

GETTING TO THE ROOT OF THINGS

Many of us sitting here now have many issues and things that are surfacing

It is time for us to really get to the root of our problems, many of our manifested issues are just that issues. They are what are seen by us and others but they are not the cause of the problems. Things such as:

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|-----------------------|-----------------------------------|
| 1. Low Self Esteem | 9. Hatred |
| 2. Lack of Confidence | 10. Carry a Chip on Your Shoulder |
| 3. Negativism | 11. Addictions to Drugs |
| 4. Opression | 12. Addictions to Food |
| 5. Anger – Hostility | 13. Addictions to Sex |
| 6. Controlling | 14. Broken Relationships |
| 7. Depression | |
| 8. Self Pity | |



Beauty for Ashes

Emotional Healing

Foundation Scriptures: [Isaiah 61:1-4](#)

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Isaiah 61:1 (NKJV) "The Spirit of the Lord GOD is upon Me, Because the LORD has **ANOINTED ME** To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to *those who are bound*;

Luke 4:18 (NKJV) ¹⁸ "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;

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Acts 10:38 (NKJV) how God **anointed Jesus** of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.

The Anointing is for a purpose and a reason

1. **To Preach Gospel**
2. **To heal the brokenhearted**
3. **To Proclaim liberty to the Captives**
4. **Open The Prison doors to those who are bound**

Isaiah 10:27 (NKJV) It shall come to pass in that day *That* his burden will be taken away from your shoulder, And his yoke from your neck, **And the yoke will be destroyed because of the anointing oil.**

The Yoke is what is use to attach an animal to another animal for the purpose of carrying a load which they must pull wherever they go. The yoke is a form of bondage, oppression, and burdens.



Low Self Esteem, Lack of Confidence, Negativism, Oppression, Depression, Anger, Hostility, Controlling, Hatred, Addictions, Fear, Confusion, Procrastination, Guilt, Shame,

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What I am speaking about is when we are yoked up with the wrong individual or thing it can cause you to carry the wrong load. Those loads can become heavy and seem at times almost unbearable.

Matthew 11:28-30 (NKJV) Come to Me, all *you* who **labor and are heavy laden**, and I will **give you rest**.²⁹ Take **My yoke upon you** and **learn from Me**, for I am gentle and lowly in heart, and **you will find rest for your souls**.³⁰ For My yoke *is* easy and My burden is light."

First thing we have here is an invitation, an offer, request. But coming from Jesus I would say it is more of a call and summons. This is a spoken command of where you are to appear.

Second thing is to whom He is speaking to those who labor, people who are putting in an effort to travel through this life carrying the wrong baggage. People who are attempting to do it in their own strength with manual labor. But are just overloaded

Third thing is His PROMISE to give to rest. A time of refreshing, a time of freedom

Fourth Thing is that after you come to Him (Jesus) He wants you to hook up with Him

Fifth thing is that He said LEARN FROM ME!! This is only done through study of Jesus and the life He lived, To learn is to acquire knowledge through education and experience. Through knowledge we are trained.

2 Timothy 2:15 (KJV) Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

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God wants and desires that you win in this life but it comes by Study, and committing yourselves to discovering the fact through knowledge of Jesus.

Hosea 4:6 (KJV) My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

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So in order to deal with the issues of Low Self Esteem, Lack of Confidence, Negativism, Oppression, Depression, Anger, Hostility, Controlling, Hatred, Addictions, Fear, Confusion, Procrastination, Guilt, Shame.

We must get to the root of the problem and learn what the bible says about it. Low Self Esteem, Lack of Confidence, Negativism, Oppression, Depression, Anger, Hostility, Controlling, Hatred, Addictions, Fear, Confusion, Procrastination, Guilt, Shame. These things were never placed in man when God created man.

Genesis 1:26 (NKJV) Then God said, "Let Us make man in **Our image**, according to **Our likeness**; let them **have dominion** over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."

These things are additives. Things added to alter our true way of life. These are things the world wants you to carry to conform you to the ways of the world. The worlds standard requires for these things to be in the people who do not KNOW better.

Romans 12:2 (NKJV) And **do not be conformed** to this world, but **be transformed by the renewing of your mind**, that you may prove what *is* that good and acceptable and perfect will of God.

This is why bible study is so important, imperative and essential for you. So that you can learn who you are in the eyes of God

Understanding your identity in Christ is extremely important, , whether you are brand-new in the faith, or a seasoned veteran.

Realizing your position as a child of God, and the identity that is yours through faith in Christ Jesus sets the spiritual foundation whereby you can come to know, experience and walk in the fullness of God.

Your identity in Christ is how God looks at you through Jesus' blood that was shed on the Cross. In accepting Christ Jesus as your Savior, Jesus lives in you (Galatians 3:20), and this is what God sees when He looks at you, as He sees you in light of the sacrifice of Jesus, and all the potential (along with the identity) that it affords you.

WE WILL BE STUDYING WHO YOU ARE IN CHRIST

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YOUR IDENTITY IN CHRIST

I am complete in Him Who is the Head of all principality and power (Colossians 2:10).

I am alive with Christ (Ephesians 2:5).

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I am free from the law of sin and death (Romans 8:2).

I am far from oppression, and fear does not come near me (Isaiah 54:14).

I am born of God, and the evil one does not touch me (1 John 5:18).

I am holy and without blame before Him in love (Ephesians 1:4; 1 Peter 1:16).

I have the mind of Christ (1 Corinthians 2:16; Philippians 2:5).

I have the peace of God that passes all understanding (Philippians 4:7).

I have the Greater One living in me; greater is He Who is in me than he who is in the world (1 John 4:4).

I have received the gift of righteousness and reign as a king in life by Jesus Christ (Romans 5:17).

