

WALKING IN FREEDOM



THE FULL GOSPEL CHURCH OF GOD

HEAD OFFICE 012 667 1072/3/4/5

Distributed by ISAAC, Evangelism arm of the FGC
DIRECTOR: Pastor M M Berrangé 083 456 0946

PASTOR J V BIENEDELL

WALKING IN FREEDOM

FOREWORD

It gives me great pleasure to say something about a book that is so necessary in our time. There is a tremendous need for knowledge and understanding in this area. In a simple, stylish way Pastor JV Biedell introduces to us the origin of many discontents and frustrations in our lives. The truths and principles contained in this book will drastically bring a change in your life.

As someone who suffered effects of inner wounds, I recommend this work to you so that you can experience what it means to walk in freedom. The words of **John 8:36** will give you a glorious reality: *"If the son makes you free, ye shall be free indeed."*

What makes this book so interesting is the fact that Pastor Biedell wrote it from personal experience and intensive research of this topic. It is my prayer that God will use this book to answer all your troubling questions and solve your problems so you can walk in freedom.

Min Williams

April 1988

INNER WOUNDS

A young woman in her thirties sat before me. The signs of grief and misfortune were clearly visible on her face and in her mournful eyes. She told me about her problems and frustrations. For years she has been living with inner fears, depression, tension, a feeling of inferiority and a deep-seated bitterness. These are now becoming a threat to her marriage; her family is suffering, and even her spiritual life deteriorates. She has no vision for the future and has considered suicide.

My heart bleeds for this woman because she is like many others in our society. People lose control of their lives because of negative elements in their personality. As a result they become emotional and physical wrecks. Unfortunately an unstable emotional life does not only cause moral problems, but also physical problems. The young woman who came for counselling has really suffered from headaches and nervousness caused by tension. This resulted in a habit of taking drugs to cope with every day. In addition, she was consumed by the habit of smoking. What caused her condition and many others like her? The greatest cause of misery and needs in man is inner wounds. We find this phenomenon in all areas of life. Even believers, who are professing Christians, suffer from physical and emotional problems due to inner wounds.

THE COMPOSITION OF MAN

To understand these problems we should look at the composition of man. Man's existence as human being is a threefold person - spirit, soul and body. Scientists do not share this vision. They see humans only as a duality - the psychological and physical side.

The Bible views man as consisting of three parts - spirit, soul and body.

Genesis 2: 7 - *"And the LORD God formed man of the dust of the ground (body), and breathed into his nostrils the breath of life (spirit); and man became a living soul (soul)."*

Hebrews 4:12 - *"The word of God is living and active and sharper than any two-edged sword, piercing even to dividing soul and spirit, joints and marrow" (body).*

1 Thessalonians 5: 23 - *"and may the God of peace sanctify you wholly, and may your spirit and soul and body entirely be preserved blameless."*

THE SPIRIT OF MAN

Every man has a spiritual nature which is created in the image of God. This is the part of man that is in contact with God. When the first man in disobedience turned his back on God, he died spiritually (Gen. 3: 3). When I, in obedience to the Word, accept Christ as my Saviour (John 1:12, 13) my spirit becomes alive in God. (Eph. 2:1, 2, 4, 5, 6). I am a reborn man (John 3:3, 5) and am a new creature in Christ (II Cor. 5: 17); so my spirit is saved and restored and placed in the right relationship with God.

THE SOUL OF MAN

The aspect of the soul is another matter. The Greek for "soul" is "psyche". My soul is a psychological composition - my will, intellect and emotion - my thoughts, my feelings, my desires. This is the part in which we have our daily battles. The part of which Paul says, *"For the good that I would I do not: but the evil which I would not, that I do."* (Romans 7:19). This is the part of which Galatians 5:17 says, *"For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would."* Your spirit is saved by regeneration, but your soul is in a process of salvation. Therefore James 1:21 says, *"Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls."*

THE SALVATION OF THE SOUL

The word for salvation in the Greek is the verb [sòzò] which has a much wider meaning than "salvation". It means in fact "brought to safety", "fetched from danger," but it also means "to care", "heal", "protect". To accept Jesus Christ means to accept being a member of the Kingdom of God. Your spirit is saved as well as your soul, but it is an on-going process of salvation.

