



Wounded Soul

Gary D. Watson
Philippi Freedom Ministry

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**To the praise of the glory of His grace,
which He freely bestowed on us in the Beloved.
Ephesians 1:6**

This book is edited from Bible classes taught by Gary D. Watson.

For further teachings and Bible study materials, please see our website at:
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Printed in the United States of America.

ISBN 979-8-9920608-1-2

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Forward

This book is very dear to me, and I wish it would have been available for me earlier in life. I could have used the information contained within this small book. At the age of 13, I had distressing things happen to me that were life-changing. I won't go into all the details, but I want you to know without the Word of God (Bible Doctrine) in my soul, I probably would not be here today. Once I got under a qualified Pastor who taught the mechanics of the Christian life, I started to fill the holes in my soul. As I grew spiritually, and the "scab" was scraped off the hole, I was able to recover more quickly, forgetting what was behind and moving forward in God's plan for my life. No longer did I have unhappiness driven by bad memories or past circumstances; as I grew spiritually, by learning the Word of God, more and more a stable happiness and contentment increased in my soul.

I like to describe it as follows: when you drive nails into a board and then pull them out, it leaves a hole. You try everything to forget and move on; you get a scab over the hole, but the hole is still there. So, when you take a walk down memory lane (which is not “forgetting what lies behind” as in Philippians 3:13-14), you get depressed, disheartened, and discouraged. But as you fill in these holes by learning the Word of God, you scrape the “scab” off, so you can recover more rapidly and move on from the past. Over time, the holes are completely filled with the Word of God, and eventually there isn’t even a scab. You no longer let terrible past events or circumstances control your life.

Remember, using human solutions just provides a scab, but when you scrape the scab off (usually when you are alone and your mind wanders, or you hear or see something that triggers memories), the holes are still there. With the divine solution, you fill those holes a little at a time with the Word of God. It takes time and perseverance, but “the Word of God Conquers *all*” (Philippians 3:13-14)!

You just have to take your spiritual life seriously.
It should be the most important thing in your life.
Learn the mechanics of the spiritual life, and keep
advancing toward the goal of becoming a spiritually
mature believer that God can use!!!

Forever forward,

Gary Watson

St. Louis, Missouri

September 2025

Preface

It is not possible for you to sit here, in the flesh, and comprehend the Word of God in the way that God intended for you to receive it. He planned for you to receive it through the ministry of His Holy Spirit, whose job is to help you metabolize this information and convert it into wisdom for your soul that you can use. This cannot happen if you are seated here, as a Christian, with *known* sins in your life. The Bible warns us: “Do not quench the [Holy] Spirit” (1 Thessalonians 5:19) and mandates us: “Do not grieve the Holy Spirit” (Ephesians 4:30a). But that is what sin does. Therefore, you should always take a few moments of silent prayer before the study of the Word of God to take the opportunity for self analysis to examine yourself and to see if there is any sin in your life. If there is, you need to make the application of Problem-Solving Device number one: **Rebound.**¹

¹ There are ten problem-solving devices. A brief discussion

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse [purify] us from all unrighteousness (1 John 1:9).

Let us take advantage of this grace asset that we have. Let us have a time of silent prayer. Let us prepare ourselves to study together. Let us ask God the Holy Spirit to enlighten us with what we examine in this book.

We are indeed grateful, Father, for this grace opportunity to study Your Word. As we seek to learn your Word, may Your Holy Spirit have the freedom to challenge us, to enlighten us, to convict us, and to help us see that we really are in Christ, because it is in His name that we pray.

Amen.

Introduction

What is a soul? Does everyone have one? What is the purpose of a soul? Can someone else see my soul? Furthermore, how does a soul become wounded? Is there a cure? And still, what is a soul wound? You see a visible wound of the body; how do you perceive a wound of the soul? Is the wound from an external source, or is it self-inflicted by your own actions? We likely have a lot of human-viewpoint responses, but God in His grace has provided all the answers for us in the Bible.

A person who is a child of God after salvation will *always* be a child of God. Like any parent, God wants to be the guardian of His child's body and soul. The Bible calls us “children of God” (Galatians 3:26). All parents should guard their child's environment and behavior in order to train them for adulthood until they are capable of making good decisions. God wants us to be spiritual adults, not children. During our growth, our parents feed

us (both spiritually and physically), protect us, construct an environment for learning the lessons of life, set rules, and discipline us if we do not operate according to their rules. Properly done, the child will physically mature to adulthood. But, that does not mean they are mature adults mentally. Parents not only provide for the child's body but act as defenders of the child's soul during adolescence until they reach mental adulthood. Likewise, after salvation, God provides Divine parenting skills. Human parents can only provide the construct of a well-mannered child maturing to adulthood. God fills in the spiritual blanks and provides the foundation for doing His will in our lives as we mature spiritually. We do this by learning and applying His Word to our lives. This is a volitional decision we make from our own free will. We can either learn His Word or reject it. Like the child who matures to adulthood physically but is not emotionally mature, a believer can (and often does) remain a spiritual child by not learning the Word of God. *The Word of God is the playbook for the spiritual believer!*

Because of Adam's original sin in the Garden of Eden, we *all* have a natural inclination to sin due to a sin nature. We physically inherited that sin nature from Adam. Every person throughout history has inherited Adam's sin and is prone to sin. Daily intake of the Word of God is the answer to this sin problem. All children misbehave since they have Adam's sin nature from birth, and parents discipline them along the way to adulthood. Likewise, as Christians, we are spiritual babies at the moment we believe that Christ is our Savior. God uses His Divine parenting skills to keep us on the path to spiritual maturity, in order to reflect His glory. He will bless us, or discipline us, all along our spiritual journey. He won't suddenly appear with a paddle, of course. He will, however, give us a Divine spanking, called "Divine Discipline" if we stray. He goads us back into His path of righteousness. Our volition (free will) determines whether or not we take His path. Negative volition results in littering our soul with garbage, which wounds our soul. Without the Word of God, those wounds will scab up and probably leave a scar on the soul. However, with daily intake of the Word of God, we can heal the soul wound.

We can begin to repair any scars that may have developed. As with all physical healing, spiritual healing is not instantaneous. It takes consistent perception and application of the Word of God to permanently heal a wounded soul.

NOTE: It would be helpful as you read this book to have a Bible handy. Often there are Biblical references that are not quoted directly. Reading these passages may be helpful in understanding the point being made.

Soul: What, Where, and Why

What is a soul?

If you do an internet search on the word “soul,” the results will almost definitely *not* provide a meaningful definition of the human soul, although some come close. The American Heritage Dictionary of the English Language (5th Edition)² defines the noun “soul” as:

1. a. A part of humans regarded as immaterial, immortal, separate from the body at death, capable of moral judgment, and susceptible to happiness or misery in a future state.
b. This part of a human when disembodied after death.
2. In Aristotelian philosophy, an animating or vital principle inherited in living things and endowing them in various degrees with the potential to grow and reproduce, to move and

² Publishers, H. (n.d.). The American Heritage Dictionary entry: soul. <https://ahdictionary.com/word/search.html?q=soul>

respond to stimuli (as in the case of animals), and think rationally (as in the case of humans).

The basic question arises: Does all of creation with biological life have a soul? Absolutely not! The soul is the component of life that makes humans unique to *all* other physical creatures. Have you ever heard someone called a “bird brain?” All creatures are biologically alive and have some sort of a brain. That is biological life, not human life. On the other hand, not all creatures have a conscience, an ability to understand right from wrong, or an ability to make logical choices in any given circumstance. Now, someone might claim their dog displays remorse when they have misbehaved. That is biological, and not from their “soul.” Humanity is different from all creatures in that God gives, or imputes, a soul at physical birth to all human beings. He does *not* do this for any other earthly creature. That soul is invisible and undetectable, and yet it manifests itself in all aspects of life. We cannot capture a human soul in a bottle. It is God’s invisible gift to mankind to show His power, and, hopefully, reflect His glory.

We must rely on the Bible to make conclusions about the human soul. “In the beginning, God created the heavens and the earth” (Genesis 1:1). This verse has no mention of a soul. The first reference to the “human soul” is Genesis 2:7: “The Lord God formed the man from the dust from the ground and breathed into his nostrils the breath of life [soul], and the man became a living being.” The next mention of soul is Genesis 35:18: “And so it was, as her soul was departing (for she physically died), that she called his name Ben-Oni, but his father (Jacob) called him Benjamin.” We see here that physical death does not mean soul death. The soul is eternal. All human beings have souls. When we die, our soul enters into eternity for judgment because of a decision we made on earth, *not* for the sins we have committed. There is one choice required for eternal blessing instead of eternal condemnation: namely, “what think ye about Christ?” (Matthew 22:42). That decision alone means the soul will either spend eternity with God in heaven, or spend eternity in the Lake of Fire.

