

# **INNER HEALING**

**FINNY STEPHEN SAMUEL**

ENGLISH TRANSLATION:  
T. P. KURIAN

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by Finny Stephen Samuel

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# INTRODUCTION

I consider it a great privilege to have been entrusted with the task of translating Ps. Finny Stephen Samuel's book. May be, it was the will of the Almighty to get to know a person of Ps. Finny's caliber and faith.

I have immense pleasure, dear reader, to introduce him to you, for I believe, knowing him means knowing Him more ! Here, Ps. Finny offers insight into the marvelous details of the human mind and its uncanny relationship with the body of Christ.

As I was in the process of translating the words in his book, I was filled with an unspeakable divine joy ! The gratitude in my heart towards Finny can never be fully expressed in words.

Ps. Finny's work deals mainly with simple people; their aspirations, their disillusionments, their disappointments and finally a pointer to their hopes and the ultimate success through the Word of God. I remember the pearl wisdom once uttered by the eminent Servant of God, Br. Lawrence: :”Let all our employment be to know God; the more one knows Him, the more one desires to know Him”.

Ps. Finny shows, no matter how big and seemingly insurmountable our problems are, we can overcome them by trusting in the unfailing love of God.

In Christ,

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# 1

## MAN AND HIS INNER STRUCTURE

**I**t was raining heavily outside. The fury of the nature seems to convey an ominous message. May be, it portends a gathering storm,; May be, someone out there is trying to stifle his emotions or craving to cry his heart out!

I am here in Arunachal Pradesh, one of the northern most part of our land. I had come here to attend an event organized by the Youth Wing of the Pentecostal Christian Fellowship. The venue is Nirjuli. During the morning service, I had preached about the love of our Heavenly Father. At one point I had asked the young men in the audience if they have received true love and affection from their fathers. There was an abrupt change in the serene atmosphere. The front benchers began weeping. This was so infectious that the entire gathering was engulfed

in uncontrollable grief instantly. And I was unable to carry on further amidst this screaming assembly of youngsters. I left the venue with a heavy heart.

I returned to my room. I sat on my bed lost in thought ruminating about the events. There was a knock on the door. I opened it to face a young man. He looked about 18 years of age. He was crying profusely. Between sobs he was mumbling: "My father drove me out of the house." Slowly he seemed to regain his composure. He continued, "my mother committed suicide last year. Life has become extremely unbearable for me after the arrival of my step-mother. My mother's case, in fact, was not suicide but she was murdered. Ever since I came to know this truth, my father and step-mother began to ill-treat me and their hatred knew no bounds! And I was thrown out with the warning that I will be eliminated if I ever venture to return home." Tears welled up in his eyes and the emotions of sorrow, anger, fear and despair reflected on his face. He became an orphan even when his father, who sired him, was alive!

How deep would be his inner wounds! He received rejection in place of his father's love and care. The agony of this young man is not an isolated one in our society. There would be many heart-wrenching stories around us such as his. There would be many who suffer such ignominy silently. At times, such bottled up emotions burst out violently in the form of extreme anger, hatred and vengeance. It is quite easy to lecture against violent disposition; it is quite another to impart a soothing process of inner healing. Oppressive incidents inflict wounds in human heart. Nothing amiss may be noticed from outward appearance. But appearances are deceptive! A volcano of anguish might be erupting inside. This can upset one's mental equilibrium. This can also induce sickness in the body.

How can these wounds, that are inflicted on human minds, be cured? Jesus Christ is the answer. He is the one who is capable of healing all such wounds. I remember an incident

that is relevant here. Once, after preaching the Word of God in a meeting, I was approached by a woman for prayer. She had been suffering from migraine for twelve years. I asked her if she could remember any incident that might have deeply wounded her twelve years ago. She thought for a moment and blurted out, "yes, twelve years ago my husband had left me and eloped with another woman. My child and me were orphaned. Yes, after that terrible trauma I began to have severe headache." The rejection she encountered manifested itself in her inner self. Such inner wounds will give rise to terrible physical ailments. Various instances of physical and mental disturbances can be attributed to inner wounds. It is important to detect them at the earliest and the symptoms remedied forthwith.

A mother had once decided to end her life along with her four year old son. She narrated her pathetic story to me. Her mother-in-law had been quarrelling with her relentlessly. She got exasperated and decided to take the extreme step. As she was about to give poison to her child, he in his innocence asked her, "Ma, would you bury me with you in the same grave?" Her heart broke on hearing this question. She visualized her son's final moments, his death pangs, and she abandoned her suicide plan. Our society is flooded with several such episodes. Many are unable to enjoy the goodness of life because of these internal wounds. They fail to live according to the purpose assigned to them from God.

To understand the impact of such internal wounds on man, it is necessary to develop deep insight into the human structure. Then only we will know as to how the healing process can be initiated. This process will slowly and surely guide us to the path of happiness and enable us to enjoy the goodness of life.

### **SPIRIT SOUL BODY**

***"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul and body be preserved blameless at the coming of our Lord Jesus Christ" 1 Thessalonians 5:23 NKJV.***

Man is classified as Trichotomous because of the three divisions of human nature, such as body, soul and spirit.

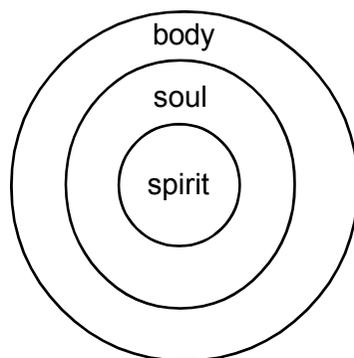


Fig. 1

***“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being” Genesis.2:7 NKJV.***

God Almighty created man with his own hands out of dust and breathed into the nostrils. The breath that emitted from God’s mouth is the spirit of man. The breath of life when touched man’s earthen body, the soul was evolved. Thus man became Trichotomous with spirit, soul and body.

‘Pneuma’ is ‘spirit’ in Greek. Conscience reside in spirit. The spirit of sinners is in dormant state. Hence the conscience is inactive. But, when one accepts Jesus as Saviour, the spirit comes alive in him and the conscience become active.

‘Soul’ in Greek is ‘psuche’. The word Psychology is derived from psuche. Man’s soul possess mind, intellect, emotion, will, memory, personality and motivation.

‘Soma’ is the Greek word for ‘body’. Receive, react and express are the functions of the body. When God created man, the spirit was the master, soul the steward and body the servant.

But because of the folly of man, the order of these functions was unsettled. And the body became the master and soul became servant to the body. The spirit entered into a state of slumber. However, when one is saved, the harmony of the order begins to regain as at the creation. Those who regain life through the Holy Spirit will indeed become spiritual when the human spirit is ordained as the master. In other words, those who have regained life in human spirit through the Holy Spirit and enable the spirit to be the master are the spiritual people.

### **NATURAL, CARNAL & SPIRITUAL HUMANS**

Humans can be classified into three segments depending upon their response to the will of God, such as natural, carnal and spiritual.

***“But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned” 1 Corinthians. 2:14 NKJV.***

***“And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ” 1 Corinthians. 3:1 NKJV.***

The natural man is unsaved. His spirit is in a state of dormancy. Whereas the carnal and spiritual man is saved. The carnal man does not live in accordance with the guidance of the Holy Spirit. He is still an infant in Christ. He is controlled and led by the mind and the body. By the very disposition, human spirit is God-conscious, the soul self-conscious and the body world-conscious. Man has five sense-organs such as eyes, nose, ears, tongue and skin. These organs are opened to worldly bliss. The carnal man yields to the sensual and live in a manner that pleases the body. Those who live in subjugation to mind and body succumb to sensational things. These are the carnal humans. The spiritual people are God-centered and live in compliance with the guidance of the Holy Spirit. Yet, there

are carnal people who lead a profane life because they surrender themselves to the filthy emotions and physical amusements.

One should be willing to transform one's mental make up with the help of the Holy Spirit, so that one would be able to grow in Christ and be spiritual.

### HEART.

In the Bible, it can be seen that 'heart' is used to mean 'soul' also.

***"The heart is deceitful above all things, And desperately wicked; Who can know it?" Jeremiah 17:9 NKJV.***

Here heart is used to mean soul or mind. No-one knows what is in a man's mind. Even an individual himself is unable to fathom the depth of his own mind! In that respect, there are several things that are hidden in the mind. One does not fully know the other person; one does not even know oneself fully. But God Almighty knows the heart of all.

***"For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart" Hebrews 4:12 NKJV.***

The Word of God penetrate into one's inner self and bring to light all secrets and hidden stuff.

***"And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account" Hebrews 4:13 NKJV.***

Nothing is hidden from Jesus' eyes. He knows all that is there in everyone's heart.

***"Keep your heart with all diligence, For out of it spring the issues of life" Proverbs 4:23 NKJV.***

Human mind influence the personality of the human in great measure. Which is it that you yearn for; life, healing, blessing or prosperity? All these issue out from heart/mind. So it is essential to uphold the mind with utmost care. Be guarded against iniquities invading the mind through sense-organs.

Mind is like an enormous ocean. Or like a huge mansion with several rooms. Mind has space for person, things and incidents. It has space for incidents, for people who are dear to us. But Jesus must occupy the most important space in our mind. Mind has also space for our belongings of which we are concerned. If you own a car and if you are away from home, you would enquire if it is washed because you cherish its worth.

The mind has space for happy and unhappy occurrence. For instance, we carry sweet memories of the distant past in our mind. It is certainly possible to fill up our mind with goodness. But the compelling influence of iniquities of the world force people to carry such undesirable things in the mind. And man becomes helpless as he is unable to drive out bad and painful memories from his mind. Such mind gets filled with darkness and becomes like a haunted house that has been left unattended for long. Cobweb will welcome us when we open such neglected house. The entire interior is covered with dust and dirt. An untended house is home for rodents, cockroaches, scorpions and snakes. The minds of many are like this!

Jesus Christ is ready to heal such wounded minds. Cast out all thoughts of iniquities painful memories and festering wounds from the mind with the help of the Word of God and the Holy Spirit. Refill those spaces with the love of God and anointing of The Holy Spirit. Let the mind be filled with goodness only. No more negative thoughts in it.

***"For who has known the mind of the LORD that he may instruct Him. But we have the mind of Christ" 1 Corinthians 2:16 NKJV.***

When we are saved, we receive the mind of Christ. 'Sozo' is the Greek word used for salvation. Sozo has a wide range of meanings; salvation, rescuing, deliverance, preservation, healing, sound mind, and many such blessings. But the mind of Christ is the most desirable among them.

We received the mind of Christ at the defining moment of salvation. But then we got to entrust ourselves to the Holy Spirit for the transformation of mind. Then only the mind of Christ will be revealed in us. We have got to extract the mind of Christ like the way we churn out ghee from curd!

***“Let this mind be in you which was also in Christ Jesus” Philippians 2:5 NKJV.***

Here also we are exhorted to have the mind of Christ. This happens only through the transformation of mind.

***“I beseech you therefore brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” Romans 12:1-2 NKJV.***

We have to renew our mind every day in association with the Holy Spirit.

**CONSCIOUS MIND, SUBCONSCIOUS MIND,  
UNCONSCIOUS MIND**

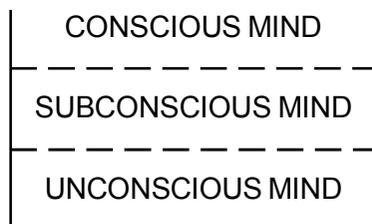


Fig. 2

There are many vaults in the human mind. For convenience we will divide it into three cells such as conscious, subconscious and unconscious. Let us visualize them as a sieve. From conscious mind the incidents sift down to subconscious and unconscious state.

Our mind receives the externals through sense-organs while we are in a conscious state. Just beneath the conscious is the subconscious. All that is accepted in the conscious mind need not necessarily trickle down to the subconscious. We reject that which is unwanted. But we are ready to invest some of them and they seep down to the subconscious through the sieve of consciousness. In other words, 'subconscious mind is just below the threshold of conscious mind. You can find mental activities existing in the mind without entering into conscious awareness.'

