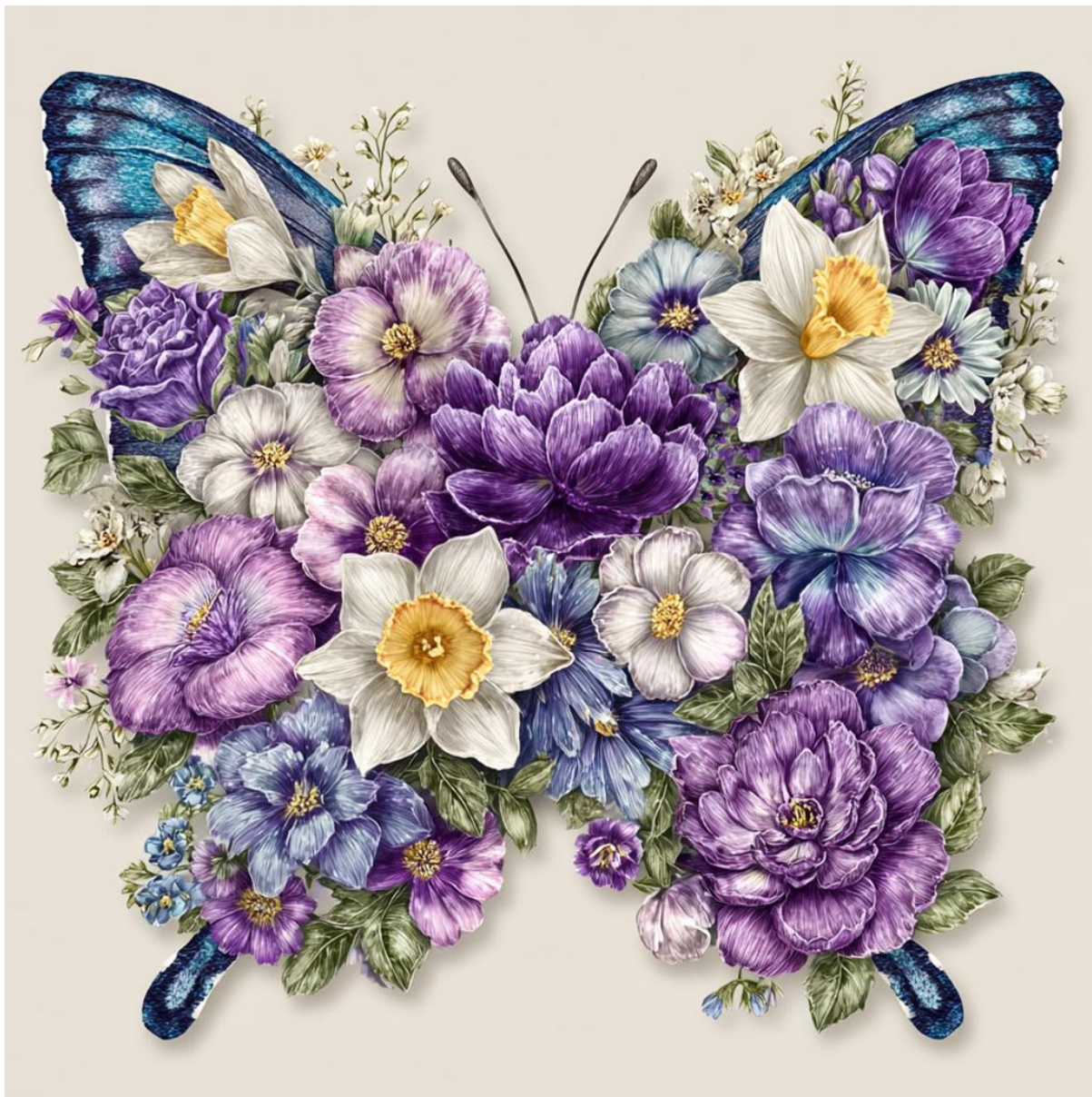


Forgive ~ Love ~ Heal



~Emerge & Restore~

By

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The Wrecking Ball vision



The picture of a wrecking ball swinging, but not hitting a building, no, it's the wrecking ball of life, destroying and creating all kinds of havoc in our life, potentially causing worry, anxiety, depression, and so many other emotions, and let's face it, most of us don't want to deal with. Yet, life can be unpredictable, it can be extremely complicated, often surprising us with elements and glimpses at what can and should be possible, yet it still remains beyond our reach. There comes a time in all of our lives, where it really feels easier to give up, and give in, than to keep on trying. How does any family heal and restore, through hiding those things that were meant to destroy who they are. The book 'He Restores' brings to the surface the picture of a family, a family like so many others in this world, that from the outside, it appears that life is a bed of roses, if you look at each member individually. However, the beautiful, desired garden has been far from rosy from the very start. We

are all given choices in life, and with those choices comes the free will that God gives us.

