

Section One - The Wounded Heart

At the beginning of His earthly ministry Jesus declared that the following Old Testament prophecy referred to Him.

The Spirit of the Lord GOD¹ is upon me; because the LORD¹ hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to *them that are bound*; To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified. [Isa 61:1-3]

[**Note 1** - In the Authorised Bible as quoted here. When God's name Yahweh occurs it is either translated as GOD or LORD. This follows the Jewish custom where they were so fearful of using His name with dishonour they never used it at all.]

Is there anyone who has not had times of deep pain where distress has been caused by how others have treated us? If the heartbreak of these times is not healed correctly we can grow up wounded deep inside and then we cause others distress by our disfigured attitudes and behaviour. The earlier in our lives we receive these wounds the greater their effect can be upon us. Unloving treatment that can even go unnoticed by an adult can leave a child utterly devastated and wounded for the rest of their life.

Godly Nurturing

The essence of our character is formed in the first few years of our lives. Anything that provokes an ungodly response from us especially in those early years has a profound affect on what we become and what we have become is revealed by how we respond to life's pressures today especially those caused by our most intimate relationships.

Scripture teaches that fathers, not mothers as in today's western culture, are responsible for nurturing their children and that they should be the foremost influence actively involved in it.

Give ear, O my people, to my law: incline your ears to the words of my mouth. I will open my mouth in a parable: I will utter dark sayings of old: Which we have heard and known, and our fathers have told us. We will not hide *them* from their children, showing to the generation to come the praises of the LORD, and his strength, and his wonderful works that he hath done. For he established a testimony in Jacob, and appointed a law in Israel, which he commanded our fathers, that they should make them known to their children: That the generation to come might know *them*, even the children *which* should be born; *who* should arise and declare *them* to their children: That they might set their hope in God, and not forget the works of God, but keep his commandments: And might not be as their fathers, a stubborn and rebellious generation; a generation *that* set not their heart aright, and whose spirit was not steadfast with God. [Psalm 78:1-8]

In appreciation of this general principle several cultures have a ceremony after a child is weaned where the child is handed over by the mother to the father for completion of its nurturing. When a mother takes complete charge of nurturing a child instead of the father the relationship between the child and its parents is not a properly balanced God ordained relationship. Whenever God's instructions are ignored there are evil

consequences. In the vast majority of families this results in the mother becoming controlling, the father becoming passive and unknown by the parents the incredibly delicate heart of their child is abused and wounded by being brought up in these ungodly circumstances.

This situation is further reinforced in that all women are inclined to be controlling through the consequences of the first sin that still affects us today.

Unto the woman he (God) said, ... and thy desire (to control) *shall be* to thy husband, and (but) he shall rule over thee. [Gen 3:16]

The word translated 'desire' in this verse clearly means 'desire to control' as can be seen when it is used in exactly the same sentence structure in Genesis 4:7 when it refers to sins desire towards Cain and there is nothing warm and cuddly about that.

We can observe from this that just like Eve was deceived by Satan and as a result became controlling then anyone who is deceived can easily become domineering and vice versa a domineering person usually does not perceive reality correctly. A controlling person feels superior and considers that everything should be done their way otherwise they get agitated, show contempt and can become very hostile.

The intimate approval and support given by a father imparts masculinity to his sons and femininity to his daughters in a way that a mother is unable to. The love of a father completes, affirms and validates a child in a way the mother cannot. Without this intimate input from the father a son usually becomes relatively effeminate and passive and a daughter relatively masculine and controlling. When seriously affected by this mechanism some children when fully grown do not mature fully emotionally and can when under certain pressures sometimes slip back into behaving like a little girl or boy.

A young man as he grows up may try to fight back against his passivity especially in close relationships by acting forcefully in less intimate relationships. This can result in a complex mixture of passiveness and forcefulness. A man can also try in vain to feel complete through possessions, achievements or even through his relationship with his partner.

Without her father's intimate nurturing input a young woman will feel abandoned and lonely. Understandably she will start to dream that one day a knight in shining armour will come along and rescue her from all her pain and empty feelings. When a damsel in distress does find her 'knight' despite how loving he may be he will not be able to fill the gap created by incomplete nurturing that she hoped he would. Many women start to despise and hold their husbands in contempt because of this mechanism.

