

# Are you in recovery or denial?

Grant Mullen M.D.

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As you have probably already guessed, I'm very interested in emotional baggage. I'm sure that you remember that our baggage is a collection of painful life experiences which have hurt us and caused us to believe lies about ourselves and others.

I have seen how this baggage can destroy relationships, families and careers. I have also witnessed and experienced the freedom that comes when baggage was recognized, dealt with and removed.

If baggage is so damaging to our lives and relationships, and if God wants us to be free of it, then why do so many Christians still carry baggage?

As I mentioned previously, the primary reason is that people aren't aware that they have baggage since no one talks about it.

The second reason is that the process to get rid of baggage is voluntary. You don't have to do it. It's up to you. You have a free will to make your own choice.

Baggage is not a salvation issue, it's a personality issue. You can still go to heaven whether or not you have dealt with your baggage. What you do with it though, determines the quality of your life and relationships here on earth.

To deal with baggage you first have to recognize that you have it and then choose to do whatever is necessary to get rid of it. I know, that sounds like work. That's why so few people want to deal with this issue.

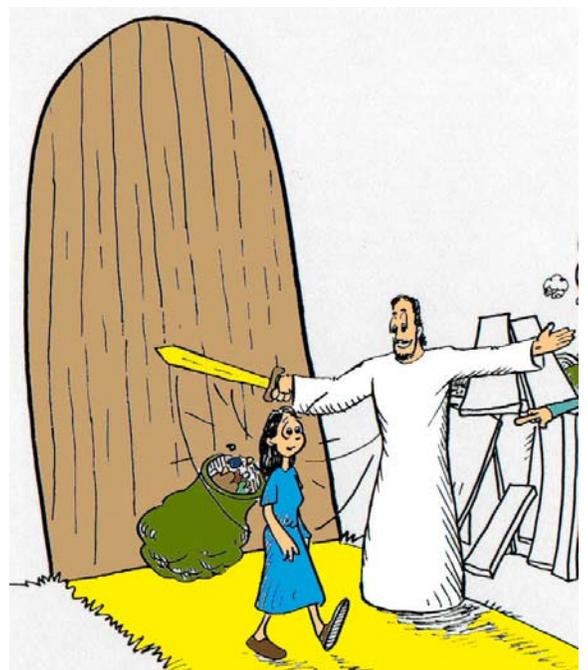
Here's another way to look at it.

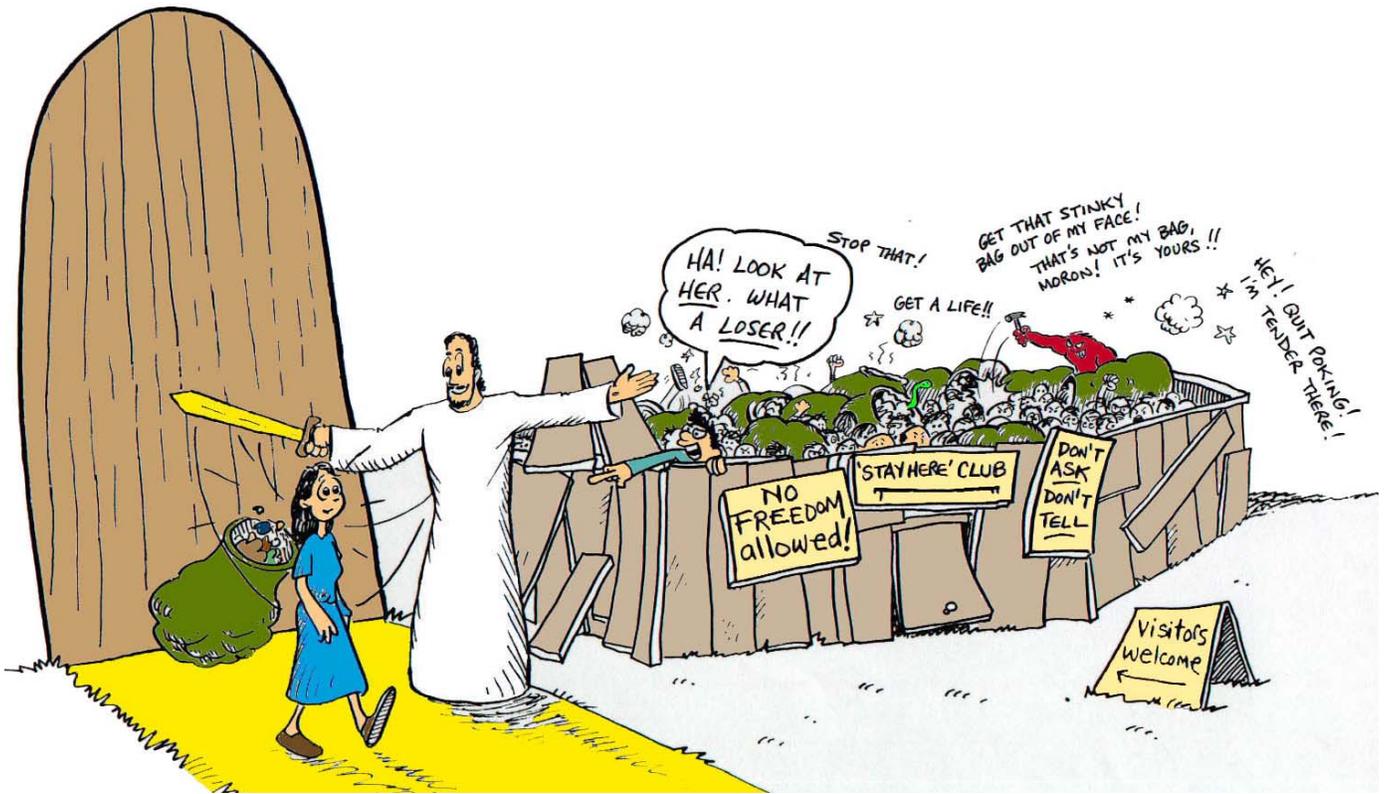
I like to think of the kingdom of God as being a walled city with one entrance which is the path of salvation and forgiveness of sins. After you have passed through the gate, in my analogy, you are given the choice of 2 pathways.