He Restores, addresses some of life's questions, and how we are to not only seek first the Word and Kingdom of God but learn how to have that intimate relationship where we can trust and lean on Jesus, and all the truth within to discover ourselves. What are we hiding? Perhaps, guilt, shame, pain of trauma, the unhealed soul wounds, and even those things that we may have gotten into, that the enemy doesn't want us to ever forget. Jesus Christ is the true healer of our soul, and it is time to reveal your true self, allowing the Holy Spirit to go to work for your good.

The place in our head and in our heart where the arrows of accusations want you to remember the wounds, the hurts and even betrayals. The evil and reckless actions of others, which created fragments in our soul, and those pieces have remained separated, keeping us from the complete healing that God has for us.

The enemy will use others to inflict pain, exploitation, abuse, and even mental insults at us, attempting to derail our purpose for our life, the purpose we've been created to walk in, in this life.

So, where exactly do these thoughts in our mind come from? We have an enemy of our soul, and his purpose is to outright destroy us, and he can do this even with often subtle suggestions. These suggestions may sound like us, they may appear to be not so dangerous, but if it's the wrong source, then it's the wrong motive, and that can lead to danger for us, and keep us from fulfilling God's purpose for our life. When He tells us in His Word that we are loved, we're called, we are beautiful, we are wonderful, that we are more than overcomers, yes, we are not forgotten, that is exactly what we are! Well, why do we still believe these types of thoughts, and we act on them as if they are our own. Maybe it's time to look deep within, and become not only transparent, but honest with yourself, in order to see what God sees for us. We do this when we don't do what the Word tells us to do, and that is to take hold of these thoughts, and cast them out. "Casting down arguments and every high thing that exalts itself against

the knowledge of God, bringing every thought into captivity to the obedience of Christ” (2 Corinthians 10:5, NKJV).

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Release the pain



I can say, and I'm sure that just like me, you too have experienced issues that come with living life in this world. Problems can be like a side kick to life. You may believe you can hide from it, run from it, stay quiet as if you're hiding out, and my friend, it can still find you and your family, without even an invitation to come join the family. Reflecting back, is not about living in the past, but taking those memories, one by one, examining the hurt, the disappointment and the pain, and placing it at the foot of Jesus for good, as we are instructed to do. *"Come to Me, all you who labor and are heavy laden, and I will give you rest," (Matthew 11:28, NKJV).*

None the less, what about those hurts that were thrown your way? Yes, those hurts! Those are the ones that I'm referring to! Thrown so hard at you, that it looked as if you got knocked out of the game, but only for a little while. Yes...maybe it looked that way, but the game is not over, it's just the seventh ending stretch, and now it is time to get back up, your name is being called back up to the plate. Oh, and you're not alone on the

plate, you are never alone! Guess what, even when you strike out, the favor of God gives you another chance, and another and another, and eventually you will hit the ball, all the way to the other side of the field. If you can't run the bases, no worries there, He already has a pinch runner, the Holy Spirit, to run for you and with you.

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Forgiveness brings healing



Forgiveness isn't about believing the offender or offenders are getting away with the transgression or violation that took place. However, it is the vehicle leading to the road of your healing. Yes, this may take time, even more than you may think, but you must keep trusting and leaning on the Holy Spirit to help you along this path. Learn to offer the sacrifice of forgiveness to receive the peace your heart is yearning for. Forgiveness will free you from the bondage to that person or even organization. Eventually, the power of the memory of the infraction will no longer have power over you. When God is allowed to come in and do the work in the lives of His children by the Holy Spirit, we are giving that pain and hurt over to the Lord. In Colossians, it encourages believers to forgive, as we have been forgiven. "Make allowance for each other's faults, and forgive anyone who offends you," (Colossians 3:13, NLT). Remember, the Lord forgave you, you must forgive others, and as it was already stated, forgiveness is not about the wrongdoing of the other person, it is about your relationship with the Father. He Restores,

