

THE WOUNDED SOUL

Before we begin our class today, we'll have a few moments of silent prayer so you can clear the decks mentally utilizing 1 John 1:9 if necessary. This will ensure you are in fellowship and ready for our study this morning. Let's pray.

We're going to study something that comes up every day with the individuals I deal with in prison and jail. As I thought about it, I recalled several recent conversations I've had with advancing believers about things that have happened in their past. These are strong doctrinally sound believers who love the Lord and are/were advancing to spiritual maturity. There are those who have veered off the road to spiritual maturity and have let their sin nature trends move them into revisionism and have stopped their spiritual advance. They want to get it right, but they let the call of the sin nature take over and looked towards the cosmic system for answers. The memories never go away. When you've dealt with physical, sexual, mental, verbal abuse or you have some sort of PTSD you have those with a "Wounded Soul".

There are those who would block the memories with drugs, alcohol, self-help books, counseling, etc. But guess what? The memories come back. By the way a Wounded Soul can be caused by child abuse (sexual, physical, mental), they can be a victim of spousal abuse (physical or mental), a verbally abusive parent, mental abuse, an alcoholic father, mother, husband or wife.

There is traumatic abuse (physical), which includes sexual abuse or child slavery and less traumatic abuse, which includes neglect, indifference, unjust punishment, controlling by guilt etc.

There is emotional abuse. This includes parents seeking to control their children by bullying, isolation, belittling, arousing fear by threatening, rage, fear, shame and guilt. Some parents abuse their children through neglect, manipulation by guilt, unrelenting criticism, hostility toward the children and hostility between the parents, and non-protection from abuse from outside the home.

There is soul abuse. Parents can abuse the soul of a child by failing to function as the FLOT line of their children's soul.

NOTE: Parents also fail their children when they don't evangelize them and fail to teach them basic Bible doctrine. Also, failure to teach your child's conscience the difference between right and wrong. Failure to render just punishment when a child is wrong or has violated establishment principles.

PRINCIPLE: Parents should never encourage jealousy, bitterness, slander, judging, lying or any form of vilification of other children in the household.

In this study I'm not going to make excuses for behavior that is contrary to the Word of God. But what I hope to do is provide information and Biblical Truth that if you have a Wounded Soul due to some abuse in your past that you will understand how to handle it. Ways to manage the thoughts when they come back to you when you are alone or when you hear something or see something on television that causes those memories to crop up. How do you handle those thoughts? Of course, through the Word of God in your soul. If you know of someone in this category maybe you can encourage them and maybe even provide these notes or an MP3 to them. Maybe this will give you a better

understanding of what they are dealing with. Okay let's get started and attack this very sensitive subject.

So, what is a Wounded Soul?

Many times, you will see those with a “Wounded Soul” get involved with drug abuse, alcohol abuse, they bring disgust in the marriage relationship, unrealistic expectations, promiscuity, anger, or acting out the same issues that happened to them. There is a saying “We repeat the sins of our Fathers”. I hear this a lot in prison by those who are locked up for child abuse.

So how do you move forward if you have a “Wounded Soul”? I can tell you the world’s answer is different than what you will hear in this Bible class. The world’s answers start with human viewpoint. Unbelievers and carnal Christians spend a lot of time and money trying to produce a Relaxed Mental Attitude by using drugs, alcohol, yoga, therapy, self-help books, and machines that reproduce the sounds of oceans, birds, and rainfall that have no lasting benefit. They can never get the thoughts out of their heads and they have no way to deal with the memories and frustration that comes with a Wounded Soul.

I can tell you only the invisible doctrinal shield around our soul enables us to maintain a Relaxed Mental Attitude (RMA) and this comes only from the filling of the Holy Spirit, utilizing the Faith Rest Drill (PSD #3), application of Bible Doctrine, and intake of the Word of God every day. This will then provide you the means to handle your “Wounded Soul” and the “scars on your soul”. When the scab is scrapped off and if you keep your spiritual advance, you will keep the open wound from becoming an abscess. This starts with

studying the Word of God and is the power to handle the onslaught of memories and scars from a “Wounded Soul”.

Let's start with the unbeliever. For them it starts with giving an objective hearing to the Gospel message of “Faith Alone in Christ Alone”. Without a personal relationship with the Lord Jesus Christ the unbeliever's only option is “human viewpoint” and this is a dead-end road!

John 10:9: “I am the door, if anyone enters through Me, he shall be saved.”