I have received the spirit of wisdom and revelation in the knowledge of Jesus, the eyes of my understanding being enlightened (Ephesians 1:17-18).

I have received the power of the Holy Spirit to lay hands on the sick and see them recover, to cast out demons, to speak with new tongues. I have power over all the power of the enemy, and nothing shall by any means harm me (Mark 16:17-18; Luke 10:17-19).

I have put off the old man and have put on the new man, which is renewed in the knowledge after the image of Him Who created me (Colossians 3:9-10).

I have given, and it is given to me; good measure, pressed down, shaken together, and running over, men give into my bosom (Luke 6:38).

I have no lack for my God supplies all of my need according to His riches in glory by Christ Jesus (Philippians 4:19).

I can quench all the fiery darts of the wicked one with my shield of faith (Ephesians 6:16).

I can do all things through Christ Jesus (Philippians 4:13).

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I show forth the praises of God Who has called me out of darkness into His marvelous light (1 Peter 2:9).

I am God's child for I am born again of the incorruptible seed of the Word of God, which lives and abides forever (1 Peter 1:23).

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I am God's workmanship, created in Christ unto good works (Ephesians 2:10).

I am a new creature in Christ (2 Corinthians 5:17).

I am a spirit being alive to God (Romans 6:11; 1 Thessalonians 5:23).

I am a believer, and the light of the Gospel shines in my mind (2 Corinthians 4:4).

I am a doer of the Word and blessed in my actions (James 1:22,25).

I am a joint-heir with Christ (Romans 8:17).

I am more than a conqueror through Him Who loves me (Romans 8:37).

I am an overcomer by the blood of the Lamb and the word of my testimony (Revelation 12:11).

I am a partaker of His divine nature (2 Peter 1:3-4).

I am an ambassador for Christ (2 Corinthians 5:20).

I am part of a chosen generation, a royal priesthood, a holy nation, a purchased people (1 Peter 2:9).

I am the righteousness of God in Jesus Christ (2 Corinthians 5:21).

I am the temple of the Holy Spirit; I am not my own (1 Corinthians 6:19).

I am the head and not the tail; I am above only and not beneath (Deuteronomy 28:13).

I am the light of the world (Matthew 5:14).

I am His elect, full of mercy, kindness, humility, and longsuffering (Romans 8:33; Colossians 3:12).

I am forgiven of all my sins and washed in the Blood (Ephesians 1:7).

I am delivered from the power of darkness and translated into God's kingdom (Colossians 1:13).

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I am redeemed from the curse of sin, sickness, and poverty (Deuteronomy 28:15-68; Galatians 3:13).

I am firmly rooted, built up, established in my faith and overflowing with gratitude (Colossians 2:7).

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I am called of God to be the voice of His praise (Psalm 66:8; 2 Timothy 1:9).

I am healed by the stripes of Jesus (Isaiah 53:5; 1 Peter 2:24).

I am raised up with Christ and seated in heavenly places (Ephesians 2:6; Colossians 2:12).

I am greatly loved by God (Romans 1:7; Ephesians 2:4; Colossians 3:12; 1 Thessalonians 1:4).

I am strengthened with all might according to His glorious power (Colossians 1:11).

I am submitted to God, and the devil flees from me because I resist him in the Name of Jesus (James 4:7).

I press on toward the goal to win the prize to which God in Christ Jesus is calling us upward (Philippians 3:14).

For God has not given us a spirit of fear; but of power, love, and a sound mind (2 Timothy 1:7).

It is not I who live, but Christ lives in me (Galatians 2:20).

2 Peter 1:4-10 (KJV) Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. ⁵ And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; ⁶ And to knowledge temperance; and to temperance patience; and to patience godliness; ⁷ And to godliness brotherly kindness; and to brotherly kindness charity. ⁸ For if these things be in you, and abound, they make *you that ye shall* neither *be* barren nor unfruitful in the knowledge of our Lord Jesus Christ. ⁹ But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins. ¹⁰ Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

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Beauty for Ashes

Emotional Healing

Foundation Scriptures: [Isaiah 61:1-4](#)

I. BEAUTY FOR ASHES

- A. The Holy Spirit is here to preach good news to people who have been hurt.
- B. To bind up your wounds and heal your hurts and broken hearts.
- C. To **declare** liberty to captives.
 - 1. Physical (mental, **emotional**, and the will)
 - 2. Spiritual
- D. To open the prison and the eyes of those who are bound.
 - 1. Remember: **You** must walk out.
- E. To proclaim the acceptable year of the Lord.
 - 1. [Matthew 11:2-6](#)—Jesus is the only answer.
 - 2. [Luke 4:18-19](#)—Jesus was sent to heal and **send forth as delivered**:
 - a. Oppressed
 - b. Downtrodden
 - c. Bruised
 - d. Crushed
 - e. Those broken down by **calamity**
- F. Jesus will grant (give) consolation and joy to those who mourn.
 - 1. Consolation—To comfort or strengthen in a time of grief.
Consolation may be brought through God doing something special for you.
- G. He gives “**beauty for ashes.**”
- H. Praise for depression and heaviness
- I. He makes us “trees of righteousness.”
 - 1. Lofty
 - 2. Strong
 - 3. Magnificent
- J. He will use you to rebuild other ruined lives.
 - 1. The devastations of many generations

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II. THE IMPORTANCE OF FACING TRUTH

Foundation Scriptures:

[Isaiah 42:1-3](#)—Jesus has come to reveal truth.

[Isaiah 42:7](#)—To open the eyes of the blind (Get people to face **truth**.)

[John 8:31-32](#)—The **Truth** will set you free.