Our soul belongs to God, and He reclaims it after our physical death. The possession of a soul makes

mankind different from all of God's other creations. Furthermore, the soul becomes a battleground for the war between Satan³ and God. It says in Isaiah 14:12–14, “How you have fallen from heaven, O morning star, son of the dawn! You have been cast down to the earth, you who once laid low the nations! You have said in your heart, ‘I will ascend to heaven; I will raise my throne above the stars of God [angels]; I will sit enthroned on the mount of assembly, on the utmost heights of the sacred mountain. I will ascend above the tops of the clouds; I will make myself like the Most High.’ But you are brought down to the grave to the depths of the pit.”

This spiritual warfare is extremely evident today. As Satan is the ruler of this earth, we see stupidity piled upon stupidity all around us. Satan will attack the human soul in every way possible to prevent a spiritual relationship with God our Father. Satan will attempt to eliminate humanity to preclude the

³ Satan's Hebrew Title is *HA SATAN*, which means an attorney who slanders and gets away with it because of some legal loophole; an adversary. His title in Greek is *diabolos* (devil) which means an adversary, an attorney in opposition in law, or a slanderer. There are numerous other titles for Satan in the Bible.

formation of the body of Christ.⁴ Once the body is complete, Christ will call us home!

“For the Lord Himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet with the Lord in the air. And so, we will be with the Lord forever. Therefore encourage each other with these words” (I Thessalonians 4:16).

God creates all biological life at the moment of conception in any creature. It could be eggs that are laid by fish or poultry. It could be by sexual relations between any species. The newly born calf or deer is beautiful, but it does not have a soul. Soul life, or the “breath of life,” is imputed to mankind at physical birth. In the mother’s womb there is biological life, just like in all creatures. However, God breathes a soul into human biological life at physical birth. Additionally, because Adam sinned against God by

⁴ For more information see *Satan and Demonism*, R.B. Thieme, Jr. Bible Ministries.

eating from the tree of the knowledge of good and evil, we inherit a nature to sin:

“And the Lord God commanded the man, ‘you are free to eat from any tree in the garden (Eden), but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die” (Genesis 2:16-17).

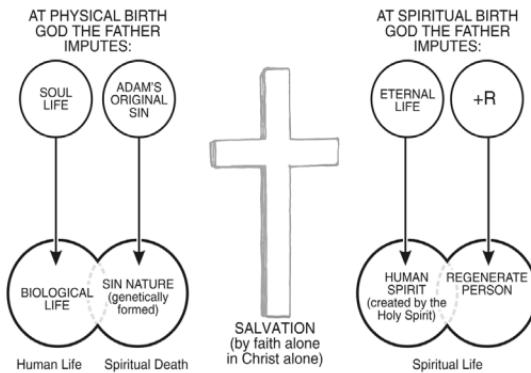
The Hebrew grammar indicates that the last four words should read, “dying, you will surely die.” This means that after Adam’s sin, mankind will now die physically⁵. In addition, spiritual death is indicated here. Man would be separated from God because he sinned. This is referred to as “Adam’s Original Sin.” After Adam disobeyed God and ate from the tree, he died spiritually (his physical death came later), and the sin nature became a part of his DNA. That DNA has been passed on to every human being in history.

“For all have sinned and fall short of the glory of God” (Romans 3:23).

5 Adam and Eve were created *perfect* human beings. That means they could have lived *forever* with God spiritually and physically. Their sin changed that.

This does not mean that a baby sins just after birth. This means that we inherit Adam's original sin and are separated from God at birth; we are sinners by nature (in our DNA) at the moment we are born. This is depicted in the left half of the diagram below.

DIVINE IMPUTATIONS AT PHYSICAL BIRTH AND SPIRITUAL BIRTH



R. B. Thieme, Jr., Bible Ministries
5139 West Alabama, Houston, Texas 77056

At the point of exiting the womb, God gives soul life (the breath of life) to biological life, and we are a human being. We are different from every other creature of God. That soul becomes the functional driver in all human life. At the same time, God also imputes Adam's Original Sin to our inherited sin nature, which becomes part of our DNA. We cannot let our sin nature control our soul if we want fellowship with God. If we have a wounded soul,

and the sin nature controls our soul, we are not ambassadors for Christ. Instead, we are ambassadors for Satan. Additionally, no soul healing can occur in our lives.

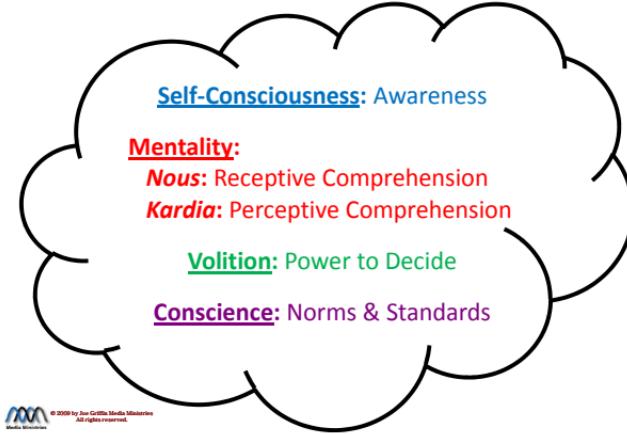
The question becomes, how can we define what the human soul is? Even Plato recognized (with his studies of Socrates) the soul to be the essence of a person, or that which decides how people behave. Plato considered this essence to be an eternal occupant of a person's being. He unknowingly stumbled upon a Biblical truth.

The Essence of the Soul

From a Biblical point of view, there are four components of the soul, which make up its essence: self-consciousness, mentality, volition, and conscience.

First, we all have self-awareness (or self-consciousness). We know who we are. Animals don't know who they are, but have a "flight or fight" instinct that is within their biological makeup. That is self-preservation, not self-consciousness. We all have had the moment of "get out of here." It is a gut reaction that is part of any creature's nature.

The Essence of the Soul



Second, as humans, we have a mentality. We can receive and perceive information. The Greek word *nous* in the diagram depicts that we can comprehend information through reception (eyes, ears, touch, smell, etc.). Certainly, animals do this, but it is part of their biological makeup, rather than a soul function. We also can perceive information and comprehend it. The Greek word *kardia* (called the “heart” in the New Testament) defines our ability to think. As we will see later, perception and comprehension of the Word of God (Bible Doctrine) requires the filling of the Spirit (not speaking in tongues, but having a clean slate with God) which occurs when we invoke

I John 1:9, which is confessing our sins privately to God the Father.

Third, we have the power to proceed with a right or wrong action. This is called volition, or free will.

Lastly, we have a conscience. We *all* (believer and unbeliever alike) have a belief of what is right or wrong, called “norms and standards.” What, in your life, makes the determination between right and wrong? Is it your view or God’s view? This is the foundation upon which we make decisions. Those norms and standards must *never* be self-determined. They must be determined from the Word of God (the mind of Christ), not from emotion or based on some idea invented by man. You see, God’s standards are absolute and perfect while man’s standards are relative and imperfect.

Throughout the Bible, humans are continually referred to as “souls” (Exodus 31:14, Proverbs 11:30, Psalm 16:9-10, Ezekiel 18:4, Acts 2:4, and Revelation 18:3). The soul is distinct from the physical body. The soul is our spiritual self, or the non-physical part of all human beings. The soul lives forever. Upon death, the soul leaves the body

and moves directly into eternity. Where your soul lives in eternity is based on your volition during your life. Do you reject Christ as Savior? Then your soul will “burn” in the Lake of Fire forever. If you accept Christ’s provision for salvation through simple faith alone in Christ alone, then you will be in eternity forever with God our Father.

Now, where does the brain fit in? It’s obvious that is where you think and make decisions. The sin nature resides in every cell of the human body, including the brain. Animals have a brain. A deer’s brain tells it to take flight when a danger appears. There is no thinking, just flight. Most people can think (although you wonder sometimes), but the brain is corrupted by Adam’s original sin, so we typically make decisions based on emotions. Certainly, we have the animal instinct to run when threatened. However, God has given human beings the ability to think beyond other creatures in His creation. We typically go through life making emotional decisions rather than making them on what is taught in God’s word. We often hear that we are “rational human beings.” God’s Word is the standard by which we make rational decisions between what is

Biblically right (the mind of Christ, I Corinthians 2:16) and what we *feel* at the moment (sin nature of Adam). That is how we become rational rather than emotional.

Where is the soul?