Your spirit is saved and immediately alive to God, while your soul is saved and becomes more alive as you submit yourself to be renewed by the Word of God. When I discovered this truth, a new light entered my life. I could never understand why I, as born again Christian, could sin by getting angry or struggle with many other weaknesses. I discovered that I am not perfect and the aspect that caused all my struggles and frustrations was my unrenewed soul. Now we understand what the scripture means by: *"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day."* (2 Cor. 4:16)

THE HEALING OF THE SOUL

The meaning of the word "salvation" must come to its fullness, namely "to heal"; "by caring" and "protection". The soul aspect must receive healing from all the pain and conflict of the past. This is where all the conflicts are experienced and it is also sensitive soil where all impressions are received. This is the area where wounds are inflicted, harm experienced and pleasant or unpleasant events or experiences are stored. When someone uses harsh words against us, we could quickly say, "Now you hurt me." We are not physically hurt, but the inner person is wounded. So many things happened in our past, that have hurt us and the memories of it are still stored in our subconscious. These inner wounds and memories affect our walk of life.

YOUR EXPERIENCE FORMS YOU

Every experience that you have had shapes your personality. We respond to others and situations from our previous experiences. A child who burned his hand on a hot stove will definitely not touch it again - his experience taught him it is hot and it hurts. The person will respond similarly in situations which remind him of experiences where he got hurt. His thoughts will warn him, "Beware, it hurts." As a child in adult company, I was often sent to my room. It affected me so much that even as an adult I am unsociable in foreign company. The same applies to humiliations and hurts. You will develop an anxiety that can affect your body. These are all things that make you unhappy and prevent you from experiencing true happiness and fulfilment in your life experience.

THREAT FROM THE CONSCIOUSNESS

The mind of man can be compared to an iceberg. The top (the part you can see) is like the conscious mind that is aware of himself and the things around him. The part of the iceberg underneath the surface is like the subconscious mind of man. As the size of the iceberg under the water is seven times larger than the visible part, so is the unconscious much larger than the conscious part.

The biggest problem of the soul is the things that have been forgotten or suppressed in the subconscious. These things are a threat to your life because they influence your actions and experiences. In fact, your subconscious does not know the difference in time. An incident that affected you traumatically twenty years ago is experienced in the subconscious as if it happened the same day.

A certain neurologist, Dr. Penfield, performed experiments during a brain operation at a university in Montreal in 1951. He found that when certain areas of the brain were stimulated, the patient could recall an incident clearly as if it just happened. It is not surprising, because it is an acknowledged fact that our brains record everything that happens to us. What is most interesting is that the patients not only remembered the incidents, but experienced the accompanying emotions. Dr. Penfield said that the person again experiences the same emotion triggered in the initial event and he therefore is aware of the same feelings that he experienced during that time. It was not the actual incident, but a reproduction of what the patient had seen, heard, felt and understood.

A certain woman, who came to me for counselling, who suffered from various fears at that stage, was a nervous wreck. During the interview she told us how her drunken

husband killed their watchdog before her eyes. When we prayed for her for this area of her hurt, her experience was so real that she began to cry aloud and cried out, "Do not, do not kill him." At times, her husband forced her to drive his car as he was under the influence of alcohol. At that stage of her life she could not drive a car and was therefore under tremendous stress. In addition, her husband started shouting at her that she was going to kill them. These incidents left such deep wounds in her mind that she revealed untold fears and nervous conditions. She was also physically ill and addicted to nicotine. After praying for inner healing, she was completely cured of her negative symptoms.

Unknowingly man's whole behaviour and attitude is influenced by his subconscious mind. You act in a certain situation according to the feedback received from your subconscious mind. An incident from my own life confirms this truth. At one time we experienced financial problems and my wife had to work to keep food on the table. One evening she told me that she would start working the next day and that she had hired a reliable maid to take care of our children and the household. Suddenly I responded sharply on hearing this and a quarrel arose. A sense of powerlessness and frustration came over me. I immediately realized that my reaction was due to something that I had experienced in my past. Suddenly an incident from my childhood came clearly to my mind. When I was a child my mother also had to go to work and left me in the care of the servant; I remember how lonely and rejected I felt. I cried a lot and longed for my mother at that time. When I was confronted by a similar situation, my subconscious let me experience the same feeling I experienced as a child.

