction and interpersonal problems.

We also exert huge amounts of mental energy trying to block or ignore all the voices screaming in our heads.

On top of all of that, there is the inevitable Titanic, which collides with our submerged subconscious and causes an explosion of emotions, commonly referred to as: blowing your top, losing your cool, going ballistic or road rage.

Being realtors, my husband and I recently pulled up to the curb in *between* two homes in our neighborhood. We were viewing property that was slated to go on the market. The next-door neighbor who was in her garage, holding her baby started yelling at us to get away from her house. All we could do was pull away and say a prayer for this poor woman who was clearly experiencing some sort of issues.

Talking to this woman, pointing out her irrational behavior would only make things worse. Yet, many think this is the best way to go.

Bruce Wilkinson in his book *Experiencing Spiritual Breakthroughs* says: Lasting change is simply what happens when we are confronted with God's truth and choose to respond. Either we make a breakthrough and go forward or fall back. There is no neutral ground.

Honesty and courage enable us to crawl up into Abba's lap, put our head on His chest and ask for His help.

Unfortunately, the enemy of our soul works overtime to fill our hearts with fear, anger, and judgments against ourselves and others. He occupies us with hyperactivity, substance pacifiers, or concentrating on others and their issues. His goal is to steal our peace, kill our joy and destroy our lives. *John 10:10*

When children fall and get scraped up, they expect their parents to make it better. We know God likes that response because He tells us to do the same.

Matt 11:28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Jesus reads His own job description in Luke 4:18-19 which says:

*"The Spirit of the Lord is upon Me,
Because He has anointed Me*

*To preach the gospel to the poor.
He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives
And recovery of sight to the blind,
To set at liberty those who are oppressed.
To proclaim the acceptable year of the Lord.”*

Jesus also tells us in John 10:10 *that He came so that we might have life, and have it more abundantly.*

If this topic of soul health is new to you, please consider checking out the following authors for some helpful instruction.

Additional resources:

Bruce Wilkinson's *Experiencing Spiritual Breakthrough*,

Dr Caroline Leaf's *Cleaning Up Your Mental Mess*,

Joyce Meyers' *Healing the Soul of a Woman*,

Marybeth Wuenschel's *Your Thoughts are Killing You*.

Karol K. Truman's Feelings Buried Alive Never Die