If the bond between a mother and her son has serious ungodly elements then the son can develop a 'hatred of women' (misogyny) and a bad bond between a mother and her daughter can encourage a 'despising of men' to develop.

As if all of these problems are not tragic enough we have a natural tendency to see Father God through the same eyes that we view our natural father through. If our natural father has caused us great pain we can easily think our heavenly Father will treat us in the same way. It is vitally important to see that our heavenly Father is nothing but pure love.

It is not easy for us to see these mechanisms at work in ourselves and that they are causing a negative effect on our close relationships.

Masks

When we are controlled in an ungodly way, which includes being under the influence of ungodly patterns of nurture, we are being forced and trained to react and behave in ungodly ways that are not right and good for us. In effect the character or nature of the one making ungodly demands upon us is being trained into us.

for of whom a man is overcome, of the same is he brought in bondage. [2 Pet 2:19]

When someone unknowingly or deliberately manipulates us by bullying, rejection or through angry emotional outbursts we are in effect being abused. Our parents have a legitimate right to correct and discipline us when we behave in ungodly ways but this should not be done by abusing us. When a child is disciplined spitefully by a parent then the character flaws of the parent are in effect being imparted to the child.

If we need to submit to a person who is abusing us, out of fear we will naturally tend to put on an act to please them. When we love someone we can also put on an act to please them too. Before long we are putting on an act in all our relationships. Our acting is like a mask that we wear when we are relating to others. We try to fool others and often ourselves that these masks are the real us. When these masks are developed right from our early years we can be completely unaware that we are even wearing them. Eventually in certain situations we just subconsciously slip on a particular mask. We have in effect been trained to live out false personalities where the real us has been suppressed and usually seriously wounded. Through all this we develop many habitual attitudes, thought patterns and emotional responses that are ungodly and very unhealthy for us.

At any time in our lives we can also put masks on in response to being worried or frightened by something. We do it in an attempt to feel secure because it enables us to comfort and hide from our fears.

If we wear a mask for even a short space of time it quickly becomes part of us and we find it incredibly hard to take off again. We can modify our masks a little in our own strength, but we cannot fully remove them and be healed of their effects through our own efforts, however skilful and dedicated the help we may receive. Many believers refuse to admit their masks to themselves and to God and miss out on receiving the fullness of the new life Jesus came to give us all. Sometimes we need to pray about being released from a mask more than once as God opens to us more about how it has been affecting us.

These masks were created in the first place as a means of inward defence. So as we work with God, letting Him lift them from us, we are removing what was previously our only means of defending ourselves and we can feel very vulnerable, exposed and indeed scared. It can feel like we are being operated on without an anaesthetic because our feelings lie to us that our masks are the real us and we cannot cope without them.

During the teenage years as children start to grow away from their parents they can also try and break off these masks but they cannot, and out of frustration they may become rebellious.

Wounds

Our masks hide wounds deep inside. These wounds are often received through words.

I am among men whose teeth *are* spears and arrows, and their tongue a sharp sword. [Psa 57:4b]

**Who sharpen their tongue like a sword and shoot their arrows, bitter words:
[Psa 64:3]**

Their tongue *is* a deadly arrow in flight. [Jer 9:8]

**A man who lies about his neighbour is like a club, a sword, and a sharp arrow.
[Pro 25:18]**

To be made whole our masks have to come off and our wounds need to be healed. The saying that time heals is a poor caricature of the truth. Unless dealt with correctly wounds will never stop affecting us. Our inner wounds can be compared to a splinter. It does not matter how well we may bandage it up and learn to live with it until the splinter is removed it will continue to cause us pain especially by intimate contact with others. Our masks are like bandages that we wrap up our wounds in to stop them being so easily touched by others. Our most intimate relationship will be the one that is likely to expose these wounds the most. We do not like people who disturb our wounds and we fall into a deceitful trap if we blame them for making us feel uncomfortable.

Pain from the torture of our physical body is not healthy; likewise the pain from inner wounds is not healthy to our inner man. Normally when we feel physical pain it is pretty obvious but if the pain is moderate we can learn to live with it so that we do not let it affect us. Inner pain is often like this and is frequently the unrecognised reason why we have difficulties in our relationships. When something quite minor happens to us that is not pleasant it can hit an inner splinter within us and we react out of all proportion to the current situation.