AREAS OF INJURY

All of us have experienced situations where we had been deeply wounded. Despite my theological training I thought that there were certain people whom I could not help; those who came to me and said, "I know that I am a child of God, but sometimes it feels as if God left me and I'm overwhelmed by a feeling of loneliness and sorrow." In our ministry experience we discovered that these people feel that way because of the inner wounds, past unpleasant memories and wrong attitudes that were never corrected. These wounds are often deeper and more painful than a physical wound. The wounds I'm referring to are caused by two things:

- Deep inner wounds due to rejection and deprived love.
- Atrocities experienced like brutality, violence, and assault or traumatic events.

You can continue your life in subjection to inner wounds. There are areas in your life which I believe are most sensitive; here are a few such sensitive areas:

1. PRENATAL INJURY

More and more facts are discovered through research of the unborn baby. Medical science tells us that an unborn child is sensitive to the mother's mood - negative and positive. Further research has proven that during the third month after conception, a foetus can respond to sound. The mother's voice can cause permanent impressions on the unborn child's mind. It is a well-known medical fact that babies are affected by alcohol and nicotine in the mother's bloodstream. In the same way impressions are transferred to the emotional areas of the unborn baby. One of the most prominent impressions conveyed this way is the feeling of rejection. It is either rejection the mother experiences or rejection of the child by the mother because of an unwanted or unplanned

pregnancy. Such a child is born with a sense of rejection that will influence his whole life negatively. This is an injury in his life that causes him to suffer many complexities, fears, unpleasant experiences, sadness and loneliness, but also joy and pleasant things may in this way be transferred to the child.

2. INJURY IN CHILDHOOD

There is a sensitive period directly after birth in which a special relationship is formed between mother and infant. In this area an expanding vacuum could develop where a feeling of rejection could arise in the baby's mind. A mother should have skin contact, eye contact and voice contact with her baby within the first 30 minutes after birth.

A baby born with a birth-mark on the face was brought to the young mother. When she saw the baby she uttered a loud scream and did not want to hold the baby. The baby was immediately taken for surgery to remove the birthmark. Can you imagine what emotional impact it had on the new-born baby? Babies are taken away from their mothers for various reasons which could result in feelings of rejection.

For example:

- If the baby is born by Caesarean section.
- If a transfusion is needed.
- If the baby is born too early and placed in an incubator.
- The most dramatic: when a mother died after the birth.
- If an illegitimate child is earmarked for adoption.

If you are aware that you or your children had the above experiences, it will be advisable to receive prayer for inner healing. During the first six years of a child's life, he or she is most vulnerable to impressions. It is also called the formative years. The perceptions and experiences of the child during these years contribute greatly to the formation of the child's personality. If a person has experienced any traumatic events during this time like an accident, rejection, abuse, fear, or divorce of parents, it is possible that he/she is wounded and therefore inner healing is needed.

3. INJURY AFTER YEARS OF MARRIAGE

In our counselling experience, we discovered that to a woman, this is the most sensitive area. The experiences during this stage sometimes leave deep and lasting impressions in the woman's mind. The inner wounds of nine out of ten women, who come for healing, were inflicted in this area by a thoughtless and careless spouse. One woman was bitterly disappointed in her husband's actions in their married life. She told me, *"I thought he was my knight on a white horse, but then I discovered he was a weakling on a donkey."* Inner wounds in this area do not only affect relationships or marriage, but also affect women's personalities.

4. INJURY BY WORDS

It should be emphasized that this is the factor that causes most injuries. Many people walk around with inner wounds caused by careless and inconsiderate words. The Bible mentions this fact in Proverbs 12:18 - *"There are those who speak like the thrusts of a sword, but the tongue of the wise heals."*

Examples:

- Words snapped at you in childhood. You were possibly teased about your size, appearance, poverty or shortcomings.
- A woman had lost interest in her marriage and family and consequently neglected herself. Her husband was the cause: he had continually humiliated her by saying, *"You dress like a slut and you are not fit to be called a housewife. I should never have married you."*
- Remember you are a sensitive soul - words and impressions can heal or wound. Words can build or offend.
- Proverbs 15:4 - *"A wholesome tongue is a tree of life, but perverseness therein is a breach in the spirit"*.
- Proverbs 18:21 - *"Death and life are in the power of the tongue, and all who love it will eat its fruit"*.

There are countless things that can cause wounds in your life. Ask the Holy Spirit to bring your particular injury to the surface. Jesus is waiting for an opportunity to heal all your painful memories, fears and wounds. He wants to go all the way back to the root of evil, to heal your inner wounds completely.