Unconscious mind is a dark room. Normally, things that are in the unconscious mind do not appear in memory. Yet they will influence our individuality. To put it in perspective, "unconscious mind is that part of one's mental life of which one is not ordinarily aware but which is often a powerful force in controlling one's behaviour." From the moment the infant is begins to grow in its mother's womb, its mind is formed. The infant is able to discern as to how the mother reacts. Those matters that influence the infant will be hidden in its unconscious mind. Everything that accumulates in its unconscious mind while in its mother's womb would affect/influence the behavioral pattern of that individual. Luke 1:15 tell us that John the Baptist had received the Holy Spirit and reacted accordingly even when he was in Elizabeth's womb!

***“...when Elizabeth heard the greeting of Mary, that the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit” Luke 1:41 NKJV.***

This proves that a baby in the womb is able to receive outsider's reactions.

Many are wounded internally even when they are at embryo state in the wombs. The curses uttered by the parents, family squabbles and the likes hurt the infant's mind. While quarrelling the husband might shout to the wife, "I'll kill you and the child in your stomach". This would inflict terrible wounds in the infant's mind. In its growth process these wounds in the child's unconscious mind will torment him. Since these originates from the unconscious mind, he is unable to locate the reasons for the agony.

We stuff up the unconscious mind with those unpleasant incidents we do not wish to relish. Once during worship a girl saw a vision; a child being pulled violently by its parents. She narrated this to her mother and the mother had to tell her the facts; when the girl was 3 years old, the parents got separated. At that time each of them had jerked her hands hard for possession. This incident had gone into her unconscious mind. It did not surface in her memory again but remained forever in her unconscious mind. And during the worship it emerged again.

Another girl is allergic to footwear and was unable to use them. While praying for healing, she saw a vision; a child being beaten by her father with slippers. Her father confessed: "yes it is true. I used my slippers to beat you on one occasion when you were four years old." The incident she abhorred, didn't want to have in her memory, was shoved into her unconscious mind. This painful experience has resurfaced as allergy to footwear. She spurned it from her unconscious mind and forgave her father. And the allergy was fully cured.

Many deceases of the body emanate from mind! They will disappear as soon as the mind gets relief. Jesus Christ is ready to heal all such wounds.

**EMOTIONS, IMAGINATIONS, MEMORIES**

The soul of man is filled with various matters, of which the three predominant zones pertain to emotions, imaginations, and memories.

**EMOTIONS**

Everyone has emotions, good as well as bad. Love is a good emotion but anger is bad. The common man is prone more to bad than good emotions. Take the tragic case of the eminent BJP leader Pramod Mahajan. He was a prey to evil emotions of his brother Praveen Mahajan who murdered him out of anger and vengeance. Pramod's wife had said during investigation: "They (the Mahajan brothers) are short tempered, react harshly and they cool down equally fast. But by that time the damage is done." Blowing hot and cold was bad because a precious life is lost in between!

With the power of the Holy Spirit, deliverance from evil emotions, such as anger, hatred, vengeance and malevolence, is possible. We become emotional when we react to incidents. With the right attitude, it is possible to give rise to good emotions in place of evil ones.

Once I was driving towards a town on a one-way route. I was on the wrong lane. A bus stopped abruptly in front of me. The driver abused me. A policeman ordered me to reverse the car. Three months after this incident I happen to travel on the same route again. As I approached the one way, I began to murmur; "unnecessary one-way, this government has no sense!" Why did I think like that? The internal wound I suffered earlier, had lurked in me as an evil emotion even after three months. Each time I remember the incident, such emotion wells up in greater measure. Here, neither the one- way nor the government is at fault. The evil emotion entrenched in me is that which is torturing me. If we do not eject such memories from our mind, they will continue to torment us till the end. I have submitted this matter at the feet of Jesus with prayers. I

drove out such wrong reactions from me in Jesus' name. I washed my mind with His precious blood and absorbed His love into me. Even now when I travel on that route I remember the incident. But evil emotions will not come up in me. The lesson I learned from the episode evokes happiness in me now. Thus my mind produces good emotions instead of bad ones related to that event.

A similar incident occurred once when I was travelling on a four lane highway. It was drizzling lightly. A fire engine was coming behind me. But I was not aware of it and I gave way to the fire engine after quite a length of time. A police personnel put out his head and shouted at me. Abruptly my mind urged me for an angry retort. But then the Holy Spirit exhorted me to feel happy rather than being angry. I watched that policeman. He had a face that evoked laughter and my laughter was spontaneous and I laughed to my heart's content! Even after many years the incident does not produce anger in me nor pain but laughter instead. The emotions we experience at the time of a particular episode will repeat itself whenever we remember the episode. So try to produce good emotions even when we react to unpleasant incidents.

If we could develop the right attitude, it is possible to produce good emotions in all situations. The right attitude is essential for the success in life. Negative attitude, will give rise to evil emotions. If we develop positive attitudes to win over every obstacle, success in life is a sure prospect.

The children of God always consider impediments as battles. Because the term 'battle, is used to qualify obstacles. Thus our attitude towards impediments turns into fearfulness. This will only enhance the problem rather than solution. So it is incumbent upon us to have the firm belief, even in the midst of obstacles, that the assurance of success is real in Jesus. Instead of concentrating on the challenges, our focus should be upon Jesus Christ. There is goodness hidden in every struggle. In every tragedy, there lurks a glad tidings. The advent

of severe persecution heralds abundant blessing. To enjoy these glad tidings, we should have the right attitude even in the midst of obstacles so that virtuous emotions are produced. Instead of weeping in the midst of serious obstacles, we should deem it to be the time of great deliverance and rejoice!

### **IMAGINATIONS**

Human mind is capable of imagination. Hopefulness is an ideal dream whereas despair is a negative one. Our past, greatly influence our aspirations. When you feel despondent and think that you are incapable of success, you will have negative imaginations in your mind. Negative thought process will give rise to negative aspirations.

***“For as he thinks in his heart, so is he” Proverbs  
23:7 NKJV.***

What one thinks in the mind is what one is. 'Thought is the talking of soul with itself.' Our mind thinks non-stop. If they are negative thoughts they will render us hopeless. We should transform this negativity. We should have positive thoughts, so that our mind produces worthy imagination.

Our world-view and belief system would influence our thought process. 'World-view means what we believe and why we believe.' Society plays a major part in the individual in evolving the world-view. What we see and what we hear from our society greatly influence our mind and our world view. In the year 2000 a girl, born blind, in Arunachal Pradesh, was healed and her eyesight was restored by God Almighty. Many could not believe it. The believers too had their own doubt and wondered whether such miracles could take place even now! The reason for their unbelief was the influence of world view. They had not seen any blind person being restored with sight till date.

Our belief system is another major factor that influence our thoughts. Each of us have distinct beliefs – a system which is not identical. Our belief system is influenced by our family background and what we have heard about us from others. If

we had been relentlessly commented upon negatively, we would grow up with an inferiority complex. We would lack in self confidence. “I am incapable, it’s impossible, I can’t complete what I begin...” and such other wrong notions we nurture in us.

These inner conflicts can inflict our personality and may lead to identity crisis which would ultimately force us to exclaim, ‘who am I! We can identify such crisis in Moses. He suffered from inferiority complex because he had speech impediment (stammer). The query “who am I” lingering within him had prompted him to question the Almighty, “who are you?”.

When the Lord God appeared in a flame of fire from the midst of a bush, Moses asked, “What is His name?”.

And God said to Moses,

***“I AM WHO I AM” Exodus 3:13-14 NKJV.***

What God tells Moses here is that ‘if you want to know yourself closely, know Me closely’. Jesus said; “I am the way, the truth and the life” (John 14:6). To know ourselves, we ought to know Jesus very closely. When we come to know Jesus, we would also know, who we are in Christ which will negate the dilemma of our identity crisis.

***“I can do all things through Christ who strengthens me” Philippians. 4:13 NKJV.***

When change occurs in our belief system and worldview, our thought process too will undergo perceptible transformation. Those who wish to lead a successful life in Christ should begin to think according to the Word of God. When negative thoughts torment our mind, we should confess the Word of God. This practice, if we continue everyday, our mind will be filled with good intentions and aspirations within a short while. Praying in other tongues regularly would enable us to transform our thoughts and imaginations. If we try in mind to speak in other tongues constantly, we would be able to think in ‘other tongues’ before long.

## MEMORIES

The greatest blessing man is endowed with is his memory power. Yet, the same blessings torturous to many. Memories of the past are painful to them. Even after many years such memories would continue to torment them. Conversely, long after the happy incidents, their memories will please us. Jesus Christ is ever willing to deliver us from all evil memories.

Once a doctor said during his speech, “I hate mathematics”. The reason; his mathematics teacher was a cruel person! He used to punish him brutally. So he carries that hatred in his heart. Even today he does not solve his children’s math-problems.

Broken personal relationships remain as painful memories within many. All broken relationship should be re-established through Christ. Ruptures within relationship can create enmity and it becomes difficult to forgive those with whom we have strained relationship. The wife carries hatred in her heart to the unfaithful husband even after his death. She is unable to break free from her resentment towards him. She suffers deep inner torment because of the spiteful memories.

Many people admit about the painful memories of their departed loved ones. “Even after a decade my grief remains”. Demise of the loved ones could create a void. Such distress would affect our well-being. Well then, how could we heal these unhealthy memories? Memory, contain two aspects. The incident and our emotional response. These two together forms the memory. If we pray to Jesus to eliminate our evil reactions, the unhealthy memory could be healed. Likewise, we should confront each painful memory with prayer. We should cast off bad emotions from our memory. We should also drive out evil spirits, if any, that is influencing our memory. This would enable us to heal afflicted memories.

The death of a very loved one had inflicted deep grief in me. After many days and months the pain did not leave me. I

was greatly tormented in my memory. During prayer, I realized in the Holy Spirit that I am tormented because of my emotional reaction to the incident. More over, as I carried this pain in my heart, an evil spirit of deep grief too entered into my heart. “Do not give space to Satan” (Eph.4:27). Because I gave opportunity, evil spirit of deep grief entered. When I recognized this, I cast it out in Jesus’ name. I discarded my emotional reaction and prayed. Jesus has healed me. The memory of that incident is still within me. But the great grief related to that is not in my memory now and I do not suffer any agony.

The healing ministry of Jesus Christ is not confined to body and spirit alone. He is willing to heal the mind too. We are able to heal every internal wound in Jesus’ name.

***“ The Spirit of the Lord God is upon Me. Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound” Isaiah 61:1 NKJV.***

In Jesus Christ’s ministry the second most important is healing of internal wounds.

***“He heals the brokenhearted and binds up their wounds” Psalms 147:3 NKJV.***

The inner healing available to us from Jesus Christ could be achieved with the help of the Holy Spirit.

## 2

## SYMPTOMS OF INNER WOUNDS

It is possible to detect inner wounds in an individual from the mental and physical symptoms that appear in him. Let me explain those that appear in mind first:

### 1. SELF PITY.

Dashed hope causes self pity in many people. They will lack self confidence. They will become weary when they confront life’s challenges and encounter failure. “I am good for nothing;” “No-one needs me;” “My family lineage is poor;” “I’ll never succeed in anything;” etc. are the thoughts that agitates an individual who suffers from self pity. They normally are self-centered! Self pity is the result of thinking only of oneself. Our

hearts must be filled with the thoughts of the victorious Jesus rather than being self-centered.

## 2. SELF HATRED

Self hatred is displayed in a person when he begins to hate himself. This nature is hidden within most people. These people will show signs of guilt feeling, self condemnation and poor self esteem. They are prone to think: "Why am I born, better if I'd not been born," "I don't deserve to be loved and helped." They are ashamed of themselves and abashed of what they do. In their inner self they belittle them and they begin to hate themselves.