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- A. Hidden wounds, hurts, sins, etc. can be like rotten food hidden in a refrigerator—you smell the stink but don't know where it is coming from.
- B. Are you hiding because facing the truth is too painful?
- C. Each area of liberty will require facing or seeing “a truth” that doesn't always (but may) bring pain.
 - 1. **Are you in denial?**
- D. When you hide behind a doorway of pain (wounded emotions), you have to come back through that same doorway to freedom.
- E. **My dream**—I hid behind a door (locked door) to get away from the people hurting me; but awoke thinking, “I'll never know when I can come out because they might still be there.”
- F. You can separate parts of yourself from yourself.
 - 1. I separated the child in me because being a child was too painful.

III. THE IMPORTANCE OF RESISTING “SELF-PITY”

- A. Do you want to be pitiful or powerful?
- B. A **reason** to feel sorry for yourself doesn't equal the **right to**.
- C. [II Corinthians 5:17](#)—We are new creatures in Christ.
- D. [Philippians 3:13](#)—One thing I do, forgetting what lies behind and pressing on to what lies ahead.
- E. [Isaiah 43:18-19](#)—*Do not [earnestly] remember the former things; neither consider the things of old. Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.*

NOTE: You can't hide from the past; you must face it—but you can't “camp” there. You **must** take Jesus' hand and let Him lead you to “**the new thing**.”

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Repressed Anger

I. Emotions—What Are They?

- A. Emotions (defined/Webster's)—The part of the consciousness that involves "**feeling**." (To move out.) A response involving physiological changes as a preparation to action.
- B. Many different emotions:
 - Love
 - Embarrassment
 - Fear
 - Excitement
 - Hate
 - Discouragement
 - **Anger**
 - Disappointment
 - Lust

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II. Anger—What To Do About It!

- A. A hurt person wants to place blame.
 1. [Ephesians 6:12](#)—We war not with flesh and blood, but with principalities and powers.

Seeking compensation for hurts and injustices done

0. A woman whose father didn't show love may seek that from her husband.
 - a. **In balance**, this is part of the answer.
 - b. **Out of balance**, it can be disastrous.
1. A girl who received unfair discipline or is physically abused may not be able to allow her husband to discipline their children.
2. A man who grows up in an angry, turbulent atmosphere may insist on having serenity among his own children.

Potential problem—He insists so much on a "calm atmosphere" in the home that his children are not allowed to express normal emotions.
3. **ANGER IS NORMAL—REPRESSED ANGER IS DANGEROUS.**

[Ephesians 4:26-27](#)—When you're angry, do not sin. Don't let the sun set on your anger. Do not open a door or give the devil a foothold of this kind.
4. "Chip on the shoulder" syndrome
 - a. "I was hurt, and I'm angry about it; so now everyone owes me 'preferential treatment' because someone has to make up for what happened to me."
 - b. "**Attitudes**" that can be produced:
 - Demanding
 - Aloof
 - Overbearing
 - Negative

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Can negative emotions be controlled?

0. We cannot fully control their presence.
1. We can control how we express them.
2. Example: An abused girl now feels uncomfortable around men she doesn't know really well.
Is she in bondage? Not unless she allows the emotion to control her!
3. The presence of a feeling doesn't mean you aren't free.

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The root of bitterness

Hebrews 12:15—*Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it...*

0. **Bitterness** (defined)—Profound **grief** accompanied by **suppressed hostility** toward seemingly unbearable circumstances.
1. A **bitter root** produces bitter fruit.
(See Inserts A & B at end of teaching notes.)
2. Be rooted and grounded in Christ and in His love.
 - a. **Ephesians 3:17-19**
 - b. **Colossians 2:7**

Anger causes rebellion or resistance to authority.

0. Outwardly compliant/Inwardly defiant
1. I was bitter about my hurts so I rebelled against authority.

Unresolved or repressed anger

0. Anger's basic function: to rally the individual to take a stand for his basic needs and innermost feelings of worth.
ANGER IS NOT WRONG UNLESS IT IS UNCONTROLLED OR REPRESSED.
1. **Ephesians 4:26**—Be angry and sin not.
James 1:19—Be slow to anger.
2. Should anger ever be expressed?
 - a. Yes! but use restraint and discernment.
 - b. Example: Sometimes a child or an employee, etc. needs mercy—sometimes a display of anger.
3. Confrontation
 - a. Saying “No” when necessary
 - b. Confronting wrongs
 - c. Requesting legitimate needs to be met
4. Anger should not be expressed through:
 - a. **Open aggression**
 - Shouting
 - Gripping
 - Criticism
 - b. **Passive aggression**
 - Silent treatment

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- Sulking
 - Laziness
5. If anger is not expressed properly, **it will be** expressed improperly.
Examples:
 - a. Depression
 - b. Rebellion
 - c. Chip on shoulder
 - d. Self-pity
 6. If a person with repressed anger or internalized rage gets power and has the right personality type, they can become violent, vindictive, or even criminal.

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What to do if you have a valid reason to be angry but no way to remove the source of the anger:

0. Learn to be **QUICK** to forgive. This will help **you** more than anyone.
1. Place blame where it really belongs.
2. Get angry at the devil the same way Jesus did—by doing the work of the Kingdom.

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Shame

I. Healthy Shame

- A. [Genesis 2:25](#)—Adam and Eve in the Garden with no sin were naked and not ashamed.
 - 1. Naked is parallel to open, honest, and free, etc. They were playing no games and wearing no masks.
- B. After sinning, a person should feel ashamed.
 - 1. A healthy emotion
 - 2. Declares you are a human with limitations
 - 3. Get forgiveness—press on.

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II. TOXIC (Poisonous) Shame (Toxic means causing serious harm or death)

- A. A person becomes ashamed of himself/herself rather than the thing that has happened.
- B. They internalize shame, and shame becomes the “core of their being.”