No one can feel, smell, see, or otherwise perceive a human soul. You can reach out and grab the hand of a person (human body), but you cannot do so for his soul. The Bible does not indicate exactly where the soul resides other than somewhere in the body. The Bible says that God gives (imputes) to us a soul at birth, and that it encompasses our whole physical being. In fact, combined with our physical body, the soul makes us a living person. Where it resides in the human body is irrelevant; the care of our soul is what is important. We must care for our self-consciousness, mentality, volition, and norms and standards. We either let emotions run our soul and let the weeds grow, or we adapt to a Divine standard by which we should operate. All major religions have tenants and standards that relate to care of the human soul. However, those tenants and standards often minimize the saving work of Christ on the cross. God, in His matchless

grace, provided a path to salvation for all mankind. In addition, His perfect standards for our soul are found in His Word.

Why do we have a soul?

God gives humans a soul at birth. He did not, and does not, give a soul to any other living creature. The question is *why*? In eternity past, Satan led an angelic mutiny against God, as previously mentioned:

“How you have fallen from heaven, O morning star, son of the dawn! You have been cast down to the earth, you who once laid low the nations! You said in your heart, ‘I will ascend to heaven; I will raise my throne above the stars of God (angels); I will sit enthroned on the mount of assembly, on the utmost heights of the sacred mountain. I will ascend above the tops of the clouds; I will make myself like the Most High.’ But you are brought down to the grave, to the depths of the pit” (Isaiah 14:12–15).

As a result of this mutiny, God sentenced Satan and his fallen angels (about one-third of angelic creatures at the time according to Revelation 12:4) to the Lake of Fire. Although not specifically stated

in Scripture, Satan probably argued, “How can a loving God put His own creatures into the Lake of Fire forever?” Satan’s appeal is presumed to occur during the lapse of time between the sentence of the fallen angels (Matthew 25:41) in eternity past and the execution of that sentence at the termination of human history (Revelation 20:10). We can conclude that the time between God sentencing Satan in eternity past and the execution of that sentence at the end of the Millennium and the Gog revolution⁶, an appeal trial is occurring in human history. Human history is the actual courtroom for that trial. Mankind was created to be a part of that trial. God created man to be lesser than angels *with the exception that* man would have volition (the ability to choose between God’s plan or Satan’s plan) just as angelic creatures. God entered His evidence in the trial by creating man perfect, just as the angels were created. Man was innocent with the potential to love and worship God through right decisions, or to become imperfect by wrong decisions. Those decisions are made from the soul that God imputes

6 See “Gog and Magog Revolution” in Thieme’s Bible Doctrine Dictionary, R. B. Thieme, Jr., pages 111–112 (R. B. Thieme, Jr. Bible Ministries, Houston, Texas).

to every human being at birth. God created Adam perfect, but lesser than angels. However, Adam freely and deliberately chose to follow the pattern of arrogance which characterized Satan's original rebellion. Adam and the woman sinned against God by eating of the forbidden tree and, consequently, lost fellowship with God. They still had a soul, but it was corrupted.

“Through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned” (Romans 5:12).

All human beings on this earth are challenged in two areas. First, every person is challenged to believe that God sent His uniquely born Son to the cross to die spiritually as a substitute for all people. Those who believe will have eternal life with God in heaven (John 3:16). Secondly, we must accept our responsibilities as a believer in Christ to represent Him on earth until He returns. We are to be His ambassadors during His absence. The only way we can do that is to be in fellowship with God through confessing our sins privately to Him (1 John 1:9), and to study the Mind of Christ, the Bible, in order

to understand His will, purpose, and plan for our lives.⁷

⁷ See *The Angelic Conflict*, R. B. Thieme, Jr., Bible Ministries.

Types of Soul Wounds

External

External soul wounds are those inflicted upon us, rather than something we do to ourselves. Sure, old westerns depict wounds that people can see; “it’s just a flesh wound.” We are examining wounds that others cannot necessarily see, but actions sometimes speak louder than words, and those actions can reveal a wounded soul to others. These wounds include verbal or physical abuse, as well as traumatic or emotional abuse. Today, for example, we have soul abuse of children by parents. All of these wounds often damage a person’s soul but may not necessarily be visible to others. No blood is involved in a wounded soul! However, external soul wounds can become a source of sin in our lives. This cancels God’s power in our lives and often leads to further internal wounds in our soul.

External/Internal

External/Internal wounds are actions we do to others but, as a consequence, harm us. Consider the person who murders another human being. That is an external sin. Unless the murderer is so calloused and hardened that he does not care what he did, he may follow that murder with regret, guilt, and fear of apprehension by law enforcement and the resultant punishment. Regret, guilt, and fear are sins, and they are harmful. Indeed, these reactions have the potential to worsen the wounded soul.

Internal

Internal wounds are what we do to ourselves. For example, an extreme fear of death may cause harm to a soul. It is difficult to think when one is afraid. As believers in Jesus Christ, we have no reason to fear death. At the moment we believed, we were given eternal life, so we will live with Him in heaven forever. The daily intake of the Word of God will help diminish that fear because more and more confidence in His promises will grow.⁸

⁸ See *Eternal Security*, Gary Watson, Philippi Freedom Ministry.

Wounded souls can also occur by not having a day-to-day relationship with God, through the ministry of the Holy Spirit. We must always begin this by 1 John 1:9 (confessing our sins to God). If we do not maintain our relationship with God, we are letting our sin nature react or overthink. We respond using emotion rather than giving the issue to God. The result is no recovery for the wounded soul. The same happens when we remain out of fellowship with God. In this case, God's plan has zero to do with our daily life. Instead, we are functioning according to our sin nature and are operating in Satan's worldly, or cosmic, system. Consequently, we deepen the wound. We make matters worse. We spiral into becoming Satan's ambassador, rather than being Christ's ambassador and executing God's plan for our lives.

The Wounded Soul

As we have seen, there are three types of wounds to the soul: external (someone does, or has done, something to us), external/internal (we do something to others), and internal (something we do to ourselves). It is safe to say that every human being who has ever been on this earth has had a wounded soul at some point in his or her life. These wounds may come from traumatic abuse, which includes sexual, physical, verbal, or mental abuse. Emotional abuse is another type of wound, frequently inflicted by parents seeking to control their children through bullying, isolation, belittling, arousing fear, threatening, rage, shame, or guilt. This also includes soul abuse of a child by parents failing to function as a guardian of their child's soul while they are growing up. They give their kids to government run schools and let that training define what is right or wrong. The parents do not evangelize them and fail to teach them basic Bible

lessons, as well as the difference between what is right and wrong. The Bible says:

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

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

All these wounds need a solution. Our relationship with God (or lack thereof) determines whether we apply His solution, or we make it worse by trying to apply human viewpoint to the situation. There is a solution to the wounded soul, as we will see.

Let’s take a hypothetical example. Suppose a child was beaten with a stick on the shins every time the parents got mad, drank too much, or were doing drugs. There wasn’t any real reason for the beating, at least none the child was aware of. Those beatings resulted in permanent scars on the shins and caused the child to limp for the rest of his or her life. Once the child, now a new adult, leaves the home, he hates his parents for crippling him. The person

gets to thinking how much he hates his parents. He wonders, “Why did God let this happen to me?” However, rather than looking to God for salvation as an unbeliever or rebounding (naming his sins to God and getting back in fellowship with Him) as a believer, he mentally curses his parents. These are mental attitude sins that deepen the wound.

You have the original beating wounds plus wounds created by trying to solve the problem with human viewpoint. The original wound may have scabbed over, but when operating in human viewpoint and Satan’s cosmic system, the individual makes the wound worse by picking at the scab. This only makes the resulting scar far worse. Picking the scab may be an unwarranted action against the parents. It might be seeking advice from friends, a psychologist, or some book dealing with child abuse recovery. *All of these* are applying human viewpoint (from the sin nature) rather than applying God’s viewpoint. The only way one can truly recover is, initially, through salvation. Then, as a believer, one must keep current on rebound and the study of the Word of God every day. The person is hopeless and helpless if they try to solve their problems using

human viewpoint. Knowing God's divine standards and applying them to life is the only solution.

We frequently see our great wounded warriors on television ads for various organizations. Many of them are in wheelchairs or severely burned. At one time in their lives, they had one of the noblest jobs in the United States: to defend our nation and protect our precious freedom. Today, many are discouraged because they believe they no longer have a noble purpose, or they are experiencing mental anguish from post-traumatic stress disorder (PTSD). Some are tormented souls. It is my prayer that these men and women recognize their spiritual needs of salvation through Jesus Christ, and then desire to know Him through learning the Word of God. When the Word of God is learned, and the soul is healed, they are back in a much more important and intense battle, which is the unseen angelic conflict.⁹ When you win the battle of the soul, you glorify God in the angelic conflict. This not only has benefits, such as happiness and contentment in life, but also rewards in eternity. It is important to remember that just because one has a wounded

⁹ See *The Angelic Conflict*, R. B. Thieme, Jr., Bible Ministries.

body, does not mean one has to have a wounded soul. We win the battles of life in our souls.