The youths who have grown up with words of censure and disapproval will have self hatred in great measure. Girls especially will hate the shape of their body. Looking at mirror they will nurture unpleasant opinion on themselves such as "My eyes aren't beautiful, I am ugly, I've insufficient hair on my head." Thus they will hate their life and begin to inadvertently show jealousy and fear when they meet smarter girls.

Humans are most precious. God created everything by the spoken word that emanated from His mouth. But He created man with His Own hand and from this we discern that man is very special. To redeem the fallen man He offered the precious blood of His Son Jesus Christ. It goes to show that mankind is very precious in His eyes. God has not created anyone without purpose. Everyone has been created to fulfill His purpose. When one accepts Jesus in one's life, God will use that person to fulfill His purpose. Every morning you must shout, "I am priceless in Christ. I love Jesus. Jesus loves me and so I love myself too. I don't hate myself. I like myself."

## 3. DEPRESSION

Depression is a common emotional disease. Despair, distress, despondency and state of mental melancholy are other

names by which depression is known. When severe agony relentlessly follow a person like a shadow, it turns into depression. Despondency is written all over the face! They will, frequently, be thoughtful and let out the sign of mourn at regular intervals. Sigh of limitless length is the sign of depression. Such people are unable to complete the job they have begun. Insomnia or sleeplessness is the consequence of depression. Those who suffer profound depression will have suicidal tendency. Their thoughts and dreams are akin to hopelessness. They do not anticipate reassurance from anywhere or from anybody.

According to the Word of God, the malady of depression has satanic influence.

***"The garment of praise for the spirit of heaviness..." Isaiah 61:3 NKJV.***

In Jesus name we can drive out such evil spirits. Praise and gladness are two weapons to win over hopelessness. Even in the midst of severe dejection, we can come out of it by praising God. When Paul and Silas were imprisoned they may have drowned in depression. But when they began to praise Jesus, the situation changed abruptly.

We can conquer dejection by being happy. Laughter is good medicine for despondency. Laughter rejuvenate the nerves and normalize blood circulation. This energize the body. Those who suffer depression should wake up early morning and begin to praise God and rejoice in Christ. They will be able to conquer depression fast.

***"Rejoice in the Lord always. Again I will say rejoice!" Philippians. 4:4 NKJV.***

## 4. INFERIORITY COMPLEX

The misconception that 'I am not as capable and as highly placed as the other' drives one to suffer the unfortunate state

of inferiority complex. 'I am incapable, am not good looking', am ugly'; these mistaken opinion about self is the reason for such complex. This complex along with the lack of self esteem will destroy his self confidence and the person will be afraid to face others. He will be extremely scared to appear for an interview.

A child's personality develops through the five sense organs. His growth is based on what he saw, heard and touched. His individuality is influenced by damning words he heard, incidents that torment the mind which he witnessed. A father of two sons tormented his elder son; "see how brilliant is your brother, you're a donkey, good for nothing". As he grew up he became a 'good for nothing ass'! His father's cruel comparison had inflicted deep wound in him. Whenever he begins to do something, his father's harsh comments would ring in his mind and torment him which ultimately would render the project a failure.

## 5. FEELING OF INSECURITY

Those with inferiority complex will also suffer from insecurity feeling. They will feel threatened by other's growth. They will be selfish and would refuse to co-operate with others. The thought that 'I must become No.1' will singularly rule them. My ministry, my organization, my opinion, my status in my congregation etc., are the thoughts that relentlessly disturb them.

In the Old Testament we find that King Saul was a person of insecure feelings. Inferiority complex was a great weakness in him.

***"So Samuel said, When you were little in your own eyes..." 1 Samuel 15:17 NKJV.***

In his own view he was small because he was a man of inferiority complex. Though he was 'taller than any of the people

from his shoulders upward', he hid behind the equipment when Samuel was ready to anoint him, because of this complex. He suffered insecurity feeling due to inferiority complex. When the women sang "Saul had slain his thousands, And David his ten thousand" (1 Sam.18:7), Saul felt threatened by David. Saul lost the feeling of security and began scheming to kill David from then on. Those without the sense of security will not be keen to work with others. They feel threatened by them and abandon any association. Many church disputes do not stem from any ideological disagreement. In fact they are wanton exhibition of insecurity feeling among the members. But be of great cheer, we are secure in Christ no matter whosoever forsake us! If we are sure of this assurance, we can live without shattering human relationship.

## 6. ANXIETY

Uncertainty about future is a cause of concern that gives rise to anxiety. The future looks bleak and insecure. In Matthew 6, verses 24 to 34 Jesus teaches His disciples as to how to escape from anxiety. The same topic is discussed in Luke 12:23-34. Anxiety is the sign of scant belief!

***"Be anxious for nothing, but in everything in prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus"***  
***Philippians.4:6-7 NKJV.***

Do not be anxious about anything is a command. Children of God has no business to express anxiety. We are believers and believers would pray. We obtain peace when we pray. We are not too concerned about material benefits but what we need is the peace that passeth all understanding. Many are anxious not for any particular reason. When a sister who had been cheerful began showing signs of anxiety was asked, "you have had no problems, then why are you downcast?" "I am anxious because I have no cause of anxiety!"

***“...do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on...” Matthew 6:25 NKJV.***

***“Which of you by worrying can add one cubit to his stature?” Matthew 6:27 NKJV.***

If we are willing to believe rather than being anxious, miracles will occur. A sister who was worried about her daughter's marriage told the pastor with concern in her voice, “my daughter is still unmarried, pastor”; “the bridegroom of your daughter too is still unmarried!” replied the pastor.

Jesus, by citing two examples, had advised us not to worry. One is about the crow and the other about lotus. The crow does not sow seeds nor does it store grains. Yet no crow has died of hunger till date! Similarly, how beautifully is the lotus being clothed colourfully! The crow of the skies and the lotus of the fields impart a message; ‘do not worry about anything’. Mental anguish can destroy vitamins A, B, K and proteins in our body. How can we escape from anxiety? Jesus gives the answer’

***“ But seek first the kingdom of God and His righteousness, and all these things shall be added to you” Matthew 6:33 NKJV.***

We are able to receive all our needs at the appropriate time if we give first priority to the affairs of God. “So do not worry about tomorrow”

The day of tomorrow is available only in fools' calendar. The wise lives in the present. That's why Jesus said:

***“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble” Matthew 6:34 NKJV.***

Perform each duty that's entrusted to us by God each day faithfully. Today should not shoulder tomorrow's burden. Today is the day of salvation, the day of glory, the day of blessing, the

day of healing, the day of deliverance, the day of rejuvenation. Do not live in yesterdays nor in tomorrows! Live today.

## 7. UNFORGIVENESS

We should have the forgiving mind of Jesus.

***“...put on tender mercies, kindness, humility, meekness, long suffering; bearing with one another and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so also you must do” Colossians 3:12-13 NKJV.***

Jesus forgave us unconditionally. So it is incumbent upon us to forgive others.

***“Then Jesus said, Father, forgive them, for they do not know what they do” Luke. 23:34 NKJV.***

Forgiving others in prayer and enduring the pain by self are what we perceive in Christ's cross. On the cross He forgave those who opposed Him, who tortured, who forsook, who persecuted Him.

Many are unable to forgive because of broken relationship. Unforgiving attitude will breed bitterness, hatred, hostility, enmity, spite, resentment etc.

***“...lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble...” Hebrews 12:15 NKJV.***

From this, it is clear that the bitterness springing out of unforgiving attitude has roots. The vengeance we carry in our heart turns into bitterness. ‘He did that to me, he has abused me, I could not take revenge’ and such other rumination is bitterness. The roots of the bitterness would remain deep within the mind even if the stem is trimmed! The bitterness should be rooted out completely.

In Matthew 18:21-35, apostle Peter asks if forgiving seven times is enough! Peter is trying to restrict a limit to forgiveness.

In those days there was a teaching among rabbis (teachers) that forgiving thrice was sufficient. Peter's statement is much above that teaching. But when Jesus exhorts seven x seventy times, we know forgiveness is unlimited. We are bound to forgive others without limit. Those who fail to forgive others invite evil spirit into them. Unforgiveness is an open door to evil spirits.

Jesus, while praying for forgiveness to His persecutors, deemed all of them to be innocent. That's why He said, "They know not what they do"; In Jesus' eyes all those who tormented Him were innocent. We too should have the same attitude. As per the New Testament law, we have no enemies. This is what Jesus said,

***"But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven..."***  
***Matthew 5:44,45 NKJV.***

This is the New Testament law of love. When we love our enemy, we are without enemies. In the Old Testament law, we could take revenge against our enemy; an eye for eye; tooth for tooth; blood for blood. But the New Testament law allows us only to bless the enemy and not to be vindictive. The one who tortured us most too is innocent. If that be the case, we can forgive everyone completely.

Many are unable to forgive fully. In 1 Kings 2:5-9, David, even in his dying moments was vengeful; he advised his son Solomon to stealthily kill Joab and Shimei. Even on his deathbed, David's spirit of vengeance did not subside. Instead of advising his son to adopt the model of righteous living, he urged him to execute his unfinished vengeance. The deathbeds of many are the replicas of David's deathbed! **But Jesus' cross has become a unique sign board displaying universal pardon to the whole mankind.** Let our life be a message of forgiveness bereft of any vengeance, hatred and bitterness.

Unforgiving nature and bitterness are the poisonous pills employed by Satan to destroy man prematurely. When you see your detractor encounter mishaps, do not rejoice and say 'he's being punished by God'. Do not gloat over others' misfortunes. You should rather shed tears like Jesus for their deliverance.

Forgiveness is not a fascination but a resolution. Make an analysis of the situation and resolve to forgive. For example, if X calls you donkey, you ruminate in prayer; 'I am not a donkey, he must be wrong, he's innocent, if I don't forgive him, my relationship with Jesus will be affected. Hence I resolve to forgive X'. Thereafter, whenever offending thoughts about X invade the heart, pray for X and bless him. Resist the unforgiving spirit of the devil, so that the devil will flee.

Fr. Abel of Kalabhavan used to walk to Ernakulam North everyday. As he reaches near St. Albert college ground, the students playing football there, used to make fun of him by calling him 'baldhead, baldhead' and pelt him with stones. The good father never used to react. After many years one of those boys who happened to join as a student in Kalabhavan asked the father about this incident. "When I was studying for priesthood at Vatican, I had faced the same situation. There were paid people engaged in our route to make fun of us. You know why? We were being trained not to lose our patience and to forgive our detractors," said the father. "Here I am getting the training without spending even a penny!," mused the father.

## **8. JEALOUSY, ENVY**

Jealousy stems from comparing our position with others' good fortunes. We crave for the same and when we fail to attain it we become jealous. And when we are unable to appreciate others' growth and progress we are haunted by envy. We suffer great pain and grief. Medical science tells that both jealousy and envy are ruinous. Envy can weaken the nerves and the liver. When liver is afflicted by envy, it inflicts our digestive system.

***“But if you have bitter envy and self-seeking in your hearts, do not boast and lie against truth” James 3:14 NKJV.***

***“ For where envy and self-seeking exist, confusion and every evil thing are there” James 3:16 NKJV.***

Envy gives rise to discord and wickedness. Jealousy and envy are common among evangelists! One is jealous about another's ministry and this will drive a wedge between them. Each of them is part of the same body and when one accepts this truth and strives to assist one another, the ministry will attain greater heights. No-one is a threat to the other but a blessing from God.

***“As iron sharpens iron, so a man sharpens the countenance of his friend ” Proverbs 27:17 NKJV.***

Man by nature is anxious to know about the other. Jesus said to Peter,

***“...when you are old you will stretch out your hands and another will gird you and carry you where you do not wish” John 21:18 NKJV.***

Peter asks Jesus immediately, “But Lord what about this man”, pointing to John.

The reply Jesus gave is the answer to all of us.

***“If I will that he remain till I come, what is that to you? You follow Me” John 21:22 NKJV.***

Jesus has not called us to unnecessarily waste time thinking and being jealous of others. Instead, we should fulfill our calling and follow Him.