III. Problems Caused from TOXIC Shame

- A. Shame (defined/Hebrew)—Confounded, confused, dry, disappointed, or stopped.
- B. [Psalm 70:2](#)—Let them be ashamed who seek to hurt me.
Confounded, confused, stopped
- C. Confounded (Webster’s)—Ashamed, confused, defeated, or overthrown.
- D. [Psalm 25:20](#)—Put your trust in God. He can keep you from shame.
 - 1. DAMN—Inflict loss upon, pronounce adverse judgment; bring about failure or ruin—DOOM; DOOMED TO PUNISHMENT.
- E. Shame is the source of many complex inner problems:
 - 1. Depression
 - 2. Alienation
 - 3. Self-doubt (no confidence)
 - 4. Isolating loneliness
 - 5. **Compulsive disorders**
Examples: Drugs, alcohol, bulimia, anorexia, obesity, money addictions, uncontrolled gossip, gambling, sexual perversions, work, etc.
 - 6. Perfectionism
 - 7. Deep sense of inferiority—there is something wrong with me; I’m flawed.
 - 8. Failure syndrome
 - 9. Timidity; fears of all types
 - 10. **Neurotics** assume too much responsibility. In conflict, neurotics automatically assume they are at fault.
- F. Toxic shame causes self-hatred.
 - 1. The person becomes an object of his/her own contempt.
 - 2. **Shame is shaming** and is much harder to face than guilt.

IV. Causes for TOXIC Shame

- A. Abuse of any kind

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1. **Verbal**—People **must hear** loving words of acceptance to develop properly.
 - a. Verbal abuse can be overt or covert.
 - **Overt**—Aggressive, angry words that tell you that you are flawed
 - **Covert**—Loving words withheld
2. **Physical abuse**
 - a. Beatings
 - b. Unfair discipline
 - c. Locked in closets, dark rooms
 - d. Food withheld
 - e. People who have been physically abused often become abusers. Why? Unforgiveness
 1. [John 20:23](#) (KJV)—*Whosoever sins ye remit, they are remitted unto them; and whosoever sins ye retain, they are **retained**.*
 2. When children are hurt, they seek to escape from the pain. They cease identifying with (or pretending to be) the parent with the power and strength. As an adult in a situation that triggers the “old scene,” they take on “the role of the abuser.”

Sexual abuse —Considered to be the most degrading and offensive.

Offenders are sex addicts normally acting out their own sexual or physical abuse.

Consists of molestation, rape, incest, exhibitionism, voyeurism, obscene phone calls, etc.

Emotional abuse —Withholding of love, attention, loving touch, words of acceptance; love based on performance, etc.

Abandonment—Parent leaves physically or mentally.

NOTE: **A child believes everything that goes wrong is his/her fault.**

Identification with shame-based models

Mirroring and imaging identification—a child becomes like what he/she sees and hears.

0. If the parent complains, gossips, curses, makes fun of people, is full of self-pity, or is shame based, etc...
1. The child will become like the parent unless he/she draws the bloodline of Jesus across his/her life to stop the curse.

Mood Altering

Shame-based individuals do certain things to **transfer** their shame to someone else and thereby alter their mood or remove the pain of their shame.

Acting shameless on the surface:

- Self-righteous
- Religious addiction
- Perfectionism

Striving for power and control

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Rage, arrogance, criticism, blame, judgment, or contempt for others
Caretaking and helping, people pleasing, and being nice
Addictive behaviors: drugs, alcohol, food, sex, money, power, etc.!

How To Receive Emotional Healing

Through facing truth—even though it is often very painful.

Gaining understanding through the sources God leads you to: books, tapes,
groups, seminars, meetings, individuals, etc.

The number one Source of understanding is “the Word of God” and “the Spirit of God.” The Holy Spirit is “the Teacher,” “the Comforter,” “the Helper,” and “the Strengthener” ([John 16:7](#)).

Change your “self-talk.”

[Romans 12:2](#)—The renewing of your mind

Realize healing is a process, and it **will not** happen all at once or immediately.

Unless God puts “the working of miracles” into operation

Normal procedure

[II Corinthians 3:18](#)—We are changed as we continue to behold Him in “The Word” and going from one degree of glory to another.

Delivered From Shame

[Isaiah 61:7](#)—*Instead of your [former] shame you shall have a twofold recompense; instead of dishonor and reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs.*

[Isaiah 54:4](#)—*Fear not, for you shall not be ashamed; neither be confounded and depressed, for you shall not be put to shame. For you shall forget the shame of your youth, and you shall not [seriously] remember the reproach of your widowhood any more.*

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Addictive Behavior

I. Self-Control

- A. [Galatians 5:22](#)—Self-control is one of the fruits the Holy Spirit will produce in the believer’s life if He is allowed to **fill** the believer through and through.
- B. God wants us free from outside control and led by the inner control of His Spirit.
 - 1. [I Corinthians 9:19](#)—... *I am free in every way from anyone’s control...*
 - 2. [I Corinthians 6:12](#)—... *I will not become the slave of anything or be brought under its power.*
 - 3. [I Thessalonians 4:1-4](#)—Each one should know how to manage his own body.
- C. The Bible teaches us to control our thoughts, mouth, actions, etc.

II. Types Of Addictive Behavior

More people are “out-of-control” than “in-control.”

