

Healing The Heart By Resolving the Root Issues That Lead To Brokenness

By Clinton Meharry

Experiencing Healing Vs. Treating Symptoms

“Living in a sinful world, we are constantly in a battle with the world, our own flesh and Satan. Each of these sources of temptation has a significant impact on believers, often causing them to live defeated and unfulfilled lives.

Satan tempts people in many ways: he leads people to question God’s statements and to believe that God cannot be trusted (Gen. 3:1,4); he deceives (2 Cor. 11:13-14); and he lies (John 8:44).

Many believers are unaware of the dangers of yielding to the flesh or to Satan. Once sin has controlled a believer for a period of time, specific problems develop. Each unconfessed sin results in consequences. Left unconfessed, these sins will lead to others, which are used by Satan to destroy God’s purposes in their lives (1 Pet. 5:8). That is why it is so important that believers understand the need to resist Satan and submit to God by walking in fellowship with Him through cleansing their lives of sin (James 4:7-8).

In helping others come to spiritual freedom, you must first understand the nature and source of temptation as well as the nature and source of victory. Then you will be able to identify individuals’ spiritual problems and guide them in the biblical step of repenting and renouncing their sins, and taking back the ground given to Satan through involvement in sin (Ephesians 4:27).

The issues brought to the counseling office are generally not the problem itself, but are more likely the external manifestation of the internal problem which is not easily seen. Jesus identified the source of man’s problems as the heart (Matt. 15:10-20). God knows the heart of each person (1 Samuel 16:7, Psalm 44:21, Proverbs 16:2). That is why believers are encouraged to ask God to search their hearts and see what is hindering their relationship with Him (Psalm 139:23-24). Unless you can lead individuals to see their heart problems and deal with the, the external symptoms they struggles with will never go away....”

When “individuals identify the root causes of their problems and resolve them, they will be able to respond to the prompting of the Spirit of God who desires to transform them by renewing their minds (Titus 3:5, Romans 12:2). When that has been accomplished, they will know God’s will (Romans 12:2) and reflect God’s character in their attitudes, thoughts and actions (Ephesians 4:23-24).”

John Regier, Caring for The Heart Ministries

1st Commandment Vs. Occult activities

The God we need vs. The God We Desire –You shall not have any gods before Me. Placing anything above God is dangerous. Occultic practices give Satan permission to enter our lives and let him have control. Clinging onto sin in any form gives Satan a foothold in our lives. The only safe way to live is to let the only true God, the God who created us and loves us, be the God of our lives.

2nd Commandment Vs. Generational sins

Leaving A Legacy For Good or Evil –You shall not bow down or serve graven images. This takes the 1st commandment a step further. It makes unhealthy lifestyles and worshiping other gods a way of life. This pattern of living is then easily transferred from generation to generation, making it harder to change. For people think the unhealthy way of living is normal. God said He would be visiting, or watching, the iniquity pass down to the third or fourth generation. This is just the natural consequence. When people experience the grace and love of God, they break the cycle and love others freely.

3rd Commandment Vs. Pride

Who’s In Control? – You shall not take God’s Name in vain. Pride is a focus on self, along with a desire to control ourselves or others. Instead of giving God control of our lives, we want to be in charge. When pride dominates our life, we don’t see the need for God. We take the place of God in our own lives. This is the ultimate way we can take God’s name in vain.

4th Com. Vs. Thought Patterns That Are Negative

Resting in Christ Vs. Insecurity –Remember the Sabbath day to keep it holy. Six days you shall labor and do all your work, but the 7th day is the Sabbath of the Lord. Rightly understood, the Sabbath reminds us of how valuable we are, for. God said it is a sign that He created us and He is the One who makes us holy (Exodus 31:13,17; Ezekiel 20:12,20).

This means we are not an accident without meaning or purpose in life. And since God is the One who makes us holy, those who want to live with Him now and forever are free to do so. The Sabbath reminds us to see ourselves as God sees us. Because of Jesus, we are holy, righteous, loved, valuable, accepted, qualified for heaven. Those who believe the truth of the gospel and receive Him as their Savior and Lord will experience all the blessings God desires to give. They will also become an ambassador for God to others (2 Corinthians 5:20).

5th Commandment Vs. Rebellion

Respecting Authority Vs. Independent Attitude Honor your parents. Honor has to do with the attitude and respect from the heart. God is appropriately speaking to children. Some people never become parents, but everyone is a son or a daughter. The honor and respect is commanded for everyone, not simply for parents who deserve it. We are to give the honor and respect out of obedience to God. As our heavenly parent, He does deserve our obedience. He is worthy of our love.