Ephesians 2:8-9: “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”

Acts 16:31: “Believe on the Lord Jesus Christ and you will be saved...”

John 3:16: “For God so loved the world that He sent is uniquely born Son that whosoever believes in Him shall not perish but have eternal life.”

If you have not accepted Jesus Christ as your Savior this can be the day of your salvation through simple faith alone in Christ alone. You can accept Him right where you're sitting this morning by saying, “Father I believe and I'm accepting your Son Jesus Christ as my Savior”. You can form the words in your mind, on your lips, right where you are sitting. It's a simple “Father I believe”. You say how can you know for sure well the Bible tells us:

1 John 5:12 “He who has the Son has life; he who does not have the Son of God does not have life.”

1 John 5:1 “Whoever believes that Jesus is the Christ is born of God.”

1 John 5:13 “These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.”

It's the only real hope if you are to repair a “Wounded Soul”. After salvation the first step is to **REFOCUS** your priorities. The new believer needs to get under a well-qualified pastor and learn the Word of God.

They (the new believer) must **REALIZE** it will take time to **REMOVE** the scar tissue on their soul and fill the open wound with Bible Doctrine.

You must learn the **REBOUND** (PSD #1 which allows PSD #2 – Filling of the Holy Spirit) technique and then the rest of the 10 Problem Solving Devices. This comes from organizing your thoughts with a daily intake of the Word of God.

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.”

Rebound must be used consistently throughout the day so that WHEN (and it will happen) the past abuse creeps into your mind you don't let it control you. Because if you do, you will be pulled into the Cosmic Vortex very quickly.

PRINCIPLE: **Salvation does not immediately resolve the great stress in the soul caused by any type of abuse. The stress must first be removed from the soul through the daily intake of the Word of God.**

PRINCIPLE: The new believer must first have a dramatic change of values in his life – the Word of God must become his number one priority. The believer must persist in learning the Word of God and using the Problem-Solving Devices in spite any setback.

1. The greatest thing you can do is have the Word of God in you. This will bring blessings to you and your family.
2. A person with a “Wounded Soul” can become arrogant and without humility there is no spiritual life. The humble believer is grace oriented.
3. Without the Word of God in the soul a person with a “Wounded Soul” will cope by using his or her own resources, and the resources of faith and humility have just been destroyed. Only regeneration through faith in Jesus Christ and living your very own spiritual life after salvation and the Word of God in your soul will restore your faith and humility.

NOTE: If you are arrogantly preoccupied with self and absorbed with self instead of the Word of God, you will use defense mechanisms to blame others for your bad decisions. Arrogant preoccupation with self excludes reality by adopting defense mechanisms instead of learning and using the Ten Problem Solving Devices of the protocol plan of God. Arrogant absorption accumulates garbage in the soul and garbage in the soul excludes the utilization of the Problem-Solving Devices.

4. With a “Wounded Soul” a person can become bitter, and without the Word of God in your soul that bitterness may leave but will surface every time there is a problem.

5. Using defense mechanisms (such as denial, repression, or projection) will make it impossible for you to execute the protocol plan of God.

6. After salvation and faithful study of the Word of God you will develop a FLOT Line for your soul.

What if you are already a believer in the Lord Jesus Christ?

First, we must use God's recovery process - **REBOUND**. You must utilize Problem Solving Device #1 – **REBOUND**. You need to use it consistently. Stay in fellowship!

Secondly, you need to **REDIRECT** your priorities. Study of the Word of God becomes your top priority. Get back to Bible Class and make time every day to study God's word.

Next you must **REFOCUS** your attention on the “Things above” and “Keep your eyes on the prize” and off self.

Colossians 3:2 “Set your minds on the things that are above, not on the things that are on earth.”

Philippians 3:14 “I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

You must learn the 10 Problem Solving Devices. They are critical to continuing your advance in the Spiritual Life and healing a “Wounded Soul”.

When we are operating on human viewpoint, we fill our soul with garbage and it's very difficult to trust God and metabolize Bible doctrine due to all the garbage in our soul.

I would suggest you start each day with Bible Study. Like our Lord often did to pray. Get up early and study God's word. Don't wait until the day is over.

Mark 1:35 "And in the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and prayed there for a time."

PRINCIPLE: If you fill your soul with garbage (instead of the Word of God), you will become bitter, and blame others for all of your problems. You will be motivated by guilt, be angry at life and you will never execute the protocol plan of God for your life.

