

Religious Practice and Soul Pain

As we move out of the victim mindset, we must be careful not to take on religious forms that mask our pain and produce pride through works based religion. We must also be careful not to use our spiritual giftings to impress people thereby avoiding our own internal pain through works. In both these areas we assume an area of strength that gives a false sense of identity and safety through performance orientation. Instead of developing a true relationship with God that is Spirit led and leads us to our healing, we can find ourselves practicing religion or joining groups that tend to make us feel special and worthy simply by being a part. For traumatized people this is a dangerous place to be because we use works-based religion to build our worth and outward success to mask our pain.

[Deu 7:6 For thou [art] an holy people unto the LORD thy God: the LORD thy God hath chosen thee to be a special people unto himself, above all people that [are] upon the face of the earth.

Mat 3:8-10 Bring forth therefore fruits meet for repentance: And think not to say within yourselves, We have Abraham to [our] father: for I say unto you, that God is able of these stones to raise up

children unto Abraham. And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire.

Jhn 8:39-44 They answered and said unto him, Abraham is our father. Jesus saith unto them, If ye were Abraham's children, ye would do the

works of Abraham. But now ye seek to kill me, a man that hath told you the truth, which I have heard of God: this did not Abraham. Ye do the deeds of your father. Then said they to him, We be not born of fornication; we have one Father, [even] God. Jesus said unto them, If God were your Father, ye would love me: for I proceeded forth and came from God; neither came I of myself, but he sent me. Why do ye not understand my speech? [even] because ye cannot hear my word. Ye are of [your] father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.

To reach our true purpose and identity we cannot live a lie or believe the lies of the enemy. We need our healing, we need deliverance, we need to be taught by Jesus through His Word and Spirit. As former victims, we must be careful not to refuse to hear what Jesus is speaking to us. We must resist the fear of walking with Jesus into unknown territory by refusing our own need of a Saviour and walking in the strengths of our own status and performance.

Mat 13:14-15 And in them is fulfilled the prophecy of Esaias, which saith, By hearing ye shall hear, and shall not understand; and seeing ye shall see, and shall not perceive: For this people's heart is waxed gross, and [their] ears are dull of hearing, and their eyes they have closed; lest at any time they should see with [their] eyes, and hear with

[their] ears, and should understand with [their] heart, and should be converted, and I should heal them.

Eze 12:2 Son of man, thou dwellest in the midst of a rebellious house, which have eyes to see, and see not; they have ears to hear, and hear not: for they [are] a rebellious house.

Mar 4:12 That seeing they may see, and not perceive; and hearing they may hear, and not understand; lest at any time they should be converted, and [their] sins should be forgiven them.

Practicing religion without relationship with Christ is so damaging that whole groups of people never attain healing because they spend their time performing and trying to attain self-worth by simply achieving status.

Gen 40:14-15 But think on me when it shall be well with thee, and shew kindness, I pray thee, unto me, and make mention of me unto Pharaoh, and bring me out of this house: For indeed I was stolen away out of the land of the Hebrews: and here also have I done nothing that they should put me into the dungeon.

Joseph's pain avoiding stronghold of wrong thinking:

Use your gifts to prove that you matter. This moment of gifted performance will get you what you need through man made connections. Speed up the process.

There is no way to speed up the process. Healing the soul is found through the process of being Spirit led to moments of grace and truth. The truth sets you

free by allowing you to see the lie, and process of bondage you have been believing in and operating with for so long. Grace is activated as you repent and ask the Lord to help you deal with the pain, thereby cancelling the journey of lies, bondage, false identity, and external based healing. It opens our eyes and allows God to mend the heart.

We need to acknowledge that the pain needs to be healed and stop the outward performance that makes us try to acquire our healing through external sources.

What we fail to realize is that we have been so carnal and externally motivated that we have been going to the wrong place to heal our pain. This is because the outward world is what we have associated with the healing of pain. Soul pain is not repaired externally like a cut finger, or like the natural stomach that satisfies its hunger. If it is all externally sourced, then why do we feel pain in an area that is unseen. It is unseen because it is in the soul.