Often we were originally wounded when we were too young to cope properly with frightening or painful things that happened to us, we just grow up accepting the effects of these things in our lives as normal.

To be healed of these wounds, remove our masks and be free to be the real us we need to learn to recognise them and how to deal with them. Often unknowingly we minimise the pain they cause us by keeping others at a distance and not giving ourselves in loving ways. We also minimise pain through selfish attitudes and behaviour that causes us to hurt and offend those around us. God calls this behaviour sin but praise Him that He sent Jesus Christ to forgive the past, heal us and set us free to love.

Strongholds

Our masks defy logic because they are driven by our emotions and so our hurt and twisted emotions land up dominating how we respond in various situations. We all want to believe we are logical beings and we convince ourselves that we are but these things cause us to act illogically. When our understanding of our circumstances is not aligned with reality we inevitable land up frustrated within and in conflict with others.

There is one scripture that compares our faulty thinking and feelings to a stronghold. In the physical a stronghold is a strongly fortified place where we can hide when attacked by an enemy like a fortress or castle.

**For though we walk in the flesh (natural), we do not war after the flesh (natural):
For the weapons of our warfare *are* not carnal (natural), but mighty through God to**

the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; [2 Cor 10:3-5]

The word translated as 'imaginations' above has a sense of reasoning or even argument in the original. We can easily find ourselves arguing or complaining about things that are not real. This is not a healthy way of thinking and we need to stop this happening. Being thankful is the opposite of and the antidote for complaining. The scripture above demonstrates that the battle to live our new life in Christ centres on us pulling down the strongholds of ungodly thought patterns and emotional responses within us. This is important because what we think is what we are.

For as he thinketh in his heart, so is he: [Pro 23:7]

It is so important that we develop a love of the truth despite how much it may sometimes hurt our pride or even scare us. We need to overcome our natural tendency to try to deny the truth about ourselves so that we can feel comfortable about ourselves. It seems likely to me that everyone has a wrong self-image. There will be areas where we are 'up' about ourselves (in denial of our problems) and there will be areas where we are 'down' on ourselves (over critical of ourselves). If we will not face the truth about our ungodly ways we will never be able to be set free from them.

If ye continue in my word, *then* are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free. [John 8:31-32]

There are many types of stronghold that can grip a persons mind. I consider the three major ones to be rejection, rebellion and control. They were all first seen at 'The Fall'. Eve was deceived and as result of this she became controlling. Adam submitted to his wife and become passive and so rebelled against God and as a consequence was rejected from the Garden of Eden [Gen 3].

Rejection

Rejection is a painful spiritual splinter that I am persuaded has pierced everyone's heart to some extent. When we are rejected especially when young it is like having a sword pierce your heart. It has been established that even an unborn baby in the womb can sense whether it is wanted or not. When a young child has a parent who dies or leaves the family home or is just not showing interest in them the perceived rejection can be devastating to the emotional well-being and development of the child.

Physical, sexual, emotional or verbal abuse can all lead to feelings of deep rejection especially if received when young. When we feel that those we trusted in to care for us do not it can be overwhelming and we become profoundly wounded deep down in our inner man. It has been suggested that we all need at least one person in our lives that we know will never reject us whatever we have done so that we will stay 'balanced'.

The greater the level of rejection that we receive when young the greater the likelihood of serious wounds crippling us deep inside. Later when we are rejected the current pain from the current rejection is magnified out of all proportion as it hits the inner splinter of the unhealed past rejection.

If we have been deeply wounded by rejection we can then develop a fear of being rejected. To avoid being rejected we are hesitant in relationships and this then leads to us rejecting others and a viscous circle is created. We can then even start to feel

unacceptable to ourselves and we can start rejecting ourselves, which can lead to all manner of self-abuse and unstable behaviour.

Those suffering from rejection find themselves subconsciously compelled to develop ways of pacifying the emptiness inside and to mask their pain. If we respond to being rejected incorrectly we open the door for even more spiritual problems to develop. Here is a brief description of the most common ones.