## 9. FEAR

Foreseeing untoward incidents is fear. Fear is a powerful fervor the world-over. Fear keeps people apprehensive. They

foresee hopelessness and withdraw themselves from their mission. The first evil emotion that emanated from man on earth was fear.

***“Then the Lord God called to Adam and said to him, “Where are you?” So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself” Genesis 3:9-10 NKJV.***

After committing sin, the first emotion that arose in man was fear. If faith pleases God, fear pleases devil. The author of fear is satan and every aspect of fear comes from him. Hebrew 2:14 says the source of fear is the devil. Fear would dissipate faith. Faith will be dispelled from you when you begin to fear.

The concept of God in most religion is based on fear and they all teach of a fearsome God! But the Holy Bible proclaims, God is love. (1John 4:8)

***“To grant us that we, Being delivered from the hand of our enemies, might serve Him without fear. In holiness and righteousness before Him all the days of our life” Luke.1:74-75 NKJV.***

We worship Jesus not out of fear but out of love. What is fear ? Is it an emotion, superstition or imagination? The bible gives us the answer:

***“For God has not given us a spirit of fear, but of power and of love and of a sound mind” 2 Timothy 1:7 NKJV.***

Bible says there can be a spirit behind fear. With the power of the Holy Spirit only can we conquer this evil spirit. Fear involves torment (1 John 4:18). Those who are subject to fear will suffer mental torture.

Medical science has identified various type of fear. There are hundreds of phobias it says. We could see many forms of fear in Bible also. Fear of man (Prov.29:25), Fear of danger

(Ps. 91:5,6, Song of Solomon 3:7-8), Fear of death (Hebrew 2:15).

A sister was apprehensive that she might be afflicted with cancer. Her mother had died of cancer. The mother was very fond of her. After the demise of the mother she began to imagine that she too would get cancer. One day she felt severe pain in her stomach. She feared that her mother's cancer has started in her. When she underwent clinical examination, the pain proved to be of gas trouble! Even after the assurance from doctor, this sister was unable to believe because of her fear without reason. She continued to fear whenever she had a pain in her body. Finally with prayers she was delivered from the evil spirit of fear.

I remember a house where there was a history of death of male members at the age of early fifties. A youngster of that clan had lost his father at the age of 52 and he began to apprehend death from the age of forty. He feared that he will also die like his father, but he was delivered of fear with the help of prayer.

***“You shall not be afraid of the terror by night, Nor of the arrow that flies by day. Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday” Psalm 91:5-6 NKJV.***

Fear of night, arrows that darts by day, the pestilence in dark and the spirit of destruction by noon are present in our environment. But the Word of God assures us that those who believe in Jesus Christ need not fear at all - the immunity from fear! A police officer, even of the highest rank, can not arrest the Governor of the state because the Governor has constitutional immunity. Likewise, the believers of Christ is immune to fear. Contagious disease while trying to enter you, your inner voice should proclaim, “the One within me is greater than the one of the world”

***“...perfect love casts out fear...” 1 John 4:18 NKJV.***

The one who is engulfed in love will have no fear.

***“Greater love has no one than this, than to lay down one's life for his friends” John 15:13 NKJV.***

The dead has no fear. Looking at a dead body and say, I'll knife you, the dead body will not fear! If you insult it, it will have no change of facial expression. If the ego in us is dead, we attain perfection in love. Perfect love discards every fear. Through mental imaginations the fear comes alive.

I was involved in a major accident in 1998 when I was in Jammu-Kashmir. The bus in which I was traveling from Ramnagar to Udhampur fell into a deep gorge, about 300 feet below. 24 people died but miraculously I survived albeit with serious injuries. I was bedridden for over a month. Jesus had healed me. But thereafter travel became a perennial problem for me. My calling required lots of travel. From Gawhati to Arunachal Pradesh it takes a whole night for the bus journey. I began to fear about every trip. My mind was overwhelmed with fear. I began to have accident phobia while traveling in train and bus. It took some years for me to come out of this fear. The Holy Spirit exhorted me to cast out the fear of accident and transplant it with the love of God.

## 10. ANGER

Anger is a common emotional problem encountered by a majority of people all over the world.

***“Be angry, and not sin, do not let the sun go down on your wrath, nor give place to the devil” Ephesians.4:26 NKJV.***

Anger can destroy relationships. Satan will take charge if you preserve anger. Jesus had compared anger with murder. (Matt.5:21-22). Anger is counted along with bitterness, wrath,

depression, anxiety etc. (Eph.4:31). So anger is a grave sin. Satan craftily utilizes the anger in many Christians to hamper the progress of their sinless ways.

A friend of mine who was short-tempered had been delivered free of his foul temperament. He was very fond of his wife for a few months after marriage. But later he began to get angry with her. She was a very mild mannered woman and reacted with blessings in Jesus' name. And finally my friend accepted defeat. "There's no point in losing my temper. She blesses me always. Now whenever I am angry, I bless her instead", admitted my friend.

Cain killed Abel out of anger. From then on till date, most murders took place out of anger. As Moses came down from mountain, he saw Israelites worshipping idols and he lost his temper and threw down and broke the tablets of Commandments. Many hurl and shatter the mission entrusted to them by God. Hot tempered husbands break utensils and beat-up wives and children.

We could win over anger by diverting our attention to something else. Next time when you get angry for something turn your mind to another subject. Reverse-counting of numerals can help get over anger to some extent; 50, 49, 48, 47, 46, 45, 44, 43, 42...and so on.

## 11. BODILY SYMPTOMS

Inner wounds not only afflicts mentally but its signs will appear externally too. The root of many diseases stems from inner wounds. Unforgiving nature can give rise to migraine. Gloomy disposition can affect liver and intestine. Satan connives his best to destroy head and stomach. Anxiety can raise the blood pressure. Heart ailment can occur out of mental tension.

Once a young man was attacked by his relative. This young man was a God-fearing person and ran away and escaped.

After reaching home he began to analyze this shocking incident. He was filled with extreme anger, vengeance and bitterness. Several evil emotions took shape and his mind agitated like a turbulent sea. After few hours he began to feel severe pain in the vein of his left hand. The pain crawled up to his chest and symptoms of heart attack appeared. Timely medical attention saved his life. He did not have a history of heart ailment. Emotional turbulence in his mind had appeared as signs of heart disease.

Here is a news item which appeared in THE HINDU newspaper regarding heart disease:

### TACKLING HEART DISEASES THROUGH CHANGING LIFESTYLE.

Dr. Satish Gupta has been engaged in a coronary artery diseases (CAD) project since 1995. The multidisciplinary project, in collaboration with the Defense Institute of Physiology and Allied Sciences of Defense Research and Development Organization (DRDO), is sponsored by the Ministry of Health and Family Welfare.

"In the last eight years, we have systematically followed up some 1,200 patients who were inducted in to the CAD Regression Project and encouraged to follow the Holistic and Healthy Lifestyle Programme that we have formulated. Repeat angiographies done of these patients have shown a highly significant regression of coronary blockages with even some of the classified blockages having opened up" Dr. Gupta says.

"Cholesterol in the blood stream starts leaking into the arteries when the innermost layer of the arterial walls, the endothelium, is injured. Until recently it was believed that endothelial injuries were related to external causes such as smoking or diet. **But most of the injuries are related to mental stress** ." says Dr. Gupta.

“Endothelium produces nitric oxide, which does not allow cholesterol to stick to the wall of the artery. But stress inactivates the enzyme that produces nitric oxide, with the result that white blood cells and cholesterol floating in the blood stream starts sticking inside the arteries, creating blockages.

“In today’s competitive environment and increased work pressure, most people tend to exhibit Type A behaviour – they go through the bouts of anxiety, anger, depression, emotional outbursts and feeling of isolation. These psychological stressors affect one’s diet and sleep patterns and do a lot of damage to the heart.

“We empower our patients to heal themselves, not just the body, but mind and soul too. Peace and health comes when physical, mental and spiritual energies find harmony with our body.” Dr. Gupta advocates.

**“Fill one’s mind with positive thoughts, emotions, attitudes and happy memories;** adopt a low fat and fiber-rich diet ; go for brisk morning walk and an evening stroll.

“The body requires three cycles of sleep, each of two hours duration. The theory is that one cycle should be completed by midnight. So sleep at 10 pm and be up at 4 am.

“The early morning hours are the time when spiritual energy is at its peak. We advice our patients to keep their mind occupied with happy thoughts or just peaceful silence till 8 am.

“Today people wake up with their phone to their ears or just switch on the television which does more harm for your system than you realize”, concluded Dr. Gupta.

This is an amazing study that tells us that heart ailments can be cured by changing the lifestyle! The diseases, that are the result of inner wounds, can be cured if we are able to change our lifestyle and fill our mind with thoughts of peace and happiness. To achieve this allow your mind to be lorded over by Jesus and He will heal our body and mind.

Heart disease can be cured without bye-pass surgery if we could heal our inner wounds. Bye-pass is not a permanent solution. It only guarantees ten years. Dr. Satish Gupta conducted the study on 1200 heart patients. Many experienced perceptible change in them without surgery. Blocks of many were totally removed. In the name of Jesus we are able to have miraculous healing from many ailments if we attain peace and tranquility in our mind. Avoid viewing TV in late hours. When we wake up in the morning our attention should not be focused on TV and phone. Let our morning be alive with Jesus and fill our mind with the glorious thoughts of Jesus. Worship Him with joy in your steps! You will then be healed and Christ will use you to heal others as well.

# **CAUSES FOR INNER WOUNDS**

# 3

## **ABSENCE OF DESERVED LOVE**

*“He who does not love does not know God, for God is love. In this the love of God was manifested toward us, that God gave His only begotten Son into the world, that we might live through Him” 1 John 4:8-9 NKJV.*

A person needs food, water and oxygen for growth. He also needs love. Parental love is life giving. We receive stern love from our father and affectionate love from our mother. Our individuality cannot flourish without love.

Right from the mother’s womb an infant is able to receive love. We need the love of both mother and father. We require the love of our friends and classmates to develop our personality. The husband and wife must love each other. We also need the love from our children and grandchildren. Thus man must get love right from his birth to his death. When we

fail to receive such deserving love, it will inflict wounds in our mind and they are very serious ones. In the modern society, most people grow up with the absence of love.

The parental love plays a major role in moulding our individuality. Given below are the obstacles that block the parental love.

### **ABSENCE OF EITHER FATHER OR MOTHER**

Children are to be brought up by the mother and father together. The absence of either one of them result in denying such affection to the child. Either the father is employed abroad or both father and mother are working at distant places. The children live in hostels. This is the situation that exist in our present society.

Once a servant of God explained how his father admitted him in a hostel. The father had resolved to send him at the age of five. He was unable to understand the plan. He thought hostel was a new kind of sweet ! On the day he was to go to hostel, the father took him to the hostel and told him; “Son, from now on you will stay here”, so saying the father hurried away through the back door. The child began to look for his father in every room and started crying. The warden took him by both hands and admonished him harshly. The child met his parents after several months. Such incidents will inflict deep wounds in human mind.

Chances of developing a negative attitude of being unwanted are high in children living in hostels. Hostel life may enhance the possibility of committing secret sins like homosexuality. Modern living conditions have created daycare centre and hostels. Both men and women are employed and lack of breathing time is the bane of the present times. Imparting love requires time and no-one has time for sharing love and affection with others.

I met a South Indian student during my stay in North India. He was staying in a hostel. His parents were working abroad. I had a detailed interaction with him. Three months after he was born, he was entrusted with his grandma and the mother went to Gulf. Thereafter the grandmother brought him up. Right from the primary classes he lived in hostels. He studied in various schools and finally he landed in North India. He knew only of a mother and father who visited him once a year! The exigencies of job did not allow the parents to come together even during these visits too. He was fourteen when I met him and till then he did not have occasion to spend time with his mother and father together. I was shocked to note that he had hardly spent eight or nine months with his parents in fourteen years. Thus we have an unenviable prospect of generating a generation devoid of parental care. Before I took leave of him I embraced him and he clung on to me for long resting his teen-head on my shoulder. **Lucky are those who find a shoulder to cry on!** Could he have found solace on his father’s shoulders like this? I doubt! Because no one has time. I had to disengage myself and bid goodbye to him as my train time was up.