While some parents are very conscientious and love their children with much care and healthy discipline, others neglect or abuse their children. God did not make a distinction, saying we should

honor some and not others. For how we turn out depends more upon our attitude toward their efforts, than upon how they did as parents. For every son or daughter is able to turn to the heavenly parent for the strength and grace they need.

If a person has a spirit of rebellion toward their parents, it will spill over into other relationships and authorities: teachers, spouse, employers, spiritual leaders and government authority. The person will react against correction or someone telling them what to do. But when we honor our parents, our relationships with others will be healthier. God said that when we honor our parents, we will live long in the land the Lord gives us. For then, the love, joy, peace, as well as the rest of the “fruits of the Spirit” have a positive impact on our life and health.

6th Commandment Vs. Bitterness

Forgiven and Forgiving Vs. Holding a Grudge

You shall not kill. Jesus said if you are angry with someone it is the same spirit that leads to killing. Matthew 5:21-26. When you hold onto bitterness and resentment toward someone, you don’t want to be around that person. You don’t want that person being around you. Killing is simply the ultimate way to make sure that happens.

The Bible says, as far as it depends upon you, live at peace with all men. Rom. 12:17-21. Forgive, seek reconciliation and overcome evil with good. We can choose to take this route and then ask God to give us the ability to carry it out.

7th Commandment Vs. Immoral actions

Loving People Vs. Using People – You shall not

commit adultery. God created us with the need and desire to experience loving, trusting relationships. When a relationship is broken, it takes honest communication, repentance, forgiveness and time to reestablish trust.

Unfortunately, many in society have come to think of relationships like cars. If you wreck it, no problem. You take it to the body shop and have it repaired or you buy a different one. And the insurance helps to pay the cost. It’s inconvenient, but no big deal.

However, relationships are not so easily repaired or replaced. The consequences of broken relationships can last years and have an effect on future generations.

Society today has turned sexual activity into recreation. This misuse has led to increased brokenness, distrust and using people, rather than loving them.

Within marriage, God designed sexual intimacy to be part of the total intimacy of the heart and mind. Some have described it as “soul glue,” part of God’s plan to help intensify the bonding within marriage. Immoral actions, thoughts, and desires act like a solvent to weaken and destroy the bonding between two individuals. It also destroys the body’s ability to bond period. While casual sex may offer temporary pleasure, it leads to an empty life. For life is not worth living without meaningful, loving relationships.

8th Commandment Vs. Sinful Habits

Serving Vs. Taking – Do not steal. When we

focus on fulfilling the lust of the flesh, lust of the eyes, and pride of life, it leads to stealing from others. We can see this plainly when a person becomes addicted to drugs and needs lots of money to support the habit. But it also relates to more minor things. If a person over indulges in anything, it is going to take away from something else.

For example, if we over indulge our appetite continually and get heart disease, diabetes, or obesity, we use up financial and medical resources. We also have less time, energy, and ability to be a blessing to others.

9th Commandment Vs. Hypocrisy

Being Honest Vs. Pretending – You shall not

bear false witness against or to your neighbor. Hypocrisy is living a lie. It is professing to be one thing and living a different way. Who’s reputation do we care about?

10th Commandment Vs. Temporal Values

Contentment Vs. Emptiness – You shall not covet. When we believe the key to contentment and peace is having more money, a better job, a nicer car, a different spouse or different circumstances, we will never be satisfied.

Experiencing God’s unconditional love, resting in His forgiveness, trusting in His promises, and being used by him to be a blessing to others is the true key to contentment, peace and meaning in life.

The Ten Commandments Vs. Ten Root Problems

<u>Root Evil</u>	<u>Commandment</u>	<u>Correlation</u>
B itterness	6	Resentment leading to avoiding, hating, wishing harm, and killing
R ebellion	5	Rebellion against any proper authority, often beginning with parents
I mmoral actions, desires	7	Immorality in any form – in thought, deed, lust, and adultery
G enerational Sins	2	Patterns of unhealthy lifestyles that are passed to the next generations
H ypocrisy	9	Bearing false witness to others; professing one thing, living another
T emporal Values	10	Coveting things, entertainment, jobs, or people to bring happiness
S inful habits	8	Stealing time, energy & resources from others through self-indulgence
P ride	3	Seeking to control ourselves or others; Acting as if we are God
O pen door, no boundaries	1	Open to whatever the heart feels with no boundaries opens door to Satan
T hought Patterns, Negative	4	Forgetting the truth that the Sabbath stands for and feeling worthless