Self Pity can easily hijack feelings of rejection and can overwhelm a person with misery. When fully developed they see themselves as an innocent victim but they abuse others by demanding they rescue them. Jesus alone can rescue us so the hoped for rescuer inevitably fails. The 'victim' then turns on the failed 'rescuer' accusing them of being the source of all their problems.

Inferiority causes the rejected one to feel inadequate with very low self-esteem.

Insecurity envelops those who feel completely unloved and unlovable.

Hopelessness leads to discouragement, depression, despair and even suicide.

Guilt is a negative reaction to feelings of rejection where the person becomes persuaded that they deserve to be rejected.

Shame is where guilt has so overwhelmed someone they cannot forgive themselves over certain issues and it can lead to severe self-hatred.

Escapism is used to numb the inner pain a rejected person feels. They create masks and live out their lives in a fantasy world where they hide especially from themselves. They become addicted to how they hide through their employment, possessions, hobbies, entertainment, TV, bed, eating, fitness, drugs etc.

Self Promotion can be used to pump up their deflated ego.

Lust for power, money and sex can be used to mask their inferiority.

Good or Foolish Activities can be used to demand respect or attention from others.

Perfectionism can be used to say I am right nobody can tell me this is wrong.

Bitterness opens a person to being tormented by disrespect, hate, anger and a desire to retaliate. Hurt people can easily become critical, judgemental and unforgiving trusting and respecting nobody. Bitterness is the root issue behind ungodly and faulted defence mechanisms that cause a person's own faults to be projected onto others.

Rebellion can be created when selfishness and pride are added to the feelings of rejection. A person may become independent, stubborn, unteachable, un-correctable un-persuadable and defiant of legitimate authority.

Control over everything can be sought so as to calm their deep insecurity.

Illnesses often develop from all the suppressed resentment and anxiety.

Rebellion

A major serious offspring of rejection is rebellion, where someone deliberately defies godly authority. Uncontrollable anger will often be displayed. Arrogance, stubbornness and boastfulness leave the wounded heart lonely and in a dry place. Scripture indicates that God particularly dislikes rebellion.

**For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry.
[1 Sam 15:23]**

It is possible to invite a rebellious spirit in by releasing unrestrained anger and frustration over such things as bad parenting or care from those put over you. Supporting rebellious causes and meditating on music born out of rebellion can also open the door for this spiritual wound to penetrate very deep into the core of our being.

As rejection and rebellion develop their hold on a life the person affected will increasingly believe lies about what is really happening to them. They will see people rejecting them when they are not. Reality is increasingly lost touch with and can easily develop into major self-deception. The self-deceived person will belligerently hold on to their illogical conclusions based on their ungodly feelings despite the facts and that nobody agrees with them. If reality is seriously lost touch with a person disassociates from the real world and can start to develop mental illnesses such as manic depression and schizophrenia.

Control

Some aptly call a person with this character flaw a 'user'. A self-deceived person feels they have the right to make others do what they want and they become manipulative but they are so deceived that they will be unaware of it. When fully developed the person becomes unteachable and untouchable by the truth. They are not only deceived but are now deceivers of others too. They can blatantly lie and still be convinced they told the truth. It is everybody else who needs help not them.

Rejection says "Nobody ever does what I want".

Rebellion says "I will never do what you want".

Control says "You are going to do what I want".

A controller puts on a very confident mask but the real person inside is very insecure and when this insecurity is touched they will often become aggressive. In pacifying the fears within they become addicted to controlling behaviour and attitudes. They are frightened of giving and receiving love. When control is fully developed it cannot be corrected, it cannot listen without feeling intimidated and it desires to lash out and hit back. When control is challenged its pride sees itself as superior and above criticism as it believes nobody really understands correctly like it does. Love of the truth has been lost. A controller will sometimes complement others to be seen to be superior enough to make such a judgement. By displaying contempt, stress or blatant anger others are intimidated into pacifying them, but if anyone else shows signs of stress they become agitated and feel accused. If anyone else takes an initiative that requires their cooperation they tend to reject, reform or ruin it. They need to feel or to be seen as superior. They will give you thanks for doing things that you are jointly responsible for as though they are over you. They will give a compliment in such a way that you will feel obliged to give one back. There is no sense of being a team or doing things together. You are expected to make their life pain free. They have to be leader of the pack whether they recognise it themselves or not. They make non-rational accusations

by twisting the truth. If you defend yourself it is seen as falsely accusing them. Serious discussion becomes impossible.