### **FAMILY PROBLEMS**

Discord in the family between parents causes children to grow up without proper care and affection. The children fail to receive parental love as the mother and father quarrel all the time. When the dispute leads to the distasteful point of divorce, the wounds that are inflicted in the children would be deep and disheartening. Therefore parents should stop quarreling in children’s presence. The children who grow in the midst of parents’ verbal and physical abuses would suffer insecurity feeling. For a three year old, his parents are everything. He is unable to understand God or Jesus ! He sees Jesus in his parents. God concept develops in a child through his father and mother, especially father. If the father is a cruel drunkard, the child will imagine God to be cruel! If the father abandons

the mother and children, God will be considered as the one that forsakes people!

I had met with a person who was afraid of crowd. He explained to me regarding his internal wounds. He was brought up in a family of discord. His father was an alcoholic and used to batter his mother everyday. He will hide under a cot in another room. At the age of eight he witnessed his mother being stabbed by his father. Amidst the clatter of screaming and yelling the father ran away. He has never seen the father thereafter. Whenever he thinks of his father he sees him on his mental canvas with the blood-stained knife in the hand!

Polygamy is still practiced in some of the north-eastern states in India. Some men have over seven wives. Such a man would sire more than 30-40 children from his various wives! Once I asked a girl, "how many siblings do you have?" She thought for a moment and said, "maybe about 30-35". I was surprised. Such children grow up without parents' love. A youth who grew up under this plight, asked me once, "what's mother's love? You preach that Jesus' love is like the mother's love. In that case I don't want His love." I explained to him, "even if the mother doesn't love you, yet Jesus will love you. He gives us His unlimited love". Fundamentalism that is witnessed the world-over is the direct aftermath of such loveless upbringing and we would sadly have the shocking prospect of generating a generation of terrorists.

### **PARENTS' CRUELTY**

"He who spares his rod hates his son, But he who loves him disciplines him promptly" (Proverbs 13:24) NKJV

Children should be brought up in discipline with love. Discipline and love must go hand-in-hand! But there are parents who punish children cruelly in the name of discipline. Such disciplining does not come from love, but from anger and harshness instead. When in anger, never try to discipline

children. Punish them when the anger has subsided. Many parents curse their children while punishing. "I'll kill you", "beat you to death and bury", "Don't want to see you in this house, go, get lost, never come back to this house" "because of you only this house don't prosper" are some of the curses parents utter in anger. Never make such comments to children. Indeed, the father is an authority figure. Whatever he says is like prophesy and it might fulfill in the children. So even when you punish them, utter only words of blessing. They should be given sound advice only after the parent has calmed down. The children will realize that it is only for their good they are being punished.

Once when I was speaking on this subject, the person who was translating the message began to cry uncontrollably. I could not proceed further. A good number of people in the audience too began to cry. After the meeting, the translator who was aged over 50 explained, "My father used to punish me brutally. He would tie me on a coconut tree and beat me with a wooden log. After the battering he will leave me without untying me and I used to spend the whole day fastened to the tree. Now when I remembered those days I couldn't control and that's why I cried aloud on the dais".

Showing special love to only few among the children is unfair. The father loves a child more; the mother loves another child more; such state of affairs exist in many homes. You should pray for the grace from God to love every child equally. In the twilight period of his life, Isaac was agitated over such a situation where he loved Esau more and his wife Rebecca loved Jacob more! And this had created unnecessary problems.

A sister, who suffered hatred from her father because of her birth as a girl, once shared her pathetic tale of childhood with me. "My parents wished to have a male child at my birth. After many years my brother was born. As he grew up my father began to compare me with him. He was always appreciated for whatever he did and I was openly ridiculed in front of others

often. Many a time I had earnestly wished how good it would have been if I were a boy! And I'd have received my father's love."

This sort of comparison would inflict inner wounds that are beyond healing by human aid. Since the father is the symbol of authority, the individual who grew up without father's love would be inimical to authorities. They will defy authority. Such broken relationship should be re-established through Christ. The parents who are cruel should be forgiven and the bond with them must be made smooth and amicable.

### **PARENT'S DEATH**

Death of one's father or mother can create inexorable void in one's mind. It will seriously affect his character if such loss happens in his formative years. How many children would have become orphans after the horrific 'Tsunami' tragedy!

When I visited an Orphanage in Assam, a seven year old child narrated his painful experience. I had noticed a mournful look on his face. He sat in a quiet corner while the other children were merrily playing. His father was dragged out from the house by group of extremists one night. Notwithstanding the pleading of mother and himself, the radicals shot his father in their presence. The mother in desperation committed suicide shortly after. The boy lost everything. How cruel is this world! We should come out of such helplessness, imposed upon us by the world, in Jesus' name.

Some children become orphans even when their parents are alive. Once when I was preaching, I noticed a girl in the front row sitting sadly with her face in her cupped hands. After the meeting she came to me for prayers. From her I gathered that she was the offspring of 'Arabic-marriage' (family men from Gulf marrying poor young girls), the practice so common in Kerala. After sometime the 'Arabi' went away not to return again. Her mother married another man and this girl was left alone, as

though in a turbulent ocean. She is an orphan even when her parents are alive!

Children who have lost their father in their childhood would expect the fatherly love from others. A fatherless girl would anticipate his love from the husband when she is married. In her unconscious mind a vacuum is created because of the absence of her father's love and she expects such lost-love too. She may not be aware of this which is likely to cause tension in the family. The husband's love she receives is insufficient and this may even instigate her to infer that her husband does not love her! This situation is the result of her expectation of father's love too from her husband.

While speaking on this topic once, a girl was delivered from such predicament. Her father died when she was only five. She grew up without father and when she got married she deemed to receive insufficient love from her husband. This was the most serious riddle she confronted with after marriage. But she was miraculously set free when she understood the facts.

The love that one is unable to receive from one's parents cannot be substituted by others. Such love can only be provided by Jesus Christ who is the same yesterday, today and evermore. He is our father as well as mother. Every void can be filled by His love.

### **EMOTIONAL REACTIONS**

Due to reasons cited above, many would suffer mental agony. Generally the mental reactions are of two types. (i) To expel (ii) To assimilate.

Internal wounds when expelled, the individual becomes an enigma socially. Most of the rowdies, ruffians and unsocial elements we find in the society are the creations of such lost-love!

I had occasion to interact with a murder-accused who was on parole. "How was your childhood?" I asked. "My childhood

only made me a killer”, was his abrupt answer. His father was an employee of a liquor shop. Every evening he will come home inebriated and shout at him, “bl... ass.” This inflicted deep lacerations inside him. The pain gushed out in torrents and he began to defy the father. He continued, “I learned bad-mouthing from using detestable words against father. I learned flinging stones by pelting stones at him. I learned to thrash by beating my father”. And in the end he stabbed his father and ran away. He became a street-smart-goon. If the pain from inner wounds is expelled, it will generate social evils. Most social turmoil we witness today in our society is the ill-effect of numerous inner wounds. And we have a society of wounded minds. The society as a whole must turn to Jesus; then alone can social transformation take place. History is witness to changes that have taken place in societies - where murder, alcoholism etc., were rampant – because of the collective awakening and acceptance of Jesus Christ. This will happen even today. Jesus will certainly revive our societies.

Some people keep their pains, caused by inner wounds, within them. This will manifest in them as emotional trauma. Those who grew up without the desired love will exhibit the following symptoms:

They will be too possessive – they are obsessed with the passion of being selfish with the love they receive! They will easily get entangled with love affairs. They are prone to enslave themselves in dubious associations, and use of computer and internet in undesirable way. They will be ruled over by the fear-psychosis of losing their blessings and their friends. Majority of them will be day-dreamers. They will even dream of their dead parents being revived back alive!

A girl, who had lost her father, used to see him in her dreams. After such dream she will be utterly quiet for many days. She will not speak to anybody and she will return to normalcy only after many weeks. Again when she sees her

father in dreams, the process of reticence will repeat itself. Dreaming of the dead is either ungodly tie of soul or of evil spirit. If it is the soul tie it should be unshackled with relentless prayers; and if it is of the devil it should be construed as the overpowering of evil spirits. They must be won over by vanquishing them in Jesus’ name. The girl, we are speaking about, was delivered from the clutches of evil spirits after earnest prayers.

Jesus can give complete healing to those who suffer agony as a result of their suppression of inner wounds within. And they will have an exemplary authority over the turmoil they underwent. The grief of the past would turn out to be beneficial to them. From experience they will be able to help others to deliver themselves from their misfortunes.

***“...Yes, I have loved you with an everlasting love; Therefore with loving kindness I have drawn you” Jeremiah 31:3 NKJV.***

According to the Holy Bible love is not just a passion alone; it is a person. Jesus is love. (1 John 4:;8,16). The void that created by the absence of love should be transformed into a thirst for Christ. All our emptiness would be filled up by Jesus. The love of Christ is sufficient for the development of our individuality even if we don’t get love in this world.

***“So Samuel grew, and the LORD was with him and let none of his words fall to the ground. And all Israel from Dan to Beersheba knew that Samuel had been established as a prophet of the LORD. Then the LORD appeared again in Shiloh. For the LORD revealed Himself to Samuel in Shiloh by the word of the LORD” 1 Samuel 3: 19-21 NKJV.***

It’s written here, “Samuel grew”. Not only did he grow physically, his personality too had developed. He became a priest, a prophet and a Judge. Did he grow up in a conducive environment by which he became eligible to perform the three most important ministries of Israel? No. If we analyze his family

background, the circumstances in which he grew up we would know that he was denied the love he deserved. After he was weaned, his mother left him at the house of the Lord. Thereafter Samuel could meet his parents once a year only. There were no communication facility or travel facility then like we have now. So they could not communicate or meet regularly. Samuel did not receive the love of his mother or father. How then did he grow up! The sons of priest Eli, who could have been Samuel's friends were wicked youngsters. So in the temple too he was lonely. His mentor Eli suffered from blurred vision. So from Eli too he did not receive much. Then how else did he grow up? The fact of his growth lay hidden in the Lord's appearance to him! One night the Lord called Samuel. The voice was strange to him.

***“ Now Samuel did not yet know the LORD, nor was the word of the LORD yet revealed to him”  
1 Samuel 3:7 NKJV.***

***“Here I am. So he ran to Eli” 1 Samuel 3:4 NKJV.***

Eli had no vision, nor had he heard God's voice. So Eli did not recognize His call. He recognized God's voice only the third time. Therefore Samuel's acceptance of the call too was delayed. Only the fourth time did Samuel say, “Speak Lord, for your servant hears.” Even today the generation that has lost the vision obstruct the future generation's call.

God appeared to Samuel not just once. It happened again and again. Who came near Samuel?

***“...LORD revealed Himself to Samuel in Shiloh by the word of the LORD” 1 Samuel 3:21 NKJV.***

It's written, Jesus is the Word of God. So Jesus had appeared to Samuel Himself, none else! This appearance is an important one among the many appearances of Jesus recorded in Old Testament. This is termed as 'Theophany'. Every night Jesus visited Samuel who had no-one to love him.

Jesus draped him with His love. This was the secret of Samuel's healthy growth.

Maybe you have no-one to love you today. But be of good cheer, Jesus' love is sufficient for you. Do not grumble, “father did not love me, mother did not love me, my own people did not love me”; turn to Jesus. Focus your attention on Jesus. You will receive all the love you have lost, from Him. No void is too large for Him to fill ! There's none who can't be delivered by Him. Jesus will anoint you with His love!

# 4

## UNFULFILLED DESIRES / UNMET NEEDS

***“There are many plans in a man’s heart.  
Nevertheless the LORD’s counsel – that will stand”  
Proverbs 19:21 NKJV.***

The ability to ‘wish for’ is the blessing given to us by God. To become like Christ and to attain heaven should be our topmost desire

***“But earnestly desire the best gifts...” 1  
Corinthians 12:31 NKJV.***

***“Therefore, brethren, desire earnestly to  
prophesy...” 1 Corinthians 14:39 NKJV.***

God has endowed us with the ability to choose good things, but we may perchance, at times, turn to evil things. Sin is generated from greed.