Right now, there are men and women sitting in prison cells thinking that their life is squandered, hopeless, and without purpose. They may also feel guilty because of a crime they committed. Regardless of circumstances, a believer who learns and applies the Word of God on a daily basis, will have a life of meaning, purpose, and definition. Remember, the Apostle Paul, the greatest believer who ever lived, was in prison for two years in miserable, uncomfortable circumstances. Yet, he grew spiritually, constantly gave the gospel of Jesus Christ to his Roman guards, and wrote several epistles that changed the world. Because of the Word of God resident in his soul, he was happy and content. Furthermore, he completely fulfilled his mission in the angelic conflict, despite being in confinement. So, it is important to realize that God still has a destiny and purpose for your life, both in time and in eternity. It is where you are going that matters, not what you have done.

One of the hardest things that can happen to loving parents is losing their child. During the writing of this book, a terrible and destructive flash flood occurred in the Texas Hill Country along the Guadalupe River. Well over 100 people are estimated to have been killed, with many more still missing. These deaths included at least 27 elementary school aged girls who were staying at a Christian camp along the river. Soon after the disaster, several parents who lost their children were interviewed by reporters. They were grieving, and they were heartbroken, but they told their interviewers they took comfort in knowing that their child was a believer in Jesus Christ and, therefore, was in heaven. They also spoke with confidence that one day they will be re-united with their daughters in heaven because they were also believers in Jesus Christ. There was no anger or bitterness. There was faith that God has a plan and that their separation is only temporary. This reflects a healthy soul ... a soul where the Word of God resides. A soul full of the Word of God, resulting in tranquility of soul, is the opposite of a wounded soul. Where did they learn these wonderful, comforting lessons? They learned it by

first by accepting Jesus Christ as their Savior, then reading books like this and/or listening to a good, well trained pastor-teacher who teaches accurately from the Bible. Now, their well-informed souls are stable in times of crisis because they are filled with God the Holy Spirit (through confessing their sins to God the Father), and they are applying the Word of God that is resident in their souls. Even the grimmest of circumstances do not wound souls full of God's Word.

The Solution for a Wounded Soul

Salvation

For unbelievers (as we all were at some point), there are two courses of action. One involves God (divine viewpoint), and one does not (human viewpoint). Unbelievers (and believers not operating in the plan of God) spend a lot of time and money trying to produce a relaxed mental attitude by using drugs, alcohol, yoga, therapy, self-help books, or mood machines that reproduce the sounds of the oceans, birds, or rain. Some people spend their lives doing a lot of good deeds. Human viewpoint is what your buddy, or your girlfriend, or some shrink advises you to do. Maybe it is something you think you should do rather than depend on the grace of God for salvation.¹⁰ However, these “human viewpoint” solutions are a dead-on-arrival! Human viewpoint is controlled by your sin nature, or the sin nature of those who offer them. These are not solutions

¹⁰ See *Grace Throughout Life*, Gary Watson, Philippi Freedom Ministry.

at all. They are weak attempts at solutions derived from someone's sin nature, or from some Satanic influence. They are hopeless endeavors to solve problems with problems.

Divine viewpoint is from God's Word. There is no substitute! There is no middle-ground. For the unbeliever, there is *only* one solution to begin healing their wounded soul. That solution is salvation through faith alone in Christ alone. John 3:16 was noted earlier, but the Bible also says:

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

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

“Believe on the Lord Jesus Christ and you shall be saved ...” (Acts 16:31a).

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

“These things I have written to you who believe in the name of the Son of God, so that you may know (not hope or guess) that you have eternal life (live forever in the presence of God)” (1 John 5:13).

“Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God’s wrath remains on him” (John 3:36).

These verses are but a few in the Bible regarding salvation. I challenge you to find all of the verses in the Bible that address salvation, both in the Old and New Testaments.

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. Accept the fact that Jesus Christ spiritually died for ***all*** of the sins you have ever committed. If you have not done this already, it is likely you have not understood what you have read so far. You can remedy your hopeless situation and accept Him right where you sit, right now, by saying to yourself (out of ear shot of others) or thinking, “Father, I believe and I am accepting your Son, Jesus Christ, as my Savior.” At that moment, you are qualified to live eternally with God forever.

Nothing else is required! Nothing can change that status. Many denominations teach that in order to be really saved, you must be baptized, walk down an aisle at a church or a tent, and publicly acknowledge your salvation. Some encourage you to weep tears of repentance and tell the congregation about all the sins you have committed up to this decision. Others say you are required do a lot of good works, or never sin again. Some say you can lose your salvation if you sin. None of these things are true. Salvation is ***permanent***. Faith alone in Christ alone means you are saved by Christ's payment for those sins on the cross (circa AD 30), and He gives you His perfect righteousness (+R, one of forty things given at the moment of salvation, as shown in Appendix B) making you a ***permanent*** member of the Royal Family of God.¹¹ You also become an ambassador for Christ while you are alive. You become a spiritual child of God. There is ***nothing*** you can do to change that status. He has adopted you as a son or daughter, and He will remain your permanent spiritual parent in this life and after your death. He does this regardless of

¹¹ See *Eternal Security*, Gary Watson, Philippi Freedom Ministry.

what a terrible scoundrel you were beforehand, or became after your faith in Christ as your Redeemer. Yes, even if Adolf Hitler accepted Christ as his Savior sometime in his life, he will be in heaven. There is no such thing as nullifying that status as a son or daughter of God. Think of the worst criminal in history. If they, at some point, accepted Christ as their Savior, they will be in heaven when they die. However, they probably will not have eternal rewards and blessings that were given to us by God (put in escrow by God) in eternity past. That is the grace of God. This is the only real way to begin to repair a wounded soul; simply put your faith in Christ, believing that He paid for your salvation on the cross.

You can now remove fear of death from your soul, because you know you are going to heaven when you die. Your greatest problem in life is solved because death has lost its sting for you. Salvation starts you on the road to recovery.

Fellowship with God the Holy Spirit

Following salvation, we still sin. Our sin nature will not go away until we pass from this life and receive

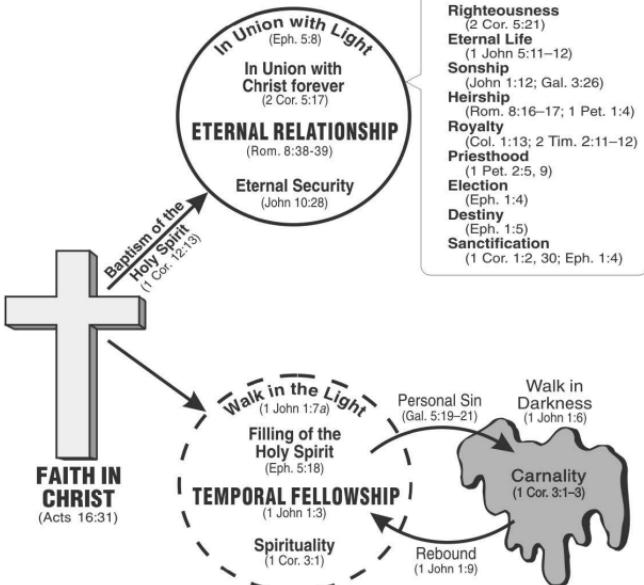
a new, uncorrupted body in heaven. When we sin, we lose fellowship with God the Holy Spirit. We are still saved and remain a child of God, but we cannot have a relationship with Him because we are operating without the filling of the Holy Spirit. To regain the filling of the Holy Spirit, we confess our sins privately to God the Father. We call this acknowledgement of sins *rebound*.¹² Rebound allows us to pursue the Christian way of life because, without the power of God the Holy Spirit, we cannot learn and process the Word of God.

The diagram on the following page illustrates a believer's relationship with God in time. All believers have an eternal, unbreakable, and permanent relationship with God in heaven, regardless of any sins they commit (as laid out in the top circle). However, just because you are a believer does not mean you have suddenly become sinless. Salvation does not eliminate a person's sin nature. When we sin, we lose our temporal fellowship with God and are living our life in sin; this sin state is termed "carnality."

12 See *Rebound and Keep Moving*, R. B. Thieme, Jr., Bible Ministries.

TOP AND BOTTOM CIRCLES

Status of Believer in Top Circle: PERMANENT



Status of Believer in Bottom Circle: TEMPORARY

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In effect, being out of the bottom circle is tantamount to self-inflicting a wound on your soul. If the soul has been wounded in the past, the sin nature will dig that up again. We now have added to that wound

by being out of fellowship with God and living in Satan's cosmic system.

The question arises, "How does a carnal believer regain fellowship with God?" Stated again, God provides the solution:

"If we confess (cite as in a court case; name) our sins, He is faithful and just to forgive us of our sins and to purify us from all unrighteousness" (1 John 1:9).