Many manipulative people love chaos (management by crisis) because it stops anyone else being able to control anything. They create chaos by not cooperating and making decisions together at the appropriate time. By making a late decision they are then able through emotional manipulation to demand their own way without having to accommodate your preferences, which they probably already have assumed and dismissed. They do not trust others to do what they want so they are unable to delegate or trust others with responsibility.

They will falsely accuse you of doing something (rejecting, rebelling, controlling even) while in the very act of doing it themselves. Their denial and self-deception can be awesome. They will control out of fear and will make many unreasonable demands that even when fulfilled will still leave you rejected.

If you submit to control out of fear you are in effect worshipping it and are being idolatrous. Prayers to break free of being controlling and being controlled are presented in Section Five - The Restored Heart.

Pain

When a situation arises that hurts us there are two major ways in which we respond to it that affect how our character develops. We can face the situation honestly or we can go into denial in an attempt to escape and numb the pain. We can also be determined to overcome the pain and fight through it or we can give up and let the pain roll over us. These two ways of responding to pain lead to the four main personality types as presented in the following table:

Responses to Pain

	Honestly	Denial
Fight	Healthy	Hypocrite
Give Up	Depression	Psychotic

If we fight through a painful situation honestly we recover quickly. If we still fight but only look through very self-orientated proud and possibly bitter eyes you will progressively lose touch with reality and become a hardhearted hypocrite and more than likely very controlling. If we see the situation accurately and let it overwhelm us the 'D's' start to develop; depression despair, despondency etc. Despite all the aggression likely to be shown on the outside if we are very weak inside and become overwhelmed by the pain and give up as well as not being able to face the facts then we can seriously lose sight of reality (psychosis) and all manner of mental illnesses can develop. We can even respond to different sources of pain in different ways or we may even have a complicated mixture of responses.

Two core issues need to be addressed in helping someone who is seriously mentally ill (where someone has lost touch with reality). One is getting them to see things honestly and not through extremely self-centred eyes and also getting them to see themselves as a victor in Christ and not just a victim of everybody else's abuse.

It is a dangerous place to be in, if you are beyond correction. I consider it to be the most awesome negative character defect when a person cannot be shown their faults.

**A reproof entereth more into a wise man than an hundred stripes into a fool.
[Pro 17:10]**

Being beyond correction locks a person's heart in a dungeon because it is knowing truth that leads to freedom. A person may try to get their own way by manipulating and intimidating others, but it is completely outside the nature of God to do that. So if you have made up your mind that you are right, then if you should be wrong, then not even God is able to make you change your mind. The consequences of not being humble and open to correction are painful for everyone around you, not just yourself.

Depression

Disappointing situations discourage us all but depression is a far more serious issue. Normally when someone receives abuse or has to endure stressful circumstances they will soon bounce back and become relaxed, contented and clear headed again but this does not happen for the depressed person. When a depressed person is subjected to stress painful emotions explode within them sometimes accompanied by self harming desires.

A depressed person feels miserable for long periods of time when there is no real need to be. They are very irritable and will blame those around them for their misery. They recoil from intimate relationships and cause them to become superficial. They will feel continually exhausted and can find it hard to concentrate. They find decision making hard and they worry about anything and everything. They may suffer from headaches. They may not be able to sleep or they may even deliberately over sleep as a form of escapism from their situation.

A depressed person may become so used to their condition they treat it as normal and they do not appreciate what is happening to them. They will usually believe they are responding reasonably and logically to what they see as external pressures on them. Their marriages are severely strained by their temper, irritability, tiredness and apathy.

Teenage mood problems in reality are often depression based, which is not a normal healthy developmental phase. Most adult mental disorders start in the teenage years.

Trying to cope with these things using our own resources can lead us into all manner of sinful habits and attitudes that can develop into serious personality disorders, addictions and compulsions where close relationships can break down and become dysfunctional.

If depressed for more than a couple of years the chemistry in the brain changes and a person is said to be clinically depressed. This further binds the sufferer to confused thinking and irrational emotions.