At the beginning I said that with all the theological training I received, I could not help these people. The reason is that the believers were taught that all their emotional problems are resolved when receiving salvation. This is not true. The truth is that when we receive the gift of eternal life, only then we gain the ability to deal with our problems.

Before you can receive help and healing for your inner wounds, there are three things you will need to clarify in your mind:

1. You must admit and accept the fact that the injury exists in your heart. Do not ignore it. The sooner you realize that this is the cause of your problems, the sooner you can get help.
2. You should also take responsibility for your condition. Even if you are the one who is offended, rejected or deprived of privileges, you still have a choice how you will react to the situation. You could either forgive the person, or have a sense of bitterness towards him. It is important that we receive forgiveness from God for our incorrect attitudes before we can really deal with the problem.
3. You must first ask yourself if you really want healing and deliverance. Jesus asked that question to a man who has been paralyzed for 38 years. You see it is possible that your problem became a crutch to arouse other people's sympathy. Some people thrive on the sympathy and attention of their fellow man and then use the injury as an excuse. Such people will not really receive help. Not until they acknowledge the fact that they really need help.

With these three things taken into consideration, you can now go to God and trust Him to heal your inner wounds.

INNER HEALING

It is not God's will for His children to be poor and needy and to live with inner wounds. Many people suffer from conditions that they themselves created by indifference to God's Word. The largest percentage, however, have problems and live with conditions caused by inner wounds.

From the following texts in Scripture, namely Isaiah 57:14-16, Luke 4:18-19, Psalm 147:3, emerges the strong understanding that Jesus was anointed by the Holy Spirit to heal inner wounds. Everything that dismantles and destroys your life is not of God. (John 10:10).

James 5:11: *"You have heard of the patience of Job, and you have seen the end of the Lord, that the Lord is full of pity and of tender mercy."*

Problems, accidents, sickness and sadness come from Satan. Satan is the author of sickness, sorrows and difficulties. God is the author of life, goodness and abundance.

In the area of inner wounds Jesus basically came to do two things in the life of man:

- He heals the mind of every injury of whatever nature.
- Then He fills every area of life where there was a feeling of emptiness with His love.

Inner wounds are caused by misunderstanding, inconsideration and lack of love. Man's deepest desire in life is love and understanding, therefore God has put relationships in our lives: husband and wife; parent and child; minister and member; boyfriend and girlfriend. He put us in these relationships so that we can assist and supplement each other in love, but it does not work this way in society. Everyone lives for himself and his own interests; each person is trying to fight for his own place in the sun. In the process of seeking happiness and self-indulgence, we step on each other to reach our goals, even if it hurts another; and usually it is the one closest to you that gets hurt or hurts you. Someone said, *"I'd rather be hard, because if one is soft, one always gets hurt."* This comes from someone who faced selfish and unloving people.

If any one lacked love as a baby or child, or at any other time in his life, it could influence his life in such a way that:

- he does not give love, or
- he does not trust other persons or even God.

This is no reason for people not to lead a victorious and successful life.

If you experience inner wounds in your life, Jesus Christ can heal every pain through the Holy Spirit. He knows everything about you. He knows your grief and your frustrations. He will set you free from any emotional wound and binding. Inner healing brings inner peace in our minds.

REQUIREMENTS FOR INNER HEALING

1. Jesus Christ must be placed in charge of your life

This is done by accepting Him to as your personal Saviour. True peace and happiness come through the reception of eternal life.

Romans 6:23 - The "gift" includes:

- new life
- forgiveness of sins
- cleansing of sin and blessings of the Lord. (Acts 3:19).

The greatest blessing that salvation brings to your life is forgiveness of sins. When any living soul experiences the reality of forgiveness of sins, it already has a healing effect in his life. It is possible to also receive healing during the reception of salvation, but it does not happen automatically.

Isaiah 53:5: *"But He was wounded for our transgressions, pierced for our iniquities, He was bruised, the punishment for our peace was upon Him and by His stripes we are healed."*

A believer must again confess Jesus as Lord and Master in his life.

2. **Emotional ties to the past should be broken with a quality decision**

Make the decision with a determined mind to forget the past, especially the words and events that caused wounds. If it is not done without doubt, it can be a stumbling block in your future life.