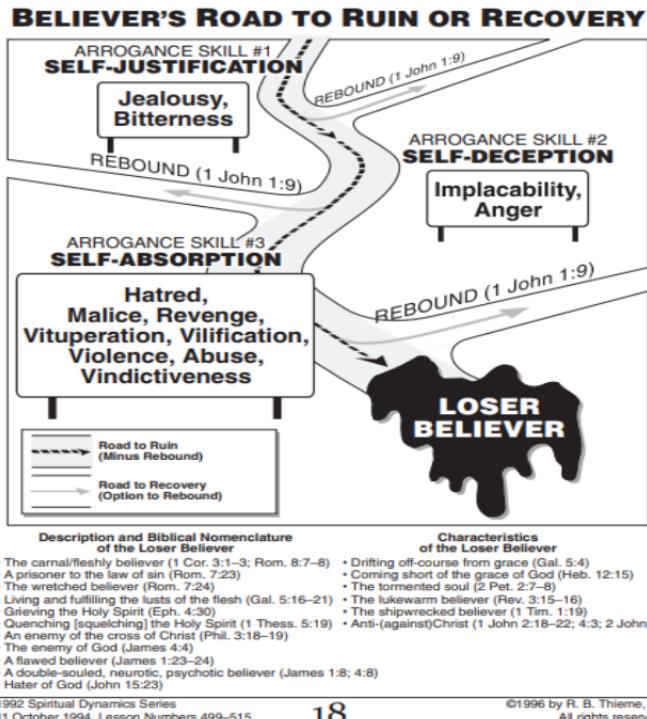
Two actions by God (as a result of this non-meritorious action on our part) are mentioned in this verse. The first step is to confess our sins to God. The "if" means we can ignore this action if we want to (a bad choice). If and when we cite those sins (a good choice), God forgives us of those sins (all paid for by Jesus Christ on the cross). God even goes one step further. He purifies us from ***all*** unrighteousness. That covers all the sins we didn't remember or didn't know were sins. As stated earlier, this verse is often referred to as *rebound*. The believer who names his sins to God is immediately "filled with the Spirit." This does ***not*** mean speaking in tongues, as many denominations

espouse; it means we are now back in fellowship with God. We are rebounding (recovering) from our sinful, carnal state. We are, once again, immediately in fellowship with God and possess the filling of the Holy Spirit. We are now (for the moment, until we sin again) in the bottom circle having temporal fellowship with God.

Rebound is the foundation for *all* believer interactions with God through the ministry of the Holy Spirit. The act of rebound creates an invisible shield around the soul, enabling the believer to have a relaxed mental attitude. For the moment, the believer is no longer in a state of arrogance or self-absorption, and he can fellowship with God. Post-rebound interactions with God should include the following:

1. Studying the Word of God (attending Bible studies, reading books that correctly teach the Bible)
2. Conducting your life according to God's norms and standards
3. Witnessing (presenting the gospel) to unbelievers
4. Fellowship (Spiritual interactions) with other like-minded believers

Without rebound, the believer enters a road to ruin (loser believer), creating a wounded soul, as depicted in the following illustration:



Fellowship with God is black and white. There are no grey areas. Either we let God handle our wounded soul, or we try to fix it ourselves.

Note: If you are arrogantly preoccupied with self, instead of the Word of God, you will use defense

mechanisms to blame others for your bad decisions. You probably will find other excuses through self-justification. This leads to self-deception and self-absorption. You are marching down the road to self-destruction. Arrogant preoccupation with self ignores reality by adopting defense mechanisms instead of learning God's Word. You are not using the ten problem-solving devices (see Appendix A) for the Christian way of life (termed the protocol plan of God). Remember, with a wounded soul, a person can become bitter. Without the Word of God in your soul, you can become very arrogant. Bitterness may temporarily be forgotten, but it will surface every time there is a problem. Then you go back to using defense mechanisms such as denial, repression, or projection. This makes it impossible to execute the protocol plan of God for your life.

The question becomes: How often do I need to rebound? The Bible says:

“Pray without ceasing (unceasingly; continually; constantly)” (1 Thessalonians 5:17).

Whoa! Does this mean believers must lock themselves into a closet first thing in the morning,

start praying, and come out just before bed? Absurd! In effect, 1 John 1:9 is the first part of any prayer, conversation, interaction, or circumstance we find ourselves in life. Fellowship with God can be exercised throughout the day, in every circumstance. It does not have to be verbalized. A heated conversation may be accompanied by verbal or physical abuse. The answer: think (not out loud), “Father, I have sinned.” This may be accompanied by requesting God’s guidance in handling the situation such as: “Father, you have this situation. You know all about this situation. I am requesting your guidance in this matter.” So, “pray without ceasing” might be rebound or thanksgiving for God’s grace in life. Every request from God requires the filling of the Holy Spirit for its effectiveness. This requires the simple act of rebound.

Without rebound, the believer enters a road to ruin which creates a wounded soul. He is now a loser believer. He has not lost his salvation, but he has decided to live without the power of God the Holy Spirit, which is necessary to learn the Word of God and live the Christian way of life. Consequently, a life without the power of the Holy Spirit is a life of

misery for the believer, who is living in the past and focused on himself and his problems, instead of the future and the plan of God.

Before Paul was an apostle, he was a Pharisee, and his mission in life was to exterminate Christians; he murdered many. If he dwelled on his past horrendous sins before he was a believer, he would never have been able to grow spiritually and function in the plan of God. While in a Roman prison, he wrote to the church in Philippi of his attitude towards his past sins and failures.

“Brethren, I do not regard myself as laying hold of it yet; but one thing I do: forgetting that which lies behind and reaching forward to what lies ahead” (Philippians 3:13).

All of us have past failures and regrets. Some of us have been abused and are bitter and angry, or we blame everything on our abusers. We play the victim and attribute our poor circumstances to someone or some damaging event in our life. Blaming others keeps us living in the past. Rebound is acknowledging and taking responsibility for our sins. This begins the process of forgetting those sins

and healing the soul. Sometimes, it is very difficult to move on from these issues. You may rebound, then rebound again seconds later, and end up confessing the same sin many times. Two principles come out of this. The first is that God never tires of forgiving you. He always graciously welcomes you back into fellowship with open arms. The second principle is that forgetting doesn't mean the "scars" and "scabs" go away or are blotted out of your past; it means that the memories of those circumstances are no longer adversely affecting you. In other words, you no longer have guilt, bitterness, anger, revenge motivation, or any other negative emotion related to that memory. This does not happen right away. It is essential that you consistently learn the Word of God under the filling of God the Holy Spirit and grow spiritually, so you can place current problems, along with the problems of the past, into the Lord's almighty hands. Otherwise, you return to sin and failure, agonize over it, and produce self-induced misery. Remember, God blotted out your sins, so you have no right to take them on again. He forgets your sin, and so should you.

In summary, recovery in every situation is 1 John 1:9. Rebound is problem-solving device number one. This results in problem solving device number two, being filled with the Spirit. A believer must use these consistently to stay in fellowship with God. Remember, adversity is inevitable, but stress is optional. Stress is the temporary destruction of spiritual life. Stress in the soul is tantamount to the sin nature controlling the soul. If you let garbage into your soul through sin, the sin nature and stress will control you. Stress *will* wound your soul. Without rebound, the soul cannot be controlled by the ten problem-solving devices. Adversity and stress are *always* solved with rebound, resulting in the filling of the Spirit. Then you can apply the remaining eight problem-solving devices to any challenge you face in life.

Spiritual Growth

Salvation and rebound do not immediately resolve the great stress in the soul caused by a wounded soul. Just because you become a believer does not mean the wound is instantly healed. In fact, if a new believer does not begin the regular study of the Word of God, the wounds might get infected

and become worse. You may begin to behave *worse* than an unbeliever. Wounds to the soul must be removed through the daily intake of the Word of God. The new believer must first have a dramatic change of values in his or her life. The Word of God must become the number one priority in the life of all new believers. Otherwise, *you are going to fail!!!* Failure to learn the Word of God guarantees failure to recover from a wounded soul. Repeat: the believer must persist in learning the Word of God and use the ten problem-solving devices despite any setbacks in life. This is the *only* correct and effective journey to heal a wounded soul.

The first step is to refocus your priorities. Divine priorities must replace human viewpoint priorities. How does a new believer (or a believer operating in sin) know God's priorities? All believers (new and old) must learn the Word of God (the mind of Christ, Romans 12:1) under a well-qualified pastor teacher or by reading books like this. Not doing so will mean that the believer is operating without knowledge of God's priorities and solutions. He is operating according to the sin nature; he has no temporal fellowship with God, called "flesh" in

the Bible. The “cosmic (Satan’s) system” believer operates in life with human viewpoint. He is not in fellowship with God because the carnal believer cannot fellowship with God. He will incur God’s discipline in his life. Remember, at salvation the believer becomes a permanent child of God. As Father, God will administer discipline to carnal believers to goad them back into His plan. He does not coerce the volition. This does *not* change the fact that once a child of God, always a child of God; salvation is always secure.