Many can learn to cope with depression using techniques and therapies but it is actually possible to deal with the root cause of the depression and be completely healed of all its affects. There are three interwoven aspects to this problem that all need to be dealt with. There will be the wounds to our inner man out of which the depression grew. The irregular brain chemistry that developed as a result may need to be corrected and lastly we may be under the influence of demons. Appendix Three 'The Demonic' provides an introduction to the reality of this realm.

Manic Depression

A person suffering from manic depression is a depressed person who has spells of manic (excessively excited) behaviour where instead of hiding like most depressed people they become assertive and may talk loudly, excessively and very animatedly.

The manic (excessively excited) personality is a major mask while the real person is depressed. Conventional treatment tries to help the sufferer by keeping them in the low manic. Likewise some Christian counsellors try to deal with this by encouraging the mask which is often very religious and cast out the evil of depression. This makes the person even more depressed because in fact it is the religious mask that needs putting to death and the depressed real person needs to be cleansed and healed by the blood of Jesus Christ.

The manic-depressive is unable to relax and is continually agitated. They struggle to think things through and finish a task. They promote themselves and try to be the life and soul of the party. They put lots of energy into grandiose plans. Their minds will race with things that they demand you give your immediate attention to.

When their behaviour is objected to they will be irritated and they may go into an intense rage. They have poor judgement especially when spending money. They need less sleep, and food becomes less important to them. Getting tired can trigger a manic phase where they act impulsively and take risks, for example sexually, personally or financially. During a high nothing is wrong and there is no reason to seek any help. A disappointment can easily throw them back into deep depression again.

Like most other mental disorders manic depression usually starts in late adolescence. It can open someone up to addictions, which are used as self-medication for the person's inner pain.

Schizophrenia

Many consider the most serious mental illness to be schizophrenia. The extent to which you can be affected can vary tremendously. It is easy to be affected in a minor way and not even appreciate it so let us review its worst symptoms so that we can assess whether we are under its influence in any way.

Schizophrenia is a personality disorder where thoughts and feelings have become disconnected. They are no longer working in harmony, which results in irrational behaviour. Often schizophrenics will be convinced there is nothing really wrong with them. Their problems are always someone else's fault. They are the victim and are not responsible for what is happening to them. They have no conscience that their ungodly behaviour and attitudes are sin because to them their circumstances completely justify how they feel and how they deal with it.

When mood swings are very severe and the person loses touch with reality they have gone beyond a mood disorder and have started to show symptoms of a psychotic disorder where they have started to behave like a schizophrenic. Like a manic-depressive the schizophrenic is someone who is depressed who has manic outbursts but now their very aggressive accusations have lost touch with reality.

Schizophrenia is a thought disorder where the ability is lost to tell the difference between what is real and what is imagined. Thoughts and feelings have defragmented

and need harmonising again. Schizophrenia causes a different type of chemical imbalance in the brain to that caused by depression.

Especially during the manic phase the schizophrenic is unpredictable and will be impatient with those who do not do what they want when they want. Their need for sleep reduces and they become very egotistical. Although verbally dominating and aggressive their thoughts are scattered and disorganised which shuts down meaningful communication. They become uninhibited including sexually but within they are withdrawn, emotionless and suspicious. They put the blame for everything negative that is happening to them onto others. They can even feel watched, followed or persecuted. They can hear voices and see things others cannot.

They often release stress through unrestrained emotional outbursts that can be very abusive. They make false accusations on the flimsiest of evidence and refuse compelling evidence to the contrary. Through their accusations they justify their aggressive and sometimes passive rejection of those close to them who cannot help disturbing the painful splinters hurting them inside. They look through the masks they have covered over their pain with and see you as the source of the pain. If you should crack under the pressure of their abuse you prove their accusations are correct and they can then immediately drop their hostility as though the whole situation is your fault. If a schizophrenic becomes stressed especially by being forced to face reality they will become emotionally disturbed and create chaos until they are left alone to withdraw back into their delusion.

In schizophrenia the two major masks of rejection and rebellion with control not far behind have become so dominant that the real person has virtually become inactive. The sufferer may not appear timid but deep inside there is a frightened person needing to be empowered to stand up and take their rightful place. Schizophrenia usually starts in the teens or early twenties and can be associated with the time they started to embrace rebellious attitudes within.