addresses some of life's questions, real life situations that many families are dealing with each and every day. We see people giving up on marriages, walking away from their God given purpose, and unfortunately the issues of life, can even cause some to believe that they are better off gone for good, by ending their life. They buy into their faulty thinking, that no longer existing on this earth will give them peace, and erase the deep inner wounds they have been living with, believing that they cannot be fixed or helped by anyone, and that they are not loved, and no one wants them around. They honestly believe that their loved ones are better off without them, and this is an absolute lie from the pit of hell. When we offer up forgiveness, and truly have a heart posture of forgiveness, not just lip service, since God sees all and that includes the condition of your heart, we can begin to discover the peace that resides in the healing of our Lord and Savior, the true and only healer. "Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times? No, not seven times, Jesus replied, but seventy times seven," (Matthew 18:21-22, NLT). How can someone expect to be forgiven and yet be unwilling to forgive? Remember the story in the bible, when the

King forgave the debts of his servant, and yet after that servant was forgiven, he went and berated another man that owed him a little money. In fact, he had the audacity to grab this man by the neck and had him thrown into jail. Do you see the irony here? Do you know what his Master called that man when he found out? He called that servant evil, or wicked, depending on the translation, and he said in verse 34, “Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?” (Matthew 18:33, NLT). The Master had that evil servant thrown into prison and tortured, until his entire debt was paid. Yep, that same debt that he had previously been forgiven by his Master, because of his evilness and refusal to forgive, he now owed the entire debt back to his master and had to remain in prison. (Matthew 18: 23-35, NLT).

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Exposure to heal



Exposure is definitely not easy, and far from pretty, when what a person really desires to do is to keep the pain and hurt hidden away, never to be seen or experienced ever again. After all, who wants to unmask or revisit the deep wounds and have them excavated in their soul. It appears that it can be easier to leave it all buried where it is, and not uproot the pain, and relive it again. How do you come from underneath the desire of wanting to continue hiding, or perhaps covering up sin, refusing to participate in the rescue that God has laid out for each of us in His Word. Back to the hurt, let's try this! Take each one, look at it, examine it for what it is, and where it came from. Now, give it to Jesus! Give it ALL to JESUS! SURRENDER IT ALL! When we allow Jesus to take our pain, He will turn it into what can be used for your good. If you are catching what I'm saying, then now you have the idea, and you can begin to see yourself in a different light, the best light for your life.

To submit and surrender our will and our control, which typically is not the best control anyway, yet it is our way of exercising the “our way” belief for our life, believing we have it altogether, and it can appear like we do, from the outside, as our wounds remain hidden and unhealed. Yet, when we submit, when we take our will and say, “Father, Your will for my life,” I’m tired of doing it my way, when I don’t know which way to go, now you can tap into the healing you are seeking from the Lord. Healing can come when truth is revealed. The love of God heals, and exposes the lies of the enemy, enabling us to not be afraid of the exposed memory, nor endure the pain of reliving or experiencing those past soul wounds, when we know Holy Spirit is at work in our lives.

Allow Jesus to minister to you by inviting the Holy Spirit to speak to your spirit, concerning the hurts that you have endured, and especially if these same hurts and fears are causing you to not move forward, in what is truly in your heart to achieve. There are days when pain of life can be unbearable, there are times when it feels like we are all alone, and no one cares, that the pain of losing someone we loved so very much, is too much

to bear. Just as the memory of a physical or emotional pain, is not one we desire to face again in life. Even in the midst of experiencing the revealing, trust that the Holy Spirit has you right in his arms, for He is our Comforter. You are wanted, and so cherished, never a mistake and never forgotten. God has a hope and a future for each of us. John 8:36, declares, “So if the Son set you free, you are free indeed.”