Studying the word of God should become the top priority in life. The believer must now refocus his attention on things above and keep his eyes on the prize of escrow blessings for time and eternity.

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

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

Without the Word of God, believers fill their souls with garbage which produces a wounded soul.

They become bitter and blame others for all their problems. In fact, the other wounds of the soul start rearing their ugly heads. The carnal (out of fellowship) believer will be motivated by guilt, anger, revenge, arrogance, or downright cruelty. They can never execute the protocol plan of God for their life. *Never!* Garbage in the soul from dwelling in the past hinders, frustrates, and even destroys the spiritual life the believer currently has. You cannot live in the past and have an effective relationship with God. So, do not lose focus on learning the Word of God.

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

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

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

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

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

Remember, the Apostle Paul was a murderer of Christians before he became a believer in Jesus Christ. There is no way he would have become spiritually mature if he felt guilty and dwelled on his past.

You cannot go back and fix the wounds that occurred in the past. You must look forward, one step and one day at a time, learning the Word of God, staying in fellowship with God (1 John 1:9), using the Faith-Rest Drill (problem-solving device #3), and pressing on to the spiritual high ground of spiritual maturity by being occupied with Christ (problem-solving device #10).

Problem-solving device #3 (the Faith-Rest Drill) is essential in the everyday life of the believer. First, one must *learn* the promises of God! That requires problem-solving devices #1 (rebound) and #2

(filling of the Holy Spirit) as a beginning, followed by learning the Word of God. God has given us over 7,000 promises in the Bible. Two great promises in all situations are in Deuteronomy and Isaiah:

“Be strong and courageous, do not be afraid or tremble at them, for the Lord your God is the one who goes with you. He will not fail you or forsake you” (Deuteronomy 31:6) .

“Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary” (Isaiah 40:31).

Learning these 7,000+ promises¹³ in order to claim them in any circumstance requires daily intake of the Word of God. Once you claim God’s promises, they must be believed and applied to the problem of the moment (Hebrews 4:1-3). Next comes one of the hardest parts for our microwave generations—be patient and wait for the Lord to come through for you in His time (James 4:1-3). Knowing the

¹³ See *Promises of God*, Joe Griffin Media Ministries and *Bible Promises and Principles*, Rick Hughes Evangelistic Ministries.

promises of God, plus believing the promises of God, plus resting in the promises of God *equals* the Faith Rest Drill (problem-solving device #3). The promises of God are mixed with the believer's own faith in the Faith Rest Drill (Hebrews 4:2), resulting in the believer's faith rest in God's provision for us in time.

We must not think that we've failed so badly that God cannot use us. Failure does not end our opportunity to glorify God. God knew everything about us in eternity past. He provided a solution to every problem or every soul wound we would face as a believer. Nothing surprises God. It is up to the believer to put our burdens on the Father and let Him handle it. Leave it in His almighty hands. That confidence can only come through being in fellowship with God (through rebound) and studying His Word. God has provided solutions to every problem we will face in life, including a wounded soul. These are the *only* correct solutions.

Conclusion

Every human being has some sort of wounded soul. Today, we see unbelievers and carnal believers living their daily lives according to the flesh (sin nature) and Satan's cosmic system. Just watch a little bit of news on the TV, and you will see the insanity of living out of fellowship with God.

For a wounded soul to be healed, there are three steps. The first mandatory step in healing the wound(s) is salvation—faith alone in Christ alone.

The second mandatory step is to let God the Holy Spirit control our life to the maximum. This requires 1 John 1:9, rebound. I suggest that you exercise this to the maximum extent possible, every day or hour (sometimes every minute) in your life. Without rebound, your mental state is often worse than if you had never accepted Christ as Savior. Remember, as a believer and a child of God, He will discipline us in order to remind us to get back

to His plan for our lives. Do not be discouraged or feel guilty because of a sin; just continue to confess it privately to God the Father. In love and grace, He always provides for the recovery from sin, so forget them after you rebound.

The third mandatory step is studying the Word of God, or as the Apostle Paul says:

“From now on there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but to all who crave His appearing” (2 Timothy 4:8).

“Craving His appearing” is total occupation with Christ in every aspect of our lives. This can only be accomplished through salvation, daily intake of God’s Word, storing that word in our soul, and applying it to every life circumstance.

It is not the sin or horrendous event of the past that causes a soul to be wounded. It is the constant dwelling on it that causes mental attitude sins in the present. Confessing those sins privately to God the Father to regain fellowship with God the Holy

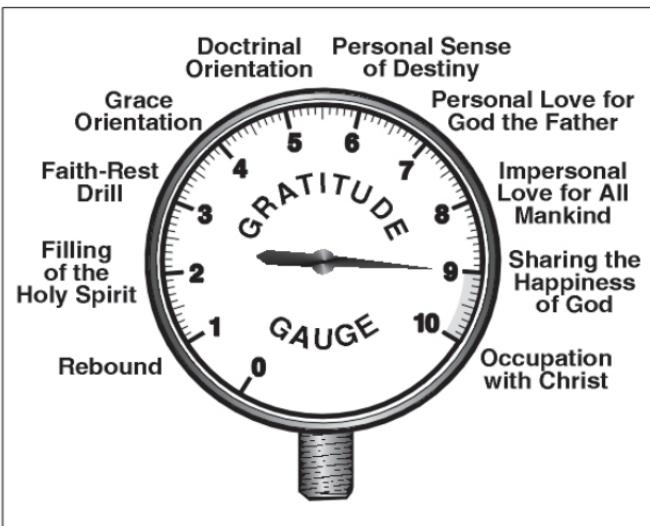
Spirit is essential to start the healing process for the believer. God instantly forgives your sins; it does not take days or years. They are forgiven the moment you rebound. To God, it does not matter how you feel about your sins. Your emotions, such as feeling sorry or guilty, are entirely unnecessary. Emotion may even hinder your ability to forget. You can't move on in your spiritual life unless you forget. When you "forget," those memories are still there, but they do not have a negative effect on you. Once in fellowship, start removing the "scar tissue" and "scabs" from your soul by filling your soul with the Word of God taught by a well-trained pastor-teacher.

This is the *only* solution for a wounded soul. Having read this book, you can begin repairing your wounded soul right now, right where you sit. The grace of God has given you the perfect solution.

Get started *today*!

Appendix A

The Ten Problem-Solving Devices



The gratitude gauge is an invisible measure in the soul that indicates the progress of the believer's rapport and relationship with God. The gauge assesses incremental increases of capacity in the spiritual life. Each increment reflects one of the ten problem-solving devices deployed on the FLOT line of the soul. The gauge registers "1" when the believer employs rebound. When the believer metabolizes doctrine, he advances by spiritual growth to the highest reading of "10"—occupation with Christ. At this pinnacle of the spiritual life the mature believer achieves maximum capacity for virtue, honor, and integrity; for life, love, and happiness; and the divine viewpoint necessary to solve problems and glorify God to the maximum.

Genuine tranquility, contentment, and orientation to reality in the midst of the problems and hardships of life are the monopoly of the believer in the Lord Jesus Christ. God wants your life to reflect the incredible inner peace that our Lord expressed under the extreme pressures of the Incarnation (when Christ was on earth). During His turbulent existence on earth, He overcame every slander, persecution, stress, and test that the world and the devil launched at Him. He pioneered a spiritual life now available to you, the Church Age believer. You glorify God by learning and using His system.

How ridiculous to collect the Word of God in your soul and not apply it to your circumstances! You learn the Word of God to use the Word of God. Ten problem-solving devices unleash the power of metabolized doctrine that resides in your soul. Through spiritual growth you progress from the simplest faith decisions to the ultimate motivation and meaning for your existence: occupation with the person of Jesus Christ. In spiritual childhood you learn complete dependence on the infallible promises of God and the irrefutable rationales of Bible doctrine. In spiritual maturity you sustain an

intense love for the Lord, express unconditional love for all mankind, and share the complete contentment that marked the unique spiritual life of our Lord and Savior, Jesus Christ. Armed with these spiritual assets you cannot fail to solve life's dilemmas and heal a wounded soul.

#1 – Rebound

Confession is the acknowledgement of known personal sins directly to God the Father. It is a grace procedure by which the sinful believer is restored to fellowship with God. As a result of rebound, the believer is able to resume the spiritual life. Rebound is a private matter between the believer and God the Father. Confession of sins to another human being is not condoned.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (known, forgotten, and unknown sins)” (1 John 1:19).