Like addictions and other mental illnesses the schizophrenic personality grows out of deep rejection and pain in the sufferer's past that seriously distressed them and that they were unable to cope with emotionally. Feeling unloved and wounded deep within they fought back outwardly by embracing rebelliousness and deep bitterness. The inner pain and stress caused by all this is comforted by putting on various masks or false personalities that can be subconsciously switched between in an instant. When a schizophrenic false personality is under pressure another false personality will surface to help or replace it. One minute you have established something with them and then a different personality starts arguing from a completely different angle. The chaos caused makes the schizophrenic the centre of attention, which enables them to control those around them.

The schizophrenic's awareness will centre on their feelings of rejection and they will feel insecure and depressed. They will find it hard to appreciate that to those around them they are rebellious and bitter and are being abusive, paranoid and manipulative.

The overall strategy to overcome this stronghold is to break apart the two main elements of rejection and rebellion. Rebellion has two further significant elements of bitterness and control that need separating too. The fears beneath the paranoia will also need addressing. The separated elements and their minions are then dealt with.

Verbal Abuse

Often the manic personality becomes angry and verbally abusive. Then switches personality and treats the person they have just abused as though it is all their fault. Jesus taught that unrighteous anger is as sinful as murder.

Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: [Matt 5:21-22]

The whole of James chapter three is relevant if you can stop and read it. When you burn someone with your tongue you caused immense pain.

And the tongue *is* a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. [Jam 3:6]

But the tongue can no man tame; *it is* an unruly evil, full of deadly poison. [Jam 3:8]

Can the fig tree, my brethren, bear olive berries? either a vine, figs? so *can* no fountain both yield salt water and fresh. [Jam 3:12]

But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom descendeth not from above, but *is* earthly, sensual, devilish. For where envying and strife *is*, there *is* confusion and every evil work. But the wisdom that is from above is first pure, then peaceable, gentle, *and* easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace. [Jam 3:14-18]

These verses are clearly saying that if you have a problem controlling your tongue there is likely to be a demonic influence that you need to break free of. Can you listen to an opinion contrary from yours without becoming agitated? Can you hear criticism without attacking the person back that it came from? You think you are wise but a wise man receives correction while staying in peace.

Self Abuse

Someone who is suffering from serious rejection may turn in on themselves and become filled with massive bitterness and self-hatred. The torment of their deep inner pain demands to be satisfied by hurting themselves and they become addicted to the short lived release this brings.

Eating Disorders

There are three main eating disorders. Anorexia is where the sufferer starves themselves. Bulimia is where the sufferer binge eats and then induces vomiting. Compulsive eating is where the sufferer eats to comfort themselves.

Eating disorders are a coping mechanism that tries to pacify inner pain without dealing with the root problem. The inner hurts are there due to a lack of life skills at the time they were inflicted. Rejection is usually the source. Tormented by feeling trapped by circumstances depression sets in. The pain is not recognised or dealt with correctly and the hunger for right relationships is transformed into a hunger for food. The eating disorder is not the problem but it is an attempt to hide from the pain within which is the

problem. The eating habits become the sufferer's whole world. It becomes their identity.

Anorexia

This is often associated with a lack of confidence and assertiveness. It is this that has led to hidden hurts not being resolved. It is a form of protection against the pain as it hides the wounds. It is a distraction from reality that hides anger and conflict that cannot be coped with. It leads to living in a fantasy world. They feel shame instead of anger and take it out on themselves. They are often very sensitive people who have shut down emotionally. They cannot see why they exist and struggle to accept themselves. They feel they cannot succeed at anything and hate themselves. They enjoy the feelings that control over their diet brings. They are groping for independence from the opinions of others but can't form their own. They always feel wrong having no self-confidence and they shun responsibility. They have difficulty initiating anything. Rules and rituals replace opinion. They withdraw and are frightened of relationships of all kinds. They are frightened they will not be able to stop eating if they start. They fear failure so they strive for perfection. They often become very deceitful.