***“Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death” James 1:15 NJKV.***

The fall of man was due to his desire to have the forbidden fruit. We should be thankful to God for the blessings bestowed upon us. But we often grumble about what we do not have. This will lead to satanic temptations. Adam and Eve had all the freedom to eat any variety of fruits from the Garden. But their desire to have what was forbidden caused them to fall from God’s grace. There was only just one wrong choice before them and they chose it! In our times we have ever so many choices before us. In a shopping mall we have thousands of items to choose from. But the modern man often fails to choose the right ones. Most choices that appear before us are undesirable things. So if we do not bridle our desires the fall is imminent.

A person well-employed in a Gulf country, built a big house costing Rupees fifty lakhs. Afterwards he needed more money and he decided to start a business in his native place. He took a huge bank loan and began to organize the venture. But even before the inaugural day of the industry, the situation began to change adversely. He met with an accident and was hospitalized. The main machines broke down. Without functioning even for a day the project had to be abandoned. In due course the house had to be sold for clearing up the bank loan. Meanwhile the person had lost the Gulf-job too. What a fall from throne to trash! All because of the undesirable greed!!

A youth who was in government service in North India took a wrong decision due to his inappropriate desire. Once, when he was on leave in Kerala, a relative from America spent some time with him. The life style of the American relative had an ill-effect on him. He was rueful that he could not afford the lavish spending his relative was indulging in. He compared his life with the ‘American’ and wished to live like him. The obsession developed into greed. ‘I must make lots of money. What next! I must leave this poorly paid Government job’. He submitted his

resignation. His superior advised him not to leave the job. “You are doing a foolish thing”. Others too advised him that he shouldn’t resign. But the greed in his mind won and he left the job and went abroad. He tried for a job in Gulf, knocked at many doors for an opening. But he miserably failed to find a job and returned to Kerala totally disillusioned. This is a lesson for all of us. We should be happy with what we have and lead a life of contentment, thanking God Almighty. We should be able to conquer unnecessary temptations.

Many people go through their lives without being able to fulfill all their wishes. Everyone enter family life with lots of expectations. But fact is far different from such dreamy aspirations. Practical life is entirely different from what people dream of and hence the life people perceive of become impractical. This will lead to disharmony in families. And the husband and wife, who were united as one according to God’s plan, would struggle to find happiness.

When God brought the family into being, He had directed them to be fruitful, multiply and fill the earth and commanded them to rule over the creation. God’s plan for every family is the same. If the husband and wife in unison understand this and climb as one to the heights of abundance, amazing blessing will issue out of such family. But alas, we see family structures crumbling these days. The husband and wife seldom live happily. When family disputes occur memories of early romances will disturb the conscience. Each will start feeling that another spouse would have enabled a far happier family life.

Once I was invited to a family to mediate and settle the couple’s dispute. They began to abuse each other in my presence. The wife grumbled, “I suffer this fate because I married this fellow. I had a proposal from an engineer that time and had that matrimony been accomplished, I would not be undergoing the present plight.” It has been 12 years since their

marriage and they had two children. Yet she thinks about the engineer and her apparent loss of happiness.

Jesus has the power to bless your present family. Yesterday's unattained aspirations should not destroy today's tranquility! Be faithful to each other and lead a happy life.

In the Bible there is a girl by name Michal. For many, she is not a lovable character. She, as David's wife, is being painted as a woman who defies worship. But no-one had understood her sorrow! After marriage David was in a predicament in which he had to abandon her and run away. David did not return to her, but married every other women who came in his way! Meanwhile Michal's father had conducted her marriage with another person named Paltiel. From 2 Samuel 3 we perceive that her life with Paltiel was quite happy. But David, who became king of Hebron after a long interval, destroyed their family life.

***“So David sent messengers to Ishbosheth , Saul's son, saying, “Give me my wife Michal, whom I betrothed to myself for a hundred foreskins of the Philistines.” And Ishbosheth sent and took her from her husband, from Paltiel the son of Laish. Then her husband went along with her to Bahurim, weeping behind her. So Abner said to him, “Go, return!” And he returned” 2 Samuel 3:14-16 NKJV.***

A husband who comes after his wife weeping! How secure was their life! How painful would have been her life in the palace thereafter! How many are the wives who spent their days heartbroken like Michal in our time? Family harmony is shattered each day because of unfaithful spouses and unfulfilled hopes. Every broken relations can be re-united in Christ. Jesus has the power to rebuild each broken family.

Normally the couples prefer male child and they wish accordingly at the confirmation of conception. When a family has only female children, it will give rise to the plight of unfulfilled ambition. The belief in North-East India (Arunachal Pradesh)

is that if a woman conceives a girl child first, such woman is accursed! If the woman conceives girl after girl, the husband has an excuse to remarry. In that State polygamy still persists. The husband is too particular that his wife should give birth to sons. A sister who was a believer suffered enormous anxiety when she had conceived for the third time. Her first two offspring were girls. And the husband was not a believer. If she failed to deliver a male child this time, he will marry another woman. Alas! She delivered a girl child for the third time. She underwent great agony. She lamented and shed tears copiously at the hospital. Her husband cursed her cruelly. After this incident, I met a doctor and sought to know as to why some women conceive only females. The doctor explained: “Conception takes place by the union of chromosomes. Man produces X and Y chromosomes whereas the woman can produce only X chromosomes.”

Boy = XY

Girl = XX

The man alone can produce Y chromosomes. The union of X and Y conceives male child. So the husband 'determines' the choice of male child. If a family has only girl children, the wife is not the culprit ; the cause directly points to the husband, because the deciding factor is the chromosomes produced by the husband. It is the wise who celebrates God's blessing, either girl or boy! In the modern society many married couples have no issues. And when you are blessed with a child, it is a disgrace not to acknowledge the blessing of God and harp on unfulfilled ambition.

### UNFULFILLED DESIRES RELATED TO THE FUTURE

Everybody foresee a bright future and dream of it. If such dreams do not materialize, one should not grieve for unfulfilled wishes. Those who live with the sense of forfeiture will not be able to enjoy the blessings of the present. They will look

back and mourn, "O! I couldn't accomplish, I've lost it". A person who wanted to become a doctor failed in his 12<sup>th</sup> class. He is now 45, but the lost opportunity hurts him even now. His peace is disturbed by the persistent thought that he should have studied well in his 12<sup>th</sup> class.

A girl, who used to faint whenever she's in a crowd, was brought before me for prayers. She is fine when she is with her parents. But when she see others she faints. I counseled her in detail. "I failed four times in my 10<sup>th</sup> class. After that I began to swoon before crowds." This is the after-effect of an unfulfilled hope. While meeting others she must be thinking, "I've failed in 10<sup>th</sup> class four times. They may ask me, did you pass the exams." As if to divert the attention of others, she would begin to lose her mental faculty. But today people don't ask her if she has passed, but they ask only if you are cured! How well she manipulates her inner agitations! But this juggling can affect physically. And it may even affect mental equilibrium. All because of her unfulfilled aspirations!

Jesus does not bless us on the basis of our performance in our education. Nor you need to be professionally qualified to go to heaven. Nor is the favour from Jesus bestowed upon us on our temporal merits. Once you are upright in Jesus' esteem you will certainly attain great heights, no matter weather you are small or poor by human standards.

Once I had a chance-meeting with a believer who was highly placed abroad. He was holding a position that required very high educational qualification. But he was only a matriculate; yet he attained a position of high esteem. He reached this position above all the highly qualified personnel only because of the amazing favour he had from God Almighty. With Jesus' miraculous backing, Joseph had reached the highest administrative rank in Egypt. In like manner this person was exalted up. Unless you have the backing from God, you will not succeed in life, no matter howsoever qualified you are!

A person who had an average qualification got a job in a reputed Petroleum Company. He shared his experience with me. He discontinued his studies because he was unable to complete his graduation. But later on, he somehow managed to pass the degree exams privately. After that he learned computer and went abroad seeking a job. A well-wisher advised him to submit his bio-data wherever possible. One among many firms he sent his bio-data was this petroleum company. He was called for preliminary interview and was summarily rejected with the comment: "You don't stand a chance to get a job in this firm." However, after a few weeks he was called again by the same company. The one who interviewed him was a person from Tiruvalla. He showed a little favour. He was asked to draw the picture of a well. He submitted the drawing. Normally a drawing is presented with the scale in which it is drawn. He forgot to note that in the drawing. The officer asked him, what scale he had used. In his anxiety he lifted the ruler (scale) he was holding and blurted out, "this is the scale I used." The officer laughed, but sympathized with him and directed him to appear before a senior Japanese officer. This officer thought he had cleared the first test. So without asking many questions he was appointed. Even today whenever the 'Tiruvalla officer' meets him he will lift up the ruler! His heart will then whisper within him, "I am in this job not by my merit but by the grace of Jesus."

You should live your life without being rueful about unfulfilled ambitions. You should come out of the bitter past. You should believe that certain losses enabled you to have great blessings. Greater favour awaits you. A temporary loss is nothing but a signpost to greater boon from Jesus Christ.

Once I attended a mega-crusade. I was on the dais with many eminent evangelists. I craved for them to lay their hands and pray for me. But I was not bold enough to request them. They were ministering to multitudes and I, the insignificant one, should not hamper their ministry with such trivial request! The meeting ended that day and I returned regretting the lost

opportunity. Next day was the final day of the crusade and as per my schedule I could not attend that day. I was rueful about the lost opportunity. But amazingly a conducive situation arose and I was able to attend the concluding session. And on the stage I experienced the wonderful presence of the Lord. The Holy Spirit began to move and mightily used the servant of God who was ministering. Another Evangelist felt the presence of Jesus. And the servant of God was hurled into my hands. He embraced me. He laid his hands on me and prayed. The multitude praising Lord Jesus! In that mighty spiritual atmosphere the servant of God prayed for me powerfully. I thought I had lost the opportunity the previous day. But miraculously I received the blessing with the powerful presence of Jesus. Had the servant prayed for me on the previous day, the blessing may not have been as forceful as this. I believe that the hand that caressed me was that of Jesus.

***“Whom have I in heaven but You? And there is none upon earth that I desire besides You” Psalm 73:25 NKJV.***

We should yearn for God more and more. Every wish be made a wish for Jesus so that we can be more fruitful on earth. We should not carry in our heart our incomplete aspirations. Those in Kerala may regret that they could not go to North. And those Keralites in North might feel that their arrival in North was wrong!

***“And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings” Acts 17:26 NKJV.***

Even before our birth God has determined our place of dwelling as well. Some live in Africa as blacks. Some in India. God has a plan for all. Therefore nobody is small or big by virtue of their place of living. God wishes to execute His plan through us from where we are ministering now. Recognize this and associate with the Holy Spirit.

Wishes and contentment are interlinked. Those who enjoy the available blessing only can hope for greater blessings in the future. Majority of the people are discontent. Wishes that emerge out of frustration creates greater discontent.

If the one who has a bicycle feels that ‘I only have a cycle and not a motorbike’ he will not be content even when he gets a motorbike. He will grumble, ‘this hasn’t enough speed, this breaks down often and so on’. And he will deny himself the pleasure that is genuinely his! Scooter is just an object and the satisfaction he derives from it is only temporary. After sometime he will feel discontent. Those who hope to achieve satisfaction from material things will be disheartened in due course. Neither house, car, dress or any other object can ever satisfy man, since man is just a spirit that dwells in a body. The spirit can have enduring satisfaction only through the Holy Spirit.

Conversely, if one is satisfied with the cycle he has, the cycle will be a blessing to him. It will perform well, having good speed and he will attain full satisfaction out of it. Not only that, he will get a scooter at the appropriate time. Since his satisfaction is from the Lord, he will get enduring contentment.