#2 – Filling of the Holy Spirit

Being filled with the Holy Spirit is a mandate from God. It is accomplished by rebound, the first problem-solving device. The ministry of the

Holy Spirit empowers the soul of the Church Age believer and enables him to execute the unique spiritual life. When filled with the Spirit, the believer is in fellowship with God and under the control, influence, and mentorship of the Holy Spirit. This is the status of “spirituality.” This status is lost through personal sin but recovered through acknowledging transgressions to God the Father (rebound).

“Be filled with the Spirit” (Ephesians 5:18).

#3 – *Faith-Rest Drill*

The faith-rest drill allows the believer to rest in God’s promises while logically applying the Word of God to a troubling situation. The faith-rest drill has three steps.

1. Claim a promise—there are thousands of promises in the Bible. Some examples are “nothing is impossible with God” (Luke 1:37); “do not fear, for I am with you” (Isaiah 41:10a); “when I am afraid, I will put my trust in You” (Psalm 56:3).

2. Apply a doctrinal rationale (Biblical principle)—this is a logical justification for claiming a promise. For example, God has never lied, and He will never lie. In the Bible, He promises us eternal security, so the believer in Jesus Christ is confident he is saved.
3. Reach a conclusion—at this point, the believer rests firmly in a Biblical conclusion. For example, “If God is for us, who is against us?” (Romans 8:31). If the problem is totally beyond our control and we seem to be out of options, “we can standby and watch the deliverance of the Lord” (Exodus 14:13).

“No testing has overtaken you but such as is common to man; and God is faithful and will not allow you to be tested beyond what you are able, but with the testing will provide the way of escape also that you will be able to endure it” (1 Corinthians 10:3).

4 – *Grace Orientation*

Grace is the policy of God to you during your life and into eternity. Grace is God doing the work based on Who and What He is. Grace is undeserved. It is compassion and mercy. Grace orientation is the

mental attitude of the believer who recognizes that everything he is, and will ever be, depends solely on the power and plan of God. The believer recognizes salvation is by grace, and our life support such as food, water, shelter, clothing, is by grace. Dying grace is also provided to those believers who advance in the plan of God and learn His Word. Finally, surpassing grace includes all the blessings earned in time that will be experienced in heaven. God expects you to live by grace and treat others with grace.

“Therefore, prepare your minds for action, be sober and fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ” (1 Peter 1:13).

#5 – Doctrinal Orientation

Doctrinal orientation is simply having God’s Word in your soul and thinking with divine viewpoint. Of course, to have this, you must continually learn the Word of God. As you learn, you grow spiritually; as you grow spiritually, you will be guided and encouraged by the truth of God’s Word.

“I have directed you in the way of wisdom; I have led you in upright paths. When you walk, your steps will not be impeded; and if you run, you will not stumble. Take hold of instruction; do not let go. Guard her, for she is your life” (Proverbs 4:11–13).

#6 – Personal Sense of Destiny

With a personal sense of destiny, the focus on Jesus Christ is greater than the focus on self. You leave your personal agenda behind and pay more attention to the plan of God for your life. Your life takes on greater meaning, no matter your present circumstances. Having a personal sense of destiny motivates you to get your priorities right and answers the question, “Why are we here?” With self-confidence from Biblical knowledge in the soul, the believer submits to God’s will and lives in the light of an eternally secure future.

“But according to His promise we are looking forward to new heavens and a new earth, in which perfect righteousness lives” (2 Peter 3:13).

“There are many plans in a man’s heart, but it is the Lord’s purpose that will prevail” (Proverbs 19:21).

#7 – Personal Love for God

We are commanded to love God. Personal love for God is respect and gratitude for God. Just as the only way to love someone is to know him or her, we can only truly love God if we know Him. The only way we know God is through learning God's word. This is why Bible study, from a qualified pastor-teacher, is so important. Love for God motivates us to be obedient to God's plan.

“You shall love the Lord your God with all your heart, with all your soul, and with all your mind” (Matthew 22:37).

“Though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory” (1 Peter 1:8).

#8 – Impersonal Love for All Mankind

Impersonal love for all mankind is an unconditional, relaxed attitude to the entire human race. It is dependent on the virtue of the believer towards others. This virtue solves people problems. It is impossible for anyone to personally love everyone,

but we are commanded to show impersonal love to all.

“If someone says, ‘I love God,’ and hates his brother, he is a liar; for the one who does not love his brother whom he has seen, cannot love God whom he has not seen. And this commandment we have from Him, that the one who loves God should love his brother also” (1 John 4:20–21).

#9 – Sharing the Happiness of God

Sharing the happiness of God is the attitude of contentment, tranquility, optimism, reassurance, and joy that the believer, knowledgeable of the Word of God, maintains in every circumstance, whether adverse or prosperous. Do you know that when Jesus Christ was in excruciating pain on the cross, He was content and happy? He did not depend on circumstances but on the realization that He was fulfilling God’s plan. True happiness comes from within. Those that depend on pleasant circumstances for happiness will always be disappointed. Those that depend on the Word of God in their souls will always be content. Paul, who during his ministry was beaten, cursed at, put

in prison, and finally beheaded, wrote the following verse in Philippians:

“I have learned to be content in whatever circumstances I am. I know how to get along in humble means and I know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him Who strengthens me” (Philippians 4:11–13).

#10 – *Occupation with Christ*

Occupation with Christ is maximum personal love, devotion, and respect for our Savior, Jesus Christ. It is also an intense concentration on Him above all else. At this point in spiritual growth and knowledge of God’s Word, divine viewpoint has replaced human viewpoint. Christ is your role model; you get encouragement from Him, not people or circumstances. Furthermore, you have the “mind of Christ” and demonstrate it in the way you think, act, and represent Him to others.

“It is no longer I, but Christ in me” (Galatians 2:20).

“The peace of God which surpasses all comprehension will guard your hearts and minds in Christ Jesus” (Philippians 4:7).

The ten problem-solving devices are wonderful tools graciously given to believers. But, like any tool, we must learn how to use them. Keep taking in the Word of God to sharpen your skills and to fulfill God’s plan for your life.

Appendix B

Forty Things Given at Salvation

Forty things God provides every believer at the moment of salvation (Thirty-Nine Irrevocable Things and One Revocable Thing) Compiled by Lewis Sperry Chafer • Revised by R. B. Thieme, Jr. © 1995 by R. B. Thieme, Jr. All rights reserved

Thirty-Nine Irrevocable Things

1. The believer resides in the eternal plan of God (shares the destiny of Christ). He is:
 - a. Foreknown
(Acts 2:23; Romans 8:29; 1 Peter 1:2)
 - b. Elected
(Romans 8:33; Colossians 3:12; 1 Thessalonians 1:4; Titus 1:1; 1 Peter 1:2)
 - c. Predestined
(Romans 8:29–30; Ephesians 1:5, 11)
 - d. Chosen
(Matthew 22:14; 1 Peter 2:4)

- e. Called
(1 Thessalonians. 5:24)
- 2. The believer is reconciled (removal of the barrier between man and God).
 - a. By God
(2 Corinthians 5:18–19; Colossians 1:20)
 - b. To God
(Romans 5:10; 2 Corinthians 5:20; Ephesians 2:14–17)
- 3. The believer is redeemed (purchased from the slave market of sin).
(Romans 3:24; Colossians 1:14; 1 Peter 1:18)
- 4. The believer's condemnation (eternal judgment) is removed.
(John 3:18; 5:24; Romans 8:1)
- 5. All sins are judged by the substitutionary spiritual death of Christ on the cross.
(Romans 4:25; Ephesians 1:7; 1 Peter 2:24)
- 6. Every believer receives propitiation for sins (God satisfied with the work of His Son).
(Romans 3:25–26; 1 John 2:2; 4:10)
- 7. The believer is dead to old life (old sin nature), but alive to God (retroactive positional truth). He is:

- a. Crucified with Christ
(Romans 6:6; Galatians 2:20)
 - b. Dead with Christ
(Romans 6:8; Colossians 3:3; 1 Peter 2:24)
 - c. Buried with Christ
(Romans 6:4; Colossians 2:12)
 - d. Raised with Christ
(Romans 6:4; 7:4; Colossians 2:12; 3:1)
8. The believer is free from the Mosaic Law. He is:
- a. Dead to the Law
(Romans 7:4)
 - b. Delivered
(Romans 6:14; 7:6; 2 Corinthians 3:6–11; Galatians 3:25)
9. The believer is regenerated.
(John 3:10; 1 Corinthians 6:11; Titus 3:5)
- He is:
- a. Born again
(John 3:7; 1 Peter 1:23)
 - b. A child of God
(Romans 8:16; Galatians 3:26)
 - c. A son of God
(John 1:12; 2 Corinthians 6:18; 1 John 3:2)