Bulimia

They are usually likeable expressive people. They are often very intelligent but are also very insecure. They know they have to eat but when they do they feel disgust and guilt. Having eaten they feel heavy so they induce vomiting to feel light again. They crave food and get excited about bingeing then afterwards they feel pathetic and ashamed. Frightened of being overweight they vomit and use laxatives to purge their system. The remaining fattening calories are often used up by vigorous exercise. The binge/vomit cycle is compulsive. They have very similar feelings to anorexia but are jealous of the anorexic's control. They also have a conflict between the inner and outer worlds. Outwardly they demonstrate competence but inside do not feel it. Inwardly they are longing for emotional expression but cannot release it. They strive to hide the embarrassing monster raging inside. They lack humility and find it hard to be honest about their condition. They long for love but fear exposure of their inner self and they hate being vulnerable. They are searching and will make friends easily but will drop them if they get too close. Their relationships land up being superficial. Many search for missing childhood experiences in adult relationships. They behave childishly. If someone does not smile at them then they must hate them. They feel empty, lonely and unacceptable.

Compulsive Eating

Uncontrollable gluttony is indulged in when alone which is then often denied. Secretly eating sweet food can be more important to them than their closest friend. They have most of the problems of an anorexic but instead of withdrawing they open up wanting more. Pain from relationship problems is anaesthetised with food. Food makes them feel warm and safe numbing inner problems. They have a low tolerance of negative feelings. Food tranquillises feelings of emptiness, loneliness, anger and fear. The underlying thought and behaviour patterns are usually learned in early childhood. They live for the sleepy relaxed feeling after a big meal. They can be frightened of being normal and not getting special attention any more. They believe that when their circumstances get better the problem will go away. Food is used to alleviate pain leaving the pain in control.

One secular solution for anorexia puts the sufferer on a reward and punishment system. It changes their body weight but does not deal with the inner pain that drives the

problem. Often the atmosphere in the family home is not helpful as the inner problems often involve family members. Love without honesty is sentimentality. Honesty without love is brutality. Sufferers need to be able to eat and know where to stop without feeling guilty. As an eating disorder is a flawed coping mechanism then how to cope properly needs discovering. A different relationship with food is needed. Breaking free of these problems is not done by calorie counting as sufferers think about food too much already. To obey the yes/no rules about food seems like a gigantic mountain. The rules are unimportant though doing things in the right proportion is. Right thinking leads to right feeling. Just feeling good does not get your thinking sorted out or get the problem solved.

Double Minded

Wearing masks is called being double minded by James:

A double minded man *is* unstable in all his ways. [Jam 1:8]

God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse *your* hands, *ye* sinners; and purify *your* hearts, *ye* double minded. Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and *your* joy to heaviness. Humble yourselves in the sight of the Lord, and he shall lift you up. [Jam 4:6-10]

To take off the mask that produces the manic laughter and false joy we need to mourn and weep over the darkness within and present it to God for forgiveness and cleansing. And the real person needs to enter into a time of repentance to throw off all the darkness that has come upon them and to rise up and take their correct place in Christ.

The Spirit filled believer will sometimes choose to rejoice despite their feelings so as to throw off a spirit of heaviness but masks will never be overcome using this method but will be further established.

It can require serious courage and determination to expose our ungodly defence mechanisms and acknowledge the reality of what our attitudes and behaviour actually are. How we see the outside world is filtered through these masks, which can blind us to seeing what is really going on.

Recovery

The way out of all personality problems requires a great deal of honesty. Usually someone displaying irrational behaviour sees themselves as a helpless victim who is looking for something or someone to get them out of the mess that does not demand anything from them. To overcome the problem seems too terrifying to be able to do for themselves.

They need to appreciate there is life outside of the irrational behaviour and the problems lying underneath them. They need to train themselves to stop thinking about the problems. Recovery is a process that needs breaking down into manageable goals. Boundaries need setting. Others should not consider themselves responsible for the sufferer's feelings and actions. Honesty has to be established and manipulation resisted. Making just one change a week from previous habits can be helpful. The person will find it very hard to do this alone without loving support.

Behind all major attitude and behaviour problems will be rejection, rebellion and control working together. To break free each of these strongholds is dealt with in Section Five - The Restored Heart. This will involve resolving the issues that hurt the person in the first place and will require those that caused the offence to be forgiven.