Paul says in Philippians 3:13: *"I forget the things behind and reach forward to what lies ahead."* The things of the past can affect a person's life negatively if you do not put it behind you. If you realize that those things will no longer affect you, you will achieve positive things in future. You must believe that God has a wonderful purpose for your life. You will change the impossible into the possible and you will discover a new life.

3. **Forgive those who have injured you**

This is very important for inner healing. It helps to remove all the bitterness and feelings of hatred you still harbour. Jesus wants us to reconcile with our fellow man, before we come to Him (Matthew 5:23, 24).

If we want to receive God's forgiveness and help, we must forgive the persons who have hurt us. (Matthew 6:14, 15). If possible, go to the person and tell him / her that you want to reconcile; alternatively write a letter to the person in which you assure him of your forgiveness. Remember, forgiveness is not a feeling but a decision. Forgive completely without any conditions. Do not think - *"I will forgive him when . . . "* or *"I will forgive but not forget. . . "*

Then the person must be absolved from guilt by your decision of not keeping anything against him. (Luke 6:37).

Ask the Lord to put His love for this person in your heart. If you are sincere, He will do just that.

4. **Pray and ask God to heal those hurts and wounds**

There are two facts that you should remember before you pray: God loves you unconditionally, and God is omnipresent. He is with you. Just like you accepted Christ by faith, you must believe that He is with you to heal those hurts and to remove the sting of the memory (Heb.11:6). Recollect the memory of that particular incident where you were deeply wounded; then see Jesus in your imagination when recalling that particular hurting incident. See how Jesus is with you in that situation and how he heals those hurts you experienced.

It is advisable to go through this process with a Christian counsellor. Inner

We have repeatedly seen this truth and principle working in people's lives. When someone is unforgiving toward people who wronged or injured him in any way, it prevents physical and emotional healing of this person. In some cases a person suffering from bondage cannot be saved. Scripture teaches us that if we forgive that person, we break the bondage and consequently set him free.

Matthew 16:19: "... whatever you may loose on earth shall occur, having been loosed in Heaven."

John 20:23: "Of whomever sins you remit, they are remitted to them. Of whomever sins you retain, they are retained."

Therefore it is essential not only to forgive the person, but to release the person by acquitting him totally.

Luke 6:37: "you must not condemn, and you will not be judged."

Exonerate and you will be vindicated. There is power in forgiveness for it not only makes you free, it also frees the person you held captive by your unforgiveness.

In addition, God has set you free by forgiving your sins. And if you receive forgiveness it sets you free to love God, to restore your fellowship with Him and to attain His highest purpose for your life.

TWO WAYS TO FORGIVE

There are two ways or methods to forgive. Jesus clearly commanded us to forgive as He commanded us to love. This instruction must be obeyed regardless of how we feel. This brings us to the first method of forgiveness:

1. Forgiveness by a decision of your will

You forgive because God said so, because if you do not, you will block your fellowship with Him. You cannot have anything against a person while at the same time walk in the love of God.

1 John 1:7 "If we walk in the light as He is in the light, we have fellowship with oneanother."

Perhaps you may want to ask God to make you willing to forgive.

The second way of forgiveness is more than an intellectual decision, more than forgiveness obtained by your will. It is forgiveness on a deeper level. It reaches deeper into your emotions and your subconscious level.

2. It is forgiveness from within an inner healed soul

This way of forgiveness is important if you want to be a truly happy and effective believer. The fruit of a soul-healing prayer is granted when you receive the ability to forgive completely and permanently. To forgive someone does not mean that you accept his influence or morality, or to become his best friend. If the other person is not in the right relation with God, it is not expected of you to bring him into your home to allow him to influence you and your family badly. You will know when someone forgave sincerely, when you treat him the same way as your best friend and not try to avoid him. The "bitter test" for forgiveness comes when you pray for him with love (Luke 6:27, 28).

TWO WAYS TO RECEIVE FORGIVENESS

As we review forgiving others, we must also look at our own need for forgiveness:

1. We must receive forgiveness of our original sin. All your problems come from one source namely broken relationship and communion with God. (Romans 3:23). Jesus came to restore this broken relationship. Thus, forgiveness of original sin is through confession and repentance. This means asking God for forgiveness and to accept Jesus as your Saviour.
2. The second way to receive forgiveness is by receiving cleansing of our daily sins in body and soul. We are injured by others who have hurt us, but what about the people who are hurt by our words and actions? It is important to ask forgiveness for your own sinful behaviour and attitude. If you have offended someone you have to ask his forgiveness. Do not procrastinate - the longer you wait the harder it becomes. (Matthew 5:23, 24). Remember that your forgiveness does not depend on the restitution.