PRINCIPLE: Garbage in the soul from dwelling in the past hinders, frustrates, and even destroys the spiritual life of the present. Regardless of how bad the abuse or issues may have been, to dwell on it causes the believer to be preoccupied with self, which means the accumulation of garbage in the soul. You will end up adopting defense mechanisms instead of the Problem-Solving Devices on the FLOT line of your soul.

PRINCIPLE: Adversity is what others and circumstances do to you; stress is what you do to yourself. Adversity is inevitable; stress is optional. Stress is the temporary destruction of your spiritual life. Stress in the soul is tantamount to the sin nature control of the soul.

The problem-solving devices counterattack and drive stress out of the soul, so that the FLOT line is restored for application of the Word of God. It is restored by the rebound technique (PSD #1).

When the problem-solving devices take over your soul through the metabolization of the Word of God, in your soul, your past, including abuse, is over the horizon and buried in the depths of the sea.

You cannot change the past. You are still alive. Sprint forward to those things which are ahead in your life. You will either use the problem-solving devices in your soul or the defense mechanism in your soul. There is not enough room for both. There is no place for defense mechanism in the function of the spiritual life.

We must learn to us the faith-rest drill (PSD #3), in order to put matters in the hands of the supreme court of heaven. You need to have the faith-rest drill on the FLOT line of your soul. This will drive out any defense mechanisms you may have. When you go back and relive any injustice that has happened in your past you have allowed the outside pressures of adversity to break through the FLOT line and become stress in your soul. Stress in the soul and the spiritual life are mutually exclusive.

Using the promises in the Bible (of which there are over 7,000) becomes critical to overcoming a “Wounded Soul”. Jesus Christ controls history and He is the only one we can trust.

Psalm 118:8 “It is better to take refuge in the Lord than to trust in man.”

Jeremiah 17:5 “Thus says the Lord: “Cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the Lord.”

Psalm 31:24 “Be of good courage, and He shall strengthen your heart, all you who hope in the Lord.”

Psalm 138:3 “In the day when I cried out, You answered me and made me bold with strength in my soul.”

Psalm 146:5 “Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God.”

If you have a “Wounded Soul” and are growing spiritually, remember when you take time off or fail to use “Rebound” and the “scab” is pulled off the “Wound” in your soul guilt, shame, and frustration will creep in very quickly. You must stay current on “rebound” and continue your advance so that self-pity doesn’t make it through your FLOT line. Because you can be pulled into the “cosmic vortex” and spin out of control and you’ll be thrown out somewhere you don’t want to be. You must keep your momentum!

If you scrape off the scab and open the old wound by living in the past without Bible Doctrine in the soul, there can be no recall. This can happen over time if you let up on your spiritual advance at any time. The scab comes off and a soul void of the Word of God (vacuum) will suck in human viewpoint (revenge, arrogance, self-pity) and the cosmic system (the lure of the world) sucks you in.

Without the Word of God and the Problem-Solving Devices securely in your soul through continued study and spiritual momentum a parent with a “Wounded Soul” may exhibit the same traits as their parents.

PRINCIPLE: Parents need to remember that you should be your child’s FLOT line of the soul (the Forward Line of Troops). You should be there to prevent the development of stress in the soul of your children. Parents have been entrusted to care for and protect the soul of their children

What happens to the FLOT line protection, if: the parents are not there, the parents are hearers of the Word and abuse their authority, the parents are totally inflexible with the “I am right” syndrome (authority with no leadership), The parents are fighting all the time (I could go on and on**)? The child has no FLOT line protection, and they have only stress from the parents who are supposed to be protecting him or her.**

PRINCIPLE: Stress in a child’s life is directly proportional to the stability of the parents or parent.

Ephesians 6:4 “You parents, stop provoking your children to anger but always rear them in the training and instruction about the Lord.**”**

Colossians 3:21 “Fathers, do not antagonize your children, so that they will not become discouraged.**”**

A child will react to unfairness, injustice, abuse, and legalism, Parents remember:

- 1. Do not play favorites with your children!**
- 2. God does not show partiality, nor should we.**
- 3. You can’t be fair and show partiality because if you do, it will tear your family apart.**
- 4. How many millions of children have a “Wounded Soul” because they are psychologically or emotional scarred for life because they never received the love, attention, or encouragement that their more intelligent, more attractive, more athletic, or more favored siblings received.**

5. This is even more important if you have half-brother and sisters, stepchildren, or adopted children.

As you grow spiritually and get a Personal Sense of Destiny (PSD #6) and you leave your agenda behind and move forward with God's agenda you will focus less and less on what happened in your past.