- A. **Alcohol, drugs**
- B. **Food**—Obesity: sixty percent of women and fifty percent of men are overweight.
 - 1. Experts say fifteen pounds of excess weight qualifies a person as obese.
 - 2. **Excuses:** Glandular, hereditary, aging, childbearing, lifestyle, necessary social eating, big bones, etc.
 - 3. Some are genetic, but more are emotional.
 - a. Example: This scene was observed in an airport. Mom and Dad waiting for a plane were arguing; an eighteen-month-old baby was lying on bench between them. Each time the child whined or cried, a bottle was stuck in its mouth. A woman sat down behind them and startled the baby. It began to cry. The mother rooted in the diaper bag pulling out another bottle. Both of the parents were already twenty pounds overweight.
 - b. What is the 18-month-old child already learning?
 - 1. Mom and Dad are overweight; it must be OK.
 - 2. Learning to repress emotional expression—stuff his/her feelings and mood; alter them **with food**.
 - 4. Shame-based people feel lonely and empty, so they eat to be full and filled (fulfilled).
 - 5. **Diets**—Are they the answer?
 - a. Approximately 95 percent of all people who lose weight on a diet gain it back within five years.
 - b. The answer is: Get to the root problem and receive healing from Jesus.
- C. Fat/thin disorders
 - 1. **Anorexia nervosa**—self-starvation

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- a. Very dominant in affluent families—in girls, ages 13-25
 - b. Almost epidemic in some affluent private schools today
 - c. Many affluent families are perfectionist types—overly concerned with self-image.
 - d. Fathers of these children are often tyrannical, controlling, and rigid.
 - e. The parent's marriage may be a pseudo-intimate marriage with great pretense at looking good.
2. **Bulimia**—Binge/purge
 3. Anorexia and bulimia include behaviors such as: starving, excessive amounts of fasting, diuretics, laxatives, exercise, bingeing, and forced vomiting.
- D. Feeling addictions
1. **Rage, sadness, fear, excitement, religious righteousness**
 2. **Joy addicts** wear a continual frozen smile—they are never angry, laugh at inappropriate times, and only speak of happy things.
 3. Addiction to shame and guilt
- E. Thought addictions
1. Detailing—Worrying—Nonstop talking
 2. Example: A girl was imprisoned (at gunpoint) by her father who was a sheriff until she was 32. She was abused sexually, physically, and verbally—she almost never stopped talking because as long as she was talking, she didn't feel the pain.
 3. Lustful thoughts
 4. Manifestation of a person who is fear based and insecure: Mind is never at rest; always figuring out what to do, what to say, or how to do it, etc.
Answer: **MUST LEARN TO TRUST GOD.**
- F. Activity addictions
1. Working, sports, buying, hoarding, reading, gambling, exercising, watching TV, or owning and caring for excessive numbers of pets
 2. Moods are altered and pain is forgotten. These are places to hide from reality.
- G. Will addictions
1. I want what I want when I want it—people who are self-centered must have their own way.
 2. A will addict loses the cooperation between the intellect and the will. He can no longer submit the things he wants to logic or reason. **He must have his own way.**
 3. As long as they are getting their way, they are in control and no one can hurt them.
 4. The opposite extreme is seen in people who totally give their will over to others (including the devil) and become “passive.” They are so shame based they feel they should never have anything they want.
- H. Re-enactment addicts

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1. Many abused people either re-enact their own abuse on their children OR they repeatedly put themselves in situations as adults that produce the same type of thing that happened to them as a child.
2. A similar scene gives “flashbacks.” They take on the role of the abuser so as not to feel the pain of the memories of being abused.
3. If they were in an abusive situation where they were not allowed to “tell” or even react or show displeasure, sometimes re-enactment is a way of “showing” what they could never tell.
4. Example: A woman’s father sexually abused her from the ages of five—ten; he showered her with gifts. As an adult, she was extremely seductive and wore clothes that would attract men to her sexually. She went through marriages and affairs where men would use her physically while she would receive expensive gifts like her father gave her. Eventually, they would abandon her.
5. **Why did she keep repeating her childhood pain?**
She could not get angry with her father or tell anyone what he was doing. But in each of her affairs that ended, she would loudly tell how they used her and mistreated her and would become violently angry about the situation. She re-enacted her abuse in order to show the anger she had to repress as a child.

III. The Solution

- A. “The only way out is through.”
 1. [Isaiah 43:1-2](#)—Don’t fear, you are Mine. When you go through the fire, I will be with you.
 2. [Hebrews 6:11](#)—Be diligent and sincere (all the way through), so you can realize and enjoy fullness with the Lord.
- B. “Pass it back or pass it on”
 1. Learn where to place blame.
 2. [Ephesians 6:12](#)—Give it back (the problem and its results) to the devil where it came from.
- C. [James 5:16](#)—Confess your faults one to another that you may be healed.
 1. [II Corinthians 3:18](#)—Come with unveiled face (without excuse, desiring to see truth).
- D. There are no “quick fix” methods to eliminate the problems of addictive behavior.
- E. But there is an answer.
 1. Jesus said in [John 14:6](#), “I am the Way.”

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Dealing with Guilt

Perhaps one of the biggest reasons so many of God's children are living defeated lives, is because of guilt. Guilt is one of Satan's biggest weapons against us.

It tears us down,
it makes us feel dirty,
It makes us feel unworthy,
It robs of us of our faith and confidence in Christ Jesus.

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Jesus not only came to cleanse us from our sins, but also set us free from the guilt of our sins. If you want to live a life of spiritual victory, you need to have a conscience freed from the guilt of your past. 1 Timothy 3:9, "Holding the mystery of the faith in a pure conscience."

Two kinds of guilt

There is two kinds of guilt in the Bible. There's Godly sorrow that leads a person to repentance (2 Cor 7:10), which is known as conviction and it comes from the Holy Spirit (John 16:8, "when He comes, will convict the world concerning sin..." - NASB). Once a person repents, the guilt lifts and they feel relieved and joyful that their sin(s) have been forgiven.

Then there's another kind of guilt, and that's condemnation or accusations from the devil. Satan loves to torment God's people by reminding them of their pasts, and continually holding their sins before them even after their sins have been forgiven. This is condemnation and there is no good that comes out of it whatsoever. It tears us down, makes us feel dirty, unworthy and robs of us of our faith and confidence in Christ Jesus. It's a lie from the father of lies, and it needs to be ignored.