- d. A new creation
(2 Corinthians 5:17; Galatians 6:15; Ephesians 2:10)
 - 10. The believer is adopted by God (placed as adult sons because of positional truth).
(Romans 8:15; 8:23 (future); Ephesians 1:5)
 - 11. The believer is made acceptable to God.
(Ephesians 1:6; 1 Peter 2:5)
- He is:
- a. Made righteous (imputation)
(Romans 3:22; 1 Corinthians 1:30; 2 Corinthians 5:21; Philippians 3:9)
 - b. Sanctified positionally
(1 Corinthians 1:30; 6:11)
 - c. Perfected forever
(Hebrews 10:14)
 - d. Qualified for inheritance
(Colossians 1:12)
- 12. The believer is justified (declared righteous).
(Romans 3:24; 5:1, 9; 8:30; 1 Corinthians 6:11; Titus 3:7)
 - 13. The believer receives the unique availability of divine power.
(2 Peter 1:3)

14. The believer is guaranteed a heavenly citizenship based on reconciliation.

(Luke 10:20; Ephesians 2:14–19; Philippians 3:20)

15. The believer is delivered from the kingdom of Satan.

(Colossians 1:13a; 2:15)

16. The believer is transferred into the kingdom of God.

(Colossians 1:13b)

17. The believer is now on a secure foundation.

(1 Corinthians 3:11; 10:4; Ephesians 2:20)

18. Every believer is a gift from God the Father to Christ.

(John 10:29; 17:2, 6, 9, 11–12, 24)

19. The believer is positionally delivered from the power of the sin nature.

(Romans 8:2; Philippians 3:3; Colossians 2:11)

20. Every believer is appointed a priest unto God. We are:

a. A holy priesthood

(1 Peter 2:5, 9)

b. A royal priesthood

(1 Peter 2:9; Revelation 1:6)

21. The believer receives eternal security.
(John 10:28–29; Romans 8:32, 38–39; Galatians 3:26; 2 Timothy 2:13)
22. The believer is given access to God.
(Romans 5:2; Ephesians 2:18; Hebrews 4:16; 10:19–20)
23. Every believer is within the “much more” grace care of God.
(Romans 5:9–10)

We are:

- a. Objects of His love
(Ephesians 2:4; 5:2)
- b. Objects of His grace
 - (1) For salvation
(Ephesians 2:8–9)
 - (2) For keeping
(Romans 5:2; 1 Peter 1:5)
 - (3) For service
(John 17:18; Ephesians 4:7)
 - (4) For instruction
(Titus 2:12)
- c. Objects of His power
(Ephesians 1:19; Philippians 2:13)

- d. Objects of His faithfulness
(Philippians 1:6; Hebrews 13:5b)
 - e. Objects of His peace
(John 14:27)
 - f. Objects of His consolation
(2 Thessalonians 2:16)
 - g. Objects of His intercession
(Romans 8:34; Hebrews 7:25; 9:24)
24. The believer is beneficiary of an inheritance as an heir of God and joint heir with Christ.
(Romans 8:17; Ephesians 1:14, 18; Colossians 3:24; Hebrews 9:15; 1 Peter 1:4)
25. Every believer has a new position in Christ.
(Ephesians 2:6)

We are:

- a. Partners with Christ in life
(Colossians 3:4)
- b. Partners with Christ in service
(1 Corinthians 1:9)
 - (1) Workers together with God
(1 Corinthians 3:9; 2 Corinthians 6:1)
 - (2) Servants of the New Covenant
(2 Corinthians 3:6)

(3) Ambassadors
(2 Corinthians 5:20)

(4) Living epistles
(2 Corinthians 3:3)

(5) Servants of God
(2 Corinthians 6:4)

26. Believers are recipients of eternal life.
(John 3:15; 10:28; 20:31; 1 John 5:11–12)

27. The believer is created a new spiritual species.
(2 Corinthians 5:17)

28. The believer is a light in the Lord (part of the angelic conflict).

(Ephesians 5:8; 1 Thessalonians 5:4–5)

29. The believer is united with the Father, Son, and Holy Spirit. We are:

a. In God
(1 Thessalonians 1:1; cf., “God in you,”
Ephesians 4:6)

b. In Christ
(John 14:20; cf., “Christ in you,” Colossians 1:27)

(1) A member in His Body
(1 Corinthians 12:13)

- (2) A branch in the Vine
(John 15:5)
 - (3) A stone in the Building
(Ephesians 2:21–22; 1 Peter 2:5)
 - (4) A sheep in the Flock
(John 10:27–29)
 - (5) A portion of His Bride
(Ephesians 5:25–27; Revelation 19:6–8; 21:9)
 - (6) A priest of the kingdom of priests
(1 Peter 2:9)
- c. In the Holy Spirit
(Romans 8:9; “the Spirit in you.”)

30. Every believer is the recipient of the ministries of the Holy Spirit. He is:

- a. Born of the Spirit
(John 3:5–8)
- b. Baptized with the Spirit
(Acts 1:5; 1 Corinthians 12:13)
- c. Indwelt by the Spirit
(John 7:39; Rom. 5:5; 8:9; 1 Corinthians 3:16; 6:19; Galatians 4:6; 1 John 3:24)

- d. Sealed by the Spirit
(2 Corinthians 1:22; Ephesians 4:30)
 - e. Given spiritual gifts
(1 Corinthians 12:11, 27–31; 13:1–2)
31. The believer is glorified.
(Romans 8:30)
32. The believer is complete in Christ.
(Colossians 2:10)
33. The believer is possessor of every spiritual blessing granted in eternity past.
(Ephesians 1:3)
34. The believer receives a human spirit (an integral component of Operation Z, along with the Holy Spirit).
(Romans 8:16; 1 Corinthians 2:12; 2 Corinthians 7:13; 1 Thessalonians 5:23)
35. The believer has all sins and transgressions blotted out.
(Isaiah 43:25; 44:22)
36. The believer is the recipient of efficacious grace.
(Ephesians 1:13)
37. The believer is guaranteed a resurrection body forever.
(1 Corinthians 15:40–54)

38. The believer is the beneficiary of unlimited atonement.

(2 Corinthians 5:14–15, 19; 1 Timothy 2:6; 4:10; Titus 2:11; Hebrews 2:9; 2 Peter 2:1; 1 John 2:2)

39. The believer has equal privilege and equal opportunity under election and predestination.

(Romans 12:3; Ephesians 3:16–19)

One Revocable Thing

40. The believer is filled with the Holy Spirit at the moment of salvation.

(Galatians 3:3)

The filling of the Holy Spirit received at salvation is revoked when the believer sins. The filling of the Holy Spirit is recovered when the believer rebounds.¹⁴

14 See R.B. Thieme, Jr. Publications: *The Barrier* (2003), *Slave Market of Sin* (1994), *Anti-Semitism* (2003), and *Reversionism* (2000).

Appendix C *Free Resources to Learn* *the Word of God*

Hebrews 4:12—“The word of God is alive and powerful, sharper than any two-edged sword, piercing even to the dividing asunder of the soul and the spirit and of the joints and marrow, and is a critic of the thoughts and intents of the heart.”

2 Timothy 3:16—“All scripture is God-breathed and is profitable for doctrine, for teaching, for reproof, for correction, for training, which is integrity, that the believer may be proficient (capable, mature), equipped for every good work.”

2 Timothy 2:15—“Study to show yourself approved unto God; a workman that should not be ashamed; rightly dividing the word of truth.”

One thing about God’s grace: *it is free!* As believers and ambassadors for Christ, we should *freely* provide any and all teaching to allow a believer to

become a winner in life. Below are a few websites that will allow the new and old believer alike to learn how to heal a wounded soul and to grow in God's grace and knowledge at no cost.

Philippi Freedom Ministries

<https://philippifreedomministry.org>

Joe Griffin Media Ministries

<https://www.joegriffin.org>

R.B. Thieme Bible Ministries

<https://www.rbthieme.org/index.html>

Grace Doctrine Church

<https://www.gdconline.org>

Berachah Church

<https://berachah.church>

Rick Hughes Ministries

<https://rickhughesministries.org>

Notes

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Notes

What is a wounded soul? How can a soul become wounded? Is there a cure? We probably have a lot of inadequate and unsatisfying human solutions to these questions, but God in His grace has provided all the answers in the Bible. There are times in life that we are anxious, afraid, depressed, and bitter. There are many other negative emotions we feel as we move along in life. Wounded Soul provides spiritual remedies for these and other negative emotions that make us feel unhappy or without purpose. It provides guidance and a starting point for the “road to recovery,” based on the Word of God. Wounded Soul explains that only through fellowship with God and learning His Word can the believer in Jesus Christ have true contentment, stable happiness, and tranquility of soul regardless of circumstances.



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ISBN 979-8-9920608-1-2