On one path you enter the process of transformation where Jesus cuts off your bag and you travel towards greater and greater emotional freedom as your wounds are healed.

This path ends in the Throne Room where we enjoy an eternal intimate relationship with God.

The other path is very short. This one is for people who feel that salvation is enough and that transformation just isn't necessary. On this path you just get in the gate, take a few steps and then sit down, clutching tightly to your bag.





The people in this group are often angry, bitter, fearful, resentful, dysfunctional, unable to get along with people..... but totally saved. To them, single mindedness means that their opinion is the only valid one. They see baggage as just a normal part of themselves that makes them “unique.”

What makes them even more dangerous is that when they see someone taking the path of transformation and getting rid of their baggage, they mock them. “Oh there goes another one of those navel gazing, introspective, inner healing fanatics, on the way to another conference.”

When a person becomes a Christian and decides to join this group and refuses to change or enter the process of transformation, then they become stuck. They are stuck in Christian infancy or childhood. It doesn't matter how many years pass, if you refuse to deal with your baggage, you remain an immature Christian.

You are actually blocking God's plan for your life when you refuse to allow him to transform you.

Do you think Satan is intimidated by immature Christians being controlled by their baggage? Absolutely not. What about a church full of immature Christians holding tightly to their bags? It's no different. You've probably been to one.

Satan loves this situation. Remember, he was instrumental in filling the bag with painful and wounding life experiences. As long as you carry it, he can easily reach in and remind you of all those bad experiences. By triggering your emotional pain at the right moments, he can influence your thoughts, responses and behaviors. Your bag gives him ammunition to fire at you. Satan wants you to keep the baggage so he can continue to influence you even after you have left his kingdom. Sinister isn't it?

So you see how dangerous emotional baggage really is. It is a tool in Satan's hand to torment you and disrupt your life and relationships.

Always remember, that there is a battle for your mind and thoughts.

On one hand, Satan doesn't want you to change. He is constantly reminding you that you are fine just the way you are. Any problems you have are always someone else's fault.

On the other hand, God is calling you to freedom. He wants to set you free. With the truth of the Word of God, the power of the Holy Spirit and usually the help of a Christian counsellor, your baggage can be dismantled and your wounds healed.

You have to choose who is going to win the battle for your mind. It's up to you.

Listen to how Paul describes the choice you have in Ephesians 4:22-24.

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires...."

That's the baggage I've been talking about.

".....to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. "

That's the freedom God wants you to have.

Remember, it's never too late to enter the process of transformation. God is waiting for your permission to lead you to freedom.

I've been doing emotional transformation seminars for many years and I've learned that people generally fall into 2 groups on the issue of baggage. You're either in recovery, allowing God to set you free..... or denial, and you remain stuck.

Which group are you in?

Remember, God wants you to be emotionally free, get into recovery.

***Dr. Grant Mullen is a mental health physician and author who lectures internationally on the keys to emotional recovery and healthy relationships. He has a special interest in the integration of medical treatment with spiritual and emotional healing models to see people and organizations transformed.***

***Dr. Mullen is the author of [Emotionally Free](#) , [The Breakthrough Solution](#) and the producer of [14 DVD's](#)***

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