The soul is a real place that experiences its lust from without, but it is also a real place that can be tormented with pain from within. The problem with the soul that is lust led is that it seeks all its remedies externally. The lustful soul is pressed with the idea that a desire is going to stop the pain. The lust filled soul is seeking externally. This is why the carnal answer to those with internal pain is to heal their inward pain by expressing the confusion outwardly. This is why many people in church with soul wounds seek fast healing by the external use of Spiritual gifts. While we all seek the miraculous, could it be that God intends us to recognize the internal and desire its healing from within instead of from without. God's plan is to reveal all three areas and to govern each one. He wants to teach us to rule over the lust filled soul and learn to govern the internal evil desires before we act outwardly.

Soul pain is extended when we use the carnal world to try to heal it. These external failures and wrong choices simply add to the pain. When we make another physical person the source of our healing is still skewed because we are going to a broken source that has its own traumas issues and pain. Stop allowing the soul to lead you to a wrong source and allow God to reveal the false narratives, beliefs, and sources currently at work so Jesus can heal the pain. A hurt soul is going to be led to hurt because it has only known pain. Satan's plan is to make you think you can succeed without dealing with the pain or simply to bring you to wrong sources to add more pain. Either way you spend time wandering in circles and cycles.

Psa 13:2 How long shall I take counsel in my soul, [having] sorrow in my heart daily? how long shall mine enemy be exalted over me?

Job 7:15 So that my soul chooseth strangling, [and] death rather than my life.

Pro 15:13 A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

Psa 88:3 For my soul is full of troubles: and my life draweth nigh unto the grave.

Job 33:22 Yea, his soul draweth near unto the grave, and his life to the destroyers.

The Bible uses many different words to describe the internal pain of the soul. Sometimes it uses the word spirit in its place because the two entities are so close. The Holy Spirit has come to reveal the pain, expose the lies, and heal you

from the inside out. He comes to teach our spirit man to govern our own soulish desires. A wounded soul is broken and must be repaired for it to experience all the goodness of God . To do so we must face our fears and allow Christ to touch our pain. Our hearts desire must comply and allow Him to do so.

Psa 22:14 I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.

Psa 44:25 For our soul is bowed down to the dust: our belly cleaveth unto the earth.

Psa 31:9-12 Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, [yea], my soul and my belly. For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed. I was a reproach among all mine enemies, but especially among my neighbours, and a fear to mine acquaintance: they that did see me without fled from me. I am forgotten as a dead man out of mind: I am like a broken vessel.

Psa 44:25 For our soul is bowed down to the dust: our belly cleaveth unto the earth.

We must ask God for forgiveness and reject every wrong path and method we have tried. We must repent for leaving the Holy Spirit out of the process. We cannot continue to be afraid of what God is trying to expose. We must reject religion and self-righteousness that fail to allow God the full access into our lives to take us to the level of complete and total soul salvation.

Pro 20:27 The spirit of man [is] the candle of the LORD, searching all the inward parts of the belly.

Jhn 7:38 He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.

The work of the Holy Spirit is to lead and guide each of us into all truth. So many people think this is just about more knowledge of Scripture. Could it be that God is ordering our steps to find out all the lies the enemy has told, the false narratives and ideas we have served, and the wrong choices we have made so that we will find the truth of God that has come to free us?

Psa 139:7-8 Whither shall I go from thy spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou [art] there: if I make my bed in hell, behold, thou [art there].

Psa 16:7-11 I will bless the LORD, who hath given me counsel: my reins also instruct me in the night seasons. I have set the LORD always before me: because [he is] at my right hand, I shall not be moved.

Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope. For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption. Thou wilt shew me the path of life: in thy presence [is] fulness of joy; at thy right hand [there are] pleasures for evermore.

It's time to realize that we have allowed our pain to exist for far too long. Not only has it become our tormentor, but it has also become our prison. When we seek another source to deliver us, we simply prolong our bondage. We need to

allow the Holy Spirit to identify the wrong beliefs and sources. We must reject them and reject the lie that we were meant to live in pain. We must stop letting the pain be our existence and we must believe that God's purposes and truth will lead us out. No one can do it for you; you must ask Jesus to take the pain and turn it to healing.

Gen 40:23 Yet did not the chief butler remember Joseph, but forgot him.

Gen 41:1 And it came to pass at the end of two full years, that Pharaoh dreamed: and, behold, he stood by the river.

Psa 142:4, 7 I looked on [my] right hand, and beheld, but [there was] no man that would know me: refuge failed me; no man cared for my soul. ... Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me.