***“Not that I speak in regard to need, for I have learned in whatever state I am, to be content. I know how to be abased, and I know how to be abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need” Philipians 4:11-12 NKJV.***

***“And God is able to make all grace abound toward you, that you, always having all sufficiency in all things; may have an abundance of every good work” 2 Corinthians 9:8 NKJV.***

We should come out of the state of unfulfilled ambitions and proclaim to the world about the abiding satisfaction we enjoy in Christ.

# 5

## REJECTION

**R**ecognition of one's merit and its acknowledgment is essential for one's growth. Those who receive recognition right from the mother's womb would have the disposition of healthy individuality. Many are denied recognition as in the case of those who are denied love. Instead of being acknowledged for excellence, it is common to belittle, disparage and devalue others' worth. This kind of rejection will inflict deep wounds. Many in fact are rejected even in their mothers' womb from foetus level.

Recognition is the booster of self-confidence. During their childhood if children are imparted positive recognition, they would be smart and brave. When a child brings an empty milk-bottle after drinking the milk to the father, say "good girl/boy"; and if the mother too says so, the child brightens up.

Recognition for even finishing a bottle of milk is necessary as it is the human nature. For your growth, recognition from father and mother, from classmates, from colleagues, from wife and husband is essential. If such deserving acknowledgments are not forthcoming, it will have serious repercussions on the individual.

Mothers should utter words of recognition right from pregnancy. If words of discouragement are uttered instead, it will certainly lead to a sense of rejection.

Abortion is rampant in modern times. Abortion amounts to murder. Millions of babies are annihilated even at the embryo stage. Abortion is made legally permissible in most countries. This is horrible and satanic! Murder is a crime that attracts rigorous punishment under the law in every country, but murder in womb is permitted to surgeons flouting the same law! The enormity of the curse from this heinous act which falls upon the doctor and the willing patient can only be nullified in the name of Jesus. If they are not delivered from such curse their life would be dreadful. Conversely, if the parents even discuss about abortion over confirmed pregnancy, then they have already proclaimed their intention even if they abort the idea of abortion later. "You are an unwanted child", is the message they have passed on to the child.

A young wife had resolved to have a child only after she got a job. But she became pregnant. Meanwhile she got an offer in a hospital abroad. The authorities in the hospital may not allow her to continue in the job if her pregnancy is known to them. So the couple discussed about abortion. Since they were believers they abandoned the idea. Such incidents are quite common. These children are rejected even in the womb itself and they are born with inner wounds. When a woman conceives again before the first child is one year old, she might murmur, "O, what a headache. This child is an unwelcome one!" This attitude too is rejection.

Rejections are numerous during the various stages of growth. Such wounds, inflicted by elders in authority will be too deep. Father is an authority figure over son; teacher over student, husband over wife, so on and so forth. Words spoken by authority figure has power. If they speak words of rejection it will impact one's individuality very seriously.

A person who suffered inner wounds due to words of despondency, explained his experience to me once. When he was in the 8<sup>th</sup> class his teacher started hating him. Not only was he hated, the teacher often shouted at him: "you are good for nothing, not capable at all". Whenever he is confronted with responsibility, the teacher's abusive words will ring in his ears. Abruptly he will become weary and will not be able to carry on with the assignment. During the course of his job he used to experience abrupt seizure and fatigue. However, he later cast out the teacher's disparaging comments in the name of Jesus and attained perfect deliverance.

Those who underwent rejection are prone to inferiority complex. They will lack self confidence. The thought that, 'what would others think of me' will always haunt them. For recognition they may undertake any risks. Even the rejection of a trivial nature too will hurt them. Fear would be their constant companion. They are obsessed with the notion: "Whatever I do will be a failure". And this obsession will follow them like a shadow.

Many anointed persons in the Bible, used by God, were in fact rejected people. When men rejected them, God recognized them. For success in life, recognition from Jesus is sufficient.

***"...Rachel laboured in childbirth, and she had hard labour" Genesis 35:16 NKJV.***

***"...her soul was departing (for she died), that she called his name Ben-Oni..." Genesis 35:18 NKJV.***

'Ben-Oni means son of my sorrow'. Rachel had authority over her son. If she called her son of sorrow, he will be so throughout his life. But a miracle happened there! Jacob immediately changed his name and called him Benjamin, which means 'son of my right hand'. Though the mother had called him by a name of rejection, the father's recognition made him a man of virtue.

***"When the Lord saw that Leah was unloved, He opened her womb..." Genesis 29:31 NKJV.***

In Jacob's eyes his wife Leah was undesirable. Leah's eyes were not bright enough whereas Rachel was beautiful. Jacob loved Rachel for her superficial glamour. But the love of the Lord was bestowed upon the rejected Leah. Her Womb was opened. Once the Lord begins to bless you, He will go on blessing you again and again! Then Reuben was born. She named him Reuben thinking that Jacob will now love her. Then Simeon was born, and again Levi was born. She yearned for Jacob's love, but even after three sons, her hope did not attain fruition. So when she conceived for the fourth time she didn't expect anything from Jacob. She said 'now I'll praise the Lord' and named the fourth son Judah. And from this clan only Jesus, the Saviour of the world, was born. So Leah, who was sidelined, happened to be Jesus' great grandma.

***"So Rachel died and was buried on the way to Ephrath (that is Bethlehem)" Genesis 35:19 NKJV.***

But when the slighted Leah died, she was buried in the family tomb along with Sarah and Rebecca.

***"There they buried Abraham and Sarah his wife, there they buried Isaac and Rebecca his wife, and there I buried Leah" Genesis 49:31 NKJV.***

Here, Jacob proclaims that by the family tradition Leah is his actual wife. Those who received human recognition were buried on the roadside, but the one recognized by God was reckoned among noble mothers of family lineage.

Moses was a rejected person. He had speech impediment (stammer). Disabled are likely to be rejected most often. They themselves would feel the pang of rejection. Such people are afraid to face crowd and they would be reluctant to meet people of higher status. Stammering is a sign of rejection. God had ordained Moses who suffered rejection, to accomplish a sterling mission. Moses, discarded by all, became leader of all!

***" But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty" 1 Corinthians 1:27 N KJV.***

***"Now Jabez was more honourable than his brothers, and his mother called him Jabez, saying, 'Because I bore him in pain'. And Jabez called on the God of Israel saying, 'Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!' So God granted him what he requested" 1 Chronicles 4:9-10 NKJV.***

When Jabez was born, his mother might have suffered hard labour and as an aftermath he became a son of sorrow. Difficulties encountered at child-birth can have ill- effect on the child's personality. Especially those who are nurtured in incubator would suffer inner convulsion because of rejection. But howsoever you are discarded, you will be endowed with the finest recognition from God when you turn to Him. Jabez called out to God and God enlarged his territory.

Judges 11:1 says Jephthah was the son of a harlot. Everybody called him prostitute's son. Our society has many such harangued/harassed people. Children of unwed mothers are called bastards. These Children are innocent, but because of the error of those who sired them, they are ostracized by everyone. When they are branded bastards they would, in all likelihood, go astray. Who is there to accept them? Jesus is ready to embrace them with both hands and we, as His

delegates, should be willing to accept and acknowledge their plight.

“Mother Teresa said in 1976: “The biggest problem in the world today is not poverty or diseases but the lack of love and charity and the feeling of being unwanted.”.

The elders from Gilead came in search of the discarded Jephthah:

***“Then they said to Jephthah, Come and be our commander, that we may fight against the people of Ammon” Judges 11:6 NKJV***

Those who cast out Jephthah from his paternal house and ostracized as harlot’s son say to him now, “Be our commander”. Rejected and discarded people will be raised as heroes by God if they forgive their detractors without complaints and turn to Him.

Those who have ‘thrown in the towel’, after failing to obtain human recognition, should come back seeking God. God is our Father. Two great revelations in the New Testament are: ‘God is love, and God is our Father’. We seek fathers’ love. Fathers’ love is what this generation had been denied!

In this context, what Philip asked Jesus is relevant,

***“...Lord show us the Father, and it is sufficient for us” John 14:8 NKJV.***

This is the lamentation of the present generation. They seek Father but fail to find Him. Listen to Jesus’ reply to Philip,

***“Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father...” John 14:9 NKJV.***

***Jesus had said, “I and My Father are one” John 10:30 NKJV.***

We should attain the enlightenment about Jesus if we are to come out of all rejections. Once you comprehend Jesus fully,

then you will realize the truth that God is the Father. And the truth will set you free. It is the need of the hour that the present generation should know, God is the compassionate Father and not the cruel apparition they presume. This revelation can only be acquired through Jesus.

In Luke 15, we see the Father’s love. Our mental make up of rejection brands the ‘lost son’ as prodigal son! He took his portion of share from his father, went away, indulged in all kind of undesirable acts, lost all his money. When he was hungry, in his dire situation and in his loneliness nobody extended a helping hand. At last he became conscious of his mistake and decided to return to the father. Even if you are totally shattered you should not suspect the love of God. Jesus loves you even today. You may be the most wicked person, yet He loves you. In this parable the decision of the lost son to return was amazing. He had known his father. He was sure that his father still loved him even when all the others had rejected him. When he returned, his father saw him at a distance and came running to receive him. The father embraced and kissed him. This is the love of recognition. Who would embrace a dirty, unwashed, stinking, ugly and shattered person! If married, the wife would have covered her nose and directed him: “Go wash and come, then I will touch you”. But father’s love is unconditional. The father accepts you in whatever condition you are and then strives to transform you. But our society approves you only if you have some acceptable quality in you. The present day churches are inclined to accord recognition to those who are already transformed. For such transformation, human standards are the criterion according to them. But we should be enlightened about the unconditional love of the Father that accepts first and then transform.

Jesus does not accept us on the basis of our past accomplishments, but by His victory on the cross. Is there anyone who gives recognition to us even in our failures! The marks obtained in schools are the criteria for parents’ recognition

to their children. Those parents, who undergo undue stress with regard to their children's education, are proceeding in the wrong direction. Your children should at times have the right to failure too! Suppose a son, who failed in his tenth class, is rejected and discarded by all. But if he has assurance that his parents will not forsake him, he will not attempt suicide. Unfortunately, only the victorious has recognition these days and the vanquished commit suicide. All the defeated ones should reach out to Jesus. Jesus will never forsake you even if no-one else accepts you. His love is unchanging love and is not bestowed upon you on the basis of your merit, ability or your social standing. God the Father proclaims:

***“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life” John 3:16 NKJV.***

This is the only truth, the absolute truth. Jesus accepts you exclusively on the basis of God's love and not for anything else. Hallelujah!

## 6

## SHOCKING INCIDENTS

**H**uman mind has space for incidents. Inciting episodes that have jolted life would agitate the mind relentlessly. The lacerations from them would remain for long.

***“Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you” 1 Peter 4:12 NJKV.***

Those who have gone through shocking incidents would undergo mental turmoil. They may see nightmares, wake up abruptly in sleep and will suffer insomnia. Those who have witnessed shocking incidents may turn out to be gloomy and moody individuals.

I had occasion to pray for a sister who was moody always. She narrated her story. When she was traveling with her husband on a scooter, a bus hit them. She was thrown off and

she landed in the shrub away from road with minor injuries. As she opened her eyes she saw her husband being crushed beneath the bus. She heard the cracking sound of her husband's broken skull. She was terribly shocked. Even years after the incident she was unable to escape from that horrendous shock.

Death creates void. We should fill that void with God's solace.

***“A voice was heard in Ramah,  
Lamentation, weeping and great mourning’  
Rachel weeping for her children,  
Refusing to be comforted,  
Because they are no more” Matthew 2:18 NKJV.***

God comforts soon after mishaps. But often we are unable to accept relief. The question, ‘why this happened to me?’ springs up in us. You may fail if you seek reason for the mishap. Instead, we must derive the comfort of God. And fill the void with God's love.

If we do not accept the solace of God, evil spirit will occupy the emptiness. Such people will suffer great mental turmoil.