If you freely repent, God will forgive you. There is a special blessing and healing effect on us when we confess our sins to one another (James 5:16). There are situations where someone may get hurt deeply as we confess certain crimes against them. Confession of sin against another person must be done with great wisdom and tact. Remember that you are not supposed to act on their behalf to confess to their sins. If other people are involved in your misdeed they themselves must obtain forgiveness. You may not reveal their names or sins. To confess your sin or crime to a reliable witness can be an uplifting and liberating experience. It should preferably be a pastor or a trusted Christian counsellor who in turn, can ensure you of God's forgiveness. He does not forgive your sins, but he gives a voice to the scripture that justifies God's promise of forgiveness.

HOW TO HANDLE INNER WOUNDS

It is only God who can reach deep into our hearts to heal that wound and set us truly free. He also knows how sensitive we are and that being human, man often can be hurt again and again. God heals the inner wounds of the past, but we must deal with the daily wounds ourselves...

Often the Lord heals the hurt other people and situations have caused us. Some people must unfortunately be brought back to those situations and people where they once more become an open target to be hurt all over.

There are certain principles that God's Word teaches us whereby we can be protected against any injury.

1. FORGET THE PAST

Decide to put inner wounds in the past by forgetting it. Paul knows the pain of inner wounds; co-workers put him in the lurch and false brethren had wounded him. How did he handle inner wounds?

In Philippians 3:13 he gives us the answer: "... I forget the things behind and reach forward to what lies ahead"

He did not spend time licking his wounds, or to meditate on the past. He decided to forget. Do not let the memories of yesterday affect your future. Guard against this tendency to remember the past, it may cause bitterness in your heart (Hebrews 12:15).

2. Joy is our strength

Nehemiah 8:10: "Be not grieved, for the joy of the Lord - that is your strength." The devil and the world cannot deal with a joyful Christian. How do you treat or injure someone who is always glad and joyful? The Bible tells us that when people revile and persecute us and speak falsely all kinds of evil against us, we should rejoice and be glad, because great is our reward in heaven (Matthew 5:11, 12).

We could avoid much heartache and hurt if we lived by this text. We must learn to rejoice when someone attempts to hurt us. Paul encourages us to do so: Philippians 4:4 "Rejoice in the Lord always, again I say rejoice."

There's something about being cheerful. It changes your whole mood and outlook on life circumstances. Proverbs 15:15: "All the days of the afflicted are evil, but a merry heart hath a continual feast."

3. Walk in love

There is armour against injury in the Christian's lifestyle that is very effective. This principle in God's Word is walking in love towards our neighbour. Colossians 3:13, 14: "forbearing one another and forgiving yourselves, if anyone has a complaint against any. As Christ forgave you, so also you do. And above all these things put on love, which is the bond of perfectness".

Jesus wants to teach us how to handle inner wounds. He is well acquainted with it because He himself experienced every possible rejection, humiliation and trauma (Isaiah 53:3, Hebrews 4:15-16). How did Jesus handle hurt and rejection? On the cross He cried, "Father, forgive them for they know not what they do." Forgiveness is also a shield against injury when used in love. The moment you are hurt by someone by word or deed, it is important to forgive that person and to acquit him by speaking aloud. This will prevent any hard feelings or bitterness in your heart taking root and will also protect you against injury. Sometimes you do not need to say it out loud, but it is important to say it with a decision of your will.

If you apply these four principles in your life every time you are in a wounding situation, it will help you to successfully deal with the matter. The next time you get hurt, withdraw or get angry, you must ask yourself: "Why do I react this way? Establish the cause of your behaviour and apply these four principles to the situation.

If you are aware that in certain circumstances you will be exposed to injury you should avoid such situations. Proverbs 22:5: "Thorns and snares are in the path of evil, he who would keep his soul shall be far from it."

Handle inner wounds and walk in freedom!

BIBLIOGRAPHY

1. Emotionally free - Rita Bennet
2. Innerlike genesing - Dr James van Zyl
3. The experience of inner healing - Ruth Stapleton
4. Every day with Jesus - Selwan Hughes
5. The secret life of an unborn child - Dr Thomas Verny