Romans 8:1 (NKJV) *There is therefore now NO condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.*

What is the difference between condemnation and conviction?

A lot of believers hear condemning thoughts, and some believers even think it's God telling them these things. My friend, nothing could be further from the truth! God NEVER tells you what a loser you are. Jesus said He came not to condemn the world, but to save it (John 12:47)!

What is condemnation?

Condemnation comes from Satan and is meant to tear you down. Condemnation continually points out what a failure you are, and how badly you've messed up. Condemnation is showing you the problem, but avoiding the solution.

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Jesus did NOT come to condemn the world (John 12:47). There is no condemnation in Christ Jesus (Romans 8:1). Satan on the other hand is KNOWN for accusing the brethren (Rev 12:10).

Why won't you ever hear God telling you what a failure you are? Because Jesus said, "I came not to judge the world, but to save the world." (John 12:47)

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What is conviction?

Conviction is known in the Bible as Godly sorrow. God's Word tells us that Godly sorrow is what leads us to repentance (Romans 2:4). Condemnation tells you, "You are such a failure! Look at what you did!" while conviction tells you, "Come to me... and I will forgive you!"

Not only is God willing to forgive your sins, but He longs (deeply desires) to do so! Isaiah 30:18, "Therefore the LORD longs to be gracious to you, And therefore He waits on high to have compassion on you. For the LORD is a God of justice; How blessed are all those who long for Him." (NASB)

1 John 1:9, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from ALL unrighteousness."

Romans 2:4, "Or despises thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?"

Conviction shows you the answer to your problem. Conviction shows you the blood of Jesus that wipes away your sins!

What is the difference?

Conviction shows you the answer (the Blood of Jesus, which washes away sin), while condemnation shows you the problem (the sin, the past and your failures). Condemnation shows you the problem, but conviction shows you the answer.

Condemnation shouts, "Your past! Your sins! You loser!" But conviction shouts, "The Blood of Jesus washes away sins! Come to Jesus and be forgiven of your sins! You can be forgiven! Your sins and past don't have to be a part of you anymore!"

Guilt is a door to the enemy

Guilt can be an open door to be tormented by evil spirits. False guilt is actually a symptom of unforgiveness in your heart that is directed at yourself. In Matthew 18:23-35, Jesus tells us how important it is to forgive those who have wronged us, and how we can be turned over to the tormentors (evil spirits) if we are unforgiving. Colossians 3:13 tells us to be, "...forgiving one another..." The phrase 'one another' in NT Greek translates to the word Heautou, which includes THEMSELF! Bitterness, regardless who or what it's

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about, defiles a man (Hebrews 12:15). Spiritual defilement is what makes a person open to unclean spirits. It is very possible for a person to be harassed by evil spirits or come under their power, just because a person has refused to forgive them self.

How guilt is cultivated and nurtured

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Guilt is cultivated when you continually allow yourself to dwell and think about how badly you've messed up, your pasts, the sins you've committed, etc. The enemy loves to remind us of our past failures, so he can keep us thinking about them. The problem is, if we allow ourselves to fall for this trap, it allows the enemy to build what they call a stronghold in our minds.

Your best bet is to learn what is going on, and stop Satan dead in his tracks. Learn the difference between condemnation and conviction, and stop listening to condemnation. Condemnation comes from the devil, and it's meant to build strongholds in your mind and weaken you spiritually.

The stronghold of guilt

When a person who has repented of their sin(s) but continually feels guilty day after day, even after being told that their past has been washed away and their sins have been forgiven, is facing what they call a stronghold. A stronghold is a lie that is believed, which results in an incorrect thinking pattern. The stronghold of guilt is often not alone, it is usually accompanied with an incorrect perception of themselves or an incorrect perception of God (which are both strongholds in themselves). People who have a stronghold of guilt rarely see God for who He really is (including His awesome forgiving nature) or they don't see themselves correctly. They are new creations in Christ who's past has been washed away (2 Corinthians 5:17), but they simply don't believe it because they have a stronghold in their mind that needs to be torn down.

How to deal with guilt

Step 1: Understand the nature of God's forgiveness towards you. The teaching on [The Forgiveness of Sins](#) is a great teaching to help you there.

Step 2: Repent of your sin(s) if you haven't already done so. The big key to being forgiven is repentance.

Step 3: Know that your past sins have been forgiven, and that you are now clean in Christ Jesus. Stop thinking about your past sins and start thinking about the new person you are in Christ. We are NEVER told to mull around our past sins, but rather to forget the things which are behind and press forward. (Phil 3:13, "...this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before.")

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Step 4: Forgive yourself! Jesus made it clear that we are to be forgiving, and that includes forgiving yourself. You need to release yourself from the bondage of un forgiveness. If God chose to forgive you, who are you to hang onto something that God chose to let go of? This is a major source of bondage, and I can't stress how vital it is for you to release yourself from your past. Colossians 3:13 tells us to be, "...forgiving one another..." If you look up the phrase 'one another' in that verse in the NT Greek, it translates to the word Heautou which includes THEMSELF! It is vital to be forgiving towards yourself!! Bitterness (the fruit of un forgiveness), regardless who or what it's about, defiles a man (Hebrews 12:15).

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If a stronghold of guilt exists, then the feelings of guilt may not disappear overnight, because strongholds need to be torn down by the renewing of your mind (Romans 12:2). A great place to start is learning how to recognize condemnation from the devil, and stop paying attention to it.

Once you know the difference between condemnation and conviction and can recognize condemnation when it's thrown at you, you need to guard your thoughts, and when you see condemnation coming your way, pay no attention to it. Treat it for what it really is... a lie from the devil. You have power over your thought life!!!

