

Are you listening to lies?

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If you recall, last month I began to explain the three links in the chain of emotional bondage that correspond to the three parts of humans, body, personality and spirit.

The first link in the chain represents the physical conditions that interfere with thought and mood control. These are the chemical imbalance mood disorders, depression, anxiety and mood swings. These conditions need to be treated first, before you can successfully deal with the other two links.

The second link in the chain represents all the emotional baggage that we have accumulated throughout life.

This baggage contains memories of painful, emotionally wounding life events that have shaped our personalities.



You are now probably asking, what's so important about old memories? Can't we just forget about them and press on as adults? Isn't it true that time heals all wounds?

Well the fact of the matter is that you can't just walk away from your baggage even if you want to. It has become part of your personality. And I'm sorry to say, that time does not heal wounds... it just causes them to fester.

The only way to be free of your baggage is with the help of the Holy Spirit.

The good news though, is that he is standing by right now, waiting for your permission to help you.

There are many ways that wounds happen. The most damaging ones are those that occurred in childhood. Here's an example.

A trust relationship with your father may have been broken either through abuse or neglect. You may have been betrayed, falsely accused or lied to. When this happens, the part of your personality that is based on trust is weakened and becomes like wet cement.

Satan then takes advantage of your weakened state. He creates an easily believed lie, which is based in some way on the wounding event. He plants the lie into the wet cement. while you are still reeling with the shock of the injury.

As time passes and the memory of the wounding event fades, the cement of your personality slowly hardens and forms an emotional scar. You think that you are getting over the injury. What you don't realize is that there is now an active lie buried in the cement. It is buried alive, waiting to be activated.

Years later when you are trying to advance your career or find a spouse, you find that you are having trouble trusting anyone. This is because Satan is now triggering the imbedded lies to disrupt your life. The lies may be something like this, "You can't trust men, You can't trust authority figures, You can't trust anyone," and one of his most common lies, "You can't trust God."

These lies will interfere with your success at home, at work and spiritually. You can't be talked out of these embedded lies because they are cemented to a true historical fact, your wound in childhood. The historical memory is of course true, the conclusion though is a lie.

As long as you have baggage with embedded lies cemented to unhealed emotional wounds, Satan has ammunition to attack you.



He will take every opportunity to activate the lies so that he can disrupt your life. Sinister isn't it?

To come to freedom you need the help of the Holy Spirit and the truth of the Word of God to heal your wounds, remove the embedded lies and empty your bag. Only the Holy Spirit can surgically separate the lie from the wound. He then

wants to heal the wound and replace the lie with God's truth.

This process is described in Hebrews 4:12.

For the word of God is living and active. Sharper than any double edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

God wants to set you free from your wounds, lies and baggage.

If I've been describing you today, have the courage to see a Christian counsellor who can walk with you through the healing process.

Remember, God wants you to be Emotionally Free.

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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.

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