A girl who was horrified on hearing her father's death explained her shock to me. Her father was employed in Kuwait. Every morning he used to call this daughter. She ran to the phone as usual, this morning as it rang, enthusiastically to talk to her father. Meanwhile her mother had picked up the receiver. The message of her father's death shocked the mother and she fainted. The girl picked up the phone. She was stunned! She was terrified! She was disgusted with God. She began to say, ‘God has killed my father’ and as a result she was not ready to receive the comfort of God. She was suffered torture from evil spirits. She was duly delivered free from the turmoil by earnest prayers. She believed and proclaimed that God will only do good. She stopped exploring the reasons of her father's death.

***“And we know that all things work together for good to those who love God, to those who are the called according to His purpose” Romans 8:28 NKJV.***

Every tragedy has a hidden blessing! We must have the right attitude to discover that..... On the 2<sup>nd</sup> of February 2002 I went through a terrible tragedy. After the birth of my second child, my wife, children and my mother-in-law were travelling from Arunachal Pradesh to Kerala by train. I was at the station to receive them. The train stopped and my wife and children stepped out. My mother-in-law was passing out the luggage. Abruptly the train began to move. The last piece of luggage was tossed out. I yelled to her not to step out and told her to get down at the next station. But it was too late. She had already jumped out in panic! One second... she slipped down from the platform and was caught beneath the bogey. She was crushed between the grinding wheels and rails! When the last compartment moved out, I saw pieces of her body scattered all over the track. One look and I felt being dragged down to an abysmal depth. I was shattered beyond words. The turmoil engendered by that tragedy was enormous. Deep anguish, void, fits, and fear began to haunt me. I thought my ministry had come to a close. A horrible sense of emptiness tormented me and an unexplainable disposition ensnared me. In this extremely pathetic predicament Jesus began to speak to me. And thus I was able to discover the essence of Inner Healing. Mishap is never desirable. Let it not happen to anyone. But if it occurs, what is to be done? We should turn to Jesus and if we do so, the blessings hidden in the tragedy will come to us. I am a living illustration to this fact. I have healed my anguish in Jesus name.

If wounds from such mishaps are not healed, it will hamper our fruitfulness. Even after years we would still be living in those excruciating memories. Our usefulness will fade out. It will impede the health of our mind and body as well.

There are people who live under the nasty impact of sexual harassment; especially those subjected to child-abuse. Those girls who were sexually exploited by their fathers would not be able to escape from such shocks. Those who have been raped forcefully will carry the grief in their heart lifelong. David's daughter Tamar was sexually assaulted by his son Amnon (2 Samuel 13:20) and because of it, Tamar had to live alone in Absalom's house.

Jesus likes to heal us from all mishaps. Our emotional response to the shocking past will be cleansed by Him. And He will provide total healing.

***“Peter said to Him, Even if all are made to stumble, yet I will not be” Mark 14:29 NKJV.***

***“...Lord I am ready to go with You, both to prison and death” Luke 22:33 NKJV.***

Peter had sincerely stated it with total conviction. But it so happened that Peter denied Jesus thrice! It shocked him and shattered him later. But, look how lovely is Jesus' healing process which is recorded in John 21. Peter had denied Jesus thrice; Yet Jesus asks Peter thrice, “Simon, son of Jonah, do you love Me more than these?” When, for the third time Jesus asked, Peter's eyes were welled up with tears. But his wound was healed by his tears. The memory of the shocking incident vanished from him and Jesus' love filled his heart instead. Peter was fully healed. Peter who received inner healing was entrusted with: “Feed my sheep”. Peter was assigned with the new responsibility of feeding His sheep. Peter is an abiding example to the rejected, and to the tortured. By this episode we know, for sure, that Jesus cares for the shattered and the dejected. On the day of Pentecost, Peter, who denied Jesus earlier, was the one who delivered the first message to the world.

# 7

## DELIVERANCE

**H**ow can we attain healing and deliverance from inner wounds? The major obstacle against our deliverance is due to our self-centered nature. ‘My sorrow, my rejection, my despair, my tragedy and the denial of love to me’ etc., are the negative aspects that are self-directed. We grieve and sigh at ourselves. This should be stopped forthwith. Our focus should be upon the cross at Calvary. The cross of Jesus is the answer to every inner wounds.

***“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin “Hebrews 4:15 NKJV.***

Jesus is capable of understanding all our situations, our pains, our weaknesses, our rejections etc. He has gone through

these situations Himself. But they did not affect Him; they did not inflict inner wounds in Him.

***“Then Joseph her husband, being a just man and not wanting to make her a public example, was minded to put her away secretly” Matthew 1:19 NKJV.***

This is rejection. Even in His mother’s womb Jesus was rejected. On every occasion afterwards, Jesus was rejected, by those who were supposed to accept Him. The Jewish people rejected Him. The religious leaders branded Him as a man possessed with evil spirit. His relatives said He was mad. Many disciples left Him at the initial stages itself. He was betrayed by the one who was one of His trusted companions. Finally, in the Garden of Gethsemane, He was forsaken by all His disciples. Peter denied Him and cursed Him. Everybody renounced Him. He was subjected to horrific tortures. At last, disrobed did He hang on three iron nails. Yet under this excruciating agony, He prayed, “Father forgive them for they know not what they do” Without internal wounds, without accusing anyone, without rancor towards those who spat on His face, those who pulled at His beard, without anger to those who drove the nails on His palms and feet, Jesus hung on the cross for six hours.

The defining moment, the climax, was when the Father too turned His face away! That was the moment when Jesus cried out,

***“Eli, Eli, lama sabachthani”, that is, “My God, My God, why have You forsaken Me” Matthew 27:46 NKJV.***

From the moment the Father turned His face away, it was darkness all over for three hours. Darkness is not mere absence of light, but the absence of God. The inherent human nature in Jesus suffered hell for three hours. Hell is where God is not! The torture that’s our due was suffered by Jesus. For what? To redeem us fully! To heal us completely!

The greatest tragedy on earth occurred on the cross of Christ. And the greatest blessing to humanity was realized through His death on the cross.

The story of Jesus did not finish at His death on the cross. It was the beginning of a new dawn in human history. Your inner wounds, your tragedies and turmoil should not finish you off. An historical new beginning is on offer to you from Jesus. He rose from the dead on the third day; Conquered the calamity; Won over death; Vanquished the ruler satan. Today He is immortal. You should demolish all sepulchers and rise up. The tombs of inner wounds inflicted upon you by satan should be crushed and you should resurrect. Let it be said of you as in Mark 16:6, which succinctly puts: “He is not here, He has risen”. Come out of the iron fetters of inner wounds.

**BEHIND THE PRISON BARS OF INNER WOUNDS**

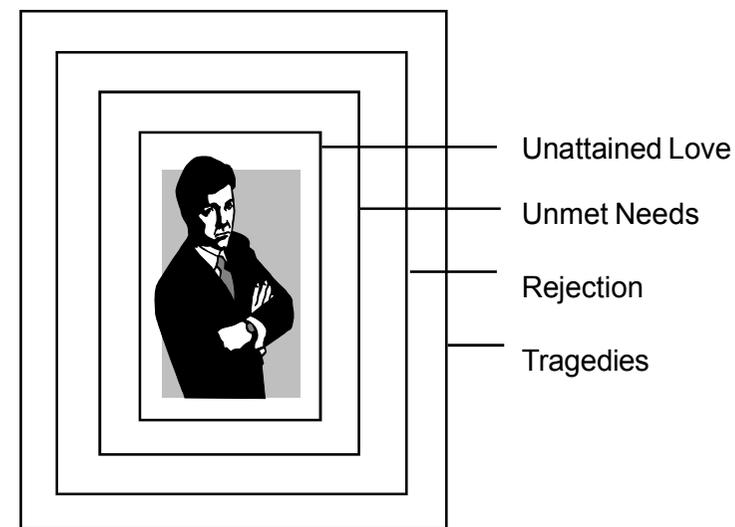


Fig.3

I was behind the iron bars of inner wounds

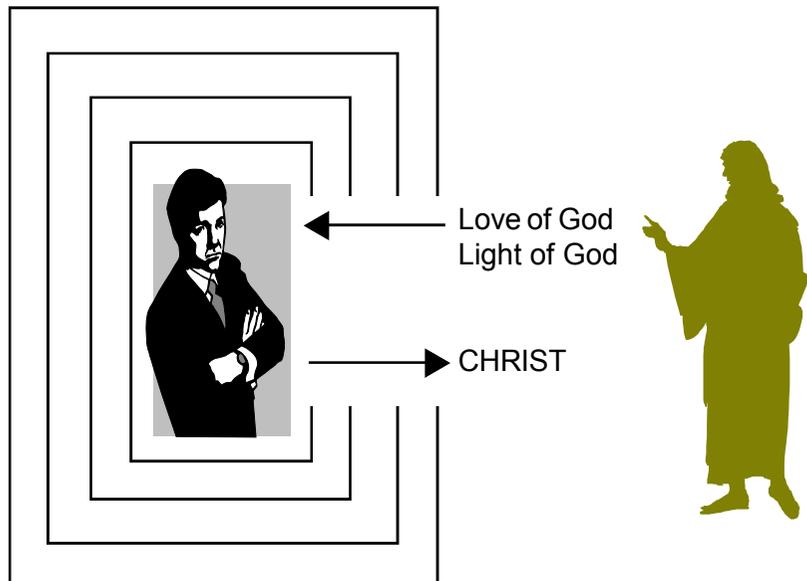


Fig. 4

Jesus' love entered and His light shone shattering the iron bars. And I saw the place where Christ stood.

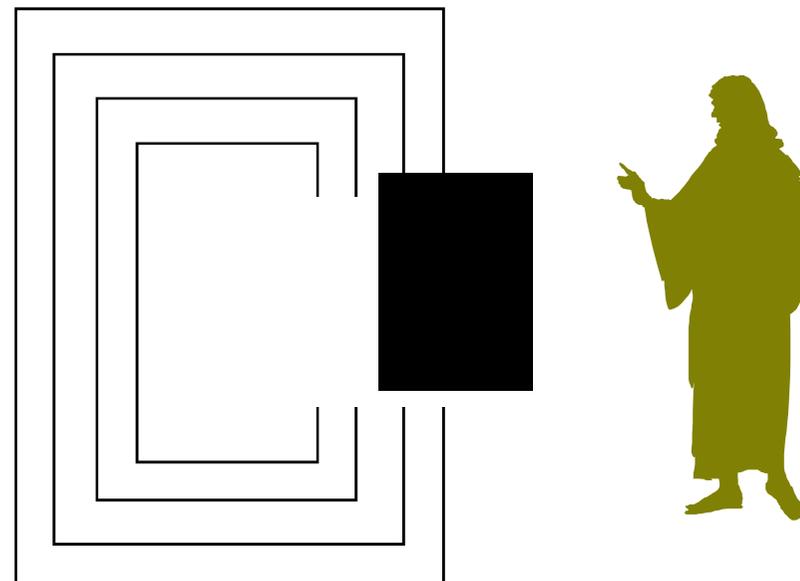


Fig. 5

I reached out to Christ through the miraculous door leaving the prison of my inner wounds.... To be more and more Christ-like.

***“A certain man went down from Jerusalem to Jericho and fell among thieves, who stripped him of his clothing, wounded him, and departed, leaving him half dead” Luke 10:30 NKJV.***

This is similar to those who have suffered inner wounds. Those caught and lacerated by the robbers of evil spirit! In the Luke 10:30 episode, we read that the priests of religion did not help the wounded. The Levite, who represented the laws and traditions, too left him unattended. But the good Samaritan

bandaged his wounds pouring on oil and wine and brought him to an inn and saved him. Jesus heals inner wounds even today.

*“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls” Hebrews 12:1-3 NKJV.*

## **PRAYER**

*Heavenly Father, I seek your face in Jesus name.*

*Place Jesus’ nail-driven hands on me to heal my inner wounds.*

*Bandage my wounds with oil and wine.*

*I rebuke all powers of darkness in the name of Jesus.*

*I receive complete healing.*

**AMEN**