If nothing seems to work, you may need to have a spirit of guilt or condemnation cast out. There are particular evil spirits that go around and hang around people like a thick black cloud, constantly making them feel dirty, unworthy and guilty. They usually thrive on strongholds of guilt though, so usually your first step to getting rid of this spirit is by tearing down the stronghold by which it's holding on.

The Blood of Jesus takes sin away

Hebrews 10:1-22, "For the law having a shadow of good things to come, and not the very image of the things, can never with those sacrifices which they offered year by year continually make the comers thereunto perfect. For then would they not have ceased to be offered? because that the worshipers once purged should have had no more conscience of sins. But in those sacrifices there is a remembrance again made of sins every year. For it is not possible that the blood of bulls and of goats should take away sins. Wherefore when he cometh into the world, he saith, Sacrifice and offering thou wouldest not, but a body hast thou prepared me: In burnt offerings and sacrifices for sin thou hast had no pleasure. Then said I, Lo, I come (in the volume of the book it is written of me,) to do thy will, O God. Above when he said, Sacrifice and offering and burnt offerings and offering for sin thou wouldest not, neither hadst pleasure therein; which are offered by the law; Then said he, Lo, I come to do thy will, O God. He taketh away the first, that he may establish the second. By the which will we are sanctified through the offering of the body of Jesus Christ once for all. And every priest standeth daily ministering and offering oftentimes the same sacrifices, which can never take away sins: But this man, after he had offered one sacrifice for sins forever, sat down on the right hand of God; From

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henceforth expecting till his enemies be made his footstool. For by one offering he hath perfected forever them that are sanctified. Whereof the Holy Ghost also is a witness to us: for after that he had said before, This is the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them; And their sins and iniquities will I remember no more. Now where remission of these is, there is no more offering for sin. Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; And having a high priest over the house of God; Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water."

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In the Old Testament, they used to offer sacrifices each year to cover the people's sins. The blood of Jesus does far more than cover sins, it takes them away. It removes them from your identity... it removes them from you as far as the east to the west! Psalms 103:12, "As far as the east is from the west, so far hath he removed our transgressions from us."

Revelations 1:5, "And from Jesus Christ, who... washed us from our sins in his own blood."

Psalms 103:12, "As far as the east is from the west, so far hath he removed our transgressions from us."

Matthew 26:28, "For this is my blood of the New Testament, which is shed for many for the remission of sins." Do you know what the NT Greek has to say about the word 'remission' here? "Forgiveness or pardon, of sins (letting them go as if they had never been committed), remission of the penalty."

Christ died so your conscience could be cleansed

2 Cor 5:17, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

Why do you think God wanted us to be new creations when we enter His royal family? Because He doesn't want your past to be a part of you anymore! He wants you to be washed clean from all your sins and wiped clean from your past!

Isaiah 43:25, "I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins."

God knew that if He didn't forget our sins, they would forever be before Him, and it would hinder the closeness that He desires to have with us. Therefore, God Himself said that for His own sake, He chose to not only forgive your sins, but also forget them and cast them into the depths of the sea (Micah 7:19).

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Hebrews 9:14, "How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?"

Not only did God choose to forget your sins, but He also wants you to forget them as well. God's Word tells us to, "...draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water." (Hebrews 10:22)

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Worship is one of the most intimate ways in which we commune with God. Jesus tells us that, "God is a Spirit: and they that worship him must worship him in spirit and in truth." (John 4:24) The truth is, if we have repented of our sins, and believe upon the blood of Jesus to wash us clean, then we are clean from those sins, and if we approach God in worship with a dirty conscience, we won't be approaching Him in truth. Hebrews 10:2 tells us how worshipers should have a conscience clean from sin, "...the worshipers once purged should have had no more conscience of sins." God doesn't want us hanging onto our pasts when we come to worship Him! He wants us to approach Him through worship from a conscience washed in the blood of the lamb!

In Matthew 11:28-30, Jesus tells us, "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." If you look up the word 'labor' in the NT Greek, it basically means to toil under a burden. What kind of people are heavy laden and labor in their souls? People who are laboring under the burden of guilt. Jesus wants you to come to Him, and shed your old heavy burden of guilt. He died so you could be released from it... won't you make the choice to let go of it today?

For my father and my mother have forsaken me, but the LORD will take me up. -Psalms 27:10

Do you have abandonment issues? When [dealing with rejection](#) of any kind, we can become injured and scarred inside our hearts. Most of us don't like to be rejected by anyone—but especially by the ones we depend on most for love and care.

Have you felt abandoned because your mom or dad left—whether they are still in your life or not? Maybe you've just felt [rejection](#) because of the lack of love shown in your home. Maybe you are still dealing with rejection from years ago. Are you trying to get over a broken relationship or just fear not being accepted every time you are trying to meet new people or date.

If you are dealing with abandonment issues of any kind, God wants you to know that He never rejects His children. At different times in life, we will all face rejection by loved

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ones, friends, neighbors, coworkers, and others. [It hurts](#) and it can make us want to hide away, stop caring, or give up on life. But if you trust God, He will never leave you.

God adopts believers into his spiritual family

God has revealed in the Bible that anyone who believes in Jesus Christ is adopted into His spiritual family. "He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will." (Eph. 1:5) Not only do we become children of God, we end up with a whole lot of brothers and sisters. Meet them at your local church.

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God doesn't want us to have a [fear of rejection](#) ever again. We can talk to him like a regular dad, and He always listens.

For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!" -Romans 8:15

God is near us always because we are special to Him

It's a wonderful feeling to know how much our loved ones care about us. It might be by how they treat us, what they say, or just a gentle touch. If we lose that – or feel like we may have – it can be very painful, and that's when we face abandonment issues. But that's when we need to fall backwards into the loving arms of God and rest in Him. We can always depend on His love and know He is by our side.