You will be able to get that "chip off your shoulder" and have a Relaxed Mental Attitude (RMA) when anyone wrongs you. You use Problem Solving Device #8 – Impersonal Love and respond with grace instead of reacting with anger, rage and hatred.

Remember you could never punish the abuser as well as God. You must wait for His justice to be administered. (

Galatians 6:7 "Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap."

Stay out of God's way and let Him handle it. The Supreme Court of Heaven is open 24 hours a day and seven days a week! God doesn't need our help!

If you have a son, daughter, a wife or husband or someone who has a wounded soul you must show them:

1. Impersonal love (PSD #8).

2. Patience.

3. You must consistently study the Word of God and set the example.

4. You must have confidence and courage to use and apply the Word of God in your soul to life and circumstances. It will be an encouragement to those around you.

Remember, the defense line of your soul, made up of the ten problem solving devices which are designed to prevent the outside pressures of life from becoming the inside pressures of stress in the soul.

When you get stress in the soul the problem-solving devices counterattack and drive stress out of the soul, so that the FLOT line is restored for application of Bible doctrine. The FLOT line is restored by the rebound technique.

If you react to those who harmed you with bitterness, resentment, hatred, antagonism, any form of arrogance or emotion, then Jesus Christ cannot act on your behalf as the supreme court judge, and He must act against you. By reacting, your case is thrown out of the supreme court and you are disciplined for your sins of reaction. Do not make someone else's problem of treating you unfair your problem by getting out of fellowship and reacting. Through the arrogance, you have ruined your own case before the Lord. You never slander, malign, gossip about, or judge another believer. Whatever discipline should have gone to the other person, now comes to you because of your verbal sins.

If you respond to unfair treatment with any of the problem-solving devices of the protocol plan of God (such as the faith-rest drill or occupation with Christ), then the Lord Jesus Christ will handle the situation as the supreme court judge. Either you handle the case with reaction from your old sin nature or the Lord handles it because of your faith-rest drill response.

You either respond to our Lord or react to the person who treats you unfairly. You may have a legitimate complaint, but you ruin it by maligning, gossiping, and judging the person who has treated you unfairly.

You must remember Jesus Christ scars were still there visible. We get scars and they don't go away even though some people spend hundreds of dollars trying to get them to fade.

But you can eliminate the scars in your soul through the study of the Word of God and the courage to apply it to our life and circumstances.

John 20:27 “Put your finger here and see my hands; and put out your hand and place it in my side. Do not disbelieve but believe.”

The battle will never be over until we are absent from the body and face-to-face with the Lord. Safely in His presence the old memories will be gone. We must rely on the justice of God to take of things on our behalf, and we must get rid of the notion that we want to see the justice happen.

Victims of abuse with a Wounded Soul can have distressing recall even, recurring dreams of the abuse, a sense of reliving the experience, illusions, flashbacks.

2 Corinthians 4:16-18 “Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. Vs.17 For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, Vs.18 while we look not at the things which are seen, but at the things which are not seen; for the things

which are seen are temporal, but the things which are not seen are eternal.

God's counsel (Word of God) shall stand, and He will do all His pleasure." The enemy may oppose but God will ever prove Himself to be above him; and all we need is a spirit of simple childlike confidence and repose in the divine purpose. Unbelief would rather look at the enemy's efforts to intimidate than at God's power to accomplish. It is on the latter that faith fixes its eye. Thus, it obtains victory and enjoys abiding contentment. It rests not upon the ever-shifting sands of human affairs and earthly influences but upon the immovable rock of God's eternal word. That is faith's holy and solid resting place. Come what may it resides in the sanctuary of strength. Nothing changes regarding God's immutable word. Always relevant producing the same results for the believer

I want to close with the words to a song we all know

"It Is Well With My Soul

**When peace like a river, attendeth my way,
When sorrows like sea billows roll
Whatever my lot, thou hast taught me to say
It is well, it is well, with my soul**

**It is well
With my soul
It is well, it is well with my soul**

**Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul**

**It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul**

**My sin, oh, the bliss of this glorious thought
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, o my soul**

**It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul**

**It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul**

My question to you “Is it well with you soul”? Are you living the copacetic Christian life?