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The Necessity of Repentance



Begin to ask God to reveal to you, any secrets such as pride, unconfessed sin, rebellion, or unforgiveness that may hinder your relationship with the Father. Start by repenting and renouncing any and all things, in your life that are not pleasing to God. Repenting of our broken vows, and the hardness of our heart, and really meaning it. Therefore, you must understand why God doesn't want us in pride, it's not of God, but it is of the enemy. Pride partners with rebellion, as well as control. The spirit of pride wants to not only control you, but others as well. It mistreats people, and desires to elevate itself up in believers' lives, and especially those that may already deal with identity issues. Pride only wants to please itself, and cares less about humanity. After all, it is its own number one fan. The bad part about pride and perfection is believing that you will be perfect when no one is perfect but Jesus, and you are in control. In He Restores, that is what one of the characters believed. Their belief was that life owed them. They are also extraordinarily successful and above everyone else, after all, just look at all they have already

accomplished, and yep, you got it, they attributed it to no one but their own strength. Yet, their desire was to prove themselves to the world, showing everyone how perfect they are. So, what's the truth? The truth is that Jesus is our only true representation of pure perfection. He is our perfect, an unblemished holy sacrifice. Nevertheless, here we are on this earth, striving to be all we can be to everyone but God! Your life through the rose-colored lenses of the world, can appear perfect. You can achieve all you believe the world tells you that you should desire to. However, if you don't have Jesus in your life, then what do you really have that matters. At the end of the day, everything you have obtained in this world will pass away, but the spiritual world and eternity will still exist, and you do want to be on the correct side of existence in the spirit. Come out of pride, come out of the things you believe are right in the world, these things are far from right to the Father. Humbly go before the Lord repenting of your sins and broken vows. Jesus gave His life on the cross for our sins. Salvation is waiting for all who believe, turn away from sin, and accept Jesus as your personal Savior.



Matters of the Mind



Let's touch on yet another aspect of our humanity, and that would be our insecurity, or imposter syndrome. Now listen to this, no one makes you feel like an imposter more than yourself, to yourself. Insecurity can feel very real and absolutely true. You think thoughts, like who let you in the door, obviously you don't know what you are doing, and why would anyone trust you, or want to pay you to do anything. This is speaking right to the person reading this, yes you on the other end of the screen. How did you reach this point where you believe that nothing is ever right, and nothing is ever enough? Perhaps the perfection you are seeking is because of the doubt and unbelief that you feel in your heart. Maybe you feel that you're too old, or that you lived the life you were given, and now it is too late to live your dreams. Again, lies from the enemy, that unfortunately too many people believe. Well, maybe you believe that you're not a good person, or wife, or husband. Maybe that thought scares you into believing that your marriage will not last, after all, if you're not perfect, then why would anyone want to be with you for the rest of your life? Plus, no one

in your family ever succeeded in marriage, so what makes you different? Still, maybe the doubts in your head tell you that you're not a good parent, maybe you feel that you have failed your children, again your thoughts tell you that "if," the big "if" of life, (L "IF" E). We must see through eyes of grace, with a heart that loves, and offers forgiveness, and especially forgiveness to ourselves. When the belief that you hold is telling you that, you must be everything to your family, and anyone that believes that they need you for everything, you take away their ability to learn to rely on Jesus, and accept you as the gift that He gave you to be, and the free will that God gave us. Jesus is the only and ultimate Savior of us all. You are not alone in these thoughts and feelings, but just like everything else, they must be captured by the Word of God, and not allowed to take hold of your mind, let's call it "Mind stalking." But rest assured, it's just more lies, and these are the lies that not only are we not to believe, but we will begin to understand how the importance of taking every thought captive, as God's Word directs us to in 2 Corinthians 10:5.

My friend, no one is perfect, and even if we've done all we could do in our own power, free will to all is the name of the game, for ourselves and for our family. When we take a step back, and allow the Holy Spirit to not only lead us, but read us, and show us ourselves, we can not only be honest, but come to understand just who we are as children of the Most-High, and no matter what, we are loved. Give yourself grace and forgiveness! "And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you" (Ephesians 4:32, NKJV).

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Denise C. Herndon Harvey is a Christian Transformation Life Coach and speaker, with a passion for writing about faith in God’s Word. She is a published author of the children’s book called “Growing up Sassafras -Where is my daddy?” “Emergence of Me - Discovering My Identity and Courage Within.” Along with several Amazon bestselling multi-author devotions. She is a graduate of Liberty University, holding a Master of Arts in Human Service Counseling with a focus on Family Advocacy and Public Policy. She also earned a Bachelor of Science degree in Psychology—Christian Counseling and a Bachelor of Science degree in Psychology—Crisis Counseling, with a minor in Biblical Studies, and Certification in Mental Health Coaching—First Responders and Life Coaching. Denise and her retired Air Force husband have been married for 41 years; they have two grown children and six grandchildren.