How precious also are Your thoughts to me, O God! How vast is the sum of them! If I should count them, they would outnumber the sand. When I awake, I am still with You. - Psalms 139:17,18

Sometimes it just takes knowing the promises that God has given in the Bible to give us some reassurance. Even though we will always face rejection by someone, God will never reject us if we have become a part of His family. So "Draw near to God and He will draw near to you..." (James 4:8a).



Dealing with Rejection

Every human on earth suffers, in some form or other, from rejection.

Often it is difficult to put a finger on where it comes from and what it does, although rejection is more evident by its fruit than its roots. It produces a twisted form of wounding in us, which almost always has nothing to do with the original cause. Its roots are often shadowy and vague, and can prove most elusive to locate.

For us to enter into full freedom, however, it is important that we do find the roots, and dig them out.

Let us, then, look at some definitions to gain understanding.

Rejection is the result of failure to reach a standard or expectation, be that failure factual or fantasy.

Rejection attacks our standards – ‘**what I do is not good enough.**’

1. Factual Rejection

Satan is the first being recorded in the Bible who discovered all about real rejection. Through rebellion he failed the standard that God expected of him, and so was cast from God’s immediate presence. [Isaiah 14:12-15](#), [Ezekiel 28:11-19](#)

Adam and Eve through their disobedience, also failed to maintain the standard that God expected of them, with the result that they lost their place in Eden. [Genesis 3:1-24](#)

Continuing on from Adam and Eve, every human now knows rejection, for we are told from Scripture that - “...*all have sinned; all fall short of God’s glorious standard.*” (NLT) [Romans 3:23](#)

We all suffer the consequences of our sin in that we have become separated from God. [Isaiah 59:2](#)

Even with other humans we find ourselves missing the mark from time to time, and such experiences are painful. This pain, however, can be fixed provided we are honest about our mistakes and deal with them. God’s rejection, in particular, is wide open for fixing.

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Fantasy Rejection

Fantasy rejection, though not real, is far more common than factual rejection.

Fantasy rejection springs to life when we think we have been, or will be, rejected by some failure that has not in fact yet occurred (and which in actual fact may never occur). Such perceptions are particularly vicious because they cause us to try and defend ourselves against something as yet non-existent.

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Rejection specializes in attacking our emotions, which cannot think, nor are they designed by God to do so, hence our often excessive and illogical reactions to innocent deeds, words or situations.

Rejection says “I’m not good enough” or “I can’t”.

The pain of rejection, be it factual or fantasy, almost inevitably produces within us a counterattack, causing us to sin. At worst, it makes us vulnerable to demonic attention.

There is a saying that goes - "Hurting people hurt people." We do not enjoy having our standards declared unacceptable, and we so often go on the offensive. We start hurting those who have hurt us. Through our words and actions we make it clear that we don't think too much of their ideas or values either!

Such a reaction is bad enough if the rejection we have suffered is real. But more often than not, we are operating in fantasy rejection, and so we lash out with word or deed before anything has even happened to us. Such is the twisted nature of rejection.

Fantasy rejection takes that which is non-existent, and treats it as fact - which it isn't. You see God didn't reject Adam and Eve as people, it was their behavior and attitudes that caused their expulsion from Eden. God still continued with them after Eden.

There are almost unlimited ways by which we can enter rejection, but let us look at just a few: - our conception being unwanted, marital problems between parents or relatives living at home, prolonged labor, instrument birth, being the 'wrong' gender, being adopted out or having someone adopted into our family, receiving criticism, being sent to boarding school, seeing favoritism amongst siblings, poverty, parental illness, domination by one parent, maltreatment by school teachers, unemployment, having any body shape except the 'right one'.

Even being afraid of rejection brings its own forms of bondage!

Consider these personal reactions to rejection: - Fear of authority figures, fear of inadequacy, fear of others' opinions, fear of failure, inability or refusal to communicate, excessive sadness or grief, inadequacy, insecurity, hopelessness, despair, unbelief, negativity, anxiety, depression, self condemnation, self accusation, low self image, inferiority, pessimism.

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Do any of these traits fit you?

How about these known aggressive reactions to rejection? - Argumentativeness, fighting, criticism, rebellion, anger, temper, stubbornness, defiance, swearing, hardness, harshness, refusing comfort.

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Do any of these traits fit you?

Let us make it still worse by giving some examples of attitudes adopted to offset the fear of rejection: - self pity, petulance, emotional insecurity, manipulation, possessiveness, envy, jealousy, pride, haughtiness, arrogance, self-justification, self-righteousness, judging, ridicule, self-centeredness, selfishness, self-protectiveness, striving, competitiveness, independence, isolationism, withdrawal, perfectionism.

Oh dear!

There is really only one ultimate cure for rejection.

Rejection is ultimately cured only by the aggressive application of truth concerning our standards. We must become ruthlessly honest with ourselves, and that is best done by the personal application of Bible truths. Let's look at some examples:

It is true that God has rejected our sin, but it is not true that we are rejected. [Romans 6:23](#), [Romans 10:10-13](#)

It is true that we are not as good as some people at some things, but it is not true that we are no good. [Luke 12:48](#), [Matthew 10:42](#)

It is true that some people do not want our friendship, but it is not true that we are friendless. [Luke 21:16](#), [Psalms 68:6](#), [John 15:15](#)

It is true that our natural talents may be limited, but it is not true that we are hopeless. [Matthew 25:15](#), [Luke 19:17](#)

The pain of rejection is not usually changed overnight. Where there are demonic invasions they must of course be dealt with, but generally the healing from rejection takes a long time and involves lots of hard work.

To heal, we have to stop lying to ourselves.